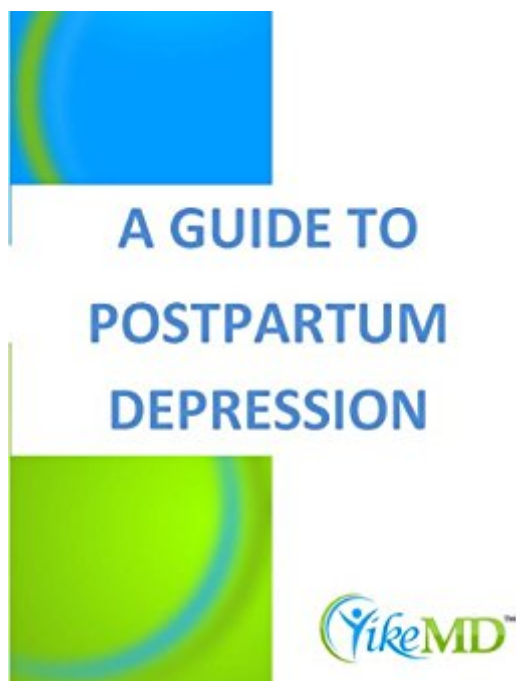


The book was found

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



## Synopsis

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's 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

===Word Count=5,705Page Count=32 8.5 X 11"===

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.

## Book Information

File Size: 105 KB

Print Length: 31 pages

Publisher: YikeMD.com; 2nd edition (February 10, 2012)

Publication Date: February 10, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B0050JBTII

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,520,185 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #123

inÂ Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #1659 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health > Pregnancy & Childbirth #3889 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > General

[Download to continue reading...](#)

Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) A Guide to Postpartum Depression (Yike MD Health Reports Book 7) Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help The Postpartum Husband : Practical Solutions for living with Postpartum Depression How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Postpartum Depression / Postnatal Depression: The Basic Guide to Treatment and Support Stedman's Medical Transcription Skill Builders: Creating Surgical Reports (Stedman's Sample Reports) Delivery from Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression Postpartum Depression Demystified: An Essential Guide for Understanding and Beating the Most Common Complication after Childbirth Walking After Midnight: Into and Out of Postpartum Depression The Lifter of My Head: How God Sustained Me During Postpartum Depression A Story of Will: A Spiritual Perspective on Postpartum Anxiety and Depression Tokens of Affection: Reclaiming Your Marriage After Postpartum Depression Postpartum Depression Harvard Medical School Living Wills: A guide to advance directives, health care power of attorney, and other key documents (Harvard Medical School Special Health Reports) Pocket Guide to Depression Glass & More Sixteenth Edition

(Pocket Guide to Depression Glass & More: 1920s-1960s: Identification & Values) Collector's Encyclopedia Depression Glass (Collector's Encyclopedia of Depression Glass) Kitchen Glassware of the Depression Years (Kitchen Glassware of the Depression Years: Identification & Values) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond

[Dmca](#)