

Having a low birthweight baby may increase risk for early heart failure

March 18 2020



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It's normal for expectant parents to worry about how well their baby is developing and growing. But could a newborn's birthweight serve as a red flag for risks to mom's future health, too? A new study, presented at

the American College of Cardiology's Annual Scientific Session Together with World Congress of Cardiology (ACC.20/WCC), suggests that giving birth to a baby under 5.5 pounds may be an independent risk factor for developing changes in heart function that can lead to heart failure, a condition in which the heart is unable to pump enough blood and oxygen to meet the body's needs.

Recent data suggest adverse pregnancy outcomes, such as preeclampsia, [high blood pressure](#) during pregnancy, pre-term birth (

Citation: Having a low birthweight baby may increase risk for early heart failure (2020, March 18) retrieved 10 May 2024 from <https://medicalxpress.com/news/2020-03-birthweight-baby-early-heart-failure.html>

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