

# MAKE A PLAN My Health Beyond Pregnancy



**DID  
YOU  
KNOW?**

A hypertensive disorder of pregnancy, including preeclampsia, eclampsia, or HELLP syndrome, can be a life-changing experience that goes beyond pregnancy.



Your pregnancy journey and birth experience may have been difficult to process because of medical complications from preeclampsia. What was supposed to be beautiful experience filled with joy was instead full of medical interventions, discomfort, and fear. This may have included more time in the hospital for you or your baby. You may have experienced complications from a premature delivery, such as a stillbirth or loss.

You are not alone. You deserve physical and emotional support around you to process your experience and to understand what happens next. This sheet was developed to help you organize your care beyond pregnancy.



## My Information:

Name: \_\_\_\_\_

My Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_

With which race/ethnicity do you identify?

- White/Caucasian     Asian  
 Native/Indigenous     Mixed  
 Black/African     Other: \_\_\_\_\_

## My Baby/Babies Information:

Name(s): \_\_\_\_\_

Date of Birth/Delivery: \_\_\_\_\_

Gestational Age (weeks): \_\_\_\_\_

Birthweight (lbs or grams): \_\_\_\_\_

Sex:                      \_\_\_ Male    \_\_\_ Female

Length (in or cm): \_\_\_\_\_

Head Size (in or cm): \_\_\_\_\_

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Hypertension in Pregnancy



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Women who have preeclampsia are at 2x the risk of heart disease and stroke and 4x the risk of high blood pressure later in life.<sup>1</sup>

A history of high blood pressure in pregnancy does not mean you will definitely develop cardiovascular problems, but that you should document your pregnancy experience and ask your current health care provider to monitor your current and future heart health.<sup>2</sup>



**4X**  
High Blood Pressure

**2X**  
Heart Disease

**2X**  
Stroke

## My pregnancy was affected by:

- Preeclampsia (\_\_\_ prenatal \_\_\_ postpartum)
- Gestational Hypertension
- HELLP syndrome
- Eclampsia
- Gestational Diabetes
- Placental Abruption
- Preterm Birth (<37 weeks)
- Twins, Triplets or other multiples

## My baby/babies experienced:

- Premature delivery
- Stillbirth
- Infant loss after delivery
- Small for gestational age (SGA)
- Interuterine growth restriction (IUGR)
- Neonatal Intensive Care Unit (NICU) stay
- Unsure

## The Importance of Rest and Support



Recently delivered women, especially those who have experienced high blood pressure, may have a lot of physical and emotional recovery to do. Make sure you get enough sleep so your body can recover and rest, be in a place where you can feel safe and supported by those around you, and reach out for help for any food or housing concerns.

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1. Mehta PK, Minissian M, Bairey Merz CN. Adverse pregnancy outcomes and cardiovascular risk factor management. Semin Perinatol. 2015 Jun;39(4):268-75. doi: 10.1053/j.semperi.2015.05.005. Epub 2015 Jul 6. PMID: 26159741; PMCID: PMC4516636.  
2. Parikh NI, Gonzalez JM, Anderson CAM, Judd SE, Rexrode KM, Hlatky MA, Gunderson EP, Stuart JJ, Vaidya D, American Heart Association Council on Epidemiology and Prevention; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular and Stroke Nursing; and the Stroke Council. Adverse Pregnancy Outcomes and Cardiovascular Disease Risk: Unique Opportunities for Cardiovascular Disease Prevention in Women: A Scientific Statement From the American Heart Association. Circulation. 2021 Mar 29;CIR0000000000000961.

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**DID  
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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.

## Why Track My Body Mass Index?

Your body weight (and what is called your body mass index or BMI) are signs that help your provider get a full picture of your overall health. It does not have to be your first priority - it is just one risk factor that can be changed.



The next page gives some other ways you can lower your risk. Scan the code to measure your current BMI.

## Keep Track of Important Health Signs

TIME SINCE DELIVERY	BLOOD PRESSURE (mmHg)	WEIGHT	BODY MASS INDEX	WAIST CIRCUM-FERENCE
6 WEEKS Date: _____	_____			
6 MONTHS Date: _____	_____			
12 MONTHS Date: _____	_____			

Pre-Pregnancy	At Delivery	12 Month Goal
 Weight: _____ BMI: _____	 Weight: _____	 Weight: _____ BMI: _____



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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?

## 8 Ways to Lower Your Heart Risk<sup>3</sup>



Aim for blood pressure below 130/80



Get moving for 20+ minutes per day



See your primary care provider for regular check-ups



Aim for a body mass index below 25



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



Live smoke-free - including a smoke-free environment



Aim for 7 hours of sleep per night



Speak to your provider before your next pregnancy

Recently delivered women, especially those who have experienced hypertension, may have a lot of physical and emotional recovery to do. Try to take 1 or 2 of the above steps to begin your path to a healthier future.

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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 baseline numbers and discuss with your provider.

## Recommended 12-Month Postpartum Blood Work

	Target Range	My numbers	
		Date: _____	Date: _____
<b>Cholesterol</b> (overall)	125 to 200mg/dL (<5.2 mmol/L)		
<b>HDL</b> ("good" cholesterol)	50 mg/dL or higher (>1.3 mmol/L)		
<b>LDL</b> ("bad" cholesterol)	<100 mg/dL (<3.4 mmol/L)		
<b>Triglycerides</b> (a type of fat found in your blood that can increase risk of heart disease)	<150 mg/dL (<1.7 mmol/L)		
<b>Hemoglobin A1c</b> (your average level of blood sugar over the past 2 to 3 months)	4 - 5.6%		
<b>Urine Microalbumin Creatinine Ratio</b> (If there are kidney issues, as this measures kidney function)	<30 mg/dL (<3 mg/mmol)		

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