

Morbidity in pregnancy common for women with heart disease

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(HealthDay)—For women with heart disease, cardiac complications

occur in 16 percent of pregnancies and are mainly linked to arrhythmias and heart failure, according to a study published in the May 29 issue of the *Journal of the American College of Cardiology*.

Candice K. Silversides, M.D., from the University of Toronto, and colleagues examined cardiac outcomes during pregnancy among pregnant women with [heart disease](#) and assessed temporal trends in complications. Data were included for 1,938 pregnancies.

The researchers identified cardiac complications in 16 percent of pregnancies; these were mainly related to arrhythmias and [heart failure](#). There was no change in overall rates of cardiac complications during pregnancy during the study period, but a decrease in the frequency of pulmonary edema was seen (8 percent from 1994 to 2001 versus 4 percent from 2001 to 2014). There were 10 predictors of maternal cardiac complications: five general predictors, four lesion-specific predictors, and one delivery of care predictor; these predictors were included in a new risk index.

"Pregnancy in women with heart disease continues to be associated with significant morbidity, although mortality is rare," the authors write. "Prediction of maternal [cardiac complications](#) in women with [heart disease](#) is enhanced by integration of general, lesion-specific, and delivery of care variables."

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