

# Talk to your doctor about the signs and symptoms of postpartum depression

## Why you should know the signs:

Postpartum depression (PPD) is one of the more common pregnancy-related conditions. Approximately 1 in 8 mothers in the United States report experiencing symptoms of PPD after childbirth.

PPD is a real medical illness and can affect any mother—regardless of age, race, income, culture, or education. PPD also isn't the same for every woman. That's why it's important to educate yourself about the signs and symptoms of PPD.

## Moms with PPD may show multiple signs and symptoms that can last for more than 2 weeks, including:

- Persistent sad, anxious, or “empty” mood most of the day
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue or abnormal decrease in energy
- Being restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping (even when the baby is asleep), waking early in the morning, or oversleeping
- Abnormal changes in appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Trouble bonding or forming an emotional attachment with the baby
- Persistent doubts about the ability to care for the baby
- Thoughts of death or harming oneself or the baby or suicide attempts



Bring this guide along to your next visit with your doctor to help you start the conversation about PPD

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mom ™

# Preparing for the possibility of PPD

Here are some helpful questions to ask your doctor:

- How can I tell the difference between the experiences of new motherhood and PPD?
- If I suspect something isn't right after having the baby, what's our next step? Are there any screening procedures for PPD?
- If PPD happens to me, what can we do about it? Are there any support options available?
- Is there anything else I should know about PPD?



## Have a conversation. Make a plan.

Talking about PPD with your doctor and loved ones can help you be prepared if PPD happens to you. Remember, only your doctor can make a formal diagnosis of PPD.

Notes:

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