

# MOTHERS AND BABIES

## Fast Facts About PPD

(NAPSA)—Getting the facts about postpartum depression (PPD)—one of the most common complications after childbirth—can make it easier to get help for this treatable condition.

According to the National Healthy Mothers, Healthy Babies Coalition:

- Approximately 15 percent of women will experience PPD after giving birth.
- Approximately 10 percent of women will experience depression or anxiety during pregnancy, which places them at higher risk for PPD.
- Most new mothers—up to 80 percent—experience “the baby blues” within a week after childbirth.

“Baby blues” is different from postpartum depression and gets better on its own, as hormone levels stabilize.

When a woman experiences mood swings or depression for more than two weeks after giving birth, the problem is more serious and may be PPD.

- PPD symptoms can begin anywhere from a few days to several months after childbirth.
- PPD needs the attention of a health care provider. Help is available, and the condition is very responsive to treatment.
- PPD does not discriminate. It affects women of every age, income level, culture and race.
- Untreated PPD can harm the entire family. A mother whose depression goes untreated is more likely to have an infant with developmental delays. The marriage relationship may also be compromised, as well as affecting the new mother’s health.

Don’t wait to get help. For resources and more information, visit [www.hmhb.org](http://www.hmhb.org).

