**Preeclampsia is leading cause of preterm birth and maternal death**

**The Window Study**

The Window Study research opportunity at the University of Pittsburgh is seeking people who are at least 18 years-old, currently not pregnant or have had a baby in the last six months and who delivered a baby at UPMCMagee-Women Hospital in 2008 or 2009. The goal of the study is to understand the differences in the characteristics that can provide clues about later heart health in women. Researchers hope that by using prenatal health as a window into heart health, they can develop better ways to predict and treat heart disease in women.

The study involves a 1.5-hour visit followed by seven days of at-home blood pressure monitoring. Compensation is an at-home heart monitor is provided for participants who participate.

To link to the study: [https://www.pitt.edu/~oar/www/pitt/birth-infant-health/](https://www.pitt.edu/~oar/www/pitt/birth-infant-health/)

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**Preeclampsia and heart health**

Preeclampsia is a pregnancy complication with symptoms like blood pressure spikes and protein in the urine. If untreated, it can lead to brain seizures and a life-threatening condition called eclampsia. According to Dr. Catov, the study examines women who are at risk for preterm birth. Researchers like Dr. Catov recognize that preeclampsia and other pregnancy complications may be the body’s way of signaling a future risk for heart disease. By better understanding these risks, researchers can identify women who are at risk for heart disease and develop better ways to predict and treat heart disease in women.

The body’s blood vessels and metabolism bear a child deserves the most love and care. Dr. Catov encourages all women to take care of themselves during pregnancy because a healthy pregnancy can result in a healthy childhood. Let me be clear: EVERY mother, regardless of race, background or socioeconomic status has the right to have a healthy pregnancy and birth. We need new women answers. There’s sometimes a lack of communication and women say they’re doing something wrong, and that’s not true. We need to be engaged in the conversation and care for the mothers. One of the things that we can do to make sure that women feel empowered with understanding so that they can take care of their health.**

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**Anergy**

Anergy is a phenomenon whereby the immune system is unable to mount a normal immune response to an antigen. This can result in a variety of health issues, including difficulty fighting off infections and certain types of cancer. The study examines factors that contribute to a weakened immune response and how these factors may be linked to the development of certain diseases. Researchers hope to identify potential targets for future treatments and develop new therapies to improve immune function.

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**Serena’s childbirth story highlights Black women’s higher mortality rates**

By Clarissa Hamlin

Serena Williams didn’t know that her childbirth survival story would spark conversations about maternal mortality and health care disparities among Black women. In the fall of 2018, Serena and her husband, Alexis Ohanian, welcomed their daughter into the world. She made it through childbirth despite harrowing complications, including blood pressure spikes and an at-home heart monitor being provided for participants who participate.

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