

Life after preeclampsia or gestational hypertension

Pregnancy as a window to your future health

Know your risk: Women who have preeclampsia or gestational hypertension in their pregnancy are at a higher risk of the following later in life:



4x higher risk of developing high blood pressure



2x higher risk of developing heart disease



2-4x higher risk of type 2 diabetes mellitus



2x higher risk of developing stroke



4-8x higher risk of kidney disease



2 in 3 women will die from a cardiac disease

What you can do

You can lower your risk: A history of preeclampsia doesn't have to mean you will develop cardiovascular problems.

You can make a change today for a healthier tomorrow!



Get regular exercise



Take any prescribed medications



Eat a well-balanced, healthy diet

Adopt a healthy lifestyle for yourself and your loved ones



Speak with your doctor before your next pregnancy