



HEART HEALTH AFTER PREGNANCY

Your health is important to you and your baby.
Look out for these symptoms of heart disease after you give birth.

KNOW THE SIGNS

- Headache
- Vision changes
- Chest pain
- Heart palpitations
- High blood pressure > 140/90 mmHg
 - Shortness of breath
 - Difficulty breathing when lying flat
 - Leg swelling

Heart disease is the leading cause of maternal death (death during pregnancy, at delivery, or soon after)

WHAT YOU CAN DO

If you experience any of these signs:

- Call your obstetrician
- Call your primary care physician



If you think you are having a heart attack or stroke, **call 911 right away.**

CAUSES OF HEART DISEASE AT DELIVERY OR SOON AFTER

- ▶ **High blood pressure**
 - Preeclampsia
 - Gestational high blood pressure
 - Chronic high blood pressure
- ▶ **Heart failure**
- ▶ **Stroke**
- ▶ **Blood clot** traveling through the bloodstream and getting caught in the lung (**pulmonary embolism**)

For more information, visit [CardioSmart.org/Women](https://www.CardioSmart.org/Women)

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