



Thinking of getting pregnant?

Certain heart conditions can increase your chance (risk) of serious problems. If you have one of these conditions, it's important to talk with your heart doctor before becoming pregnant.

Some conditions that can cause serious health problems for you and your baby:

Congenital heart disease - a defect in the heart that you were born with

Valve disease - a heart valve isn't working properly or has been replaced

Heart transplant

Heart rhythm problems

Heart attack

Heart failure or heart damage

Aortic disease - problems with the body's main artery

Pulmonary hypertension - high blood pressure in the arteries of your lungs

Start the conversation

Patients and clinicians can work together by discussing:

- ▶ Risks of pregnancy in patients who have these conditions in a timely manner
- ▶ Safe and effective contraception choices to prevent pregnancy
- ▶ Steps to take for a safer pregnancy

Pregnancy is a stress test for the heart. It affects the heart and blood circulation. Going into pregnancy with heart issues can be dangerous, especially without planning ahead.

visit [CardioSmart.org/Women](https://www.CardioSmart.org/Women) to learn more.

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