



DID YOU HAVE COMPLICATIONS DURING PREGNANCY?

You may be at a higher risk for heart disease over your lifetime

Which pregnancy complications can increase your risk for heart disease as you age?



HIGH BLOOD PRESSURE

5-10% of all pregnant women



GESTATIONAL DIABETES

7-14% of all pregnancies



PRETERM BIRTH

11.5% of babies were born preterm in 2012.

Can include:

- Gestational hypertension
- Preeclampsia
once known as Pregnancy Induced Hypertension (PIH) and Toxemia
- Eclampsia
- HELLP syndrome



If you had **PREECLAMPSIA**, you have **2x** the risk of **stroke**, **heart muscle damage**, or **blood clot** and **4x** the risk of developing **high blood pressure** for the rest of your life!



Mothers who had gestational diabetes are more likely to have the condition again in a future pregnancy.



If you had **GESTATIONAL DIABETES**, you are **50%** more likely to develop **Type II diabetes** within 5 years, putting you at higher risk for heart disease.



Babies born before 37 completed weeks of pregnancy are preterm, or premature.



Women with **PRETERM BIRTH AND PREECLAMPSIA** have an **8-10x** higher chance of **death** from heart disease.

If you had complications in pregnancy, you can lower your risk:

New Mothers



See your health care provider 3-6 months after birth to check your overall physical health. Discuss your pregnancy and any complications you experienced.



Get a copy of your pregnancy and post-delivery medical records to share with your providers for the rest of your life. Don't wait – records may be destroyed.



Breastfeed as long as possible. Women whose total lifetime breastfeeding is 6-12 months were 10% less likely to develop heart disease (and it's good for baby too).

If you had one of these complications, speak with your provider when planning your next pregnancy to optimize your health.



REMEMBER!

It's a **MYTH** that **ALL** pregnancy related high blood pressure and gestational diabetes complications go away after the baby is born!

Mothers With Kids Over One Year



Get annual checkups and be screened for heart disease.

At this visit, your provider should check your overall physical condition.



Ask your provider what your test results mean and how you can lower your heart disease risk.

These screening numbers show desirable results.

| | | | |
|-------------------|----------------|-----------------------|-------------|
| Blood Pressure | < 120/80 mm hg | Fasting Blood Glucose | < 100 mg/dl |
| Total Cholesterol | < 200 mg/dl | Body Mass Index | < 25 kg/m2 |



Try a mobile app to automatically retrieve and store your medical records, so you always have them handy.



Eat healthy! A diet low in salt, fat, cholesterol and sugar can help you lower your risk for obesity, diabetes and heart disease.



Maintain a healthy weight. Body Mass Index (BMI) is an estimate of body fat based on height and weight. Less than 25 is healthy.



Get active for 30 minutes a day, or as recommended by your provider.



If you smoke, make a plan to quit. Your provider may have resources to support you.



Take medications as directed. Sometimes a healthy diet and exercise is not enough to lower your risk for heart disease, so your provider may prescribe medications to help.

Get more information and stay heart healthy.
www.cmqcc.org



SISTER TO SISTER
The Women's Heart Health Foundation

CMQCC
CALIFORNIA MATERNAL
QUALITY CARE COLLABORATIVE

