



DID YOU HAVE COMPLICATIONS DURING PREGNANCY?

Women with common pregnancy related complications are at increased risk of future cardiovascular disease postpartum.

It is important to know that complications during pregnancy do not go away after delivery. High blood pressure, gestational diabetes and preterm birth are complications that lead to increased cardiovascular risk.

Pregnancy complications can unmask future heart disease risk. Women with this history will benefit from early intervention and primary prevention to reduce the risk of heart disease.

WHAT CAN YOU DO TO LOWER YOUR RISK?

- Be sure to follow up regularly with your doctor and take your medications (if prescribed)
- Discuss the risk with your physician and be sure to have at least annual blood pressure, weight and lipid profile
- Start to make lifestyle modifications:
 - Eat healthy
 - Maintain a healthy weight
 - Get moving — exercise for 30 minutes per day
 - Quit smoking!

HIGH BLOOD PRESSURE

Hypertensive disorders or elevated blood pressure in pregnancy include gestational hypertension, eclampsia, preeclampsia, and HELLP syndrome.

♥ *If you had Preeclampsia, you have 2X the risk of stroke, and heart attack, 4X the risk of developing high blood pressure for the rest of your life (another risk factor for cardiovascular disease).*

GESTATIONAL DIABETES

Abnormal blood sugar during pregnancy.

♥ *If you had Gestational Diabetes, you are 50% more likely to develop Type II diabetes within 5 years. And a history of gestation diabetes may be a marker for early coronary artery disease, independent of diabetes or metabolic syndrome.*

PRETERM BIRTH

Mothers who deliver under 37 weeks.

♥ *Women who had Preterm Birth and Preeclampsia have an 8-10X higher chance of death from heart disease.*

LEARN. ACT. LIVE.



Lankenau Heart Institute
Main Line Health®