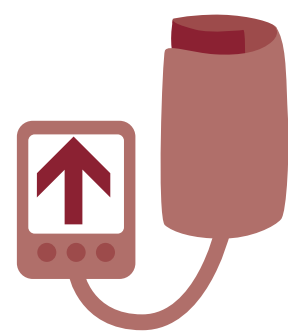




HEALTH PROBLEMS DURING PREGNANCY can signal trouble for your heart.

Women are at greater risk of having heart disease or a stroke if they had the following:



HIGH BLOOD PRESSURE WITH PREGNANCY, PREECLAMPSIA OR ECLAMPSIA



GESTATIONAL DIABETES



**PRETERM BIRTH
DELIVERY BEFORE 37
WEEKS OF PREGNANCY**

Try to lose weight gained during pregnancy within 12 months of delivery to lower your risk of heart disease.

WHAT YOU CAN DO

Make sure your primary care doctor knows if you had these pregnancy problems



Know your risk for heart disease now and as you age

Adopt healthy habits: exercise daily, eat a heart-healthy diet, maintain a healthy weight



Pregnancy can be nature's stress test on the heart.

For more information, visit [CardioSmart.org/Women](https://www.cardiosmart.org/Women)

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