American Heart Association.



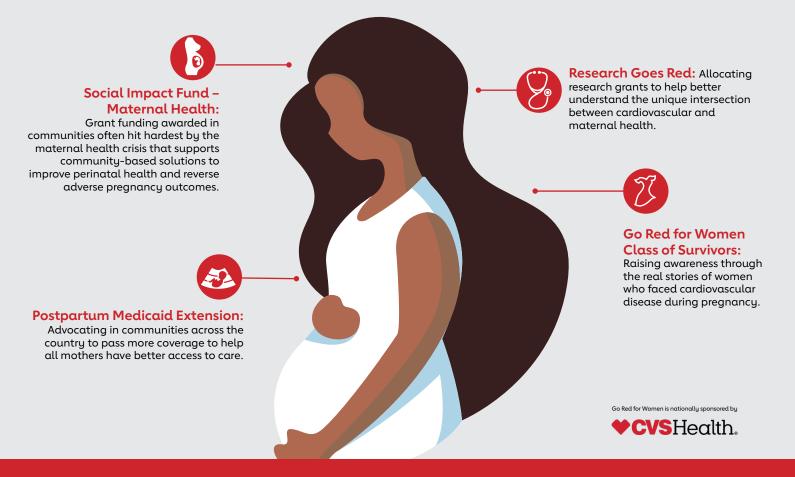
HISPANIC AND LATINA MATERNAL HEALTH

goredforwomen.org/pregnancy

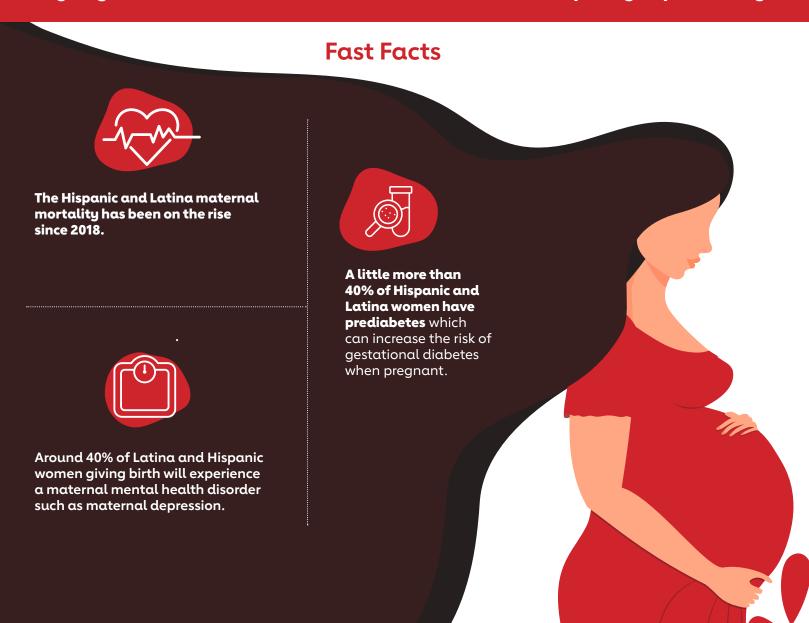
Cardiovascular disease is the leading cause of maternal death in the U.S.

Over one-third of Hispanic and Latina women are living with cardiovascular disease, and in recent years, the maternal mortality rate for this group has jumped sharply.

The American Heart Association and Go Red for Women are doing something about this crisis.



We know that many women not only want to be great moms but want to be moms for a very long time and feel heard too. **Go Red for Women is here to help every step of the way.**



Questions to ask your doctor if you are pregnant or plan to become pregnant:

- ✔ Am I at risk for cardiovascular health issues during my pregnancy? If so, how can I reduce my risk?
- ✓ How can my blood pressure levels impact my pregnancy and how can I best manage them?
- ✓ How can I keep myself and my baby healthy during my pregnancy and in the critical weeks after giving birth?
- ✓ I have a family history of heart disease or stroke. How can this impact my prenatal and postpartum health as well as the long-term health of my child?
- ✓ How can I support my emotional well-being and reduce my stress during my pregnancy?