



# PREGNANCY AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)



Pregnancy is like a 9-month-long heart stress test. If you delivered **preterm**, had **high blood pressure** or **diabetes** during your pregnancy, it could mean you are at **higher risk** for future heart disease.



As there are **no** long-term **guidelines** for women with pregnancy-related risk factors, women must be **advocates** of their own heart health.



It is a **myth** that all pregnancy-related complications go away after the baby is born!

## PREGNANCY-RELATED RISK FACTORS



### Preterm Delivery

Giving birth before 37 weeks of pregnancy



### High Blood Pressure During Pregnancy

Blood pressure of  $\geq 140$ mmHg (systolic) or  $\geq 90$ mmHg (diastolic) on at least two readings during pregnancy



### Diabetes During Pregnancy (Gestational Diabetes):

Not enough insulin to control blood sugar during pregnancy

## WHAT CAN I DO?



Use your baby's 6-week postpartum checkup as a chance to also **ask about your overall health**, including your **heart health**.



Eat **heart healthy**. Aim for 7 servings a day.



**Move more, sit less.** Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. Examples include walking, swimming, dancing or climbing stairs.



**Take your medications** as prescribed.



**Ask your healthcare provider for your numbers (ABCs) and what they mean:** A1C test (blood sugar test), **B**lood pressure, **C**holesterol.



Get annual checkups.



If you smoke, find support to **quit**.



Know your **family history** and tell your children.



Aim for a waist circumference below 88 cm.



Download the top 5 questions to ask your healthcare provider at [yourheart.ca](http://yourheart.ca)