

What You Need to Know About High Blood Pressure

From Preconception to Post-Menopause



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About High Blood Pressure

38 million women in the U.S.
have high blood pressure.

Black women have an **increased risk**
for high blood pressure.

The effects of high blood pressure
can be different during a woman's
reproductive years and post-menopause.



Pressure and The Pill: Did You Know?

Oral contraceptives (birth control pills)
can raise blood pressure, so check in
with your doctor to monitor yours.

Smoking cigarettes while on
birth control pills can increase your risk
of having high blood pressure.

If you smoke — especially if you are 35
or older — talk to your provider about
the **safest options** for contraception.



Pregnancy + High Blood Pressure

Complications **for mom** include stroke,
preeclampsia, or long-term heart
or blood vessel disease.

Complications **for baby** include being born
premature or having a low birth weight.

Planning to get pregnant?
Tell your doctor, who can monitor your
blood pressure and adjust medications.

64+

A Greater Risk After Menopause

High blood pressure can run in families,
and the risk **increases with age**.

After menopause, or age 64, more
women have high blood pressure than men.

The condition can cause hot flashes and
heart palpitations, similar to menopause
or stress symptoms — **so it can be missed**.