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**Risk assessment  
for relapse of heart  
failure in a post-PPCM  
pregnancy; and its  
treatment**

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Peripartum cardiomyopathy (PPCM) is defined as new heart failure occurring in the last month of pregnancy or within 5 months postpartum. Mortality rates have been gradually decreasing and recovery rates improving with the use of evidence-based treatment. Despite that, many women with PPCM do not reach recovery levels, and for them, post-PPCM pregnancies are not advisable because of a high risk for relapse of heart failure during pregnancy or immediately postpartum. However, recovered PPCM mothers have a lower risk for relapse of heart failure in a post-PPCM pregnancy. This report derives from a USA study of what may be the largest prospectively-identified series of post-PPCM pregnancies in the world. Risk of relapse of heart failure is always possible in a post-PPCM pregnancy; but there appears to be a group for whom the risk is very low. This report discusses risk assessment strategies as well as best methods of monitoring for early detection of relapse of heart failure; and an effective treatment, including outcomes.

**Biography**

James D. Fett, MD, Co-Director of the Peripartum Cardiomyopathy Network (PCN) has been involved in the study of peripartum cardiomyopathy (PPCM) for almost 30 years. First introduced to PPCM in the high-incidence nation of Haiti, serving as Medical Director of Hospital Albert Schweitzer (HAS Haiti), continued research on PPCM in Haiti and North America; and is currently participating in PCN's study, Investigations in Pregnancy-Associated Cardiomyopathy (IPAC) as Co-Director along with Dennis McNamara, MD, University of Pittsburgh Medical Center. Dr. Fett graduated from the University of Minnesota Medical School and the University of Minnesota School of Public Health. His post-graduate training includes Residency in Internal Medicine at the University of Minnesota Abbot-Northwestern Hospital Unit, the Prince Leopold Institute of Tropical Medicine in Antwerp, Belgium, and special epidemiology training at the Center for Disease Control & Prevention, Atlanta, GA, USA. He is author and co-author of numerous peer-reviewed journal articles about PPCM.