

Talk to your doctor about the signs of postpartum depression

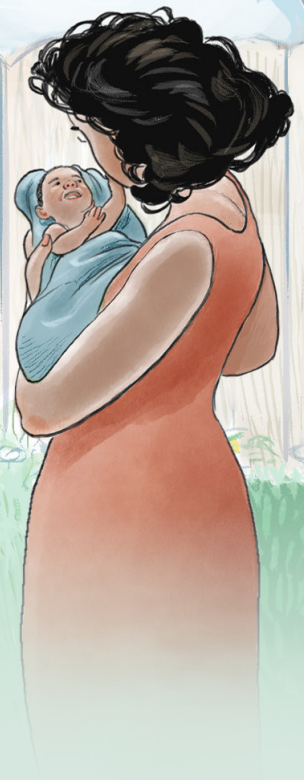
Why you should know the signs:

Postpartum depression (PPD) is one of the more common medical complications during and after pregnancy. Approximately 1 in 8 mothers in the United States report experiencing symptoms of PPD each year.

Perinatal (including postpartum) depression can affect any woman, regardless of her age, number of kids, ethnicity, marital status, or income. 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
- Irritability
- Trouble bonding or forming an emotional attachment with the new baby
- Persistent doubts about the ability to care for the new baby
- Feelings of guilt, worthlessness, hopelessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue or abnormal decrease in energy
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping (even when the baby is sleeping), waking early in the morning, or oversleeping
- Abnormal appetite, weight changes, or both
- Feeling restless or having trouble sitting still
- Aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause or that do not ease even with treatment
- Thoughts about death, suicide, or harming oneself or the baby



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

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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:

Visit mycheckonmom.com to learn more.

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