Pregnant women may receive critical treatment sooner with help of fast and easy test

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The Ohio State University Wexner Medical Center

SUGGESTED TEASE A NEW TEST TO QUICKLY IDENTIFY A COMMON AND DANGEROUS CONDITION DURING PREGNANCY MAY HELP KEEP MORE MOMS AND BABIES HEALTHY. DETAILS, COMING UP IN HEALTH NEWS. ANCHOR LEAD MOST WOMEN EXPECT SYMPTOMS LIKE SWELLING AND HEADACHES WHEN THEY'RE PREGNANT, BUT THEY CAN ALSO BE SIGNS OF A VERY DANGEROUS CONDITION CALLED PREECLAMPSIA. AND WHILE THE ONLY CURE IS GIVING BIRTH, MANAGING THE CONDITION AS EARLY AS POSSIBLE CAN GIVE MOMS THE BEST CHANCE OF CARRYING THEIR BABY TO FULL TERM. NOW. A NEW TEST TO DIAGNOSE PREECLAMPSIA ON THE SPOT¹ IS HELPING TO KEEP MOMS AND (PACKAGE START) ------BABIES SAFE. CG: Courtesy: The Ohio State BARB CONSIGLIO HAS THE DETAILS. University Wexner Medical Center :00 - :03 (Nats - Sound) :02 Shot of Jessi with kids Photo of Jessi pregnant WHEN JESSI PRIZINSKY WAS PREGNANT WITH HER FIRST CHILD, SHE DIDN'T WORRY TOO MUCH WHEN SHE NOTICED HER FEET SWELLING. :06 CG: Jessi Prizinsky "Well, you hear, everybody tell you, you know, the Had preeclampsia while pregnant swollen ankles, and get your feet up and all that. That was where I thought, 'okay.' And then it started to be, it kind of looks like it's in my arms and hands too." :12 Shots of Jessi playing with kids THAT SWELLING WAS CAUSED BY PREECLAMPSIA, A CONDITION THAT AFFECTS ABOUT FIVE PERCENT OF PREGNANCIES² AND CAN **BE LIFE-THREATENING TO MOTHER AND CHILD. :08** "One of the hard parts with preeclampsia is there's a lot CG: Dr. Kara Rood of symptoms of just pregnancy alone, and other medical Ohio State Wexner Medical

NEWS PACKAGE

Center	conditions that have similar symptoms that the women
	experience like high blood pressure, headaches, changes in vision, those can be attributed to a lot of other things." :14
Shots of Dr. Rood in exam with pregnant woman	IF PREECLAMPSIA IS SUSPECTED, EXTENSIVE AND INVASIVE TESTS ARE REQUIRED, AND LABOR MAY BE INDUCED EARLY TO ALLEVIATE DANGEROUSLY HIGH BLOOD PRESSURE OR SEIZURES. BUT NOW A SIMPLE TEST CAN ACCURATELY
Shots of lab test	DIAGNOSE THE CONDITION IN JUST THREE MINUTES. :13 IN A NEW STUDY, RESEARCHERS AT THE OHIO
Shots of red dye test	STATE UNIVERSITY WEXNER MEDICAL CENTER TESTED A QUICK DIAGNOSTIC TOOL, ALLOWING
Shot of prenatal exam	CRITICAL CARE TO BEGIN RIGHT AWAY. :10
Dr. Rood (CG'd earlier)	<i>"It's so easy to use, it's non-invasive and it takes very little resources to actually conduct the test."</i> :06
Graphic: Proteins reacting to test Positive and negative red dye test	THE TEST USES A SPECIAL DYE THAT REACTS TO THE PROTEINS PRESENT IN THE URINE OF WOMEN WITH PREECLAMPSIA. NOT ONLY DOES THIS PROVIDE A FAST DIAGNOSIS, BUT IT ALSO HELPS PREVENT
Shots of Dr. Rood in exam with pregnant woman	UNNECESSARY ADMISSIONS. :12
Dr. Rood (CG'd earlier)	<i>"Without the certainty of this test aiding in the diagnosis, we as providers are definitely overcautious as this is definitely something we don't want to miss because of the life-threatening results of a misdiagnosis for moms and babies." :13</i>
Shots of Jessi playing with kids	BECAUSE OF HER PREECLAMPSIA, JESSI WAS INDUCED THREE WEEKS EARLY AND SAYS SHE WAS MORE AWARE OF THE SIGNS WITH HER SECOND PREGNANCY. :06
Jessi Prizinsky (CG'd earlier)	"The biggest thing is listening to your body." :02
Choto of looping with lists	AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03
Shots of Jessi playing with kids (PACKAGE END)	RESEARCHERS EXPECT THE TEST TO BE APPROVED BY THE F-D-A IN THE NEXT FEW YEARS
ANCHOR TAG	SO THAT IT CAN BE USED BY OB/GYNS NATIONWIDE.
	THEY SAY THE TEST IS EVEN EASY ENOUGH FOR WOMEN TO TAKE AT HOME SO PREECLAMPSIA CAN

BE IDENTIFIED AND TREATED AS SOON AS IT DEVELOPS.	
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SOCIAL MEDIA

Share it! Suggested tweet:	Researchers at @OSUWexMed tested a fast and easy test to diagnose preeclampsia, a common complication in pregnancy that can be tough to diagnose, but life-threatening for mom and baby if not treated as soon as possible. <u>http://bit.ly/2UDJpmA</u>
Suggested post:	Treating pregnant women for preeclampsia as early as possible can be life-saving for both mom and baby, but the condition can be tough to accurately diagnose since symptoms like swelling and headaches often mimic those of a normal pregnancy. Now, researchers at <u>The Ohio</u> <u>State University Wexner Medical Center</u> have tested a fast and easy urine test that accurately diagnoses preeclampsia in just three minutes. <u>http://bit.ly/2UDJpmA</u>

EXTRA BITES

	Rood explains the traditional testing for preeclampsia: <i>"We measure their kidney function, their liver functions, their platelets, some of the different parameters that can help identify preeclampsia. But that's a much more invasive and timely than the tests we've currently done."</i> Rood explains how the rapid test identifies preeclampsia:
CG: Dr. Kara Rood Ohio State Wexner Medical Center	<i>"We found that when we mix this dye with the urine of women with preeclampsia we were able to see that they had much more red dye than women who didn't have these misfolded proteins in their urine."</i>
	Rood says it's important to accurately diagnose complications: "For preeclampsia, the only cure for it is delivery, so we don't want to mistake that and deliver a baby early and then have all the issues with prematurity if it is indeed something else that's treatable and manageable during the pregnancy."
CG: Jessi Prizinsky Had preeclampsia while pregnant	Jessi says it's important to listen to your body and be proactive: "It was simply, I don't know if something's wrong, but I feel like something's wrong. And I feel like we tend to ignore ourselves when we know better. Definitely not ignoring signs. Don't feel like you're bothering your OB/GYN because that's what they're there for."
	Jessi explains the extent of her swelling from preeclampsia: <i>"I had put on about 60 pounds by the end of my pregnancy, which was mostly just fluid buildup."</i>

References

¹Congo Red Dot Paper Test for Antenatal Triage and Rapid Identification of Preeclampsia. Elsevier EClinicalMedicine, March 1, 2019. Online: https://www.sciencedirect.com/science/article/pii/S2589537019300252?via%3Dihub

²*About Preeclampsia.* **Preeclampsia Foundation, 2019.** Online: <u>https://www.preeclampsia.org/health-information/about-preeclampsia</u>

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