In pregnancy, HELLP syndrome is a serious condition that can be life-threatening for both the pregnant person and the baby. It's an acronym that stands for **Hemolysis, Elevated Liver enzymes, and Low Platelets**, according to the Preeclampsia Foundation. HELLP syndrome is often considered a severe form of preeclampsia, according to the Cleveland Clinic. [[1](https://www.medicalnewstoday.com/articles/hellp-syndrome), [1](https://www.medicalnewstoday.com/articles/hellp-syndrome), [2](https://www.marchofdimes.org/find-support/topics/planning-baby/hellp-syndrome), [2](https://www.marchofdimes.org/find-support/topics/planning-baby/hellp-syndrome), [3](https://medlineplus.gov/ency/article/000890.htm), [4](https://my.clevelandclinic.org/health/diseases/21637-hellp-syndrome#:~:text=HELLP%20is%20usually%20considered%20a%20severe%20form,some%20experts%20consider%20it%20a%20different%20disease.), [5](https://www.uptodate.com/contents/hellp-syndrome-hemolysis-elevated-liver-enzymes-and-low-platelets#:~:text=HELLP%20is%20an%20acronym%20that%20refers%20to,liver%20enzymes%2C%20and%20a%20low%20platelet%20count.), [6](https://www.npeu.ox.ac.uk/ukoss/completed-surveillance/hellp-syndrome), [7](https://www.preeclampsia.org/the-news/community-support/10-preeclampsia-myths-that-are-completely-misleading#:~:text=This%20can%20be%20a%20sign%20of%20elevated,HELLP%20syndrome%2C%20a%20severe%20form%20of%20preeclampsia.)]

**Here's a breakdown:**

* **Hemolysis:** The breakdown of red blood cells. [[3](https://medlineplus.gov/ency/article/000890.htm), [3](https://medlineplus.gov/ency/article/000890.htm), [8](https://www.preeclampsia.org/preeclampsia-tests#:~:text=In%20severe%20forms%20of%20preeclampsia%20(such%20as,destroyed%20to%20cause%20a%20type%20of%20anemia.), [8](https://www.preeclampsia.org/preeclampsia-tests#:~:text=In%20severe%20forms%20of%20preeclampsia%20(such%20as,destroyed%20to%20cause%20a%20type%20of%20anemia.)]
* **Elevated Liver Enzymes:** Indicates liver damage. [[3](https://medlineplus.gov/ency/article/000890.htm), [3](https://medlineplus.gov/ency/article/000890.htm), [9](https://www.youtube.com/watch?v=VC2b9nPToSE), [9](https://www.youtube.com/watch?v=VC2b9nPToSE)]
* **Low Platelets:** Platelets are blood cells that help with clotting, so low levels can lead to bleeding problems. [[3](https://medlineplus.gov/ency/article/000890.htm), [3](https://medlineplus.gov/ency/article/000890.htm), [9](https://www.youtube.com/watch?v=VC2b9nPToSE), [9](https://www.youtube.com/watch?v=VC2b9nPToSE), [10](https://www.stlouischildrens.org/conditions-treatments/hellp-syndrome), [11](https://www.nzherald.co.nz/hawkes-bay-today/news/janine-gard-hellp-in-pregnancy-a-rare-condition/2LANYIKPVD27GVKFPLLMICSP3E/#:~:text=Low%20Platelet%20Count:%20(LP)%20Platelets%20are%20responsible,bleeding%20disorders%2C%20which%20are%20dangerous%20during%20pregnancy.)]

**Symptoms of HELLP syndrome can include:**

* Upper abdominal or chest pain, often on the right side.
* Nausea and vomiting.
* Headache.
* Swelling, especially in the face and hands.
* Blurred vision, seeing double, or flashing lights.
* Fatigue. [[12](https://www.preeclampsia.org/hellp-syndrome), [13](https://www.youtube.com/watch?v=Fk5TXfbbHx8), [14](https://www.healthline.com/health/hellp-syndrome)]

**Treatment:**

* HELLP syndrome often requires immediate delivery of the baby, even if premature, to prevent further complications for both the mother and child.
* Medications may be used to control blood pressure and prevent seizures.
* Blood transfusions may be necessary in some cases. [[2](https://www.marchofdimes.org/find-support/topics/planning-baby/hellp-syndrome), [2](https://www.marchofdimes.org/find-support/topics/planning-baby/hellp-syndrome), [15](https://bestpractice.bmj.com/topics/en-us/1000), [15](https://bestpractice.bmj.com/topics/en-us/1000), [16](https://www.yalemedicine.org/conditions/hellp-syndrome#:~:text=How%20is%20HELLP%20syndrome%20treated?%20Anticonvulsant%20medications%2C,high%20blood%20pressure%20(160/110%20mmHg%20or%20higher).)]

Important Note: If you experience any of the above symptoms during pregnancy, seek immediate medical attention as HELLP syndrome can be dangerous if not treated promptly. [[1](https://www.medicalnewstoday.com/articles/hellp-syndrome), [14](https://www.healthline.com/health/hellp-syndrome)]

*AI responses may include mistakes.*

[1] <https://www.medicalnewstoday.com/articles/hellp-syndrome>

[2] <https://www.marchofdimes.org/find-support/topics/planning-baby/hellp-syndrome>

[3] <https://medlineplus.gov/ency/article/000890.htm>

[4] [https://my.clevelandclinic.org/health/diseases/21637-hellp-syndrome](https://my.clevelandclinic.org/health/diseases/21637-hellp-syndrome#:~:text=HELLP%20is%20usually%20considered%20a%20severe%20form,some%20experts%20consider%20it%20a%20different%20disease.)

[5] [https://www.uptodate.com/contents/hellp-syndrome-hemolysis-elevated-liver-enzymes-and-low-platelets](https://www.uptodate.com/contents/hellp-syndrome-hemolysis-elevated-liver-enzymes-and-low-platelets#:~:text=HELLP%20is%20an%20acronym%20that%20refers%20to,liver%20enzymes%2C%20and%20a%20low%20platelet%20count.)

[6] <https://www.npeu.ox.ac.uk/ukoss/completed-surveillance/hellp-syndrome>

[7] [https://www.preeclampsia.org/the-news/community-support/10-preeclampsia-myths-that-are-completely-misleading](https://www.preeclampsia.org/the-news/community-support/10-preeclampsia-myths-that-are-completely-misleading#:~:text=This%20can%20be%20a%20sign%20of%20elevated,HELLP%20syndrome%2C%20a%20severe%20form%20of%20preeclampsia.)

[8] [https://www.preeclampsia.org/preeclampsia-tests](https://www.preeclampsia.org/preeclampsia-tests#:~:text=In%20severe%20forms%20of%20preeclampsia%20(such%20as,destroyed%20to%20cause%20a%20type%20of%20anemia.)

[9] <https://www.youtube.com/watch?v=VC2b9nPToSE>

[10] <https://www.stlouischildrens.org/conditions-treatments/hellp-syndrome>

[11] [https://www.nzherald.co.nz/hawkes-bay-today/news/janine-gard-hellp-in-pregnancy-a-rare-condition/2LANYIKPVD27GVKFPLLMICSP3E/](https://www.nzherald.co.nz/hawkes-bay-today/news/janine-gard-hellp-in-pregnancy-a-rare-condition/2LANYIKPVD27GVKFPLLMICSP3E/#:~:text=Low%20Platelet%20Count:%20(LP)%20Platelets%20are%20responsible,bleeding%20disorders%2C%20which%20are%20dangerous%20during%20pregnancy.)

[12] <https://www.preeclampsia.org/hellp-syndrome>

[13] <https://www.youtube.com/watch?v=Fk5TXfbbHx8>

[14] <https://www.healthline.com/health/hellp-syndrome>

[15] <https://bestpractice.bmj.com/topics/en-us/1000>

[16] [https://www.yalemedicine.org/conditions/hellp-syndrome](https://www.yalemedicine.org/conditions/hellp-syndrome#:~:text=How%20is%20HELLP%20syndrome%20treated?%20Anticonvulsant%20medications%2C,high%20blood%20pressure%20(160/110%20mmHg%20or%20higher).)