

# Springfield's Stephanie Steiner Celebrates Mothers Day with Preeclampsia Walk

Springfield mother has organized walk to fight disease that affects pregnant women.

By [Rachel Gary](#) | [Email the author](#) | May 5, 2011

A life changing experience has made Springfield resident Stephanie Steiner an advocate for pregnant women suffering from preeclampsia. Steiner was diagnosed with preeclampsia, a disorder that occurs during pregnancy and affects both the mother and the fetus, while awaiting her first child, Marissa, now a healthy 11-year-old girl.

As a result of her experience, Steiner has organized a 5K Promise Walk for Preeclampsia, to be held Saturday, May 7 at Nomahegan Park in Cranford to raise money and awareness for this potentially fatal disease. Marissa Steiner was born at 34 weeks via emergency cesarean and weighed only three pounds.



While pregnant, Stephanie's hands and feet swelled, her blood pressure was high and there was protein in her urine, yet her condition went undiagnosed. Alone, these conditions are not uncommon for pregnant women; however, combined the condition was nearly fatal to both Stephanie and Marissa.

"I find it a privilege to be able to set aside one morning out of the year to walk and to raise awareness and money for an important cause that hits close to home," said Steiner. "The Promise Walks are specifically held on Mother's Day weekend to honor the mother and children lost and affected by preeclampsia. All funds raised during the Promise Walk benefit the Preeclampsia Foundation."

Steiner has organized the Promise Walk for Preeclampsia in Cranford on May 7 to benefit the Preeclampsia Foundation, a not-for-profit organization dedicated to reducing maternal and infant illness and death due to preeclampsia. The goal of the Promise Walk is to support innovative research, promote patient and health care provider education and raise critical public awareness about this potentially devastating disease. Preeclampsia is a rapidly progressive condition characterized by high blood pressure, swelling and protein in the urine.

The cause of preeclampsia is still not fully understood, and the only cure for the condition begins with delivery, which can be problematic, as preeclampsia can occur as early as 20 weeks. Approximately five to eight percent of pregnancies are affected by preeclampsia, and it is responsible for approximately 18 percent of all maternal deaths. For more information about the 5K Promise Walk or to join the Steiner family on May 7 in Nomahegan Park or to make a donation, please visit [www.promisewalk.org](http://www.promisewalk.org).

The Promise Walk for Preeclampsia national sponsors for 2011 are Beckman Coulter Foundation, Alere and Cord Blood Registry. For more information on the Preeclampsia Foundation, call toll free (800) 665- 9341 or visit [www.preeclampsia.org](http://www.preeclampsia.org).