

Childbirth and the Emotional Rollercoaster

I'm sure many of our new mothers never envisioned feeling so overwhelmed, so tired, so out-of-touch, and so frustrated.

Yet, it is natural to experience an outpouring of emotions when your life is turned upside down by a new baby. This is a perfectly normal experience, and the emotional rollercoaster will usually level out within a couple weeks.

If you experience prolonged periods of sadness, frustration, anxiety, irritability, excessive crying, and/or debilitating fatigue, you should contact our office. These symptoms may signal Post-Partum Depression (PPD). Classic symptoms of PPD are extended periods of insomnia, withdrawal from family and friends, reduced interest in sex, a sense of failure, impaired thinking, or wanting to hurt yourself and/or your baby.

According to the American College of Obstetricians and Gynecologists, "About 10 per-

cent of new moms experience post-partum depression—a more severe form of depression that can develop within the first six months after giving birth."

Don't Be Embarrassed

Thanks to the media attention given to high profile women, such as Brooke Shields, there is much more awareness of PPD symptoms and its treatment options than there was just a few years ago.

As a result of the increased awareness, new moms realize that what they are feeling is nothing to hide.

Having PPD does not mean that you are not a good mother. If left undiagnosed and untreated, however, PPD can impede a new mom's ability to care for herself and the new baby as well as other family members.



If you are just suffering from exhaustion and the stress of the transition to motherhood, feelings of depression will likely pass within a few weeks. If they linger, consult Dr. Turner, or one of her nurse practitioners. They will check your thyroid levels as these can easily change after the birth of a baby and then discuss various treatment options with you.

Treatment options for PPD may include: antidepressants (some are even okay for breastfeeding moms), counseling, exercise, and nutritional supplements.

According to Dr. Durruthy, the problems of depression during pregnancy may be even more serious because most people, believing that depression is a problem only following childbirth, don't recognize it.

Given estimates that 13% of women suffer from depression and about 1 in 20 women, who are either pregnant or have given birth in the past 12 months, suffer from major depression, these women should carefully consider having a baby. That's why this handbook is so important. Some of the topics include: the pregnancy journey, risk factors for depressive illness, treatment and medication options, and getting support from friends and family.

Further information can be obtained at www.mindsupport.com.

Depressed & Thinking of Becoming a Mom?

If you are thinking about having a baby and suspect you suffer from depression (or have even been diagnosed with depression), you should read **The Pregnancy Decision Handbook for Women with Depression.**

The book, written by Stephanie Durruthy, MD, a board certified psychiatrist in private practice in Elliott City, is a friendly, interactive, easy read which educates and answers questions. The book has been nationally recognized as an award winner by Fore-Word Magazine and as one of two best Self-Published Titles for 2006 by The Black Issues Book Review.

COMMIT TO YOUR HEALTH & TAKE CONTROL

Supplements Promote Wellness & Anti-Aging

As many of you know, our practice is a proponent of wellness care. Last year, we discovered some wonderful supplements that we are offering to patients and their families. While you will find more information on the variety of products on our website, we will periodically highlight one in our newsletter.

OPC-3™ is one of those products. It is a dietary supplement made from grape seed, red wine, bilberry, Pycnogenol from pine bark, and citrus fruit--bioflavonoids. The product is a powder to which you add a small amount of water and then swallow. This "isotonic" formula allows for maximum absorption through the small intestine within minutes of taking it (versus pills or capsules that go through the digestive process and reduces the absorbance of the nutrients).

Why should everyone take Isotonix OPC-3?

We have all heard about Free Radicals that develop as in the body as byproducts when cells of the body generate energy from burning calories with oxygen. These molecules behave somewhat like hot sparks, which destroy any other cell matter they come into contact with by ridding the other cells of their excess energy. This damage doesn't cause noticeable harm at first, yet it adds up over the years. This process is largely responsible for the aging process. If you do not have adequate protection from free radicals, you could appear to age

faster and experience health problems you could have avoided. Free radicals have been linked directly to premature aging, poor circulation, poor heart health and poor immune health.

OPCs are the most powerful natural free radical neutralizers and you get the best of all OPCs by taking Isotonix OPC-3. This product should be taken for a long healthy life. Regular use every day is vital to keep free radicals in check. Laboratory studies have shown that OPCs are more powerful antioxidants than vitamin C and vitamin E. Isotonix OPC-3 demonstrates anti-inflammatory benefits and helps maintain normal levels of histamine secretion. Isotonix OPC-3 strengthens capillaries and supports healthy circulation by helping to maintain normal blood pressure and blood lipid profiles healthy. Women experience a soothing of the PMS symptoms.

In the past 20 years scientists discovered that OPCs bear significant benefits for the cardiovascular system--being particularly helpful in maintaining healthy cholesterol levels and healthy arteries.

Pycnogenol™ in Isotonix OPC-3 plays a key role, as it stimulates an enzyme in the body to promote relaxation of smooth muscle--surrounding arteries and supports normal artery diameter and blood flow. This benefit has been explicitly demonstrated with Pycnogenol in two clinical studies. OPCs are especially helpful for smokers, helping to counter the damage being done to the body and circulatory system from the cigarettes (but stopping smoking and taking OPC-3 is the ideal).



TRANSITIONS WEIGHT MANAGEMENT UPDATE

We just finished our first session of the phenomenal weight management class — Transitions.

Sixteen women have lost over 36 inches in less than 8 weeks. At the final session, the numbers say it all. The women **lost** an average of

14.5 pounds, 2% body fat, and 8.47 inches in 8 weeks.

Our coach, Brenda McCabe, has armed us with new ways of eating and handling stress.

Thanks to all the patients who have committed to this healthier lifestyle.

Now it's your turn! Our next eight-week Transitions weight management program will start:

September 19, 7pm.

Bring your family members, co-workers and friends. Call our office for details.

"I want to say thank you very much for all your support and encouragement through the Transitions program. I just got out a pair of black slacks that hadn't seen the light of day in several years and they slipped right on!" —Lyndie Billey