

# WILL Training page

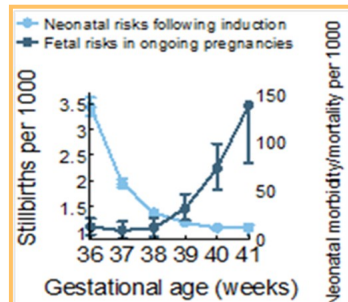
This month we had planned to focus on Elective Caesareans, but instead have decided to look back at some important events that took place in October:



## Baby Loss Awareness Week (9-15th Oct UK) and Pregnancy and Infant Loss Remembrance Day (15th Oct US/Canada)...

Chronic hypertension increases the risk of stillbirth and neonatal death with advancing gestational age at term. <https://obgyn.onlinelibrary.wiley.com/doi/epdf/10.1111/j.1471-0528.2010.02754.x>

The WILL trial is helping to improve outcomes for women with pregnancy hypertension and their babies, by asking if planned birth at 38 weeks is better than waiting until at least 40 weeks? Answering this important research question will help reduce pregnancy loss.



Early term birth (at 37-38 weeks) may reduce stillbirth, as shown in the figure (dark blue line), for women with chronic hypertension. However, we need to make sure that we do not time birth too early, because we want to avoid an increase in neonatal health problems (light blue line). [BJOG 2011;118(1):49-54]. This is why the planned early term delivery group is at 38 weeks.

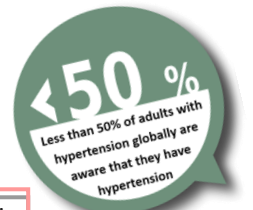


### Stillbirth risk for babies of mothers with chronic or gestation hypertension :

- is increased to 1/1000 by 36 weeks
- which is the same risk of stillbirth as in low-risk women at 41+ weeks when IOL is

## And...World Hypertension Day (17th Oct)

- ⇒ Aims to increase awareness of high blood pressure in all populations around the world.
- ⇒ Highlights the importance of hypertension to cardiovascular disease risk.

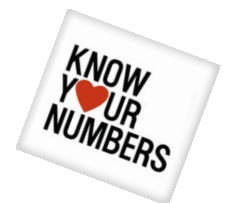


### Risks for pregnant women:

For women with gestational hypertension, the progression to pre-eclampsia is associated with an increased risk of chronic hypertension, as well as cardiovascular disease (such as stroke and myocardial infarction).

It is not known whether these risks are further magnified for women with chronic hypertension, by the development of superimposed pre-eclampsia.

As women with high blood pressure in pregnancy are at increased risk of long-term hypertension, having their blood pressure measured regularly is key to making sure women stay as healthy as possible.



### Why is WILL important?

The WILL trial is studying whether planned early term birth (at 38+0-3 weeks) vs. expectant care at term (until at least 40+0 weeks) may decrease progression to pre-eclampsia and other maternal complications.

**Topic for next newsletter: ... Elective Caesarean**

