



HEART DISEASE AND PREGNANCY

Every year, there are more and more women with heart disease during and after pregnancy. Heart disease can be a serious problem during and after pregnancy, and it's one reason why pregnancy-related deaths are rising in the United States.

Understanding the warning signs and risk factors of heart disease can help you...

Speak up for yourself

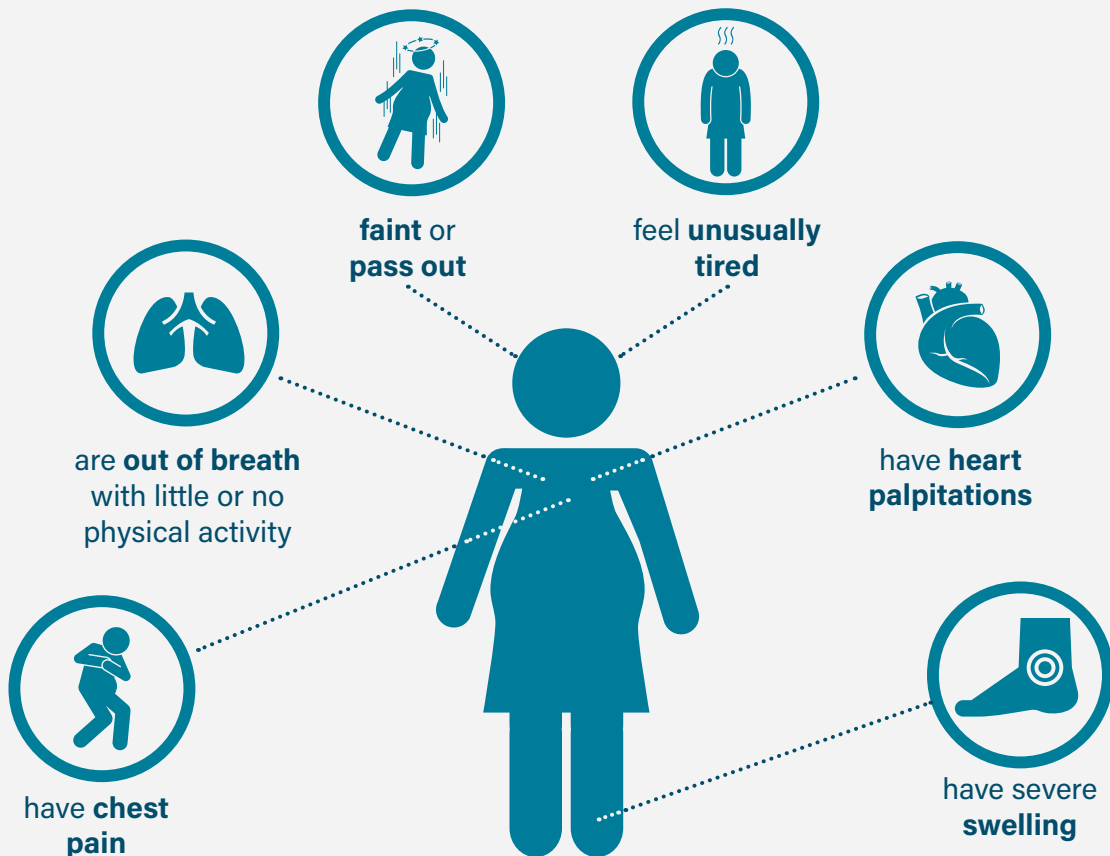


Get the care you need



WHAT ARE THE WARNING SIGNS OF HEART DISEASE DURING OR AFTER PREGNANCY?

Call your obstetrician-gynecologist (ob-gyn) right away if you...



ACOG

The American College of Obstetricians and Gynecologists

WHAT FACTORS ARE LINKED TO HIGHER RATES OF MATERNAL DEATH DUE TO HEART DISEASE?

Many cases of maternal mortality, or death during or shortly after pregnancy, are due to heart disease. The risk of death is higher for some women than for others. Talk with your ob-gyn to learn more.



AGE OVER 40

Women over age 40 are much more likely to die from heart-related pregnancy complications.



RACE/ETHNICITY

Black, American Indian, and Alaskan Native women are more likely to die from heart-related pregnancy complications than Asian, White, and Hispanic women.



HIGH BLOOD PRESSURE

Pregnant women with high blood pressure are more likely to have heart problems during or after delivery.



OBESITY

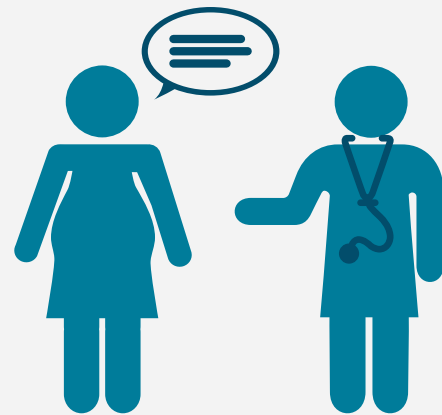
Women who are obese before pregnancy are more likely to die due to a pregnancy-related heart problem.

YOUR FUTURE HEALTH

If you are diagnosed with heart disease during pregnancy, **you may need to see your ob-gyn earlier or more often** after childbirth so they can keep a close eye on your health. You also should tell any future health care professionals that you had heart problems during pregnancy.

REMEMBER

Sometimes heart disease symptoms can feel like normal pregnancy symptoms. Talk with your ob-gyn if you have any of the warning signs. It's important to share what you're feeling, especially if something feels wrong. Ask if you may be at risk for heart disease.



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