OCTOBER 26, 2026

Pregnancy history is heart history.

The Honorable Donald J. Trump
President of the United States
The White House

Dear Mr. President:

A mother's pregnancy history should remain part of her medical story long after her baby comes home. I am asking for your help bringing that message, and a practical plan for follow-up, to every state.

I am Lisa Zahakos, RPA-C, a New Jersey physician assistant, mother of four and founder of HEART RESERVE. My clinical practice included interventional cardiology and preventive medicine. When my identical sons, Peter and Maurice, needed fetal surgery and were born at 28 weeks and five days, I experienced the other side of care. During the months our family spent in the NICU, I learned how easily a mother's own recovery can become secondary.

Pregnancy complications such as preeclampsia, gestational diabetes and preterm delivery can signal greater cardiovascular risk later in life. Yet understanding that connection is only useful when a woman can reach care. HEART RESERVE proposes a simple, measurable approach: record the pregnancy history, name the clinician responsible for the next step, and check whether the indicated follow-up was completed.

I respectfully request a brief meeting with the appropriate White House health-policy staff and a referral to HHS to explore a national working session with state maternal-health leaders, clinicians and families. The attached plan invites all 50 states to share one educational message, while beginning implementation with a small, independently evaluated group of willing states. New Jersey is the proposed starting point.

This would build on existing maternal-health programs and local care teams. The first-year five-state planning scenario is $1.2 million, subject to partner costing, eligibility and available funding. We are seeking guidance on a suitable, competitive funding pathway and an accountable clinical and fiscal lead. No federal endorsement, partner commitment or clinical benefit is assumed.

A separate research pathway would test whether detailed pregnancy and reproductive history improves cardiovascular prediction beyond current measurements. Our independent calculation is not yet clinically validated. The campaign can help women reach appropriate care while that work proceeds.

Thank you for considering this proposal and for the work your office does on behalf of American families.

Respectfully,

Lisa Zahakos, RPA-C
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