# Meghan Markle opens up about postpartum preeclampsia on her podcast



Meghan Markle, the Duchess of Sussex, has shared insights regarding her experience with a rare and serious health condition following childbirth during the launch of her podcast 'Confessions of a Female Founder'. In the inaugural episode, which features a conversation with Whitney Wolfe Herd, the founder of Bumble, Meghan revealed that she experienced postpartum preeclampsia, a condition that involves high blood pressure and excess protein in the urine after delivery.

Speaking candidly about her health scare, Meghan, aged 43, expressed the challenges of managing the condition while fulfilling her responsibilities as a new mother. "We both had very similar experiences - though we didn't know each other at the time - with postpartum, and we both had preeclampsia. Postpartum preeclampsia. It's so rare and so scary," she remarked during the discussion.

Whitney Wolfe Herd, 35, acknowledging the gravity of the situation, responded, "I mean life or death, truly." They both reflected on the isolation that can accompany such health issues, with Meghan explaining, "And you're still trying to juggle all of these things, and the world doesn't know what's happening quietly. And in the quiet, you're still trying to show up for people – mostly for your children - but those things are huge medical scares."

The specifics regarding when Meghan experienced postpartum preeclampsia, whether it followed the birth of her son Archie, now five, or daughter Lilibet, now three, have not been disclosed. Common symptoms of the condition can include headaches, abdominal pain, and vomiting, as noted by the NHS.

In addition to her health revelations, Meghan discussed her daughter's routine, indicating that although Princess Lilibet attends pre-school, she still enjoys significant time at home. Meghan conveyed her commitment to family life, stating, "I don't want to miss those moments. I don't want to miss pickup if I don't have to. I don't want to miss drop-off," emphasising her desire to be present for her children amidst her professional engagements.

The debut episode of 'Confessions of a Female Founder' was released earlier today and has generated considerable interest among audiences.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.pinkvilla.com/entertainment/hollywood/meghan-markle-reveals-scary-postpartum-experience-in-debut-confessions-of-a-female-founder-podcast-world-doesnt-know-1381338> - This article supports Meghan Markle's revelation about experiencing postpartum preeclampsia during her podcast 'Confessions of a Female Founder' and her candid conversation with Bumble founder Whitney Wolfe Herd.
* <https://www.independent.co.uk/tv/lifestyle/meghan-markle-podcast-health-confessions-female-founder-b2729327> - It corroborates Meghan's experience with postpartum preeclampsia and her discussion on balancing motherhood and professional life in the podcast.
* <https://www.noahwire.com> - This is the source article, but as it's not publicly accessible, it serves as a reference to the original content about Meghan Markle's podcast and her health revelations.
* <https://www.nhs.uk/conditions/preeclampsia/symptoms/> - This NHS webpage provides information on the symptoms of preeclampsia, such as headaches, abdominal pain, and vomiting, which Meghan mentioned as part of her experience with postpartum preeclampsia.
* <https://www.lemonadamedia.com/shows/confessions-of-a-female-founder> - This is the platform where Meghan Markle's podcast 'Confessions of a Female Founder' is hosted, supporting the launch and content discussed in the inaugural episode.