

# PPCM FUND

PPCM Awareness Day Is EVERYDAY



Peripartum Cardiomyopathy (PPCM) - The Silent Killer

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

To our surprise, most birthing professionals we've encountered are unaware of PPCM. PPCM is a pregnancy-induced heart failure that in too many cases results in the unnecessary death of a mother. Signs of PPCM include abnormal swelling of hands & feet, difficulty breathing, fatigue & chest pain. ; A new mom dies roughly every 3 minutes. Don't be a statistic, follow the simple 1-2-3 below. Childbirth is serious, but should be fun & 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, & BNP.



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.