

# PREGNANCY COMPLICATIONS & HEART DISEASE RISK



Heart & Vascular  
Institute  
Westchester Medical Center Health Network

## PREGNANCY can be NATURE'S STRESS TEST ON THE HEART.

Women are at greater risk of having heart disease or a stroke if they had the following pregnancy complications:



**HIGH BLOOD PRESSURE OR PREECLAMPSIA**



**GESTATIONAL DIABETES**



**PRETERM BIRTH (BEFORE 37 WEEKS OF PREGNANCY)**



Many women don't get back to their pre-pregnancy weight within 12 months postpartum

**THIS ALSO MAY RAISE YOUR RISK FOR CARDIAC PROBLEMS**

### HEALTH PROBLEMS DURING PREGNANCY

— even if they disappear afterward — can signal

**TROUBLE FOR YOUR HEART**

## WHAT YOU CAN DO

**Make sure your primary care doctor knows if you had these pregnancy complications.**



**Know your risk for heart disease now and as you age**

**Adopt healthy habits:** exercise daily, eat a heart-healthy diet, maintain a healthy weight



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

For more information, visit [WMCHealthAPS.com/Heart](http://WMCHealthAPS.com/Heart)