A healthy mom has the best chance of a healthy pregnancy

A roadmap through your life stages for a heart healthy pregnancy & beyond

Prior to Pregnancy

- Establishing care with a primary care clinician to review your risk factors and optimize your health is key.
- Early access to prenatal care is critical.
- Learn your family's heart and pregnancy history.
- Women born with a heart defect (i.e. congenital heart disease) or who develop a heart condition during their life must speak with a cardiologist before pregnancy.

Your Family's History is just as important as knowing your own and can impact your health during pregnancy as well as long-term heart health.

Did you know? 40% of women do not make it to their postpartum visit, with the lowest rates in the most disenfranchised. That's concerning because 53% of maternal deaths occur 7-365 days after delivery.

The first year after delivery is an important time to re-establish your health and continue to identify your risk factors.

Women with preeclampsia, high blood pressure or heart disease during pregnancy must schedule their appointments sooner - on average that happens within a week.

Determine with your clinician when you should see your primary care clinician and/or if you should see a cardiologist.

Ask your clinician if you would benefit from monitoring your blood pressure at home.

Pregnancy

- Pregnancy is nature's stress test on the heart.
- It is important to have a healthy lifestyle early and seek regular evaluation.
- Your family is complete. Your body has undergone many changes during one or more pregnancies and births and this is an important time to continue to work with a clinician to optimize your health.

The time between pregnancies is a critical period to make sure you are in good health before becoming pregnant again. Work with your care team to follow your pre-baby weight, monitor your risk factors and maintain a healthy lifestyle.

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Post Childbearing and Beyond

- Post childbearing is an important time when your family is complete. Your body has undergone many changes during one or more pregnancies and births and this is an important time to continue to work with a clinician to optimize your health.
- Make physical, mental and stress management an important priority.
- Set reminders to schedule yearly well-woman visits, continue to track your numbers and maintain a healthy lifestyle.
- Tell your clinician if you had a history of any major health risks during pregnancy since this may put you at long-term risk of heart and brain disorders.

For more info, visit abcadio.org wearethefaces.abcardio.org

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#FacesOfBlackMaternalHealth

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Recent studies have shown that the Mediterranean Diet decreased the risk of preeclampsia in Black women. 1