Heart disease and heart disease during pregnancy are already pregnant to understand their risk for complications important for women who want to become pregnant or are also increase women's long-term risk for heart disease. It is also one of the major complications, such as diabetes and gestational diabetes, preeclampsia, and advanced maternal age. Conditions developed during pregnancy, like pre-existing hypertension, and heart disease and pre-existing risk for pregnancy.
PREGNANCY & HEART DISEASE

Risk Factors for Pregnancy Complications
- Pre-existing conditions, such as hypertension, diabetes and heart disease
- Women with congenital heart disease reaching childbearing age
- Advanced maternal age

Complications during pregnancy, such as gestational diabetes, preeclampsia, eclampsia, hypertension or preterm delivery (before 37 weeks), increase heart disease risk later in life.

more than 1 in 3 of pregnancy related deaths in the US were due to heart disease and stroke, making it the leading cause of maternal mortality. Yet, only 6% of those women had previously been diagnosed with a heart condition.

Pregnancy-Related Heart Disease:

PPCM
Peripartum Cardiomyopathy — A rare syndrome when weakened heart muscle is unable to pump blood normally to the body leading to heart failure.

Symptoms include shortness of breath, swelling in the legs and extreme fatigue. African American women are at higher risk for PPCM, compared to all other racial/ethnic groups.

TREATMENT: About 70% of women recover their normal heart function in one year with medication, and about 13% of women have persistent severe heart weakening or poor outcome. Patients with severe heart failure may also benefit from percutaneous ventricular assist devices approved by the FDA for the indication of PPCM. These devices allow the heart to rest and potentially recover. Ask your doctor about the best treatment for you.

SCAD
Spontaneous Coronary Artery Dissection — An uncommon emergency condition caused by a sudden tear in a coronary artery resulting in compromised blood flow to the heart.

SCAD is the number 1 cause of heart attacks in women under age 50. Symptoms may include severe chest pain, especially while pregnant, exercising or emotionally stressed.

SCAD occurring during or shortly after pregnancy tends to be more severe and can lead to worse outcomes and a high rate of maternal and fetal mortality.

TREATMENT: Patients are treated with medicine and observation. Sometimes stents or bypass operations are required. Cardiac rehabilitation is a critical component of healing. Ask your doctor about the best treatment for you.