

Hypertensive Disorders of Pregnancy and Heart Disease

– Questions to ask a healthcare provider –

Hypertensive Disorders of Pregnancy (HDP) refers to having high blood pressure during pregnancy (e.g. pre-eclampsia, gestational hypertension). 1 in 10 pregnant persons develop HDP. Persons who had HDP may have a 2- to 5-times higher risk of heart disease than those who did not have HDP, feel early signs of heart disease by 5 years, and develop heart disease by 10 years after an HDP pregnancy. Heart disease can lead to a heart attack, stroke, and other problems. Use this tool to talk with a healthcare provider about HDP, and how to prevent health problems with physical activity, healthy diet, and medicine: ask these or other questions, or show this sheet to a healthcare provider.

My HDP Diagnosis

1. How do I know if I had HDP?

2. Why did I develop HDP?

Preventing heart disease

5. How can I prevent heart disease?

6. Who will monitor my heart health and how often?

My risk of heart disease

3. Why does HDP increase risk of heart disease?

4. What is my risk of developing heart disease?

Signs of heart disease

7. What are the signs and symptoms of heart disease?

8. If I have heart disease, what should I do?

Learn more about HDP and the risk of heart disease

- Association of Ontario Midwives: **What is HDP?** <https://tinyurl.com/mut8pfra>
- The American College of Obstetricians and Gynaecologists: **HDP and Blood Pressure** <https://rb.gy/lin5ah>
- March of Dimes: **High Blood Pressure and Pregnancy** <https://tinyurl.com/45ktwnjc>
- The National Heart, Lung and Blood Institute: **Pregnancy and Heart Health** <https://rb.gy/bo5ygt>
- Heart and Stroke Foundation of Canada: **Risks and Signs in Women** <https://tinyurl.com/yc7ebdpa>
- Canadian Women's Heart Health Centre: **Women and Heart Disease** <https://tinyurl.com/yck845ts>



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