

# AMERICAN HEART CONGRESS - CVD

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## Are hypertensive disorders of pregnancy a risk factor for developing cardiovascular disease in women

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**Background:** Cardiovascular disease (CVD) continues to be the leading cause of mortality in women. Other than traditional CVD risk factors, some sex-specific conditions increase the burden of CVD in women. This study reviewed evidence on associations between hypertensive disorders in pregnancy (HDP) and risk of future CVD in women.

**Methods:** A systematic database search was carried out using predetermined search terms in MEDLINE and CINAHL. The search was limited to the literature published in English between January 2000 and November 2016. Following the application of study inclusion and exclusion criteria and critical appraisal of the evidence, 12 studies were included in the review.

**Results:** Women with a history of preeclampsia and gestational hypertension are at a significantly increased risk of developing CVD in their later life. The severity of these conditions, the order of pregnancy, and the number and time of diagnosis are important. HDP conditions affect the risk of CVD in women both independently and synergistically with other CVD risk factors.

**Conclusion:** Awareness about the associations between hypertensive disorders in pregnancy and CVD risk should be raised among women and health care providers, and women with a history of HDP are supported to improve their CVD risk profile.

### Biography

Leila Gholizadeh is a lecturer at Faculty of Health, University of Technology Sydney, Australia. She has a cardiovascular nursing background. Her current research activities include primary and secondary prevention of cardiovascular disease, the perception of CVD risk, recovery from heart disease, patient-reported CVD outcomes, depression and heart disease, cultural factors in heart disease.

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