

Caring For Mama's Heart

Tips for keeping a healthy heart after baby's arrival

Women's Heart Health

Finding time to take care of yourself can be difficult, especially right after delivering a baby, but taking care of your health is just as important as your child's. Paying attention to your heart is more important now than ever.



Heart Health Facts

- Caring for your heart can lower your risk of other diseases like cancer and diabetes.
- Practicing heart healthy behaviors can add 10 years to a person's life.
- Quitting smoking cuts risk of heart disease in half.
- Happiness and laughter can lower your risk of heart disease.



Heart Health and Pregnancy

- Pregnancy can put stress on the body putting some new mothers at risk for high blood pressure and heart disease.
- Some pregnancy complications like high blood pressure can last after giving birth.
- Stress and pollution during pregnancy can affect heart health after delivery.



High Blood Pressure



High Cholesterol



Preterm Birth



Gestational Diabetes



Unhealthy Diet



Physical Inactivity



Smoking and Drinking



Air Pollution



Unhealthy Heart Risk Factors



Tips to a Healthier Heart

Make Checkups a Priority

Just like babies need checkups, so do you!

- Make an appointment 6 - 12 months postpartum for a physical to get your blood pressure and cholesterol checked.
- If you had gestational diabetes, ask your doctor about getting your blood sugar re-tested



Eat Healthy

- Try adding more fruits, vegetables, nuts & whole grains to your diet.
- Limit packaged foods and sweetened drinks to reduce salt & sugar.
- Aim to fill half your plate with fruits and vegetables.
- Choose grilled foods over fried crunchy foods.
- Keep fruits in a visible spot for a quick healthy snack.



Stay Active

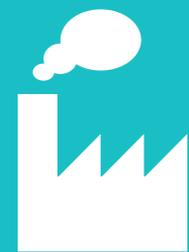
As a new mother it can be difficult to find time to be physically active. Some ideas to increase your physical activity:

- Try baby and me yoga videos on Youtube.
- Turn the radio on and dance to some music.
- Take your baby out for a stroll in the park or around the block.



Air Quality Info

- Check the outdoor air quality on your phone. When the air is unhealthy, keep doors & windows closed.
- Reduce indoor air pollution by turning on a fan and opening windows while cooking.
- Exercise and take walks away from busy streets and highways.



Resources

Scan the QR Code or search the link below for healthy recipes, playlists, and fun activities that can help protect your heart!

<https://envhealthcenters.usc.edu/infographics/caring-for-mamas-heart>



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Funded by grants: NIH: P50MD015705;
P50ES026086; UH3OD023287
EPA: 83615801



Infographic: Sydney Powell, USC