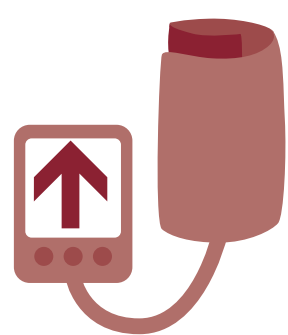


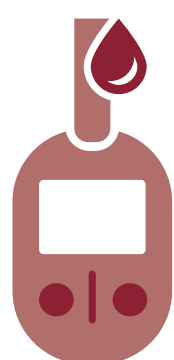


## HEALTH PROBLEMS DURING PREGNANCY can signal trouble for your heart.

Women are at greater risk of having heart disease or a stroke if they had the following:



**HIGH BLOOD PRESSURE WITH PREGNANCY,  
PREECLAMPSIA OR ECLAMPSIA**



**GESTATIONAL  
DIABETES**



**PRETERM BIRTH  
DELIVERY BEFORE 37  
WEEKS OF PREGNANCY**

Try to lose weight  
gained during  
pregnancy within  
12 months of delivery  
to lower your risk  
of heart disease.

### WHAT YOU CAN DO

Make sure your primary care doctor knows  
if you had these pregnancy problems



Know your risk for heart  
disease now and as you age

Adopt healthy habits: exercise daily, eat a  
heart-healthy diet, maintain a healthy weight



**Pregnancy  
can be nature's  
stress test on  
the heart.**

For more information, visit [CardioSmart.org/Women](https://www.cardiosmart.org/Women)

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