

What can you do to reduce your risks?



Stay active by exercising at least 150 minutes per week, aim for at least 10,000 steps a day. Start slow and build up.



Monitor body weight. Aim for or try to stay at the body weight at which you are the healthiest. This will vary from person-to-person and is not necessarily reflected by the scale or tape measure.



Eat a diverse diet. Focus on consuming whole, minimally processed foods such as fruits, vegetables, legumes, nuts, whole grains, and lean proteins. Limit your intake of ultra-processed foods that are high in unhealthy fats, added sugar, and salt.



Live smoke and substance free. Reduce or eliminate tobacco, cannabis and alcohol use.



Breastfeed for as long as possible.



Get at least 6 hours of sleep regularly. Uninterrupted sleep is best for your health. However, this may be a challenge with young children. Prioritise your sleep when possible.



See your primary care provider for routine appointments.



Space out your next pregnancy, seek help from your provider to optimise your health before the next pregnancy and seek early attention when you become pregnant.



Monitor your mental health. Speak with your GP if you notice a change in your mood that worries you.

Understanding tests and check-ups

- Tracking your blood pressure is important to manage your heart health risk after pregnancy. **Aim to have blood pressure 120/80 or lower.** If you have high blood pressure take medication regularly.
- Body weight, body mass index, and waist circumference show overall picture of your health. **A loss of 5%** of body weight, from any starting weight, has a positive impact on your cardiometabolic health.
- Urinalysis for proteinuria is a test of your urine used to **detect and manage kidney disease, high blood pressure or hypertension and diabetes.**
- A **low haemoglobin** indicates you have anaemia and need treatment.
- Estimated glomerular filtration rate** (eGFR) measures your level of kidney function.
- 75g oral glucose tolerance test** (OGTT) is used to screen for type 2 diabetes.
- HbA1c** reflects you average blood glucose levels over the past 3 months.

4Her Clinic Post-Pregnancy Wellness Planner



Pregnancy and the postpartum period are the best timepoints to be screened for heart disease and diabetes risk factors.

Pregnancy can be nature’s stress test on your health, including on your heart. Complete this at Mater’s 4HER clinic. Revisit these measures and this information with your GP at 12 months after your pregnancy and annually thereafter.

Name: _____

Date of birth: _____

Date of delivery: _____

GP’s name: _____

GP practice: _____

Your background information

Do you smoke?	Yes	No
Did you have high blood pressure before pregnancy?	Yes	No
Has your mother or sister(s) had high blood pressure or preeclampsia during pregnancy?	Yes	No
Does your mother, father or any sibling have high blood pressure?	Yes	No
Does you mother, father or any sibling have diabetes?	Yes	No
Has you mother, father or any sibling ever had a heart attack or stroke?	Yes	No
Have you had a heart attack or stroke?	Yes	No

Risk indicators

Have you had any pregnancy-related risk factors for diabetes and heart disease?

Preeclampsia	Yes	No
Gestational hypertension	Yes	No
Gestational diabetes	Yes	No
Placental abruption	Yes	No
Preterm birth (<37 weeks)	Yes	No
Fetal growth restriction	Yes	No
Stillbirth/intrauterine death	Yes	No

YOU ARE AT RISK


If you have ticked any **YES** boxes in your background and/or risk indicators

If you are unsure whether you experienced any of the above complications, please ask your healthcare provider.


Did you know?

A history of high blood pressure and gestational diabetes in pregnancy does not mean you will definitely develop heart and diabetes problems, but you should have your current heart health and blood glucose monitored to reduce such risk.


Women with high blood pressure during pregnancy are at higher risk of future health events




4 x high blood pressure




2 x kidney disease




2 x heart disease



3 x diabetes



2 x stroke



2 x venous thromboembolism

Recommended assessments

TEST	3 MONTH result at 4HER clinic	FLAG FOR DISCUSSION	9 MONTH result at 4HER clinic	6 AND 12 MONTH follow up with your GP
Height (m)	Date:		Date:	Date:
Blood pressure (mmHg)				
Waist circumference (cm)				
Weight (kg)				
Body mass index – BMI (kg/m²)				
Total cholesterol (mmol/l)				
HDL (mmol/l)				
LDL (mmol/l)				
Triglycerides (mmol/l)				
Haemoglobin (g/dL)				
Fasting glucose (mmol/l)				
HbA1c* (%)				
75g Oral glucose tolerance test** (mmol/l)	Fasting: 1hr: 2hrs:			
Urine protein creatinine ratio** (mg/mmol)				
eGFR (mL/min/1.73m²)				
E/LFTs				

*If gestational diabetes experienced in last pregnancy.
**Urine albumin creatinine ratio if experienced hypertension in pregnancy.

Look over the page at easy ways to decrease your risk

High blood pressure

↓

Discuss with your doctors

Take medication regularly

Aim to have blood pressure at 120/80mmHg or lower.

Test result flagged for discussion

↓

Discuss with your doctors

Repeat testing after 6 months.

Risk scores

↓

Lifetime risk score:

Metabolic syndrome:

Cardiometabolic age:



Scan to calculate your risk scores