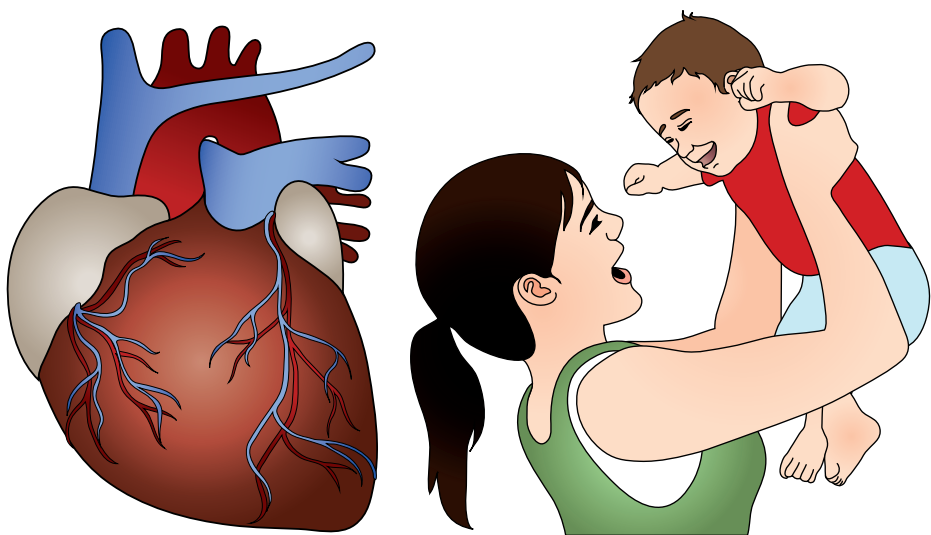


Healthy Heart Habits after Pregnancy:

Taking good care of yourself so you can
take care of your family



Natalie Dayan MD

Did you know that health problems during pregnancy are a sign of possible heart disease later in life? The good news is that you can prevent this. Take charge of your heart health now.

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IMPORTANT: PLEASE READ

Information provided by this document is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.



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This material is also available on the website of the **MUHC Patient Education Office**
muhcpatienteducation.ca

What is the Maternal Cardiovascular Health (MatCH) Clinic?

We know that caring for your baby and family is more than a full-time job. Being able to take care of your family means first taking care of yourself. For this reason, our goal, at the MatCH clinic, is to help you start up and keep up heart healthy habits. We are here to help.



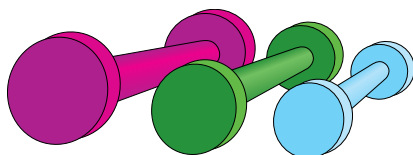
Heart disease is the #1 killer in women. The good news is: starting a heart-healthy lifestyle right now can lower your risk of heart disease later on. This pamphlet will cover tips on exercise, healthy eating and lifestyle habits. Following these tips will help you and your family to live long and in good health.

Exercise

We recommend:

30 to 60 minutes of moderately intense cardio exercise (e.g. jogging, swimming, fitness class), 4 to 7 days per week.

Using weights to strengthen your bones 2 days per week.



Tips:

Use what you have

Push your stroller uphill for 15 to 20 minutes. Then do 3 sets of 10 squats while holding the stroller. Repeat this 4 times per week.

Buy a pedometer at your local pharmacy and challenge yourself to 10,000 steps per day.



Get outside

Fresh air can do a lot of good. You can still go outside in cold weather if you bundle baby up well. If the weather is bad, take a walk at your local shopping complex or mall.

Put it in your schedule

Exercising can feel challenging when you feel there are not enough hours in the day. Put it in the schedule. Tell your family and friends.



Team up with other moms

Invite friends or family members for a walk or another physical activity (e.g. mom and baby yoga class, swim at the local pool).



Looking for more information?

For information on exercise recommendations:

www.participaction.com

www.hypertension.ca

For complete personalized health improvement exercise program: www.chiprehab.com

EPIC cardiovascular health (514) 374-1480

Coeur Action. Centre Sportif du College Edouard Montpetit (450) 679-2631 ext. 380

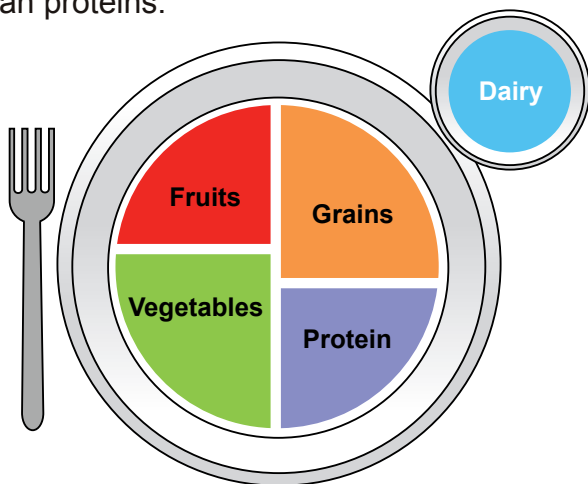
La Vie a Coeur. Centre hospitalier de Verdun (514) 362-1000 ext. 285

For other partly-subsidized cardio health programs, contact your local CLSC.

Healthy Eating for Mom and Baby

We recommend:

A heart-healthy diet rich in fruits, vegetables, whole grains and lean proteins.



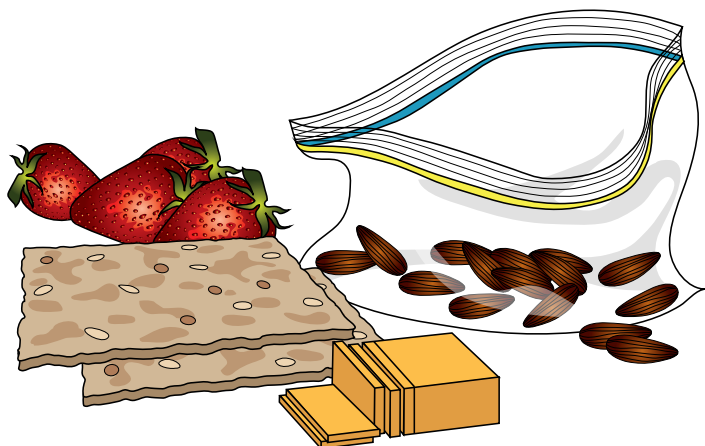
Breast is best! Breastfeeding provides the best nutrients for your baby in the first 6 months of life.



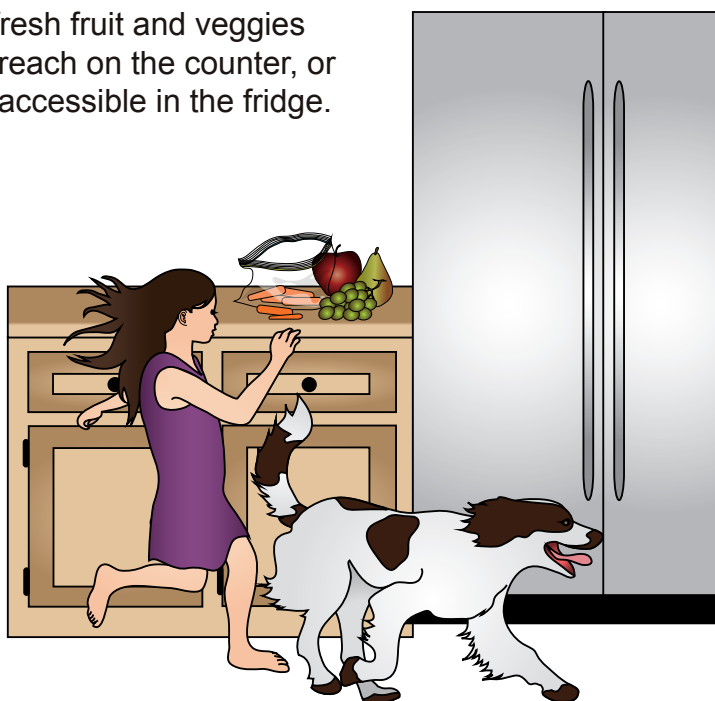
Tips:

Keep it simple: make it easy to grab-and-go

Prepare healthy snacks ahead in pre-packaged portion sizes (e.g. 12-20 dry roasted almonds; 1/2 cup of berries, 2 Ryvita™ crackers with sliced cheese).



Keep fresh fruit and veggies within reach on the counter, or easily accessible in the fridge.



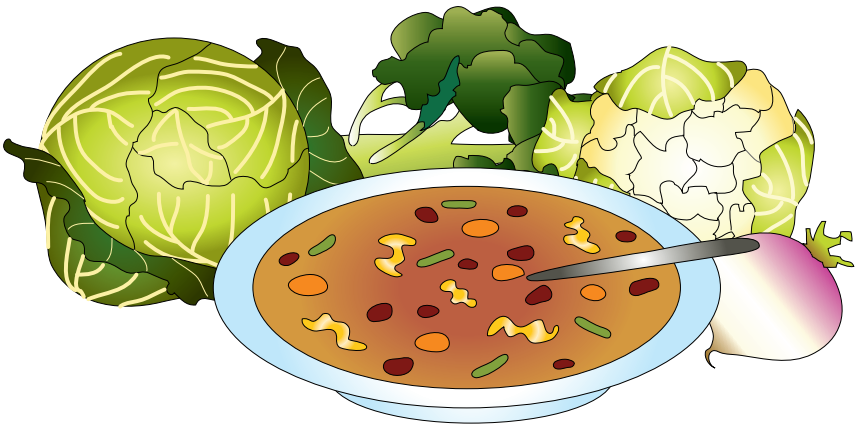
Plan ahead

Make a healthy meal plan for the week in advance. Bring a list and avoid grocery shopping when hungry!



Eat healthy on a budget

Eating healthy should not break your budget. To save money, buy fruits and vegetables that are in season. Choose locally grown foods. Prepare crockpot meals or hearty soups with vegetables about to spoil.



You can still eat healthy on a budget with your hands full!

Model healthy eating to your kids

If you eat healthy, your children will eat healthy too.



Looking for more information?

Canada Food guide:

www.has.uwo.ca/hospitality/nutrition/pdf/foodguide.pdf

For information on breastfeeding:

“Going Home with Baby” booklet you received after delivering baby in hospital. Download a copy from online: www.muhcpatienteducation.ca

Ordre professionnel des diététistes du Québec:

<http://opdq.org/>

Dieticians of Canada: www.dietitians.ca

To meet with your community nutritionist, contact your local CLSC.

Healthy Lifestyle Habits for Mom and the Whole Family

We recommend:

No smoking or exposure to second-hand smoke!



Avoid heavy drinking (no more than 1 alcoholic drink a day).
Avoid alcoholic drinks if you are breastfeeding.



Try to sleep 7-8 hours per night.



Tips:

Sleep when the baby sleeps

Try to nap during the day if your baby is waking during the night.



Ask for help

Ask friends and family members for help with cooking, housework, errands or childcare. You can also contact your local CLSC if you need help.



Looking for more information?

Smoking Cessation Program,
Montreal Chest Institute:
514-934-1934 ext 2503

“Going Home with Baby” booklet you received after delivering baby in hospital. Download a copy from online: www.muhcpatienteducation.ca

“From Tiny Tot to Toddler: A practical guide to baby care”, developed by the Institut national de santé publique du Québec (INSPQ). To find out where to get your free guide, go to:

www.inspq.qc.ca/tinytot/distribution.asp

or download a copy from online:

www.inspq.qc.ca/tinytot/telechargement.asp

Questions to Ask Your Doctor

What is a healthy weight for me?

What should be blood pressure be?

What should my glucose (blood sugar) be?

What should my cholesterol be?