

## E-Blast Cardiovascular Health During Pregnancy

During pregnancy, the heart works harder to pump blood to both the pregnant person and the baby. This extra effort can reveal heart problems that already existed before pregnancy or lead to the onset of new conditions, such as preeclampsia, hypertension, or gestational diabetes.

If you're pregnant or planning to become pregnant, these steps can help you take care of your heart health:

- **Know your risk.** Identify your body mass index (BMI), blood pressure, cholesterol, and blood sugar levels.
- **Talk to your doctor.** Discuss your risk factors, how they might affect your pregnancy, and their impact on future pregnancies. Keep all your prenatal care appointments.
- **Develop healthy habits.** Choose healthy foods, get regular physical activity (as recommended by your doctor), maintain a healthy weight, manage stress, get enough sleep, and avoid smoking.
- **Pay attention to warning signs.** Seek immediate medical help if you develop a persistent or worsening headache, extreme tiredness, dizziness, shortness of breath, chest or abdominal pain, sudden swelling, nausea or any unusual symptoms.

### References:

<https://www.heart.org/en/news/2024/01/31/5-preguntas-que-las-mujeres-deben-hacer-a-sus-obstetras-ginecologos-sobre-el-corazon>

<https://www.nhlbi.nih.gov/education/heart-truth/listen-to-your-heart/heart-health-and-pregnancy>