



Your Family's Health History, Pregnancy and Your Heart

Important Questions to Ask

Your family's health history can give your health care team clues that help them care for you during pregnancy and postpartum. Pregnancy can cause strain on your heart, making it even more important to care for your health during pregnancy and for the year after birth.

Families share genes and some conditions are genetic. If someone in your family has a genetic condition, you're more likely to have it, too. Families can also share lifestyle habits like how they eat or exercise.



How to Learn Your Family's Health History:

Start by talking to your family, if you are able to. Ask questions to learn more about risk factors and conditions that run in your family. Write down what you learn and share it with your care team at your next visit.



Who Should I Ask:

Your family's health history includes:

- ✓ Parents
- ✓ Grandparents
- ✓ Brothers and sisters
- ✓ Aunts and uncles
- ✓ Nieces and nephews
- ✓ Your children

When you are pregnant, it is important to know the family health history for both parents of the baby.

Questions to Ask:

Your care team may ask for more information about your family's health history. Here are some helpful questions related to heart health during pregnancy and postpartum.

Pregnancy-Related Questions:

Have you or anyone in our family:

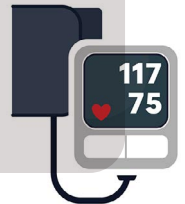
- ✓ Ever had any pregnancy-related health issues?
- ✓ Ever had a high-risk pregnancy? What risk factors did you experience?
- ✓ Ever delivered early (preterm birth)?
- ✓ Ever had a miscarriage or stillbirth?
- ✓ Ever had a pregnancy with multiple babies



Blood Pressure (Hypertension):

Have you or anyone in our family:

- ✓ Been diagnosed with high blood pressure?
- ✓ Ever had high blood pressure during pregnancy or postpartum?
- ✓ Been diagnosed with chronic hypertension, gestational hypertension, preeclampsia, eclampsia or HELLP Syndrome?
- ✓ Been prescribed medicine related to high blood pressure?



Diabetes:

Have you or anyone in our family:

- ✓ Been diagnosed with diabetes?
- ✓ Ever had gestational diabetes during pregnancy?



Family History of Heart Conditions

Have you or anyone in our family:

- ✓ Had heart problems?
- ✓ Experienced a heart attack, heart failure, stroke, blood clots or another cardiovascular condition?

Congenital Heart Disease (CHDs)

Have you or anyone in our family:

- ✓ Been diagnosed with a congenital heart defect?



These conversations may not always be easy, but they can make a difference. Knowing your family's health history and sharing it with your care team helps support the health of you and your baby.

Learn more about:



Pregnancy
GoRedforWomen.org/Pregnancy



Postpartum
GoRedforWomen.org/Postpartum