

Heart Risks for Pregnant & Postpartum People

Are you or is someone you know pregnant?

How about in the past year?

Stay educated about possible heart complications

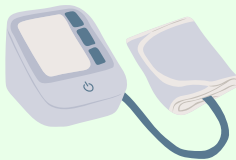
Heart (cardiovascular) disease can pose a threat to pregnant and recently pregnant people. Knowing the signs to watch for and steps to take saves lives.

Six Signs to Watch For

(mid pregnancy - 5 months after pregnancy)



Lasting Cough



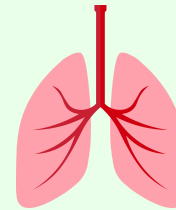
High blood pressure



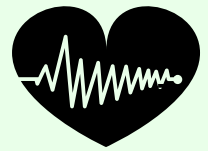
Sleepiness



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