P360  HYPERTENSION DURING PREGNANCY
J. De Maio, A. Caputi, A. Martelli, E. Bagni
OSPEDALE CIVILE SASSUOLO, SASSUOLO

Pregnancy is a physiological condition and a delicate period too; that’s why it’s essential to support the woman. It is important to contact the specialists in Gynecology and rely on other specialists to deal with any morbid conditions that arise during gestation. In this regard, heart disease is the main cause of maternal morbidity and mortality in pregnancy. The surveillance of women with cardio-vascular disease must therefore be guided by the so-called “pregnancy heart team”. In particular, arterial hypertension affects 5 to 10% of pregnant women. The cardiovascular risk is continuously increasing. What are the reasons of this? First of all, the increase of the age of the future mothers. Furthermore, the fact that women, like the general population, are increasingly obese, hypertensive and diabetic. Cardiovascular diseases do not represent an absolute contraindication to pregnancy, except in a few cases, in particular, in severe pulmonary hypertension. However, it is essential to follow the patients according to personalized protocols with close collaboration between gynecologist and cardiologist. Our hospital references for the southern area of the province of Modena; in agreement with our gynecologist we saw the opportunity to collaborate even more closely and start a way dedicated to pregnant women. In 2021, about 30 women between 20 and 40 years old were sent to our attention, with predominantly arterial hypertension or notable symptoms. Patients were referred to us and underwent evaluation. We performed 50% EKG and examination, 50% transthoracic echocardiogram, 60% blood pressure Holter, 10% 24 hour Holter EKG. Seventy percent of all the patients came from African race and the remaining from Caucasian. There was also a link with the socio-cultural level of the patients, in most cases they were overweight. In the meantime, hygienic-sanitary therapy and, if not sufficient, medical therapy has always been set up. The drug we preferred was Methyldopa under close monitoring for the comforting data from the technical data sheet on its use. To date, there have been no adverse events or complications reported to us. Further studies are needed to evaluate the effectiveness of interventions to reduce both the risk of recurrence of hypertension in future pregnancies and that of long-term cardiovascular complications.