



Orchard Pediatrics, P.C.

Newborn through Adolescent Care

Amy D. Dunn, M.D. • Sarah E. Clune, D.O. • Beth L. Nadis, M.D. • Laurie K. Fisher, M.D. • Rhonda M. Elton, M.D. • Seth A. Faber, M.D.

Many new moms feel sad a few days after giving birth, even if baby is healthy and there were no complications during delivery. These feelings are normal. Some 10-20% of women, however, experience true postpartum depression and need professional help. Recognizing the problem, admitting that it is real and getting help are the first steps towards recovery. Help is available!

Baby Blues / Adjustment

Typical symptoms: mood swings, tearfulness, lack of energy, irritability, and anxiety

- Caused by major lifestyle changes and changing hormone levels
- Affects between 70 – 80% of new moms
- Starts about 2-5 days after delivery
- Usually disappears within a few weeks
- Can also occur when weaning from breastfeeding

Postpartum Reactions / Anxiety / Depression

Typical symptoms: uncontrollable crying, irritability, poor concentration, anxiety, and feelings of failure. Physical symptoms may include headaches, chest pains, tingling in limbs, appetite and sleep disturbances.

- Caused by a combination of hormonal, psychological and environmental factors
- Affects about 10-20% of moms, regardless of background
- Can begin during pregnancy, right after birth or anytime within the first year
- Symptoms can range from mild to severe
- Emotions may include intense fear and guilt, or feelings of not bonding with the baby
- Mom may break off all social contact and give up activities she used to enjoy

Postpartum Psychosis

Typical symptoms: hyperactivity or extreme sleepiness, loss of touch with reality, delusions and thoughts of harming self or baby.

- Very rare, affecting about 1-2 in 1,000 women
- Represents a medical emergency

What helps the Baby Blues?

- Talk to other new moms. Know that you are not alone and these feelings and reactions are normal and temporary.
- Talk about your feelings with your partner or a trusted friend.
- Eat small healthy snacks often and drink extra water.
- Identify what help you need and let others know what they can do.
- Keep life simple. Lower housekeeping standards.
- Limit visitors if necessary.
- Recognize your exhaustion and rest when baby is sleeping.

What helps Postpartum Depression?

Postpartum depression is a real illness that responds well to treatment. Your physician may recommend medications, counseling or a combination of the two. He or she can also help you find a local support group. In most cases, breastfeeding will not need to be suspended. Your physician can select a treatment that is safe for your baby.

Fill out the Edinburgh Postnatal Depression Scale and call your physician promptly if you score 12 or higher. The sooner you are treated, the sooner you will feel better and can begin to enjoy motherhood.

EDINBURGH POSTNATAL DEPRESSION (EPDS)

Please circle the answer that best describes how you have felt over the past 7 days.

1. I have been able to laugh and see the funny side of things.
0 = As much as I always could
1 = Not quite so much now
2 = Definitely not so much now
3 = Not at all
2. I have looked forward with enjoyment to things.
0 = As much as I ever did
1 = Rather less than I used to
2 = Definitely less than I used to
3 = Hardly at all
3. I have blamed myself unnecessarily when things went wrong.
0 = No, not at all
1 = Hardly ever
2 = Yes, sometimes
3 = Yes, very often
4. I have been anxious or worried for no good reason.
3 = Yes, quite a lot
2 = Yes, sometimes
1 = No, not much
0 = No, not at all
5. I have felt scared or panicky for no good reason.
3 = Yes, quite a lot
2 = Yes, sometimes
1 = No, not much
0 = No, not at all
6. Things have been getting on top of me.
3 = Yes, most of the time I haven't been able to cope at all
2 = Yes, sometimes I haven't been coping as well as usual
1 = No, most of the time I have coped quite well
0 = No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping.
3 = yes, most of the time
2 = Yes, sometimes
1 = Not very often
0 = No, not at all
8. I have felt sad or miserable.
3 = Yes, most of the time
2 = yes, quite often
1 = Not very often
0 = No, not at all
9. I have been so unhappy that I have been crying.
3 = Yes, most of the time
2 = Yes, quite often
1 = Only occasionally
0 = No, never
10. The thought of harming myself has occurred to me.
3 = Yes, quite often
2 = Sometimes
1 = Hardly ever
0 = Never
11. The thought of harming my baby has occurred to me.
3 = Yes, quite often
2 = Sometimes
1 = Hardly ever
0 = Never

Add up all the scores. If you score 12 or higher, please contact your physician

PEOPLE YOU CAN TRUST

Sometimes, when you are struggling as a new mom you may be too embarrassed or even afraid to tell someone what you are really thinking. Please remember that depression is a real medical illness. By sharing your feelings with a professional you can get access to the special support you may need during this challenging time. We will be happy to discuss this need with you and keep your information confidential.

People who are available to help you:

Your personal Physician / Midwife / Nurse Practitioner

Beaumont Hospital – Royal Oak
Parenting Program 248 551-1455
Social Work Department 248 551-3160
Mother/Baby Unit 248 898-6396

Words of Comfort

Conquering Postpartum Depression: A proven plan for recovery, Ronald Rosenberg, M.D.

This Isn't What I Expected, Karen Kleiman, M.S.W. & Valeria Raskin, M.D., Bantam.

What Am I Thinking? Having a Baby After Postpartum Depression, Karen Kleiman, M.S.W.

Website:

www.depressionafterdelivery.com

www.postpartum.net Postpartum Support International