MAKE THE LINK BETWEEN PREECLAMPSIA and HEART DISEASE
Any Woman. Any Pregnancy.

What women need to know:

**5%–8% of all pregnancies are impacted by preeclampsia - that’s 1 in every 12 pregnancies**

A history of preeclampsia means an ↑ risk for developing diabetes

Multiple pregnancies with preeclampsia ↑ risk for heart disease

Women who have had preeclampsia have 3–4 x the risk of high blood pressure and double the risk for heart disease and stroke.

2 out of 3 women who experience preeclampsia will die from heart disease

You are at increased risk for heart disease and stroke if:

- your baby was delivered pre-term
- your baby weighed less than 5 1/2 pounds
- you suffered from severe preeclampsia more than once
- you are African American or Hispanic

Talk to your healthcare provider and let them know:

- if you experienced preeclampsia in any of your pregnancies
- if you experienced gestational diabetes in any of your pregnancies
- if any of your babies were born more than three weeks before the due date
- if any of your babies weighed less than 5 1/2 pounds at birth

What you can do to reduce your risk:

- Maintain a healthy weight
- Talk to your healthcare provider about how to reduce your risk
- Know your blood pressure, blood sugar and cholesterol
- Exercise regularly and eat a healthy diet

DON’T smoke

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