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Hyperemesis Gravidarum Awareness Day is May 15th

International efforts to provide research, support, and awareness for the potentially life-threatening pregnancy condition continue amid global pandemic uncertainty.

Clackamas, OR: HG Awareness Day aims to increase international awareness of Hyperemesis Gravidarum, a potentially life-threatening pregnancy disease conservatively affecting at least 1% of pregnancies (2 million mothers and babies annually).

This year's theme for Hyperemesis Gravidarum Awareness Day is "Raise Your Voice" and is intended to be a signal to mothers and medical providers that this condition continues to require support and research. Inadequate management leads to potentially life-threatening complications for mother and baby, with 1 in 3 pregnancies ending in fetal loss.

During this global COVID-19 pandemic, pregnant and postpartum women are suffering from the symptoms and consequences of HG. These often require hospitalization and specialized medical care in a tumultuous and risky medical environment. HER is offering support and resources to help these women access care safely.

HER Foundation continues to drive progress by increasing personal and scientific knowledge through advocacy, education and research. HG Awareness Day builds community for HG survivors and increases awareness of available resources.

Facts about HG:

- HG is the leading cause of hospitalization in early pregnancy and the 2nd cause overall.
- HG causes an increased risk of premature delivery, restricted fetal growth, and preeclampsia.
- Children born after an HG pregnancy have an increased risk of autism, and a 3-10 fold increase in neurodevelopmental, sensory and behavioral disorders.



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- Collaborative research finds a strong genetic cause for the symptoms associated with HG, and identifies the leading risk factor as a family member with HG.
- Research demonstrates that health providers do not recognize the seriousness of HG, thus limiting or delaying treatment (Munch, 2002). This contributes to the development of trauma, anxiety and depression, (Poursharif, 2008; Christodoulou-Smith, 2011) and leads to therapeutic termination, job loss and a change in family plans.
- Learn more about HG.

Founded in 2003, the HER Foundation is a global nonprofit with the mission of increasing awareness of HG through support, education, research, and advocacy. HER has helped hundreds of thousands of women suffering with HG, recovering from HG, grieving the loss of their children, and also those preparing for pregnancy. HER has developed treatment protocols, assessment tools, and an HG Care iOS app to give mother and babies a chance at a healthy future. HER maintains the leading website on HG and has changed the understanding of HG through its genetics research with leading universities. Their goals are to find a cure through collaborative research; to provide tools and education for those seeking effective management strategies; to advocate for HG sufferers; and to effect change through policy efforts. With the help of HER, women are better able to access required medical care and avoid the loss of their unborn child.

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