

BASICS OF EPH-GESTOSIS/RIPPMANN'S SYNDROME



EPH-Gestosis/Rippmann's Syndrome is the most important complication, killer No. 1 for babies and mothers, it is important to know that the baby is 100 times more in danger than the mother. EPH-Gestosis is not a disease. It is a syndrome. The cardinal signs and symptoms edema(E), proteinuria (P) and hypertension(H) may appear simultaneously, or singly. The causes of E, P and H are



may be manifold. Therefore it is illogical and even harmful to treat such a heterogeneous group in just one way. The causes of cardinal signs and symptoms vary greatly according to population group and its location. They should be discovered before a next pregnancy.

Over 100 names of this syndrome, more than 50 classifications and various techniques to assess the signs and symptoms make it possible to compare results worldwide. This confusion prevents the science from progress.

The OG, World OGASH Board and CSPP (http://gestosis.ge/eng/26_4.php) has suggested a sensible nomenclature, classifications and definitions, which could overcome this barrier.

Nomenclature EPH Gestosis (EPH-syndrome: EPH-Complex, Rippmann's Syndrome)

Pregnancy Gest ...

complicated osis by Edema (E) Proteinuria (P) and 1 hypertension(H) Classification:

Symptomatic: Pathogenetic

Mono EPH

Poly EP

EI I

PH

EPH

1. Super imposed EPH-Gestosis

2. Transient/essential EPH-Gestosis

(no signs and symptoms after parturition)

3. Concomitant Diseases

4. Unclassified EPH-Gestosis

EI (Eclampsia imminent)

EC (Eclampsia convulsiva)

Definitions:

Edema Excessive (inadequate) increase of body-weight

during Pregnancy, usually Due to fluid

retention, i.e. more than 500g/week

2000g/month 13 kg/ entire pregnancy Demonstrable pretibial edema are of

gestosis origine, if they are still present after night's bedrest

Proteinuria More than trace in one specimen. Preferably dipstick.

Hypertension Last normal reading

135/85 First pathological

reading 140/90

In Hypertension Increase of 30 mmHg systolic Increase of 15 mmHg diastolic Since EPH-Gestosis/Rippmann's Syndrome is rampant in the developing countries with little or no facilities for prenatal care the methods to detect E, P and H have to be simple and for everybody to be understood and to be carried out.

EPH-gestosis means high risk pregnancy. It might just mean the pregnant patient has to be watched and monitored closely. Such EPH-Gestosis can be detected at a very early stage and treated adequately.

It is mandatory to examine each patient thoroughly two to three months after delivery to exclude all conditions which could lead to EPH-Gestosis again in a future pregnancy.

