

Pregnancy and heart disease conversation checklist

Your pregnancy can reveal insights about your future heart health. Certain pregnancy complications can also increase your risk of heart disease later in life. Even if you don't think you're at risk, asking your healthcare provider about heart health is the first step to protecting your heart for years to come, benefiting both you and your baby.

Bring this checklist to your healthcare provider.

I have (or think I may have):

- ☐ A heart condition, or heart disease runs in my family
- ☐ Baby small or large for gestational age, or low birth weight
- ☐ Baby born early (before 37 weeks)
- ☐ Diabetes during pregnancy (gestational diabetes)
- ☐ Problems in previous pregnancy
- ☐ I am over 40 years old
- ☐ I am significantly overweight
- ☐ High cholesterol
- ☐ High blood pressure (hypertension), high blood pressure runs in my family, or high blood pressure that hasn't gone away 12 weeks after pregnancy

Contact your healthcare provider immediately if you have:

- Severe headache
- Visual changes
- Sudden swelling
- Chest pain
- Fainting
- Severe shortness of breath
- Sudden fast/irregular heartbeat
- Severe abdominal pain after delivery