

Study suggests gestational hypertension is associated with cardiovascular disease in postmenopausal women

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Pregnancy-related hypertension has already been proven to lead to a number of negative health outcomes later in life, including more

bothersome menopause symptoms like hot flashes, the risk of dementia, kidney problems, and stroke. A new study suggests it can also lead to cardiovascular disease during menopause.

Results of the study are presented at the [2024 Annual Meeting of The Menopause Society](#), held in Chicago from September 10–14.

In the new study involving nearly 400 women with a mean age of 81.6 years, researchers sought to assess the association between a self-reported history of preeclampsia or eclampsia, gestational hypertension, and [gestational diabetes](#) with [cardiovascular outcomes](#) in [postmenopausal women](#).

What they found is that a self-reported history of gestational hypertension was associated with [cardiovascular disease](#). Women with preeclampsia or all three adverse pregnancy outcomes also had a numerically higher prevalence of heart disease, but it did not meet the standards of statistical significance. No association was found between gestational diabetes and [heart disease](#).

"Future research based on a larger sample size is needed to better understand the role adverse pregnancy outcomes may have in cardiovascular disease development and risk stratification," says Marie Tan, lead author from Drexel University College of Medicine in Philadelphia.

"Cardiovascular disease is the number one cause of mortality in women and it's important to study any new risk factors," says Dr. Stephanie Faubion, medical director for The Menopause Society.

"Although future research is still needed, studies like this are important and remind us to thoroughly discuss a patient's health history, including any complications or adverse outcomes during pregnancy."

More information: Presentation: "The association between adverse pregnancy outcomes and cardiovascular disease in menopausal women: results from a cross-sectional analysis."

Provided by The North American Menopause Society

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