

Pregnancy and heart disease

During pregnancy, your heart works harder as it pumps much more blood around your body. Some pregnancy complications can be early warning signs for future heart problems. That's why it's important to talk with your healthcare provider about your heart health, both during and after pregnancy.



Some pregnancy complications can increase your risk of heart disease later in life^{1,8}

High blood pressure, gestational diabetes, preterm birth, and a small or large baby can increase your long-term risk for heart disease, heart attack, and stroke.



If you have heart disease, pregnancy can pose risks – but many still have healthy pregnancies^{1,6}

If you have known heart disease, you may need care from a specialist Pregnancy Heart Team. If you experience pregnancy complications, you should have an annual heart health check.



Heart problems can happen after delivery^{1,4}

Complications from heart disease can arise after delivery. Your post-natal care should continue into the fourth trimester (the first 12 weeks after birth).

Kōrero with your healthcare provider

Health professionals are here to support you. Don't hesitate to ask about your heart health – even if you don't think you're at risk. These conversations can protect your heart for years to come, benefiting both you and your baby. Download, print and complete the conversation guide on our website to take along to your next appointment.