

Postpartum Depression

What is postpartum depression?

Postpartum depression (PPD) is a serious medical condition related to depression that occurs to women after giving birth. It usually occurs within four weeks after child birth and may continue for months or even a year which can have significant impacts for new mother and child.

Who can get PPD?

Any new mom can get PPD regardless of their age and race.

What are Baby Blues?

Many new moms experience some mild baby blues between the first few days of child birth up to two weeks. Reach out to your doctor if feelings of sadness, stress, fatigue last more than two weeks.

PPD risk factors

Women at a higher risk are those with previous history of depression, substances abuse, or who experience complications during childbirth.



Recognizing sign and symptoms:

- Loss of interest, energy and motivation
- Sleeping too much or too little
- Irritability, anxiety, or restlessness
- Feeling worthless or guilty, feeling like life is not worth living
- Withdrawal from friend and family
- Eating too much or too little
- Trouble remembering, focusing, making decision or crying a lot
- Thought of hurting yourself or your baby

Self care tips for PPD

- Get 8 hours of sleep
- Eat healthy and take vitamins
- Be active, take a walk
- See doctor regularly
- Time for yourself
- Get help when needed, talk to friend or family

PPD is usually treated with counseling and/or medication. Talk to your doctor if you experience any of these symptoms or have any questions. Remember that you are not alone.