

MAKE A PLAN My Health Beyond Pregnancy

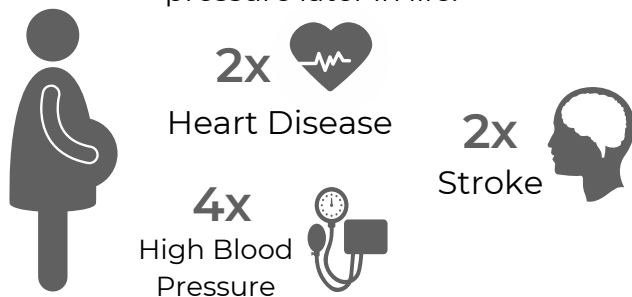


**DID
YOU
KNOW?**

Pregnancy is a stress test on the heart. Pregnancy and the postpartum period is a great time to make a plan for your long-term heart health.

My Information:	Baby's Information:
<p>Name: _____</p> <p>My Date of Birth: _____</p> <p>Age at Delivery: _____</p>	<p>Name: _____</p> <p>Date of Birth/Delivery: _____</p> <p>Gestational Age (weeks): _____</p> <p>Birthweight (lb or grams): _____</p> <p>Sex: ___ Male ___ Female</p> <p>Length (in or cm): _____</p> <p>Head Size (in or cm): _____</p>
<p align="center">Pregnancy-Related Cardiovascular Risk Indicators (Check all that apply.)</p>	<p>Outcomes (check all that apply):</p>
<p><input type="checkbox"/> Preeclampsia (___ prenatal ___ postpartum)</p> <p><input type="checkbox"/> Gestational Hypertension</p> <p><input type="checkbox"/> HELLP syndrome <input type="checkbox"/> Eclampsia</p> <p><input type="checkbox"/> Gestational Diabetes</p> <p><input type="checkbox"/> Placental Abruption</p> <p><input type="checkbox"/> Unexplained Preterm Birth (<37 weeks)</p> <p><input type="checkbox"/> Interuterine Growth Restriction (IUGR)</p>	<p><input type="checkbox"/> Multiple gestation <input type="checkbox"/> Small for gestational age</p> <p><input type="checkbox"/> Premature delivery</p> <p><input type="checkbox"/> Stillbirth <input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Infant loss after delivery</p>

Preeclampsia **doubles** your risk of heart disease and stroke, and **quadruples** your risk of high blood pressure later in life.¹



A history of hypertension in pregnancy does not mean you will definitely develop cardiovascular problems. Take this knowledge to heart and make changes today for a healthier tomorrow.²

Start by keeping this form updated and making a plan with your care provider.

Presented by



International Society for the Study of
Hypertension in Pregnancy



1. Bushnell C, et al; on behalf of the American Heart Association Stroke Council, Council on Cardiovascular and Stroke Nursing, Council on Clinical Cardiology, Council on Epidemiology and Prevention, and Council for High Blood Pressure Research. Guidelines for the prevention of stroke in women: a statement for healthcare professionals from the American Heart Association/American Stroke Association. Stroke. 2014;45:1545-1588.

2. American Heart Association Statement: Pregnant women with CVD need specialized care before, during and postpartum: <https://newsroom.heart.org/news/aha-statement-pregnant-women-with-cvd-need-specialized-care-before-during-and-postpartum>

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Tracking your blood pressure and weight can help you and your care provider make a plan to manage your heart health risk after pregnancy.

Record your history and numbers on this sheet. Take it with you to discuss at your annual checkup..

Personal and Family History:			Recommended Home Health Tracking Schedule				
With which race/ethnicity do you identify? <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Asian <input type="checkbox"/> Native/Indigenous <input type="checkbox"/> Mixed <input type="checkbox"/> Black/African <input type="checkbox"/> Other: _____			TIME SINCE DELIVERY	BLOOD PRESSURE (mmHg)	WEIGHT	BODY MASS INDEX	WAIST CIRCUM-FERENCE
<i>Leave blank if unsure.</i> 1. Do you or have you ever smoked? 2. Have you had a heart attack or stroke? 3. Did you have high blood pressure before pregnancy? 4. Did you have diabetes before pregnancy? 5. Has your mother or sister(s) had high blood pressure during pregnancy? 6. Has your father, mother, or a sibling had a heart attack? 7. Do your parents or sibling(s) have high blood pressure? 8. Do your parents or sibling(s) have diabetes?			Yes	No	6 WEEKS Date: _____		
					6 MONTHS Date: _____		
					12 MONTHS Date: _____		
					__ MONTHS Date: _____		
					__ MONTHS Date: _____		
					__ MONTHS Date: _____		

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Your long-term health plan starts by understanding your risk factors, then modifying what you can.

So how can you lower your risk?

7 Ways to Lower Your Heart Risk³



Breastfeed as long as possible



Stay active
Aim for 150+ minutes of vigorous activity per week.



See your primary care provider for annual appointments



Aim for a healthy weight (see below)



Eat healthy
Lower your salt, fat, and sugar intake.



Live smoke-free including a smoke-free environment.



Speak to your provider before your next pregnancy.

Pre-Pregnancy



Weight: _____
BMI: _____

At Delivery



Weight: _____

12 Month Goal



Weight: _____
BMI: _____

Body mass index (BMI) is your body weight relative to your height. A healthy BMI is between 18.5 and 25. A BMI greater than 25 increases your risk for heart disease. If your BMI is high, talk to your healthcare provider about safe ways to lose weight.

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Your blood work can show how your heart, blood vessels and kidneys are functioning after your pregnancy. Use this tracker to record your numbers and discuss with your provider.

Recommended 12-Month Postpartum Blood Work

	Reference Range	My numbers	
		Date: _____	Date: _____
Cholesterol	125 to 200mg/dL (<5.2 mmol/L)		
HDL "good" cholesterol	50 mg/dL or higher (>1.3 mmol/L)		
LDL "bad" cholesterol	<100 mg/dL (<3.4 mmol/L)		
Triglycerides	<150 mg/dL (<1.7 mmol/L)		
Fasting Glucose	70 - 100 mg/dL (3.9 - 5.6 mmol/L)		
High Sensitivity C- Reactive Protein (CRP) (measures your risk of developing coronary artery disease)	<2 mg/dL (<0.1 mmol/L)		
Urine Microalbumin Creatinine Ratio (measures kidney function)	<30 mg/dL (<3 mg/mmol)		

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