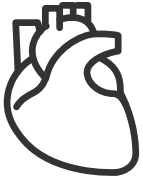


# Your Health After Pregnancy: Blood Pressure Management and Support



## Health risks during pregnancy can persist after childbirth, and continued monitoring and contact with your doctors are crucial.

High blood pressure that starts during pregnancy or delivery can persist for weeks after you give birth. High blood pressure is often asymptomatic (or a “silent disease”), and monitoring it regularly can be life-saving.



### What are the risks of high blood pressure during pregnancy to my health after giving birth?

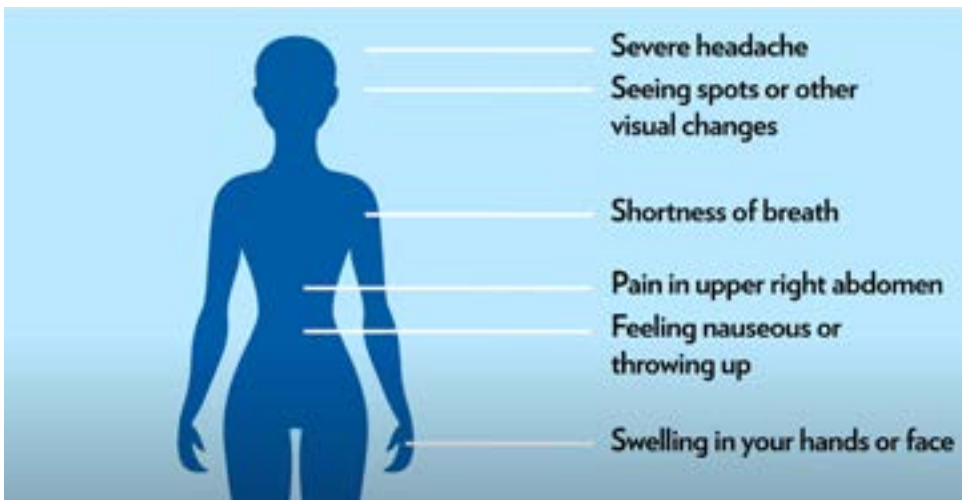
Having high blood pressure during pregnancy and after giving birth increases the risk of long-term heart disease, strokes, and death.



### How will I know if I have high blood pressure?

High blood pressure is often a “**silent disease**” with no symptoms. It’s important to get your blood pressure checked regularly while pregnant and after giving birth.

Symptoms of high blood pressure show up differently in different people. Some common symptoms of high blood pressure may include:



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Listen to **Fourth Trimester: Heart Health After Pregnancy** to learn more.



Scan here or visit the link below:  
<https://womenshealthcast.podbean.com/e/4thtri-heart-health/>



### ***If I had high blood pressure during pregnancy, does it go away after giving birth?***

High blood pressure can persist or even develop after childbirth. High blood pressure is a common reason people may need to go back to a clinic or hospital after giving birth. After giving birth, blood pressure may get better for a few days before rising again.

Monitoring and managing blood pressure postpartum is crucial, especially in the first **4-14 days after pregnancy**. Risks can persist for 12 weeks.



### ***What resources are available to me after pregnancy, here in Wisconsin?***

If you are able, please attend your six-week postpartum visit with your OB provider for important check-ups on your health and helpful information to continue your postpartum recovery. Your OB provider may also recommend working with your primary care provider to develop a plan of care for monitoring and managing your blood pressure moving forward.

The **Staying Healthy After Childbirth (STAC)** program, from the UW Department of Obstetrics and Gynecology, helps new parents who delivered at UnityPoint Health-Meriter Hospital monitor their blood pressure at home.

STAC also offers resources for helping people manage blood pressure throughout their lives, including suggestions for:

- Managing stress
- Heart-healthy diets
- Reducing tobacco and alcohol use
- Exercise

Learn more: <https://stacathome.org>



### ***More Resources***

**Reach for Wellness – Foundation for Black Women’s Wellness**  
<https://www.ffbww.org/reach-for-wellness>

**ConnectRx – UW Health**  
<https://go.wisc.edu/05gkm5>

**Preeclampsia – UW Health**  
<https://go.wisc.edu/5171b8>

**3 Conditions to Watch For After Childbirth – American College of Obstetricians and Gynecologists:**  
<https://go.wisc.edu/5yq6lq>

**How to Manage Chronic Hypertension – UW Department of Ob-Gyn Women’s Healthcast**  
<https://womenshealthcast.podbean.com/e/hypertension/>