

## Seeking women for a research study

### Background:

- Women with high blood pressure during pregnancy (HDP) are at higher risk of heart disease
- Physical activity, healthy diet and medication can prevent heart disease in these women
- Many women who had HDP are not aware they are at risk of heart disease
- A question prompt tool (QPT) is a list of questions to discuss with health professionals
- Research shows that QPTs can improve knowledge about health

### Study purpose:

Evaluate a QPT about heart disease risk and prevention for women who had HDP

### You can participate if you:

- Are 18 years of age or older
- Were born in or immigrated to Canada in the last 10 years
- Are Caucasian (White/European) Filipino, Indian, Pakistani or Caribbean or African Black
- Had at least one HDP pregnancy in Canada

### What you will be asked to do:

- Read and sign a consent form that we will send you
- Read the QPT for HDP in the information package your health professional sent you
- Bring the QPT for HDP to the next medical appointment with your health professional
- Speak with us by telephone about one week after the appointment
- We will ask about your satisfaction with the appointment and knowledge about how to prevent heart disease (we will type what you tell us) and how to improve the QPT for HDP (we will audio-record your answers)

### What we will give you:

- After the telephone call, we will send you a gift card
- When the study is done, we will send you a summary of the results

### To express interest or ask questions:

The research study is being conducted by Dr. Anna Gagliardi from the University Health Network (UHN) in Toronto with funding from the Canadian Cancer Society and Canadian Institutes of Health Research. If you are interested in participating or wish to learn more about the study, please contact the study coordinator at 416-340-4800 x6642 or [smita.dhakal@uhn.ca](mailto:smita.dhakal@uhn.ca). *Please note that information sent by email may be accessible by external parties and therefore not entirely secure.*