

Cardiovascular Disease and Pregnancy

Highlighting SMFM's Efforts to Reduce CVD-related Maternal Morbidity and Mortality

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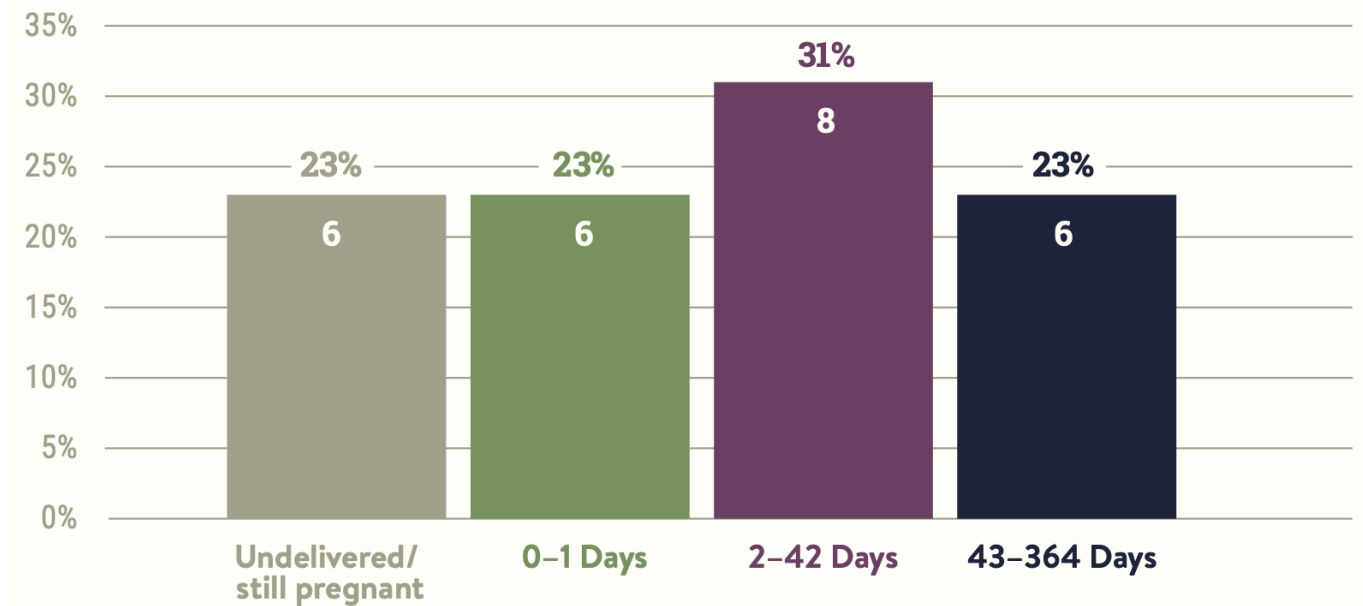
We face a maternal health crisis in the United States

Guidelines & Barriers to Care for CVD and Pregnancy



- Drivers
- Timing

Figure 2.3 Time from End of Pregnancy Until Death for Pregnancy-Related Deaths, 2013-2018 (n=26)



Past Publications on CVD



Preeclampsia: a report and recommendations of the workshop of the Society for Maternal-Fetal Medicine and the Preeclampsia Foundation (2022):

“Preeclampsia is associated with a 3-fold increased risk of developing cardiovascular disease (CVD) later in life, which merits heightened awareness, risk mitigation, and improved postpartum follow-up.”

Past Publications on CVD



Society for Maternal-Fetal Medicine Special Statement: A quality metric for evaluating timely treatment of severe hypertension (2022)

Society for Maternal-Fetal Medicine Statement: Antihypertensive therapy for mild chronic hypertension in pregnancy–The Chronic Hypertension and Pregnancy trial (2022)

Society for Maternal-Fetal Medicine Special Statement: Quality metric for timely postpartum follow-up after severe hypertension (2022)

Past Publications on CVD



**Society for Maternal-Fetal Medicine Special Statement:
Checklists for preeclampsia risk-factor screening to guide
recommendations for prophylactic low-dose aspirin (2020)**

**ACOG SMFM Practice Advisory: Low-Dose Aspirin Use for the
Prevention of Preeclampsia and Related Morbidity and
Mortality (2021)**

**Society for Maternal Fetal-Medicine Special Statement: Prophylactic
low-dose aspirin for preeclampsia prevention—quality metric and
opportunities for quality improvement (2023)**

Past Educational Activities on CVD



♥ Critical Care in Obstetrics Online Course 2025: Cardiac Disease Bundle |

Acquired Cardiac Disease in Pregnancy

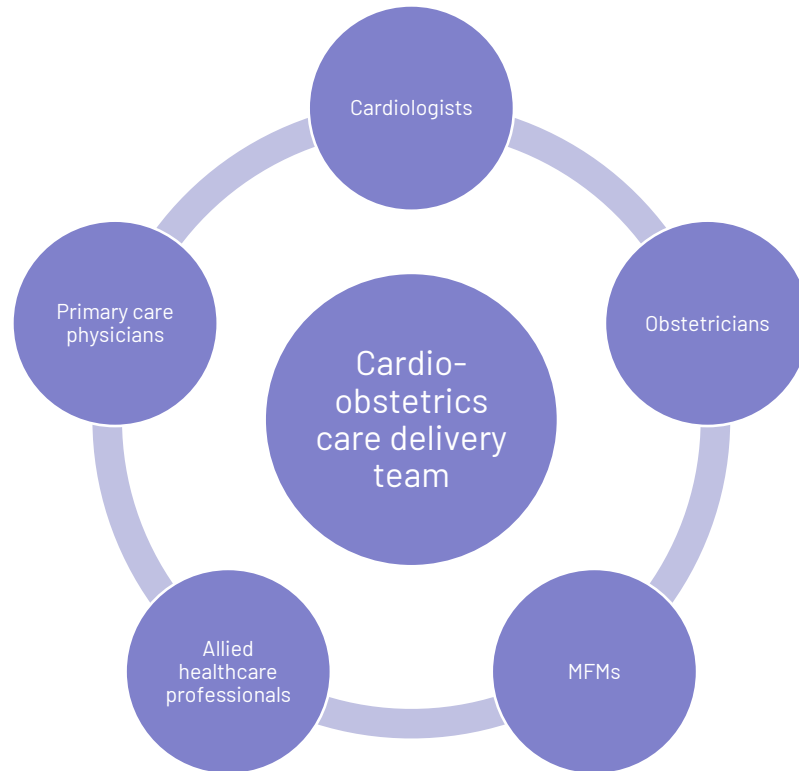
Congenital Heart Disease

Maternal Cardiac Arrest

Myocardial Infarction in Pregnancy

Peripartum Cardiomyopathy

Current Work: Cardio-Obstetrics



Growing recognition of the role MFMs play in the multidisciplinary team that collaborates in the care of pregnant people with or at risk of CVD.

Current/Upcoming Work on CVD



Upcoming Publications (all expected in Summer 2025)

SMFM Consult Series

- Diagnosis and management of right and left heart failure during pregnancy and postpartum

SMFM Special Statement

- Quality Metrics for Hypertensive Disorders of Pregnancy – Patient Education and Transition to Primary Care

SMFM Special Statement

- Checklists for triage and work-up of persons with symptoms suggestive of cardiovascular disease in pregnancy and postpartum

Current/Upcoming Work on CVD



Education



Cardio-Obstetrics Case Review Series

Online Interactive

New quarterly review series invites MFM and cardiology Fellows to present a challenging cardio-obstetrics case to experts in the field, who lead a dynamic and interactive question-and-answer discussion:

July 2024: Management of Pulmonary Arterial Hypertension During Pregnancy and Postpartum (Reg: 392)

October 2024: Aortic Stenosis and Valvuloplasty During Pregnancy (Reg: 341)

January 8, 2025: Aortic Dissection and Marfan Syndrome in Pregnancy (Registration 221)

April 2025: AngioVac-Assisted Clinical Management of Right-Sided Infective Endocarditis During Pregnancy (157)

July 2025: From Dissection to Delivery: Navigating SCAD and Heart Failure in Pregnancy

January 2026: Aortic Dissection and Marfan Syndrome in Pregnancy

Ongoing Education on CVD

The HEART of the Matter: Cardio-Obstetrics for the MFM Specialist



Location: Aurora Ballroom B, Lobby Level

Course Chair: **Stephanie Purisch, MD** – Columbia New York Presbyterian

Course Chair: **Ponnila Marinescu, MD** – University of Rochester Medical Center

Presentations:

 CME 7 Credits

- Understanding the Underpinnings: Cardiac Physiology in Pregnancy and Preconception Risk Assessment
- Management of prosthetic valves and Valvular Interventions During Pregnancy
- Anticoagulation During Pregnancy and the Puerperium: The Whos, Whys, and How Tos
- Pregnancy Considerations in Individuals with Aortopathies
- Arrhythmias: Definitions, Detection, and Treatment
- Management of Hypertensive Emergencies in Pregnant Cardiac Patients
- Obstetric Anesthesia Considerations for the Pregnant Cardiac Patient
- -Cardiac Emergencies in Pregnancy
- Lifetime Cardiovascular Risk: The Need for Multidisciplinary Care Beyond Pregnancy
- Cardiac Bundle: Educating the Masses

Current/Upcoming Work on CVD



Projects and Grants

ACC

- 2025 ACC Expert Consensus Decision Pathway on Optimizing Postpartum Care for Women with or at-risk-for Cardiovascular Disease

CDC Grant

- CDC's Million Hearts Hypertension in Pregnancy Change Package

SMFM Initiative

- Cardio-obstetrics needs assessment (2025-2026)

SMFM Workshop

- Innovative Care Delivery Models (with hypertension care incorporated)

Ongoing Strategies

This is an everyone issue



- Collaborating in our approach
 - Working with multidisciplinary groups-patient advocacy organizations, policy makers
 - Focused approach transitions of care post delivery, in between pregnancies (inter-conception) and preconception
- Widespread Education
 - Patients and families
 - Primary care, Cardiology, Emergency Medicine
- Innovative approaches to expertise-telehealth, phone lines, consultant access
 - Policy and liability barriers