

**Mayo Clinic Minute**

**What pregnant women should know about heart health**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Pregnancy is a great time to talk about heart health.
<b>Sharonne N. N. Hayes, M.D.</b> <b>Cardiovascular Disease</b> <b>Mayo Clinic</b>	“Women should know that they are at risk for heart disease and that pregnancy is a time of increased risk. They should know what their risks are and address them, and talk to their doctor about: ‘What should I be doing? Maybe my blood pressure is a little bit high. Maybe I’m on blood pressure medication already. Should I stop it? Switch to a different one?’ But have that conversation.
<b>Vivien Williams</b>	Dr. Sharonne Hayes says by talking about it, women can learn the best ways to stay heart-healthy.
<b>Sharonne N. Hayes, M.D.</b>	Making sure that the things that you’re doing for your heart, like exercise and not smoking, and making sure the medications that you’re taking and the diet that you are eating, are good for baby and for the heart.”
<b>Vivien Williams</b>	Pregnancy puts a strain on the heart that most healthy hearts can handle. But that strain may unmask underlying conditions.
<b>Sharonne N. Hayes, M.D.</b>	It may have an impact on the baby, and it definitely has an impact on a women’s future health.”
	For the Mayo Clinic News Network, I’m Vivien Williams.