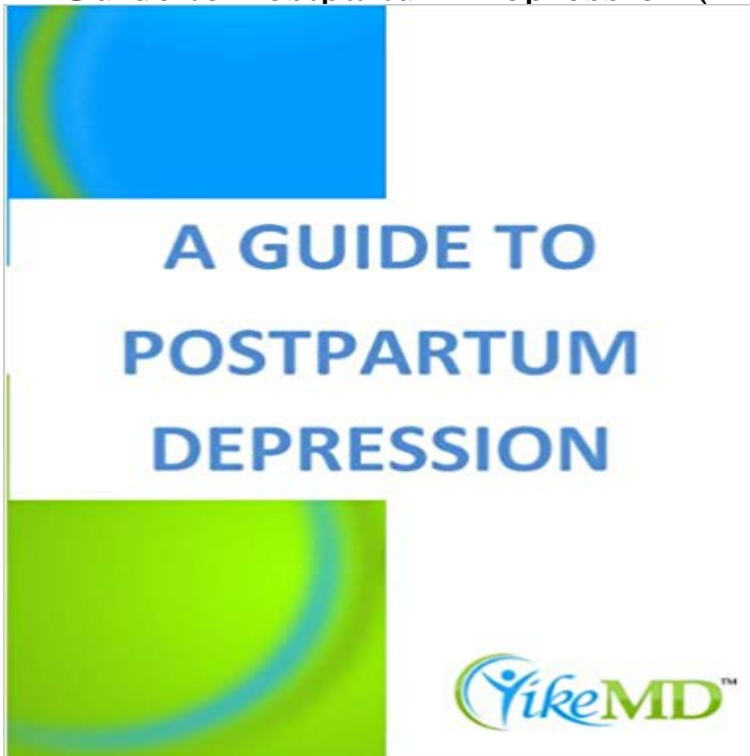


A Guide to Postpartum Depression (Yike MD Health Reports Book 7)



Postpartum depression is a serious illness which can occur as a result of the extensive hormonal and chemical changes in a woman's body and brain due to pregnancy and the aftermath of pregnancy. The arrival of a new baby is expected to be a time of great happiness, but up to twelve percent of new mothers can suffer from the baby blues, or postpartum depression, with up to six percent of first-time moms reporting themselves as being severely depressed following the birth of their child. In addition to directly affecting the emotional well-being and quality of life of the first-time mother, postpartum depression (PPD) has been shown to affect marital relationships and intimate partnerships, mother-infant bonding, and infant behavior and the ability of the infant to thrive. In this special report, the editors from the popular health site YikeMD.com discuss the difference between the mood swings that are a natural part of pregnancy and the hormonal changes that happen after the birthing process and continue for several weeks after the baby is born, and the baby blues. They also discuss postpartum depression and postpartum psychosis, the differences between each, and the signs and symptoms to watch out for. Several handy lists at the back include natural remedies to try for depression which carry a low risk of side effects or affecting the baby if a mother is breast-feeding, a self-quiz about postpartum depression, and a checklist of steps to take if you think that you have postpartum depression. Postpartum depression is highly treatable once you know if you or a loved one has it. There is no sense in suffering in silence. Learn more about postpartum depression and the treatment options available to you, so you can start on the road to a happier new life with your new baby.

====A Guide to Postpartum Depression

TABLE OF CONTENTS

INTRODUCTION

CHAPTER 1: WHAT ARE THE BABY BLUES?

CHAPTER 2: TYPES OF POSTPARTUM MOOD DISORDERS
CHAPTER 3: SYMPTOMS TO WATCH OUT FOR
CHAPTER 4: CAUSES
CHAPTER 5: RISK FACTORS
CHAPTER 6: WHEN TO GET HELP
CHAPTER 7: HOW FAMILY AND FRIENDS CAN HELP
CONCLUSION
APPENDIX 1: ALTERNATIVE TREATMENTS TO FIGHT DEPRESSION
APPENDIX 2: POSTPARTUM DEPRESSION CHECKLIST
APPENDIX 3: YOUR GETTING HELP CHECKLIST
FURTHER RESOURCES

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ABOUT THE AUTHOR
The authors are all editors and writers for the popular health site YikeMD.com and the authors of several other health titles in the YikeMD Health Reports series.

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