



# Preeclampsia may lead to heart disease, stroke and high blood pressure



## 5% to 8%

Preeclampsia (including eclampsia and HELLP syndrome) impacts 5% to 8% of all pregnancies – that's up to one in every 12 pregnancies



## 2x to 4x

Preeclampsia doubles your risk of heart disease and stroke, and quadruples your risk of high blood pressure later in life.



## At higher risk

Women who had preeclampsia and:

- ✓ delivered pre-term
- ✓ had low-birth weight babies
- ✓ suffered from severe preeclampsia more than once

## Take heart – lower your risk

A history of preeclampsia doesn't mean you'll definitely develop cardiovascular problems, especially if you take the higher risk to heart and make changes today for a healthier tomorrow



## Every year

- ✓ If you have a history of preeclampsia, talk to your healthcare provider within one year after delivery about taking extra care to monitor the health of your heart and blood vessels
- ✓ You should be regularly evaluated and treated for cardiovascular risk factors such as high blood pressure, blood sugar and cholesterol, obesity, and smoking

## Adopt a heart-healthy lifestyle

- ♥ Get adequate physical activity
- ♥ Eat a heart-healthy diet
- ♥ Stay at a healthy weight
- ♥ If you smoke, stop!
- ♥ Talk to your doctor about taking low-dose aspirin
- ♥ Know your family health history
- ♥ Know your numbers for blood pressure, blood sugar, and cholesterol



## Now that you know

Take heart and do your part to stay healthy!

## 2 out of 3

women who experienced preeclampsia will die from cardiovascular disease



For more information, go to [www.preeclampsia.org](http://www.preeclampsia.org)