

# Ep. 96 - Preeclampsia + Low Dose Aspirin with Dr. Karen Florio

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High blood pressure disorders during pregnancy, including preeclampsia, can raise a lot of questions and anxiety for expectant parents. In this episode of The MotherToBaby Podcast, host Chris Stallman, genetic counselor, mom of four, and teratogen information specialist, sits down with maternal-fetal medicine specialist and member of the Society for Maternal-Fetal Medicine (SMFM) Dr. Karen Florio to discuss what pregnant women should know about hypertensive disorders in pregnancy and the role low dose aspirin can play in reducing certain risks.

Dr. Florio shares both her professional expertise caring for high-risk pregnancies and her personal experience navigating a high-risk pregnancy herself. Together, Chris and Dr. Florio break down the warning signs of preeclampsia, when to contact a healthcare provider, and why low dose aspirin may be recommended in some pregnancies, even though regular aspirin is typically avoided during pregnancy.

The conversation also explores how common hypertensive disorders are, what patients can do to advocate for themselves, and reassuring, evidence-based guidance for anyone currently pregnant and feeling worried about blood pressure concerns.

## **In this episode, we discuss:**

- What “high blood pressure in pregnancy” and hypertensive disorders actually mean
- Signs and symptoms of preeclampsia to watch for
- Why low dose aspirin may be recommended during pregnancy
- Who may benefit from low dose aspirin therapy
- When to reach out to a healthcare provider
- How patients can feel informed and empowered during pregnancy

## **About Our Guest:**

Dr. Karen Florio is a maternal-fetal medicine specialist at the University of Missouri and currently serves as Vice Chair of Patient Safety and Quality for the Department of Obstetrics and Gynecology, as well as Director of Labor and Delivery. Her work focuses on hypertensive disorders of pregnancy and heart disease in pregnancy, and she has held

leadership roles with Missouri's Pregnancy-Associated Mortality Review Board and the Missouri Perinatal Quality Collaborative.

**Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).**

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Laney Poye and Trashaun Powell of the Preeclampsia Foundation share their personal stories and avenues for preeclampsia information with host, Chris Stallman, CGC.

Laney Poye serves as the Director of Communications and Engagement for the Preeclampsia Foundation supporting their work to improve maternal healthcare and find a cure for families affected by hypertensive disorders of pregnancy. In addition to her many years of professional experience in maternal health patient advocacy, Laney also serves as a representative voice for women who have experienced infertility, IVF, and pregnancy loss.

Trashaun Powell is a maternal health advocate based in New Jersey. She survived a near-death pregnancy experience as a result of HELLP Syndrome. This resulted in the immediate birth of her daughter Mia Jane at 23 weeks. Unfortunately, due to Mia's severe prematurity, she passed away 2 days later. Trashaun continues to amplify and illustrate her compelling childbirth experience of tragedy and hope.

To watch this episode on YouTube, click [here](#).

Resources mentioned in this episode:

Preeclampsia Foundation Website

MoMMA's Voices Website

Episode 26: Preeclampsia, Eclampsia and Postpartum Preeclampsia

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MotherToBaby continues its series on rare conditions in pregnancy and breastfeeding. This time, host Chris Stallman, CGC focuses on preeclampsia, eclampsia and her own experience with post-partum preeclampsia. She is joined by Lauren Kozlowski, MSW, MPH, a teratogen information specialist at MotherToBaby Georgia.

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