

WHAT CAN BE DONE ABOUT IT?

The first step towards recovery is identifying postnatal depression is not a normal condition to live with and recognizing it as a treatable condition.

Following are a few things one can do to help themselves and the ones around them struggling with Postnatal depression:

1. Opening the mind to everything around
2. Knowing that you have full control over your body and that if you feel something is wrong, it most certainly is
3. Take time to understand the problems and difficulties after the birth of your child
4. Stop being critical of yourself.
5. Do not contradict reality
6. Remember who you have always been as a person

Apart from doing all the above, seek appropriate help to feel better.

PPD is often treated with counseling and medication.



It may help to talk through your concerns with a mental health professional. Through counseling, you can find better ways to cope with your feelings, solve problems and set realistic goals.



Antidepressants are a proven treatment for postpartum depression. If you're breastfeeding, work with your doctor to weigh the potential risks and benefits of antidepressants, as any medication you take will enter your breast milk.

Women who have one episode of postpartum depression have

50% chance

of experiencing it again with a second pregnancy.



Services

- Pre Conception Counseling
- Infertility Workup
- IUI Or Intra Uterine Insemination
- IVF Or In Vitro Fertilization
- ICSI Or Intra Cytoplasmic Sperm Injection
- Oocyte Donation And Egg Sharing Programs
- Surrogacy
- Embryo Freezing And Oocyte Freezing
- Cryo-Preserved Semen Bank
- Andrology Clinic
- TESA And PESA
- Basic And Advanced Endoscopic Surgery
- Hormone Analysis
- Genetic Counseling
- Pre Implantation Genetic Diagnosis (PGD)
- Pre Implantation Genetic Diagnosis (PGS)
- Recurrent Miscarriage Clinic
- Nutrition Clinic
- Care Pharmacy
- Care Ultrasound and Fetal Medicine



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 - ③ **Care IVF Jamshedpur:** Micheal John Tower Southern Town Area - 06. K Road. Bistupur. Ph - 0833 4950664
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Recognize and Reduce the Risk of PPD



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WHAT IS POST NATAL or POST PARTUM DEPRESSION?

Post Partum depression is a mood disorder that affects women after the birth of a child. It's a form of clinical depression that's usually associated with symptoms such as sleep disturbance, loss of appetite, poor concentration, fatigue and suicidal thoughts.

Many women after child birth report as if their feelings are on a roller coaster. Moods change frequently for no apparent reason. Some days are good and some are bad. Many women put off getting appropriate treatment or seeking out because they feel that the days they feel good are an indication that things are not that bad.

1 in 7 women suffer from Post Natal depression. It can also happen after a miscarriage or stillbirth. It can also affect new fathers.

PPD can affect as many as **10%** of fathers within the first year.

Within the first **24 HOURS** after childbirth, a women's hormone levels abruptly return to normal. **This change may contribute to PPD.**

WHY DOES IT HAPPEN?

There is no single cause for Post Natal Depression. It is likely a result of combination of physical and emotional factors. It does not happen because of something that the mother did or that was done on her.

After childbirth the levels of hormones in the women's body drops quickly, which triggers a chemical change in the brain causing the mood swings.

Additionally, the lack of adequate rest and physical recovery after child birth, aggravated by sleep deprivation can cause exhaustion and contribute to the symptoms of post partum depression.

SYMPTOMS OF POST NATAL DEPRESSION CAN INCLUDE:

- Erratic happy and sad phases.
- Withdrawal from baby, family and friends
- Inability to deal with stress
- Unable to bond with baby.
- Loss of joy. Feeling bouts of Anxiety.
- Erraying happy and sad phases.
- Obsessed with health and safety of the baby.
- Uncontrollable bouts of crying.
- Feelings of hopelessness, a sense of failure.
- Difficulty focusing or concentrating.
- Doubting the ability to care for the baby.
- Loss of appetite.
- Overwhelming exhaustion, yet unable to sleep.
- Intense irritability and anger

These symptoms can begin during pregnancy or upto one year after giving birth and may lead you to become possessive of your baby and/or to disengage from and avoid your baby. This poses a risk to the emotional and physical safety of you and your baby.



HOW IS POST NATAL DEPRESSION DIFFERENT FROM BABY BLUES?

Baby blues is a term commonly used to describe feelings of anxiousness, worry, fatigue, unhappiness that as much as 80% women go through. Babies require a lot of care and it is normal for mothers to feel the worry and tire from taking care of the baby. This however, is very different from postnatal depression where the feelings of sadness and anxiety are so extreme, that it hinders with the abilities of the women to take care of herself and the baby.

Research evidence shows that symptoms of postnatal depression decrease over time - but depression remains a long-term problem for 30 per cent to 50 per cent of affected women, according to a report in the Harvard Review of Psychiatry

ARE SOME WOMEN MORE LIKELY TO GET AFFECTED WITH POSTNATAL DEPRESSION?

Some women have risk factors which can pre dispose them to post natal depression. These may include any of the following:

1. Having a previous history of postnatal depression.
2. Having a previous history of any other emotional condition.
3. Having a family history of emotional or mental condition.
4. Having low self esteem.
5. Lack of support from partner and family
6. Having negative thinking patterns
7. Having stressful life events (e.g.: loss of a loved one, breakdown of a relationship, losing a job etc.)
8. Having a baby with ill health.



THINGS YOU MIGHT NOT KNOW ABOUT POST PARTUM DEPRESSION

