Stay educated about possible heart complications
Heart (cardiovascular) disease can pose a threat to pregnant and recently pregnant people. Knowing the signs to watch for and steps to take saves lives.

Six Signs to Watch For
(mid pregnancy - 5 months after pregnancy)

- Lasting Cough
- High blood pressure
- Sleepiness
- Swollen ankles or neck veins
- Short of Breath
- Skipping Beats or Racing Heart

Steps to Take
If you are experiencing frequent symptoms, contact your doctor or visit the emergency room. Don’t forget to inform the provider of your current or recent pregnancy.

Minimize Risk
Avoid cigarettes
Exercise regularly
Eat a balanced diet
Avoid alcohol