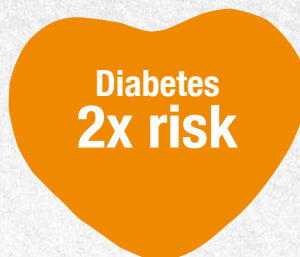


# Did you have high blood pressure during pregnancy?



If you had high blood pressure or preeclampsia during pregnancy, you are at higher risk of heart disease and stroke compared to women who did not develop these conditions. Preeclampsia is a condition with increased blood pressure and the involvement of one or more of the body's organ systems.



## Why me?

While the exact causes are not known you're not alone - in Australia, 30,000 women each year will develop high blood pressure in pregnancy and 10,000 of these will have preeclampsia.

## What can I do?

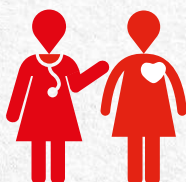
Talk to your doctor about managing your risk at your next visit. You should then have a yearly blood pressure check and regular (5 yearly or more frequent if needed) heart health check. Your doctor can talk to you about how often you need to be checked after that and about the many things you can do to reduce your risk of developing heart disease or stroke:

- breast feed if possible
- maintain a healthy weight
- follow a healthy diet
- exercise regularly
- quit smoking

## What if I want to get pregnant again?

If you've had preeclampsia you're 7x more likely to have it again so:

- plan any future pregnancies with your doctor
- see your healthcare team early in your next pregnancy and make sure they are aware of your history
- get back to your pre-pregnancy weight



Helpline 13 11 12  
[www.heartfoundation.org.au/conditions-women](http://www.heartfoundation.org.au/conditions-women)