

# Pre-eclampsia may carry long-term heart risks for women

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A review of asymptomatic cardiac changes existing well beyond the postpartum period, *Australasian Journal of Ultrasound in Medicine* (2019). DOI: [10.1002/ajum.12173](https://doi.org/10.1002/ajum.12173)

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Pre-eclampsia is a potentially dangerous condition characterized by high blood pressure that arises in some pregnant women, but a review of published studies indicates that its effects on cardiovascular health can persist well after pregnancy.

The *Australasian Journal of Ultrasound in Medicine* analysis included 13 studies that measured cardiac function by transthoracic echocardiography between 6 months and 18 years following a pregnancy complicated by [pre-eclampsia](#).

Studies are needed to determine whether long-term cardiovascular screening might benefit women with a history of pre-eclampsia.

"Pre-eclampsia is a real-life 'stress test' and the use of transthoracic echocardiography could help us detect early consequences on the heart before women experience symptoms," said co-author Archana Selvakumar Thayaparan, MbChb, of Western Health, in Australia.

**More information:** Archana S Thayaparan et al, Pre-eclampsia and long-term cardiac dysfunction:

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