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### **Ask a Fertility Educator**

Jamey Hutchinson BSN CFCP  
Women's Health Nurse  
FertilityCare Practitioner

**Question:** Is Postpartem Depression and Anxiety Real?

**Response:** Postpartum Depression & Anxiety are REAL

You are not alone. You are not to blame. With help you will get better. (Postpartum Resource Center of NY)

As many as 70% of women experience the baby blues which will resolve within two weeks after delivery, but postpartum depression & anxiety are different. It is a condition that 1 in 8 women have, however, we suspect that this number is greater since many cases go unreported.

"The symptoms of PPD can vary from woman to woman. Symptoms of postpartum depression are similar but more persistent (lasting throughout the day and longer than two weeks) than those of the baby blues. They usually develop a few weeks after delivery but can occur at any time during the first year after childbirth. Symptoms may include frequent crying, sleep disturbances, feelings of anger/irritability, suicidal thoughts, and sometimes anxiety or panic attacks. The new mom may feel overwhelmed, inadequate, and unable to cope. Although exhausted, she is usually unable to sleep. She may worry obsessively about the baby's health, while feeling guilty about not bonding emotionally to her child. Many women are ashamed of their feelings and often do not seek help. Early recognition and proper treatment are important.



The Gianna Centers treat postpartum depression with hormonal support, medications & supplements. The circle of hope is a free, virtual 8 week support group. It is available to every mom pregnant or postpartum that needs support. Do not need to be a current patient to join.

Gianna Center: 631-376-3232 \* Please indicate you need appt asap for postpartum depression

Circle of Hope:(631) 376-4444