



## 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)

 @CardioSmart