

Thinking of Having a Baby?

Thinking about having a baby, but you don't know if you have a heart condition? It is important to know the risks before you begin your journey towards pregnancy. Today, women are getting pregnant at an older age; as a result, their cardiovascular system needs to be assessed. Anyone with hypertension or family history of heart disease is at a higher risk for developing heart disease and potential cardiac complications during pregnancy. During pregnancy, your blood volume will increase by 30 to 50 percent and your heart rate will increase too, this causes your heart to work harder. It is therefore vital to check for any congenital abnormalities or signs such as, chest pain, shortness of breath, dizziness, or heart palpitations.

There are certain heart conditions that can cause more problems than others during pregnancy. These conditions include high blood pressure in the arteries of the lungs and the right side of the heart and heart valve tightening that causes severely obstructed blood flow between the left chambers of the heart. Women who have severe pulmonary hypertension or Eisenmenger's syndrome are not recommended to have children.

At Heart and Health we specialize in screening and preventing cardiac conditions. For more information visit us online at www.heartandhealth.com.

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