

# 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.