



MUM'S POSTPARTUM HEALTH CERTIFICATE

participated of the MumCare study at
The Research Center for Obstetrics and Gynecology, Oslo University
Hospital.

Date:

Signature:

Your information:

Your own date of birth:

All years you have given birth
(including last baby):

Your baby:

Your baby's delivery date:

Gestational age at delivery (weeks):

Birthweight (gr):

Fetal Sex:

If you want it digitally,
you can find this
certificate online by
scanning this QR code.



We recommend that you keep this health certificate together with
your child's immunization card so that you add data from the future
check-ups at your healthcare provider.

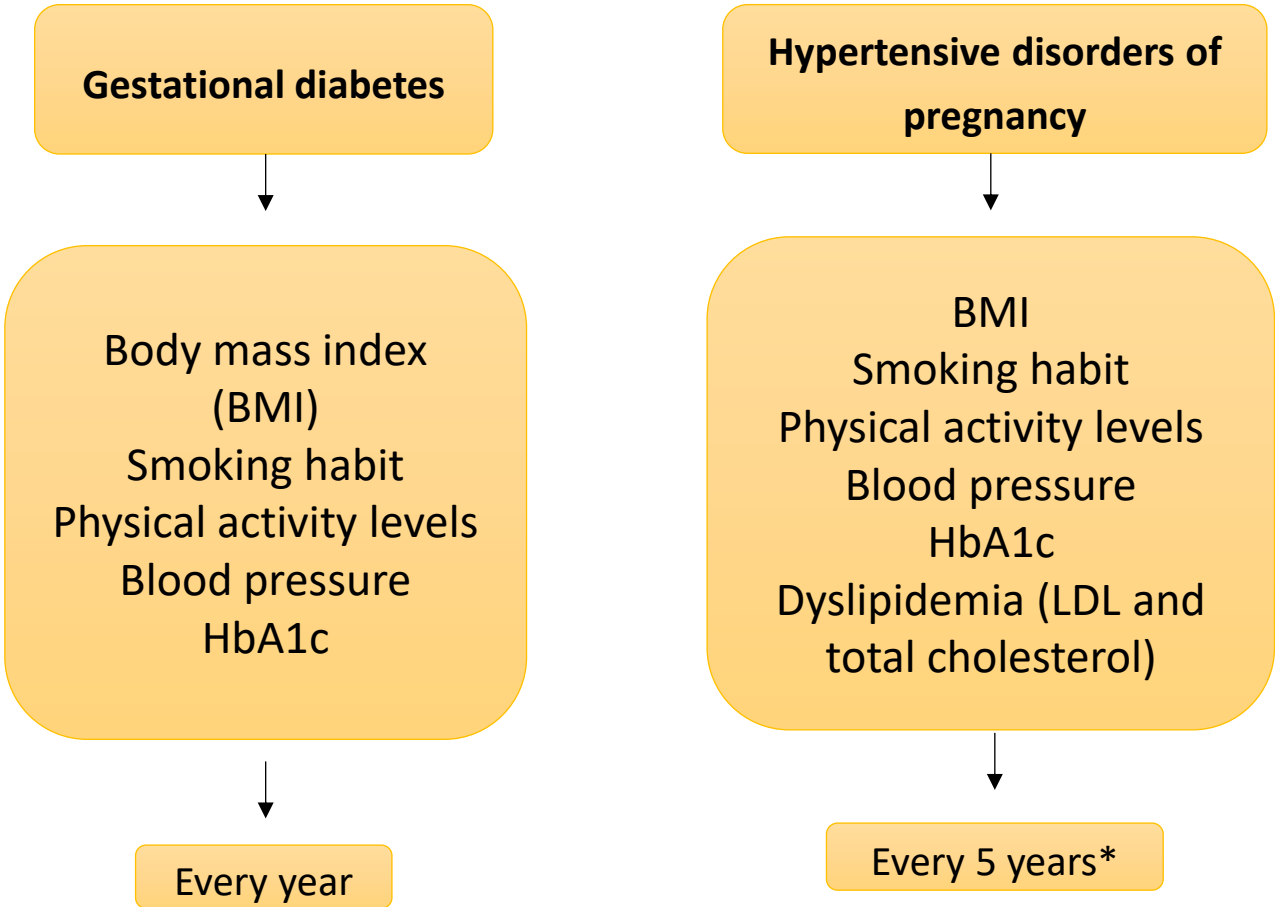




YOUR ADVERSE PREGNANCY OUTCOMES – In your most recent pregnancy

Your pregnancy/pregnancies were affected by:	Your baby/babies experienced:
- Gestational hypertension - Preeclampsia - HELLP syndrome - Eclampsia - Gestational diabetes	- Premature delivery - Stillbirth - Fetal growth restriction

RECOMMENDED FOLLOW-UP AFTER PREGNANCY COMPLICATIONS



*As a minimum, it can be more frequent if other risk factors are present.

Having such pregnancy complications does not mean you will necessarily develop cardiovascular disease in the future, but you should follow the recommended health check-ups to minimize the risk.



KEEP TRACK

By keeping track of important cardiovascular risk factors; you empower yourself to better understand and manage your own cardiovascular health

Before pregnancy	At delivery	3-4 months postpartum	1 year postpartum
Height (cm): Weight (kg): BMI (kg/m²):	Weight (kg): BMI (kg/m²):	Weight (kg): BMI (kg/m²): Blood pressure: HbA1c:	Weight (kg): BMI (kg/m²): Blood pressure: HbA1c:

Keep track of important modifiable risk factors in the future						
Recommended tests	MumCare 14-18 mth control	Date:	Date:	Date:	Date:	Date:
Blood pressure (mmHg)						
Weight (kg)						
BMI (kg/m²)						
HbA1c (mmol/mol)						
LDL (mmol/L)						
HDL (mmol/L)						
Total cholesterol (mmol/L)						
Triglycerides (mmol/L)						



REDUCE YOUR RISK – Improve your cardiovascular health

Want to know more? Here you can find useful information from International guidelines on how to look after your own cardiovascular health.

Physical activity:



Diet and nutrition:



Smoking and tobacco:



Healthy life centers:



Early identification of modifiable risk factors for cardiovascular disease, such as hypertension, offers a valuable opportunity for early intervention and thereby a reduced risk for future cardiovascular disease.

Contact information:

If you have any questions about the results, please feel free to contact one of the following:

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