

# Personalized Heart Care Key to Reducing Pregnancy-Related Deaths

Statement by American Heart Association highlights importance of emerging field of cardio-obstetrics

The Ohio State University Wexner Medical Center

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## NEWS PACKAGE

<b>SUGGESTED TEASE</b>	THERE'S A LOT TO THINK ABOUT WITH A BABY ON THE WAY, BUT A NEW REPORT WARNS WOMEN NOT TO FORGET ABOUT A CRITICAL ASPECT THAT COULD AFFECT THEIR HEALTH AS WELL AS THEIR BABY'S. DETAILS COMING UP IN HEALTH NEWS.
<b>ANCHOR LEAD</b>	THE RATE OF PREGNANCY-RELATED DEATHS HAS MORE THAN DOUBLED IN THE U.S. OVER THE PAST TWO DECADES. <sup>1</sup> THE MAIN CAUSE – HEART DISEASE. AND WHILE SEEING A CARDIOLOGIST MAY NOT BE AT THE TOP OF A PREGNANT WOMAN'S TO-DO LIST, EXPERTS SAY MORE WOMEN SHOULD HAVE A PLAN TO TAKE CARE OF THEIR HEARTS DURING AND AFTER PREGNANCY. BARB CONSIGLIO HAS THE DETAILS ON A NEW STATEMENT BY THE AMERICAN HEART ASSOCIATION OUTLINING EFFECTIVE TREATMENT STRATEGIES TO HELP WOMEN HAVE HEALTHY PREGNANCIES AND BABIES.
<b>(PACKAGE START) -----</b> <b>CG: Courtesy: The Ohio State University Wexner Medical Center</b> Shots of Kara preparing snack with kids Photo of Kara while pregnant with twins	(Nats - Sound) :02
<b>CG: Kara Schooley</b> <b>Had heart issues while pregnant</b>	KARA SCHOOLEY (SKOOL-ee) HAD CHRONIC HIGH BLOOD PRESSURE WHEN CARRYING HER TWINS, AND LATE IN HER PREGNANCY, DEVELOPED A DANGEROUS CONDITION CALLED PREECLAMPSIA. :06
Photo of parents with newborn twins	<i>"They sent me to the hospital because my blood pressure was so high. So they would put fetal monitors on the twins."</i> :07
Shots of Kara and family looking at photo albums	THANKS TO EARLY TREATMENT AND CAREFUL MONITORING, KARA DELIVERED HEALTHY BABIES. BUT WITH UNDERLYING HEART CONDITIONS BECOMING MORE PREVALENT, PREGNANCIES LIKE KARA'S ARE NOT UNCOMMON. :09

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<p><b>CG: Dr. Laxmi Mehta</b> Ohio State Wexner Medical Center</p> <p>Shots of Dr. Mehta greeting patient</p> <p>Shots of Dr. Mehta listening to patient's heart</p>	<p><i>"You need to be aware of it, what happens if you have it, who you should be seeing, what kinds of steps and measures need to be taken to reduce your risks and improve your survival and the baby's survival."</i> :11</p> <p>DOCTOR LAXMI MEHTA (LOCK-shmee MAY-tuh), A CARDIOLOGIST AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER, SAYS BEING PREGNANT PUTS EXTRA STRESS ON THE BODY AND ESPECIALLY ON THE HEART, MAKING PRE-EXISTING CONDITIONS MUCH MORE SERIOUS. :11</p>
<p><b>Dr. Mehta (CG'd earlier)</b></p> <p>Shots of Dr. Mehta collaborating with Dr. Bradley</p> <p>Shots of ultrasound</p>	<p><i>"If the patient already has some underlying heart disease, like congenital heart defects or high blood pressure, high cholesterol, that's being managed, then they do need pre-pregnancy planning."</i> :10</p> <p>DOCTOR MEHTA LED A NEW SCIENTIFIC STATEMENT BY THE AMERICAN HEART ASSOCIATION OUTLINING HEART CONDITIONS IN PREGNANCY AND THE IMPORTANCE OF THE EMERGING FIELD OF CARDIO-OBSTETRICS, A COMPREHENSIVE TEAM OF SPECIALISTS WHO DEVELOP PERSONALIZED PLANS FOR EACH AT-RISK PATIENT. :15</p>
<p><b>Dr. Mehta (CG'd earlier)</b></p> <p>Shots of Kara having snack with kids</p>	<p><i>"Those high risk OBs is important in the game plan, having a cardiologist, primary care physician, neurologist if there's stroke related issues as well."</i> :11</p> <p>IT'S ALSO IMPORTANT TO CONTINUE CARE AFTER DELIVERY BECAUSE ISSUES DURING PREGNANCY CAN RESULT IN HEART DISEASE YEARS DOWN THE LINE. IT'S WHY KARA STILL SEES DOCTOR MEHTA. :09</p>
<p><b>Dr. Mehta (CG'd earlier)</b></p> <p><b>Kara Schooley (CG'd earlier)</b></p> <p>Shots of Kara looking at photo albums with her family <b>(PACKAGE END)</b> -----</p>	<p><i>"She wants her heart protected. She wants to be there for her kids' weddings and their jobs and grandkids."</i> :06</p> <p><i>"She's watching over my care, and I know I'm in great hands."</i> :03</p> <p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p>
<p><b>ANCHOR TAG</b></p>	<p>NOT EVERY PREGNANCY REQUIRES A COMPREHENSIVE CARDIO-OBSTETRICS TEAM, BUT ALL WOMEN SHOULD BE TALKING TO THEIR OBSTETRICIAN EARLY IN THEIR PREGNANCY ABOUT THEIR RISK FACTORS SUCH AS WEIGHT, DIET AND</p>

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**CG: Kara Schooley**  
**Had heart issues while pregnant**

Kara explains the precautions taken during her pregnancy:  
*"We needed to be concerned about possibly delivering early, developing preeclampsia and that I was going to be a case where they were just going to need to monitor me and take a closer look and see me more often, and that it would be a combination of the high-risk doctor that I was seeing with a cardiologist."* :17

Kara says she relied on doctors to let her know something wasn't normal:  
*"I kind of took the idea of, well this is my first pregnancy, of course I don't feel good. I'm pregnant with twins and, you know, things like that, and I really had to rely on the doctors to be able to tell me when something wasn't normal."* :15

Kara says she was admitted to the hospital at 31 weeks:  
*"I was at 31 weeks, so I was seeing the high-risk doctor twice a week, and I went to the hospital like I had so many times before, and at that point they said, 'You can't go home. You're going to stay here for the length of the pregnancy.'" :14*

### References

<sup>1</sup>Pregnancy Mortality Surveillance System, Centers for Disease Control and Prevention, Oct. 2019. Online:  
<https://www.cdc.gov/reproductivehealth/maternal-mortality/pregnancy-mortality-surveillance-system.htm>

<sup>2</sup>AHA Statement: Pregnant women with CVD need specialized care before, during and postpartum, American Heart Association, May 4, 2020. Online:  
<https://newsroom.heart.org/news/aha-statement-pregnant-women-with-cvd-need-specialized-care-before-during-and-postpartum>

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