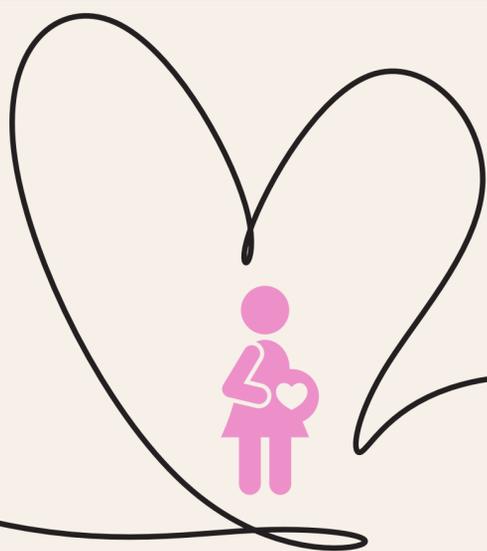


February is



Heart Health Month

Heart Health & Pregnancy.

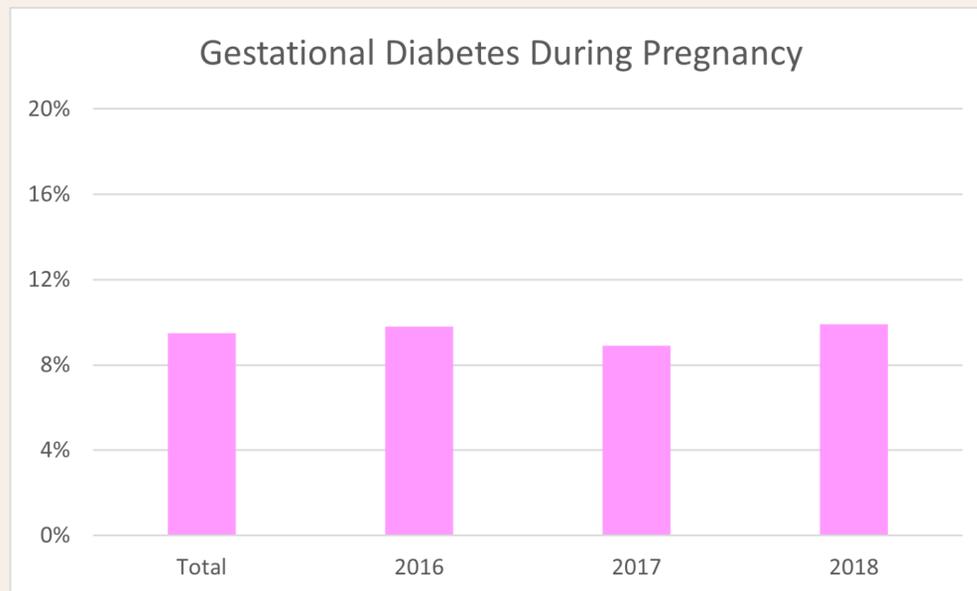
Fact: About 700 women die from pregnancy-related problems (National Institutes of Health, 2022)

Fact: More than 50,000 women have life threatening pregnancy-related complications (NIH, 2022)

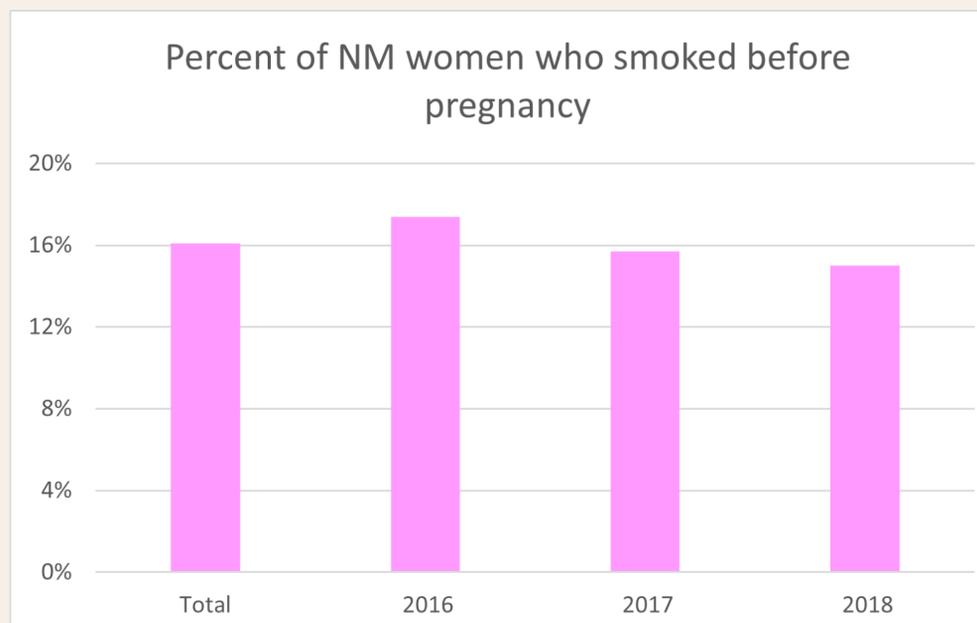
Fact: According to the American Heart Association (AHA), women that develop gestational diabetes are twice as likely by midlife to develop calcium in heart arteries. Calcium in heart arteries is a strong predictor for heart disease (AHA, 2021)

Fact: According to the Food and Drug Administration (FDA), smoking can permanently damage one's heart and blood vessels leading to heart disease including high blood pressure, heart attacks, strokes, coronary heart disease, aneurysms, & peripheral heart disease (FDA, 2022)

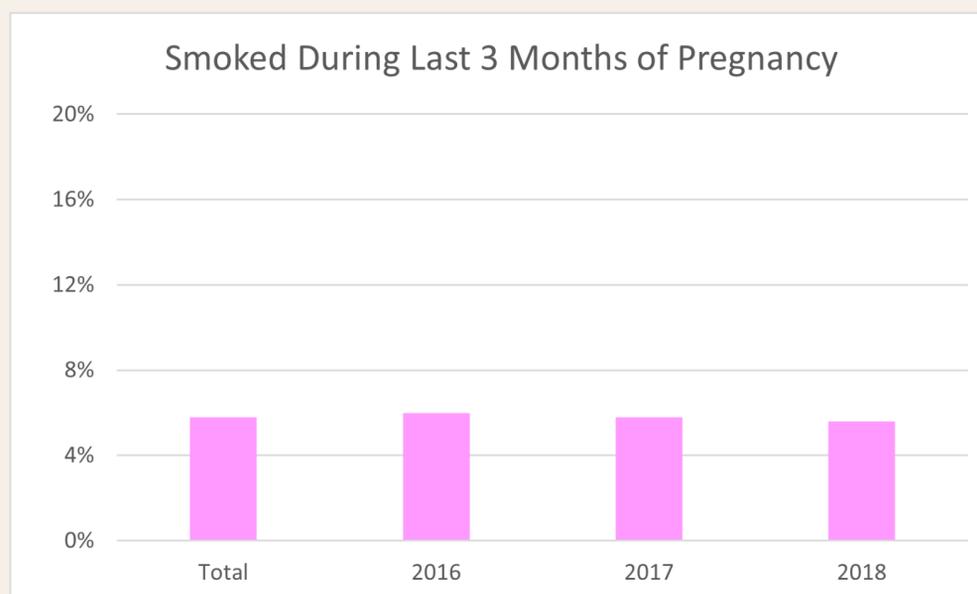
New Mexico: Risk Factors



The PRAMS survey asks respondents if they were diagnosed with gestational diabetes during their most recent pregnancy, overall 9.5% of respondents reported a diagnosis of gestational diabetes from 2016-2018.



The PRAMS survey asks respondents if they smoked 3 months before their most recent pregnancy, overall 16.1% of respondents reported smoking before pregnancy from 2016-2018.



The PRAMS survey asks respondents if they smoked during the last three months of their most recent pregnancy, overall 5.8% of respondents reported smoking during pregnancy from 2016-2018.

Know the Risks: What You Can Do

- *Have your blood pressure and cholesterol checked regularly*
- *Manage stress with physical exercise, counseling, and relaxation techniques*
- *Choose heart healthy foods (such as fruits, vegetables, lean meats, nuts, beans, & whole grains, while limiting saturated fats, trans fats, added sugars, and processed foods)*
- *Quit Smoking*
- *Talk to your doctor about your risks*
- *Be mindful of warning signs during pregnancy (such as worsening headache, dizziness, overwhelming exhaustion, trouble breathing, chest or belly pain, or nausea)*

