We Are The Faces of Maternal Black ♥

At these visits you should:

- Discuss your risk factors for heart disease, including hypertension, or other cardiovascular disease, including stroke, blood clots, and heart attacks.
- Discuss your risk factors for heart disease and how you can modify them now.
- Discuss your personal pregnancy history with an emphasis on heart disease.
- Discuss your risk factors for heart disease, such as preeclampsia. Asking these questions may be helpful.
- Discuss how you can reduce your risk of poor outcomes including:
  - Optimizing chronic conditions such as obesity, hypertension, diabetes.
  - Consult with a maternal-fetal medicine/high-risk obstetrician, cardiologist, and/or nutritionist.
  - Determine if a midwife and/or cardiologist would be beneficial.

- Ask about prenatal supplements and/or lifestyle changes that can help optimize your pregnancy including the ABC’s 7 Steps to a Healthy Heart.

- Inquire how you can modify these risks including the use of aspirin, exercise, healthy eating patterns, Vitamin D or iron supplementation or other interventions.

- Understand your risk for preeclampsia, diabetes, hypertension, or other conditions which may impact you immediately or in the future.

- Communicating with Your Clinician
  - When is my first postpartum checkup?
  - Should I continue any or all of my medications?
  - Should I continue to check my blood pressure and when will I see my primary care clinician and/or cardiologist?

- Inquire how you can modify your pregnancy related complications
  - Should I continue to see the cardiologist and when should I follow up with my OB?

- Ask about prenatal supplements and/or lifestyle changes that can help optimize your pregnancy including the ABC’s 7 Steps to a Healthy Heart.

- Inquire how you can modify these risks including the use of aspirin, exercise, healthy eating patterns, Vitamin D or iron supplementation or other interventions.

- Understand your risk for preeclampsia, diabetes, hypertension, or other conditions which may impact you immediately or in the future.

- Communicating with Your Clinician
  - When is my first postpartum checkup?
  - Should I continue any or all of my medications?
  - Should I continue to check my blood pressure and when will I see my primary care clinician and/or cardiologist?

- Inquire how you can modify your pregnancy related complications
  - Should I continue to see the cardiologist and when should I follow up with my OB?

- Ask about prenatal supplements and/or lifestyle changes that can help optimize your pregnancy including the ABC’s 7 Steps to a Healthy Heart.

- Inquire how you can modify these risks including the use of aspirin, exercise, healthy eating patterns, Vitamin D or iron supplementation or other interventions.

- Understand your risk for preeclampsia, diabetes, hypertension, or other conditions which may impact you immediately or in the future.

- Communicating with Your Clinician
  - When is my first postpartum checkup?
  - Should I continue any or all of my medications?
  - Should I continue to check my blood pressure and when will I see my primary care clinician and/or cardiologist?

- Inquire how you can modify your pregnancy related complications
  - Should I continue to see the cardiologist and when should I follow up with my OB?

- Ask about prenatal supplements and/or lifestyle changes that can help optimize your pregnancy including the ABC’s 7 Steps to a Healthy Heart.

- Inquire how you can modify these risks including the use of aspirin, exercise, healthy eating patterns, Vitamin D or iron supplementation or other interventions.

- Understand your risk for preeclampsia, diabetes, hypertension, or other conditions which may impact you immediately or in the future.

- Communicating with Your Clinician
  - When is my first postpartum checkup?
  - Should I continue any or all of my medications?
  - Should I continue to check my blood pressure and when will I see my primary care clinician and/or cardiologist?

- Inquire how you can modify your pregnancy related complications
  - Should I continue to see the cardiologist and when should I follow up with my OB?