

# Cardiovascular Outcomes and Identify Effective Preventive Measures

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## Introduction

Cardiovascular disease is the leading cause of death globally. While CVD affects both men and women the risk factors, symptoms and outcomes can differ between the sexes. Recent research has highlighted the significant impact of complications during pregnancy on women's future cardiovascular health. These complications, including preeclampsia, gestational diabetes, and preterm birth, can be indicative of heightened cardiovascular risk later in life. However, awareness and understanding of this association among women remain relatively low. This article delves into women's knowledge of future cardiovascular risk associated with complications of pregnancy, exploring the importance of awareness, potential barriers to knowledge dissemination, and strategies to improve education in this critical area of women's health. Complications during pregnancy are not only challenging during the gestational period but can also serve as early indicators of potential cardiovascular risk in the future. A condition characterized by high blood pressure and damage to organs such as the liver and kidneys. Women with a history of preeclampsia have an increased risk of hypertension and CVD later in life. Elevated blood sugar levels during pregnancy. Women with gestational diabetes are at higher risk of developing type 2 diabetes and CVD. Mothers of preterm babies may face an increased risk of hypertension and CVD in the future. Awareness can lead to early prevention strategies. There is often a disconnect between obstetric care during pregnancy and primary care for chronic conditions, making it challenging for women to connect the dots between pregnancy complications and future cardiovascular risk [1].

## Description

Women who understand their heightened risk are more likely to make lifestyle changes and seek regular medical check-ups to prevent or manage CVD. Knowledge empowers women to make informed decisions about their healthcare during and after pregnancy. They can advocate for appropriate postpartum follow-up and heart health assessments. Women who are aware of the link between pregnancy complications and CVD are more likely to engage with healthcare providers, leading to better health outcomes. Understanding the potential cardiovascular risks can inform family planning decisions, such as the timing and spacing of pregnancies. Many women, particularly those without a personal or family history of CVD, are unaware of the connection between pregnancy complications and future cardiovascular risk. Healthcare providers may not effectively communicate this information to patients due to time constraints or a lack of awareness themselves. There may be a stigma associated with discussing CVD risk factors, particularly in younger women who perceive heart disease as an older person's issue. Socioeconomic

factors can limit access to healthcare, making it challenging for some women to receive information about cardiovascular risk. Comprehensive education about the long-term health implications of pregnancy complications is often lacking in standard prenatal and postnatal care. Healthcare providers should include discussions about future cardiovascular risk during prenatal care visits, particularly if the woman has experienced pregnancy complications [2].

There should be a focus on postpartum follow-up care, during which women can receive information about potential cardiovascular risk and prevention strategies. Providing pamphlets, brochures, or digital resources that explain the connection between pregnancy complications and future CVD can be valuable. Governments and healthcare organizations can launch public awareness campaigns to educate women about the long-term health implications of pregnancy complications. Including comprehensive sex education in school curricula can help young girls and women understand the importance of their reproductive health in the context of future cardiovascular risk. Establishing support groups for women who have experienced complications during pregnancy can provide a platform for sharing experiences and knowledge. Encouraging family members and partners to participate in discussions about cardiovascular health can reinforce the importance of preventive measures. This includes providing clear explanations and answering questions. Encouraging regular check-ins with healthcare providers can help women stay engaged with their cardiovascular health, particularly if they have a history of pregnancy complications. Tailoring educational materials and approaches to be culturally sensitive can help reach diverse populations. Organizations dedicated to women's health and cardiovascular health can advocate for better education and awareness [3].

Conducting long-term studies that follow women with a history of pregnancy complications to assess their cardiovascular outcomes and identify effective preventive measures. Providing healthcare providers with training on the connection between pregnancy complications and future cardiovascular risk to ensure they can effectively communicate this information to patients. Understanding the impact of cultural and socioeconomic factors on women's knowledge and access to healthcare is crucial for tailoring educational efforts. Addressing disparities in healthcare access to ensure that all women, regardless of their socioeconomic status, can receive appropriate information and care. Research on effective interventions and strategies to motivate women to make behavioral changes that reduce cardiovascular risk. Women's knowledge of the future cardiovascular risk associated with complications of pregnancy is a crucial factor in preventing and managing cardiovascular disease. Raising awareness, providing education, and addressing barriers to knowledge dissemination are essential steps in empowering women to take control of their cardiovascular health. With improved knowledge and access to preventive measures, women can reduce their risk of CVD and lead healthier lives, ultimately benefiting not only themselves but also their families and communities. Cardiovascular disease is a leading cause of mortality worldwide, and understanding its risk factors is crucial for prevention and early intervention [4].

Recently, there has been growing recognition of the association between complications during pregnancy, such as preeclampsia and gestational diabetes, and an increased risk of future cardiovascular problems in women. Despite this knowledge, many women remain unaware of these potential risks. This article explores women's knowledge of future cardiovascular risk associated with complications of pregnancy, the importance of raising awareness, and strategies to improve education in this critical area of women's health. Complications during pregnancy can be early indicators of a woman's

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cardiovascular health. Preeclampsia is a condition characterized by high blood pressure and damage to other organs, most commonly occurring after the 20th week of pregnancy. Women who experience preeclampsia have an elevated risk of developing hypertension, stroke, heart disease, and other cardiovascular issues in the years following childbirth. Gestational diabetes is a form of diabetes that develops during pregnancy. Women with gestational diabetes are at a higher risk of developing type 2 diabetes, which is a significant risk factor for CVD. Despite the established link between complications of pregnancy and future cardiovascular risk, many women are unaware of this association. Women often receive limited information about the long-term health implications of complications during pregnancy, with the focus primarily on pregnancy and immediate postpartum care. Many women do not receive adequate follow-up care after pregnancy, which would provide an opportunity to discuss the potential cardiovascular risks and preventive measures [5].

## Conclusion

Public health campaigns and community outreach programs can raise awareness about the link between pregnancy complications and cardiovascular health, targeting women at various life stages. Women should feel empowered to advocate for their health and ask questions about potential cardiovascular risks associated with their pregnancy history. Women can take proactive steps to reduce their cardiovascular risk by adopting a heart-healthy lifestyle, including a balanced diet, regular physical activity, smoking cessation, and stress management. Women should prioritize regular health check-ups and screenings to monitor their cardiovascular health, especially if they have a history of pregnancy complications. Educating family members about the link between pregnancy complications and future cardiovascular risk can garner support and encouragement for women to prioritize their heart health. The link between complications of pregnancy and future cardiovascular risk in women is a critical yet often overlooked aspect of women's health. Raising awareness and providing education on this topic is essential for empowering women to take control of their cardiovascular health and make informed decisions. Healthcare providers, community organizations, and women themselves

all play vital roles in closing the knowledge gap and reducing the long-term cardiovascular risks associated with pregnancy complications. By working together, we can improve women's cardiovascular outcomes and reduce the burden of CVD in aging populations.

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## Conflict of Interest

None.

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