

## Postpartum Heart Health Clinic

Caring for your heart, so you can care for your family.

The birth of your baby is an exciting and busy time. In the midst of the excitement, it's still important to make time for your own heart.

Women who've had high blood pressure or other complications during pregnancy are at higher risk for developing heart problems in the future—this includes stroke, heart attack and heart failure.

The Postpartum Heart Health Clinic at Sharp Grossmont Hospital can help get your heart health back on track after giving birth. Have you had any of the following?

- Chronic hypertension: High blood pressure before pregnancy
- Gestational hypertension: High blood pressure during pregnancy
- Preeclampsia: High blood pressure with high levels of protein in your urine during pregnancy
- Postpartum hypertension: High blood pressure after pregnancy

If you've had any of these conditions, you may benefit from services offered at the Postpartum Heart Health Clinic.

A nurse practitioner and other specialists trained in treating women with high blood pressure will work closely with your obstetrician. They will teach you how to



reduce your risk of heart disease later in life. You'll also get advice on self-care, nutrition, and how to practice a heart-healthy lifestyle.

Keeping track of your blood pressure is crucial for keeping your heart healthy. Our experts will show you how to check your blood pressure. You will also receive a blood pressure monitor and log to help you keep track of your blood pressure at home.

The Postpartum Heart Health Clinic is located in the Burr Heart & Lung Clinic at Sharp Grossmont Hospital.

**Address: 5525 Grossmont Center Drive, Suite 602  
La Mesa, CA 91942**

**Have questions?  
Please call 619-740-4770.**

If you are pregnant and are interested in receiving our services after you deliver, please speak with your obstetrician or primary care doctor about whether you qualify.

*The Postpartum Heart Health Clinic is part of Sharp Grossmont Hospital's Women's Cardiovascular Services. The clinic is the first of its kind in San Diego county. Sharp HealthCare is helping women take better care of their hearts. Sharp HealthCare partners with the American Heart Association's signature women's movement, Go Red for Women, to improve women's lives by providing information, inspiration and resources, and empowering women to take charge of their heart health. To learn more about the partnership visit [sharp.com/womensheart](http://sharp.com/womensheart).*

American Heart Association.

