

Heart Disease



“Striving for birth equity through unity and empowerment.”

Black women are 3x more likely to die during pregnancy and childbirth than other women.

Pregnancy causes many changes in the body, including changes to the heart and blood supply. If you feel like you are having a heart-related issue, talk to your doctor right away or go to the emergency room.

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HEART DISEASE During Pregnancy

Here Are Some Facts & Tips

KNOW THE RISK: Black women are about 3x more likely to die during pregnancy or soon thereafter than white or Hispanic women.

Pregnancy makes your heart work harder. For many women, this is the first time their heart has been under this much stress.

If you have a heart condition, tell your doctor right away.

Diagnosing a new heart condition during pregnancy can be tricky. Many of the symptoms can be normal pregnancy symptoms.

KNOW THE WARNING SIGNS: Tell your doctor, if you experience:

- Being very tired
- Chest pain or discomfort
- Swelling in the legs or feet
- Shortness of breath
- Rapid or irregular heartbeat

These symptoms are NOT normal during pregnancy:

- Blurry vision
- Racing heart
- Fainting
- Feeling like your heart is fluttering, pounding or skipping beats

CALL 911 RIGHT AWAY

If you have chest pain or trouble breathing.

Keep a journal of your symptoms:

- Date & time you felt the symptom
- Scale 1-10 (10 being the worst)
- What you were doing (cleaning, exercise, resting)

Treatment may include:

- More appointments
- Healthy lifestyle changes
- Medication
- An early, planned delivery