



A CUP OF HEALTH WITH CDC

Have a Happy Birthday

Postpartum Depressive Symptoms — 17 States, 2004

Recorded: April 15, 2008; posted: April 17, 2008

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the MMWR, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

For many women, the excitement of impending motherhood often gives way to postpartum depression or PPD. Sometimes referred to as the "baby blues," PPD is a period of gloom and despair that can last for many weeks after giving birth. A recent CDC study indicated that PPD occurs in up to one-fifth of women in the United States.

Dr. Corrine Williams is an EIS Officer with CDC, and she's joining us today to discuss the prevalence of PPD. Welcome to the show, Corrine.

[Dr. Williams] Thank you very much for having me.

[Dr. Gaynes] Corrine, what are some signs that a new mother might be suffering from postpartum depression or PPD?

[Dr. Williams] New mothers may notice that they feel sad or blue and that they have little interest in doing things that they used to enjoy doing.

[Dr. Gaynes] Do we know what causes PPD?

[Dr. Williams] Some PPD is due to the hormonal changes of pregnancy, but other stressors after birth, including emotional or financial stress, may also contribute to PPD.

[Dr. Gaynes] And do we know how long PPD usually lasts?

[Dr. Williams] Well, the baby blues can last between two and three days and normally resolve on their own. PPD lasts longer, normally two or more weeks, and requires treatment.

[Dr. Gaynes] How might a woman know that she needs counseling or treatment for PPD?

[Dr. Williams] If her symptoms last for two or more weeks, a woman should see her obstetrician for a referral for treatment.

[Dr. Gaynes] What's the most common type of treatment for PPD?

[Dr. Williams] The most common type of treatment is talk therapy with a therapist or other mental health care provider. Other women may require antidepressants to treat their PPD.

[Dr. Gaynes] Where can listeners get more information about postpartum depression?

[Dr. Williams] For more information, people can go to Postpartum Support International at www.postpartum.net.

[Dr. Gaynes] Corrine, thanks for sharing this information with our listeners today.

[Dr. Williams] Thank you very much for having me.

[Dr. Gaynes] That's it for this week's show. Be sure and join us again next week. Until then, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.