AIMS For a better birth...

Heart health in pregnancy study needs your help!

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Rebecca Jarman wrote for the AIMS journal in 2024 about Peripartum Cardiomyopathy (PPCM), a rare but potentially life-threatening disease of the heart muscle presenting uniquely during the last few weeks of pregnancy or the months following birth. Rebecca is a member of the NIHR-BHF Cardiovascular Partnership Maternal Cardiovascular Health theme working group and part of a research team being led by Dr Paz Tayal and Dr Antonio de Marvao who have developed PREG-HEART. The research team is looking for participants for their study.



A request from Rebecca Jarman

PREG-HEART is the first UK-wide, direct-to-patient, online research study dedicated to heart health in pregnancy.

Here's a bit of info about PREG-HEART:

The number of pregnant women with heart disease is rising, but there are very few research studies looking specifically at maternal heart health.

We want to understand how heart health affects women during and after pregnancy, to improve care and health outcomes for many women in the future, and we need your help!

We are looking for women living in the UK who are:

- Currently pregnant or have been pregnant in the past, and were diagnosed with heart disease before, during, or up to 6 months post-pregnancy;
- Currently pregnant and do not have heart disease.

What will participants need to do?

1. Register on the website PREG-HEART | HeartHive
2. Sign an online consent form
3. Fill in a short health survey each year, for as long as they wish to take part



The PREG-HEART study launched officially on 10th February 2026 for a 6 month pilot phase. If this proves successful the plan is to secure further funding to continue the study long term. This is a direct-to-patient study and Rebecca needs to ensure that the target population (those who are currently pregnant

or who have previously been pregnant and experienced heart disease) are aware of it and have the opportunity to sign up. Please spread the word.

If you think you may be interested in taking part, please register your interest here:PREG-HEART | HeartHive