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Local Clinic Offers Advice for Women Suffering from Postpartum Depression

MINNEAPOLIS (Nov. 13, 2015) — From Gwenyth Paltrow and Hayden Panettiere to your next-door neighbor, best friend or even yourself, postpartum depression can strike anyone – even second- or third-time moms who have glowed with joy after earlier childbirth experiences.

As many as one in seven women experience anxiety, fatigue, loss of interest in favorite activities, increase or decrease in appetite, feelings of guilt, difficulty concentrating, insomnia or sleeping too much, or thoughts of harming themselves or their child, according to a *JAMA Psychiatry* study. While most cases of postpartum depression last less than a year, they can impact mother-baby bonding, relationships and overall wellness, so it is not something to take lightly.

According to Clinic Sofia founder Dr. Donna Block, women seek many options when it comes to treating postpartum depression or anxiety, including therapy, medication, support groups, and reaching out to friends and family.

“So many women have such huge expectations for their birth and their first days as a new mom, and are sometimes stunned to feel sad, anxious or overwhelmed instead of over the moon with bliss. We want you to know that you are not alone in feeling these things and that getting the support you need is the most important thing. Taking care of yourself is not an indulgence,” she said.

Women seeking support can talk with their ob/gyn doctor, a licensed therapist or a support group, including Pregnancy and Postpartum Support Minnesota or groups affiliated with various hospitals.

While it's not as recognized as postpartum depression, postpartum anxiety – with feelings of irritability, panic or worry – can also take its toll on new moms (and the two often go hand in hand). Again, it's important to find someone to talk to about your feelings and concerns.

“There is no shame in having postpartum depression or anxiety,” Dr. Block added. “Childbirth and motherhood are amazing and challenging, and no matter what you're feeling, you deserve support and help.”

If you or someone you love is struggling with postpartum depression or anxiety, Dr. Block shares these tips:

1. **Talk with someone.** Contact your doctor, a therapist or support group to ensure you're getting the care and counseling you need. The sooner, the better.
2. **Consider the range treatment options.** Some women respond best to medication while others benefit from various forms of therapy, getting more assistance at home, lifestyle changes and/or goal-setting.
3. **Be compassionate with yourself.** Postpartum depression isn't something you chose and it's not something that can be instantly fixed; give yourself time and compassion for healing. And remember: **you are not alone and this will not last forever.**

About Clinic Sofia

Clinic Sofia, a leading OB-GYN clinic with locations in Edina and Maple Grove, provides full-circle healthcare for women. The clinic's name is inspired by the Greek goddess Sophia, who is a symbol of women's wisdom, life stages, fertility, monthly cycles and nurturing. Staffed completely by women, Clinic Sofia uses the intuitive arts of observation, listening and communication in addition to the medical expertise in the areas of obstetrics and gynecology to meet the complete health needs of women. For more information, please visit www.clinicsofia.com

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