



# **Listening Session: Gaps in clinical preventative services for cardiovascular disease (CVD) before, during, and after pregnancy – The Patient's Perspective**

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Eleni Z. Tsigas

Chief Executive Officer

[Eleni.Tsigas@preeclampsia.org](mailto:Eleni.Tsigas@preeclampsia.org)

# 7 Gaps in Healthcare – a Lifelong Issue

1. It's hard to get to a one week follow up appointment after delivery just to have my BP checked.
2. Limited number of postpartum health clinics and protocols.
3. Many postpartum moms are not prescribed antihypertensive medications or given a home BP monitor for labile or non-severe high blood pressure.
4. Pregnancy history is not asked about nor noted in future healthcare encounters.
5. Healthcare professionals don't know about the connection between preeclampsia and long-term CVD risk.
6. Lack of insurance coverage for postpartum follow-up.
7. Most preeclampsia survivors are finding out from us, not their healthcare providers, that they are at heightened risk for CVD\*\*

# Addressing Barriers to Care

- Use telehealth and Home BP Monitoring (HBPM).
- Extend insurance coverage for HBPM devices to cover women *at risk*, not just those already diagnosed with CVD.
- Train healthcare professionals on how to use shared decision-making tools and best practices so patients are empowered be accountable for their own healthy choices.
- Tighter BP control before, during and after pregnancy. See CHAPS\* trial results and secondary studies.
- Provide patient education at multiple times, via various channels.
- Extend the resources of postpartum health clinics to rural and community settings (e.g., use telehealth, peer training)

# By – For – and About Mothers; Our Point of View is Informed by...

The Preeclampsia Registry	10,000 participants
Website – Share Your Story	1.3M unique visitors/year
Social Media – public / private messaging	Facebook, Instagram, X, etc.
The Promise Walk for Preeclampsia	Since 2010, ~40 walks/year
MoMMAs Voices events	300+ trained patient advocates
Patient Advisory Council	12 rotating diverse experiences
Warmline (800-665-9341) and <a href="mailto:info@preeclampsia.org">info@preeclampsia.org</a>	Hundreds of interactions/year
Research Collaborations*	Internal and external research studies
Direct emails/newsletters	20k+ subscribers; very high Open Rate and high number of interactions