**Key messages from the report 2018**

In 2014-16 **9.8 women** per 100,000 died during pregnancy or up to six weeks after childbirth or the end of pregnancy.

Most women who died had multiple health problems or other vulnerabilities.

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**Balancing choices:**
Always consider individual **benefits** and **risks** when making decisions about pregnancy

**Things to think about:**

- Many medicines are **safe** during pregnancy
- Continuing medication or preventing illness with vaccination may be the best way to keep both mother and baby healthy - ask a specialist
- Black and Asian women have a higher risk of dying in pregnancy
  - White women: 8/100,000
  - Asian women: 15/100,000
  - Black women: 40/100,000
- Older women are at greater risk of dying
  - Aged 20-24: 7/100,000
  - Aged 35-39: 14/100,000
  - Aged 40 or over: 22/100,000
- Overweight or obese women are at higher risk of blood clots including in early pregnancy

**Be body aware** - some symptoms are normal in pregnancy but know the **red flags** and always seek specialist advice if symptoms persist