

## Successful Pregnancy Without Preeclampsia After Weight Loss: A Case Report

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### Abstract

Preeclampsia (PE) is a serious pregnancy complication characterized by new-onset hypertension after 20 weeks of gestation, often accompanied by maternal organ dysfunction. It affects approximately 1% of all pregnancies and 1.5% of first-time mothers, contributing to a significant number of maternal deaths globally. The risk of recurrence in subsequent pregnancies is also notably high.

Obesity is a major risk factor for hypertensive disorders in pregnancy, including PE. Women with a body mass index (BMI) over 30 kg/m<sup>2</sup> have up to a threefold increased risk of developing PE. Excessive weight gain during pregnancy further elevates this risk. Research indicates that weight reduction before conception may lower the likelihood of developing PE. Various strategies, including dietary changes, physical activity, and medical interventions, can contribute to effective weight management.

This case report presents a successful pregnancy outcome in a woman with a history of preeclampsia who experienced significant weight loss before her second pregnancy.