

Heart Failure in Pregnancy



Have you ever heard of a pregnancy complication where healthy women develop heart failure suddenly?

Peripartum Cardiomyopathy (PPCM) is a disease where women develop heart failure during pregnancy or after giving birth. If left untreated, PPCM can lead to stroke, heart attack, permanent disability

A woman may initially exert one or more of the following symptoms, and it is easy to see why so many women have their symptoms dismissed as normal signs of pregnancy. It is estimated that PPCM occurs in 1 in 2000-4000 births. Early diagnosis generally leads to full recovery of heart function.



Symptoms include:

- Difficulty breathing while lying flat
- Shortness of breath on exertion or extreme tiredness
- Swelling (edema) above and below the knees
- Palpitations – awareness of heart beating
- Cough and/or pink sputum

KNOW THE SYMPTOMS & SAVE LIFE

For more information, links and real life stories about PPCM. Visit www.myheartsisters.com. Please share this information with your family and friends. It is very important that all women and medical professionals know about PPCM because it is a serious disease that is often masked by pregnancy and can happen to any woman.

Please feel free to print this flyer to share in your community, You can also join myheartsisters.com as a community member. Together we can save lives.

Pregnancy Induced Heart Failure



Myheartsisters.com