

EP16.76. Long-term impact of postpartum counseling after pre-eclampsia on risk awareness and health behaviors: a retrospective cohort study

C. Rodó, M. Armengol Alsina, M. Dalmau, E. Bonacina, E. Del Barco, A. Casellas, J. Temprado, M.M. Goya, N. Maiz, M. Mendoza.

Hospital Universitari Vall d'Hebron. Barcelona, Spain

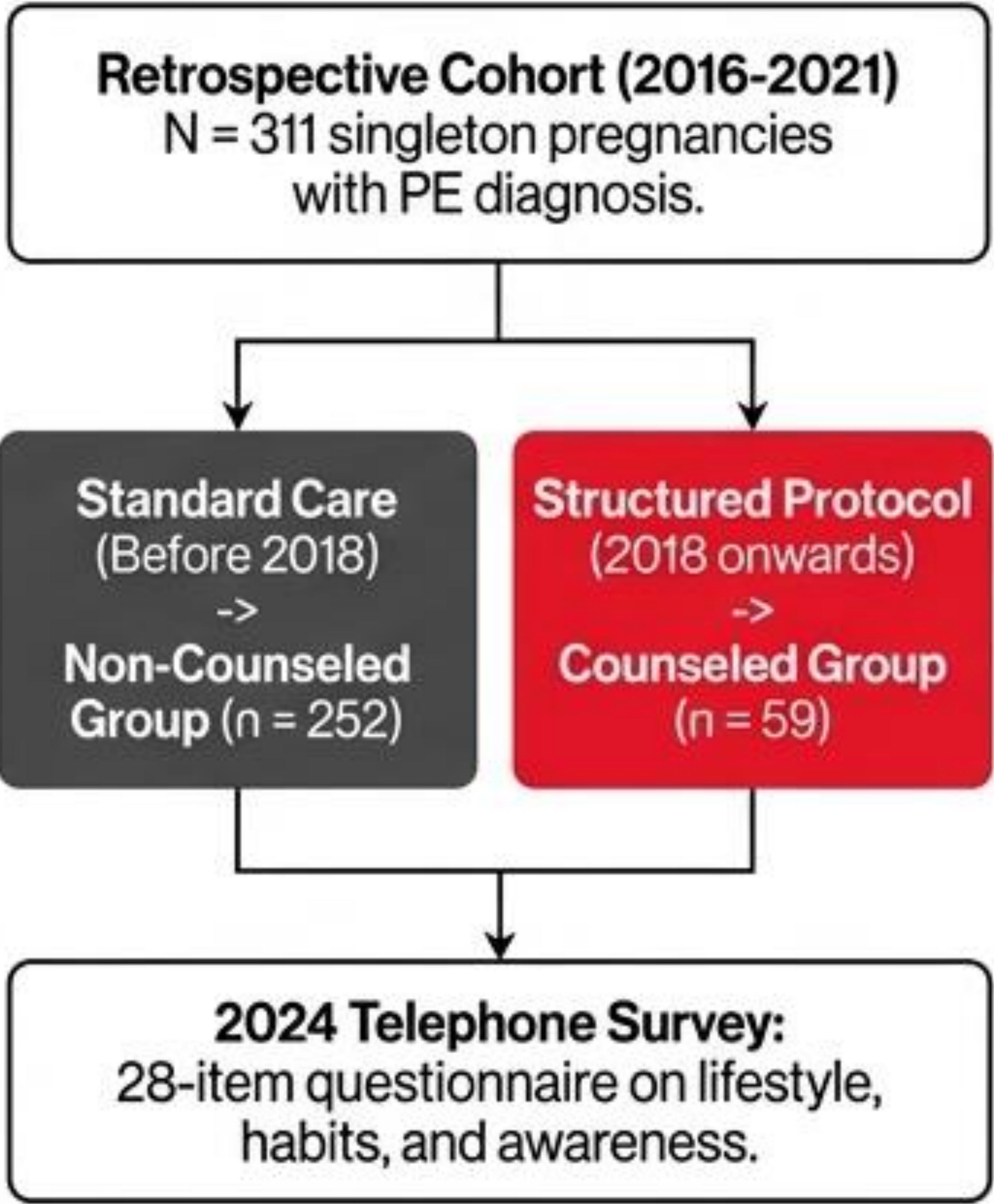
THE CLINICAL GAP



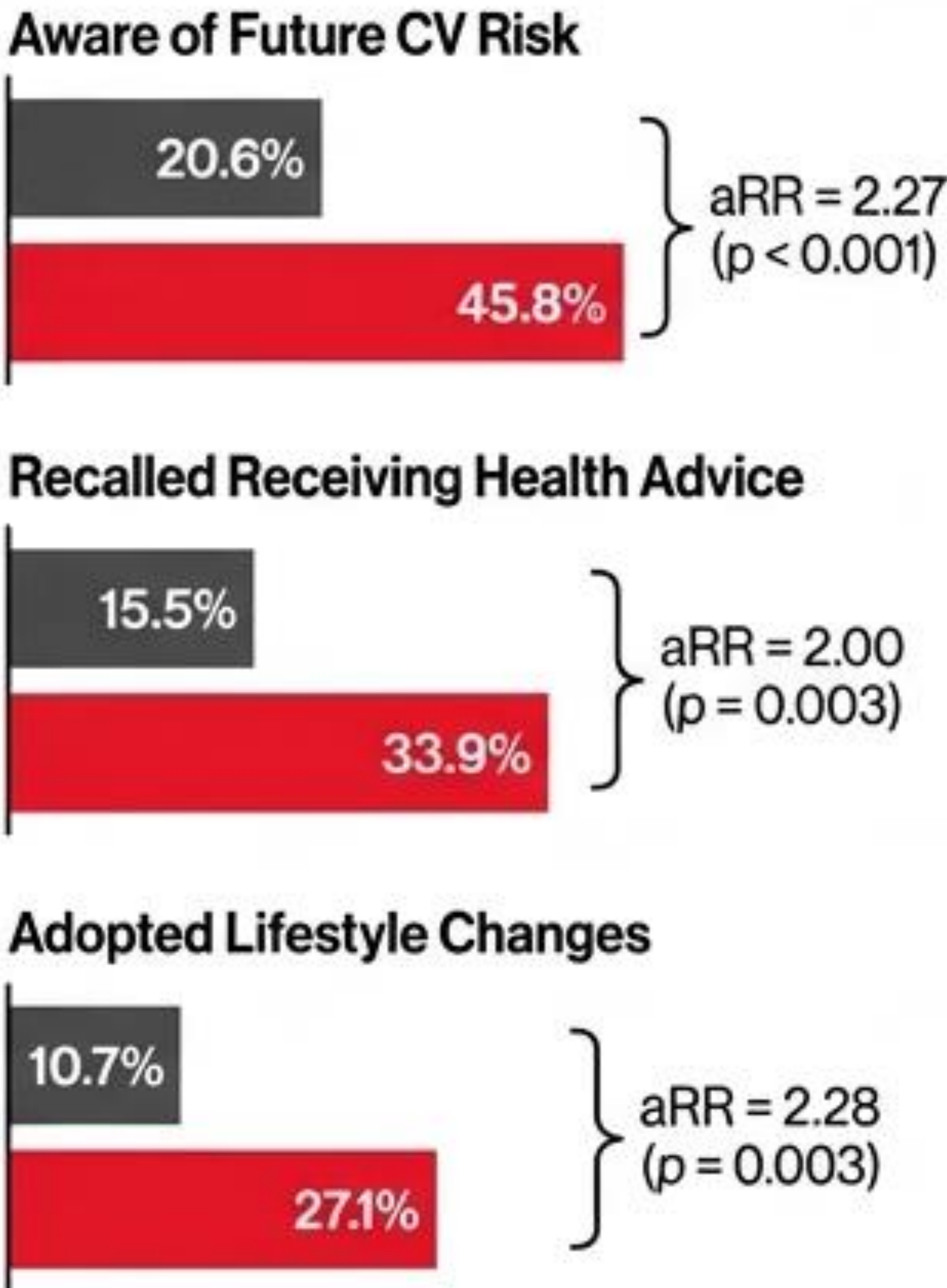
Preeclampsia (PE) is an independent risk factor for future cardiovascular disease (CVD).

Without specific postpartum counseling, individuals remain unaware of their future CV risk, missing a crucial window for preventative intervention.

STUDY DESIGN & COHORT



BEHAVIORAL OUTCOMES



CLINICAL TAKEAWAY

2X Increase in Cardiovascular Risk Awareness.

>2X Increase in the Adoption of Healthy Lifestyle Habits.

Structured postpartum counseling significantly improves both CV risk awareness and the proactive adoption of healthy habits among individuals with a history of preeclampsia.

Pregnancy complications represent a critical 'window of opportunity' to mitigate long-term cardiovascular baseline risk before disease onset.