



Postpartum Health: What Family Members Need to Know

Your Support Can Save a Life

Pregnancy can place real strain on a mom's body — including her heart — even up to a year after delivery.

Sometimes the people around her notice symptoms before she does. And many new moms put their own health last, delaying care even when something feels wrong.

Don't Dismiss Signs as "Just Postpartum."

Support the mom in your life to seek care if she mentions symptoms like these:



Sudden or severe headache



Fainting, dizziness, or sudden weakness



High blood pressure



Chest pains or a racing heart



Shortness of breath when resting

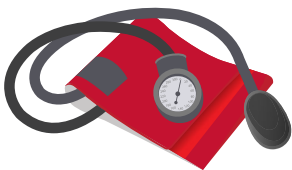


Risks can continue for up to a year after giving birth.

Who's At Risk For Heart Problems After Birth?

Anyone can be at risk during postpartum, even if their heart was healthy before.

These conditions can increase the risk of heart-related complications after delivery:



High Blood Pressure



Preeclampsia



Gestational Diabetes



Any known heart-related concern during pregnancy or before

What Can I Do to Help?



Encouraging Her to Prioritize Her Health:

- ✓ Reminding her that her **symptoms deserve attention**
- ✓ Validating that **getting checked is the right step**
- ✓ Supporting her decision to **contact a health care professional**
- ✓ Sometimes the biggest barrier to care is **practical support** or reassurance

How to Help if She Needs Care:

Encourage a mom to seek care if symptoms appear. Getting symptoms checked can require practical support such as:



Offering transportation



Going with her to an appointment or urgent care visit



Helping with the baby



Helping with meals or care for other children

Your support matters. Helping her take symptoms seriously — and making it easier to get checked — can make a real difference.



Learn more about:



Pregnancy
GoRedforWomen.org/Pregnancy



Postpartum
GoRedforWomen.org/Postpartum