# Meghan Markle reveals her experience with postpartum preeclampsia



In the inaugural episode of her podcast “Confessions of a Female Founder,” Meghan Markle, the Duchess of Sussex, disclosed her experience with postpartum preeclampsia, a condition she described as both "rare" and "scary." The 43-year-old royal shared these insights during her conversation with friend and Bumble founder Whitney Wolfe Herd, 35.

Postpartum preeclampsia is characterised by high blood pressure and the presence of excess protein in the urine following childbirth, a condition that affects a limited number of women. While discussing their shared struggles related to postpartum health, Meghan expressed, “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.”

The Duchess elaborated on the challenges of managing such health issues while navigating the responsibilities of motherhood, emphasising the disconnect between a mother's outward appearance and her internal struggles. She stated, “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." Wolfe Herd responded, reinforcing the gravity of the situation, saying, “I mean life or death, truly.”

At this time, it has not been confirmed whether Meghan experienced these complications following the birth of her son, Prince Archie, who is now five years old, or her daughter, Princess Lilibet, who is three. While Meghan did not detail the specific symptoms she encountered, the NHS outlines potential signs of the condition, which can include headaches, abdominal pain, and vomiting.

In the same episode, the Duchess also shared a photograph of herself as a child, further personalising her connection with her audience. The revelations made during this podcast highlight the often unspoken challenges faced by new mothers, particularly those in the public eye.

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 corroborates Meghan Markle's revelation about her experience with postpartum preeclampsia in her podcast 'Confessions of a Female Founder', emphasizing how she and Whitney Wolfe Herd both faced this condition.
* <https://www.hellomagazine.com/royalty/824771/meghan-markle-releases-first-episode-new-podcast/> - This source further supports Meghan Markle's discussion on postpartum preeclampsia and her life with her children, Archie and Lilibet, during the podcast.
* <https://www.nhs.uk/conditions/pre-eclampsia/> - Although not directly provided in the search results, the NHS website is a reliable source for information on preeclampsia symptoms, which include headaches, abdominal pain, and vomiting— symptoms Meghan did not detail but are common for the condition.
* <https://www.mayoclinic.org/diseases-conditions/postpartum-preeclampsia/symptoms-causes/syc-20376642> - Similar to the NHS, the Mayo Clinic provides comprehensive information on postpartum preeclampsia, including its rarity and potential severity.
* <https://www.who.int/news-room/q-and-a/detail/pregnancy-and-breastfeeding> - Though not directly focused on Meghan Markle, the World Health Organization (WHO) offers insights into pregnancy complications, including high blood pressure, which is relevant to postpartum preeclampsia.