

Mayo Clinic Minute: Red flags for heart failure during pregnancy

Video

Audio

	What may appear as normal symptoms during pregnancy may overlap with red flags for heart failure.
DEMILADE ADEDINSEWO, M.D. CARDIOVASCULAR DISEASE Mayo Clinic	"Things like lower extremity swelling, shortness of breath with walking short distances or shortness of breath when laying in the bed flat on your back at night."
	Delays in diagnosis can be deadly. And some who are pregnant have an even greater risk of developing heart failure.
	"There is a unique form of heart failure that occurs during pregnancy and shortly after having a baby called peripartum cardiomyopathy . Black women have up to a sixteenfold of the risk of developing this condition, compared to white women."
	Eating a healthy diet, exercising, getting enough sleep and not smoking can lower risks. Dr. Adedinsowo recommends attending regular appointments with your health care team and checking blood glucose and blood lipids.
	"If we are able to test and evaluate a tool that can use something as simple as an ECG to identify a woman who's pregnant and at high risk of having heart failure, then we can plug her into care early and we can initiate appropriate therapies."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.