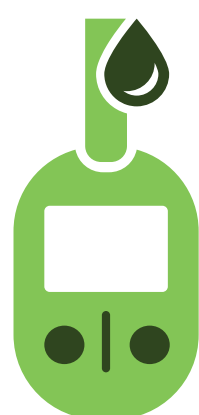


PREGNANCY can be NATURE'S STRESS TEST ON THE HEART.

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.

➔ Go to [CardioSmart.org/Women](https://www.cardiosmart.org/Women) to learn more about heart risk factors and tips to stay healthy.