

PPCM FUND

PPCM Awareness Day Is EVERYDAY



Peripartum Cardiomyopathy - The Silent Killer

**Pregnancy should be a beautiful experience;
That's where we come in!**

PPCM is a pregnancy induced heart failure that, in too many cases, results in the unnecessary death of the mother. Signs of PPCM include abnormal swelling of feet & hands, difficulty breathing, fatigue & chest pain. Surprisingly, most of the birth professionals we've encountered are unaware of PPCM; worse than that, because of this, a new mom dies roughly every 3 minutes of PPCM. Don't be a statistic, follow the simple 1-2-3 below. Childbirth is serious, but should be glorious, for all.

1

DIAGNOSE

Excessive swelling, weight gain & fatigue are signs of PPCM. Get Tested Properly.

2

TREAT

There is a cure; the answer is not suffering and possible mortality. Be your own advocate.

3

MONITOR

Pregnancy is stressful on your heart, keep tabs on it with an EKG, Echo, or both.



Get Checked Out
Request an **NT-ProBNP** test from your Doc.



Donations Make BIG Differences
Truth is **WE can't** survive without your monetary support!



YOU Know Your Body Best
Be your own advocate & use common sense.