



Women
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JUST FACTS

Postpartum Depression

Postpartum depression is caused by changes in hormones in a woman's body after childbirth. Researchers have suggested that rapid changes in hormone levels such as estrogen, progesterone and thyroid have a strong effect on moods. About 1 in 10 new mothers experience some degree of postpartum depression. These complications usually occur within just days after the delivery, and can occur even a year later.

These symptoms include:

- Sluggishness
- Fatigue
- Exhaustion
- Feelings of hopelessness or depression
- Disturbances with appetite and sleep
- Confusion
- Uncontrollable crying
- Lack of interest in the baby
- Fear of harming the baby or oneself
- Mood swings – highs and lows
- There are some women who, after giving birth, have intense anxiety or irrational fears. They may have symptoms such as rapid heart rate, sense of impending doom and dizziness.
- There is a subset of women who experience postpartum psychotic episodes that may include infanticide. This is characterised by hallucinations by the new mother to kill the infant, or delusions that the infant might be possessed.

Women who have postpartum depression do love their children, but may be convinced that they're not able to be good mothers, and feel isolated, guilty and ashamed by these negative feelings.

Baby Blues

Many women experience baby blues – an extremely common reaction following delivery – it usually appears suddenly on the third or fourth day. It's estimated that up to 70% of all new mothers experience this emotional letdown. Symptoms usually include crying for no reason, irritability, restlessness and anxiety. These are common and frequently less severe postpartum reactions, and they go away after a couple of days, unlike postpartum depression which can linger for months and make daily functioning difficult.

At Risk

A personal history of depression and anxiety or a family history of depression or particularly post natal depression in your mother, grandmother or aunts increases the risk.

Treatment for postpartum depression

Women need to be taken seriously when these symptoms occur. The ideal treatment plan includes:

- Medical evaluation
- Counselling
- Support group

It is imperative that women being treated for postpartum depression continue with treatment even after they feel better, because if they stop the treatment prematurely, symptoms can recur.

EVENT

Depression Support Group

Duration: Every 3rd Wednesday of the month, from May – December 2007

Venue: Calvary Life Ministries (CLM), Unit 20-2 (1st Floor), Jln PJU 8/5G, Damansara Perdana, 47820 Petaling Jaya.



The Depression Support Group is open to all individuals currently diagnosed and treated for depression (unipolar). The group provides opportunities for participants to share personal experiences, thoughts and feelings in small confidential gatherings.

A one-time fee of RM30 will be charged on registration with the group. This is to help cover the costs of refreshment for the sessions.

Meetings are facilitated by at least one trained counsellor from CLM.

This support group is limited to a maximum of 10 people only.

Call CLM today to find out more information or to register to be part of this support group.

CONTACT US

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