

# PEACH

## Pregnant and Postpartum Heart Disease Warning Signs

**P**alpitations

Heart beating too fast  
or skipping beats

**E**dema

Swelling in your  
hands or feet

**A**bnormal  
Breathing

Hard time catching  
your breath

**C**hest Pains

**H**igh Blood  
Pressure





Georgia cares about the heart health of pregnant and postpartum people. Look out for the **PEACH** heart warning signs that something might be seriously wrong.

Pregnancy can impact your heart health for up to a year after the pregnancy ends. Not all doctors will know that you were pregnant. Remember to say ***"I was pregnant this past year and now I am having..."***



Use this QR code to get more information about heart health warning signs.

If you are experiencing any of these warning signs, call: \_\_\_\_\_