Pregnancy is like a 9-month-long heart stress test. If you delivered preterm, had high blood pressure or diabetes during your pregnancy, it could mean you are at higher risk for future heart disease. As there are no long-term guidelines for women with pregnancy-related risk factors, women must be advocates of their own heart health. It is a myth that all pregnancy-related complications go away after the baby is born!

**PREGNANCY-RELATED RISK FACTORS**

- **Preterm Delivery**
  Giving birth before 37 weeks of pregnancy

- **High Blood Pressure During Pregnancy**
  Blood pressure of $\geq 140$mmHg (systolic) or $\geq 90$mmHg (diastolic) on at least two readings during pregnancy

- **Diabetes During Pregnancy (Gestational Diabetes):**
  Not enough insulin to control blood sugar during pregnancy

**WHAT CAN I DO?**

- Use your baby's 6-week postpartum checkup as a chance to also ask about your overall health, including your heart health.

- **Move more, sit less.** Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. Examples include walking, swimming, dancing or climbing stairs.

- Ask your healthcare provider for your numbers (ABCs) and what they mean: A1C test (blood sugar test), Blood pressure, Cholesterol.

- Know your family history and tell your children.

- **Eat heart healthy.** Aim for 7 servings a day.

- **Take your medications** as prescribed.

- Get annual checkups.

- If you smoke, find support to quit.

- Aim for a waist circumference below 88 cm.

Download the top 5 questions to ask your healthcare provider at yourheart.ca