



If you have had pre-eclampsia

DID YOU KNOW THAT

2–3%

of people who give birth develop pre-eclampsia



your risk of cardiovascular disease is **2–6 times** higher

- your risk of heart failure is **4 times** higher
- your risk of high blood pressure is **3 times** higher
- your risk of heart attack or ischaemic stroke is **2 times** higher



BUT KEEP CALM



Tell your healthcare provider that you have had pre-eclampsia



Monitor your values

- blood pressure
- cholesterol
- blood sugar
- weight

Learn what is currently known about the effects of pre-eclampsia on heart health



BLOOD PRESSURE IS KEY

What to do if your at-home blood pressure reading is...



...over 135/85 mmHg

- Contact your healthcare provider to get treatment for high blood pressure.
- Try to improve your blood pressure through lifestyle choices.



...under 135/85 mmHg

- Measure your blood pressure at least once a year.
- Contact your healthcare provider if your readings rise above 135/85 mmHg.

HOW TO CARE FOR YOUR HEART

- 1 Sleep and recovery
- 2 Healthy eating habits
- 3 Physical activity

- 4 Avoiding nicotine products
- 5 Weight management



Learn more about pre-eclampsia and its effects on heart health

[SYDAN.FI/NAISENSYDAN](https://sydan.fi/naizensydan) – Information about women's heart health (in Finnish)