

PREGNANCY CAN BE NATURE'S STRESS TEST ON THE HEART



Are you at risk for heart disease?

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

HIGH BLOOD PRESSURE



VERY SMALL BABY (BELOW 10TH PERCENTILE)



PLACENTAL ABRUPTION



EARLY DELIVERY (PREMATURE)



DIABETES IN PREGNANCY



HOW YOU CAN LOWER YOUR RISK



See your primary care provider for routine appointments after the baby is born to check your overall health. Discuss your pregnancy and tell them about any complications you may have experienced.



Stay active with moderate to vigorous intensity exercise at least 150 minutes per week. Choose a variety of activities, including aerobic and strengthening exercises.



Aim to be a healthy body weight to reduce your future risk of heart disease and stroke. Get back to your pre-pregnancy weight after delivery.



Live smoke free. If you smoke, ask your primary care provider for help with quitting smoking. Quitting will greatly reduce the risk of future health problems like a heart attack or stroke.



Eat a healthy diet. Increase the amount of vegetables, fruits, whole grains, and fish you eat. Lower your salt, fat, cholesterol and sugar intake.



Breastfeed as long as possible. Breastfeeding is good for both babies and mothers. Breastfeeding reduces your risk of diabetes, high blood pressure, and heart disease. It may also help you lose weight after delivery.



When planning your next pregnancy, speak with your provider. They may have additional suggestions to optimize your health.

For more information visit: www.themothersprogram.ca



The MoHERS Program
Mother's Health Education, Research and Screening

Queen's UNIVERSITY

Department of Family Medicine
Department of Obstetrics & Gynaecology

