

Did you know?

A history of high blood pressure and/or gestational diabetes in pregnancy does not mean you will definitely develop heart and diabetes problems, but you should have your current and future heart health and blood sugars monitored to reduce such risk.

Women with high blood pressure during pregnancy



Higher incidence
of future health events



2x Heart Disease



2x Stroke



4x High Blood Pressure



2x Kidney Disease



3x Diabetes



2x Venous Thromboembolism



The MoHERS Program™

Mother's Health Education, Research and Screening

PREGNANCY PASSPORT^{Cdn}

- ◆ Pregnancy can be nature's stress test on your health, including your heart
- ◆ Pregnancy and the postpartum period are the best timepoints to be screened for heart disease and diabetes risk factors

Name: _____

Date of Birth: _____

YYYY / MM / DD

Primary Care Provider: _____

Date of Delivery: _____

YYYY / MM / DD

Your baby's check-ups and immunisations are a great time to fill out this record with your healthcare provider. Keep this form with your baby's immunisation record for an easy reminder.

Your Background Information

With which ethnicity do you identify?

Select all that apply.

- White Black Asian
 Indigenous Other _____

Do you smoke? Yes No

Did you have high blood pressure before pregnancy? Yes No

Did you have diabetes before pregnancy? Yes No

Have you had a heart attack or stroke? Yes No

Has your mother or sister(s) had preeclampsia (toxemia) or high blood pressure during pregnancy? Yes No

Does your mother, father or any sibling have high blood pressure? Yes No

Does your mother, father or any sibling have diabetes? Yes No

Has your mother, father or any sibling ever had a heart attack or stroke? Yes No

Have you had the following Pregnancy-Related Cardiometabolic Risk Indicators?

Preeclampsia Yes No

Gestational Hypertension Yes No

Gestational Diabetes Yes No

Placental Abruption Yes No

Unexplained Preterm Birth (<37 weeks) Yes No

Fetal Growth Restriction Yes No

Stillbirth/Intrauterine Death Yes No

If you are unsure whether you experienced any of the above complications, please ask your healthcare provider

IF YOU HAVE ANY
In **your background**
or **risk indicators**



YOU ARE **AT RISK**

For more information please visit:
www.themothersprogram.ca/pregnancy_passport_cdn



Blood Pressure Check-Up Schedule			
Time Since Delivery	Average Blood Pressure* (mmHg)	Average Blood Pressure >1350/80	Blood Pressure Meds
1 Week Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
__ Weeks Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
__ Weeks Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
__ Weeks Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
2 Months Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
4 Months Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
6 Months Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
12 Months Date: _____ / _____	_____ / _____	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes

*Using an automated office blood pressure machine or home blood pressure machine.



High Blood Pressure



Discuss with your healthcare provider



Take medication regularly



Aim for blood pressure <130/80 mmHg or as recommended by your healthcare provider.

Recommended 6 Month Assessments		
Test	Result	Flag for Discussion?
Total Cholesterol	mmol/L	<input type="checkbox"/> ≥ 5.16
HDL	mmol/L	<input type="checkbox"/> < 1.29
LDL	mmol/L	<input type="checkbox"/> ≥ 3.5
Triglycerides	mmol/L	<input type="checkbox"/> ≥ 1.7
Ferritin	ug/L	<input type="checkbox"/> < 50
Fasting Glucose	mmol/L	<input type="checkbox"/> ≥ 5.6 or < 3.6
HbA1c*	%	<input type="checkbox"/> > 5.6
75g Oral Glucose Tolerance Test*	Fasting ____mmol/L 2 Hr ____mmol/L	<input type="checkbox"/> Fasting > 5.2 or 2 Hr > 7.8
High Sensitivity CRP	mg/L	<input type="checkbox"/> > 10.0
Urine Microalbumin Creatinine Ratio	mg/mmol	<input type="checkbox"/> > 2.9
eGFR	mL/min	<input type="checkbox"/> < 61

*If gestational diabetes experienced in last pregnancy.



Test Result Flagged for Discussion



Discuss with your healthcare provider



Consider repeat testing after 6 months

Baby's Information

Gestational Age at Delivery: weeks	Birthweight: grams	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
Head Circumference: cm	Length: cm	Weight Percentile: %


Recommended Measurements at 6 Months

Height: cm	Weight: kg	BMI: kg/m ²
Waist: cm	Hips: cm	Waist to Hip Ratio:

Medications

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Risk Scores at 6 Months Postpartum

Lifetime Risk Score:		To calculate your risk visit: 
Metabolic Syndrome:		
Cardiometabolic Age:		

How can you lower your risk?



Stay active. Exercise at a moderate to vigorous intensity for at least 120 minutes spread over 4 or more days per week. Aim for at least 7,000 steps per day.



Monitor body weight. Try to stay at the body weight at which you are healthiest. This will vary from person-to-person and is not necessarily reflected by the scale or tape measure.



Live smoke and substance free. Reduce or eliminate tobacco, cannabis and alcohol use.



Breastfeed. If you are able and choose to breastfeed, try to do so as long as possible.



Eat a diverse diet rich in colorful fruits and vegetables, including nuts and seeds. Reduce salt, fat and sugar intake.



Get at least 6 hours of sleep regularly. Uninterrupted sleep is best for your health, however may be a challenge with young children. Prioritize your sleep when possible.



Monitor your mental health. Speak with your healthcare provider if you notice changes in your mental health, including mood and anxiety. It is recommended that your healthcare provider uses a screening tool at 6 weeks and 6 months postpartum to screen for mental health concerns.



See your primary care provider for routine appointments.



Space your next pregnancy, optimize your health before the next pregnancy and seek early attention when you become pregnant.