

Eating Probiotics During Pregnancy Lowers Risk of Pre-Eclampsia: Study

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By
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Eating probiotic milk or yogurt during pregnancy can reduce the risk of pre-eclampsia, according to a new study. *qlinart/Flickr*

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Researchers found that women who ate milk or yogurt with "good" bacteria every day during pregnancy were less likely to develop pre-eclampsia, Reuters reports.

The study analyzed more than 33,000 Norwegian mothers over six years. Of those, 4.1 percent developed pre-eclampsia compared with 5.6 percent of women who did not consume probiotic food.

Pre-eclampsia is a pregnancy condition in which high blood pressure and protein in the urine develop after the 20th week (late 2nd or 3rd trimester) of pregnancy.

The only way to cure preeclampsia is to deliver the baby.

Doctors suggest that pregnant women have their regular pre-natal care visits to detect the problem on time and decide whether it is necessary to deliver the baby.

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