

Pregnancy can be nature's stress test on the heart.

Are you at risk for heart disease?

Women are at **greater risk of having heart disease, a stroke or kidney disease** if they had any of the following pregnancy complications:



How you can lower your risk

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Attend Mater's 4HER clinic at 3 and 9 months to let us help you manage any complications in collaboration with your general practitioner (GP).
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Live smoke free. If you smoke, ask your GP for help with quitting smoking. Quitting will greatly reduce the risk of future health problems like a heart attack or stroke.
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See your GP for routine appointments after your baby is born to check your overall health – ideally at 6 weeks, 6 and 12 months. Discuss your pregnancy and tell them about any complications you may have experienced.
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Eat a healthy diet. Focus on consuming whole, minimally processed foods like fruits, vegetables, legumes, nuts, wholegrains, and lean proteins. Limit your intake of ultra-processed foods that are high in unhealthy fats, added sugars and salt. Choose water as a drink.
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Stay active with moderate to vigorous intensity exercise at least 150 minutes per week. Choose a variety of activities, including aerobic and strengthening exercises.
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Breastfeed as long as possible. Breastfeeding is good for both babies and mothers. Breastfeeding reduces your future risk of diabetes, high blood pressure, and heart disease. It may also help you lose weight after birth.
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Aim for a body weight at which you are your healthiest to reduce your future risk of heart disease and stroke. Aim to minimise postpartum weight retention through following healthy habits.
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When planning your next pregnancy, speak with your GP for pre-conception counselling. They may have additional suggestions to optimise your health.