

# could it be ppcm?

## Peripartum Cardiomyopathy: Recognising the signs and symptoms

**Peripartum Cardiomyopathy (PPCM)** is a rare form of heart muscle disease which occurs in pregnancy or following birth in women with no previously known heart problems. PPCM symptoms can be confused with normal pregnancy symptoms but are more severe and persistent.



Breathlessness on exertion



Difficulty breathing when lying flat



Fatigue - extreme tiredness from everyday activities



Persistent fast heart rate



Persistent cough



Significant swelling of feet, ankles and hands



Sudden and significant weight gain

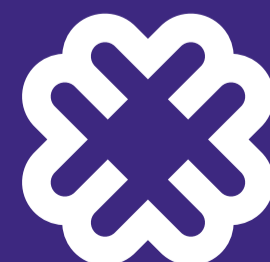
If you have these symptoms, please talk to your midwife or doctor



Further support and information can be found at: [www.cardiomyopathy.org](http://www.cardiomyopathy.org)



UK Maternal  
Cardiology Society



Royal College  
of Midwives