

A new study has revealed that mothers who give birth to twins face a higher risk of heart problems than those who have single babies. The research shows that twin pregnancies increase the likelihood of being hospitalized for heart disease, especially in the year after giving birth.

The study, published in the *European Heart Journal*, analyzed data from 36 million hospital deliveries in the United States between 2010 and 2020. It found that women with twin pregnancies were twice as likely to be readmitted to the hospital for cardiovascular issues compared to those who had singletons.

The risk is even greater for women who experience high blood pressure during pregnancy, known as preeclampsia. For those women, the likelihood of heart-related hospitalizations was more than eight times higher after giving birth.

Researchers noted that the maternal heart works harder during a twin pregnancy. It can take weeks for the heart to return to its normal state after delivery. "Even if a pregnancy is not complicated by high blood pressure, there is still a short-term increase in cardiovascular risks," said Dr. Ruby Lin, the study's lead author.

The study suggests that while the short-term risk is higher for twin pregnancies, the long-term risk might be lower compared to mothers with singleton pregnancies who had high blood pressure. This could be because mothers of twins have a higher risk of heart disease in the short term, but the risk decreases over time.

The rise in twin pregnancies, driven by fertility treatments and older maternal ages, has made this research even more important. Dr. Lin emphasized that women undergoing fertility treatments or with health issues like obesity or diabetes should be aware of the added risks.

The study highlights the need for careful monitoring of heart health after childbirth. Healthcare providers are urged to continue follow-ups for up to a year after delivery, particularly for high-risk pregnancies.