



## Women Heart & Cardiac Rehab Outreach Program

All around Georgia there are different organizations and groups trying to further help and improve maternal health. One group in particular is the WomenHeart & Cardiac Rehab Outreach Program. They focus on education, outreach, and raising awareness on the connection between hypertensive diseases of pregnancy & heart disease. Dr. Hanna a well-known cardiologist from Savannah, GA is one of the leading forces in this program. She states "pregnancy is a woman's first stress test" and she goes on to state "I try to get people to think about it like this: What happens during pregnancy? You raise your blood volume, and your body (weight) goes up quite a bit, and what that leads to is changes in the heart rate, changes in blood pressure and changes in your vascular resistance. So, all of these things can have a tremendous impact on the organ system, including the heart." This program is really trying to make woman understand the correlation between heart disease and hypertensive diseases during pregnancy and what woman should look out for and be aware of. Dr. Hanna goes further in saying "pregnancy induced hypertension is a 30-30-30 deal. Thirty percent will get better after pregnancy & be back to normal. Thirty percent will require medication & 30 percent will go on to get worse... The big picture on the statistic is if you develop problems during pregnancy, it isn't

always going to go away." Most of the time it means you already had an underlying factor that presented once the mother underwent her first "stress test" a.k.a. pregnancy. This program has high goals for how to tackle it in 2019, and they are starting in Hinesville, GA. These are their goals for patient treatment/care :

Goal #1 : To have an order for Cardia Rehab written for every eligible patient

Goal #2 : To have every physician write an exercise prescription for every patient

Goal #3 : To have all heart patients screened for depression

Goal #4 : To have functional screens become a part of every yearly physical, if a patient has any known risk factors for heart disease

Another big part of the program is awareness and education in the community. They have tons of community events planned for 2019, and have met with state representatives concerning their program. I think it is a much needed program that can help with maternal health, many people do not correlate heart health and heart disease with pregnancy related hypertensive diseases of pregnancy but they go hand in hand.

For anyone wanting to read additional material or watch a video of Alicia Roberts the "poster mom" with this program go

to: <https://www.savannahnow.com/news/20180512/mothers-heart-women-of-childbearing-age-must-pay-attention-to-heart-disease-risks>

References used: Dr.Hanna and savannahnow.com article.

*by: Heather Pentecost*

---

*Copyright © 2019 Georgia Perinatal Association, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)



*Copyright © 2019 Georgia Perinatal Association, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

