

# Speaking up about postpartum depression (PPD) starts with knowing the facts.

For more information, please visit [SeePPD.com](http://SeePPD.com)



## PPD is the most common medical complication of childbirth.<sup>1-6</sup>

It is estimated that PPD affects approximately **10% to 20% of women giving birth globally**.<sup>7</sup> In the US, estimates of new mothers identified with PPD each year vary by state from 8% to 20%, with an overall average of 11.5%.<sup>1</sup>

*According to the National Institute of Mental Health,*

### The symptoms of PPD can include<sup>8</sup>:

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Worrying or feeling overly anxious
- Feeling moody, irritable, or restless
- Insomnia or hypersomnia
- Trouble concentrating, remembering details, and making decisions
- Experiencing anger or rage
- Losing interest in activities that are usually enjoyable
- Physical aches and pains, including frequent headaches, stomach problems, and muscle pain
- Changes in appetite
- Withdrawing from or avoiding friends and family
- Trouble bonding or forming an emotional attachment with your baby
- Persistently doubting your ability to care for your baby
- Thinking about harming yourself or your baby



## PPD symptoms can develop over time.

Onset of PPD symptoms may occur during pregnancy or after delivery. Expert opinions vary as to the timing of onset of symptoms in PPD after delivery.

*For example:*

- According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), PPD symptoms can begin **during pregnancy or in the 4 weeks following childbirth**<sup>9</sup>
- The American College of Obstetricians and Gynecologists (ACOG), World Health Organization (WHO), and the Centers for Disease Control and Prevention (CDC) state that PPD symptoms can occur **during pregnancy and up to 1 year after giving birth**<sup>10-12</sup>

If you have experienced any of these symptoms, it's important to talk to your doctor about screening for PPD.

WITHOUT PROPER SCREENING, **ABOUT HALF OF PPD CASES MAY GO UNDIAGNOSED.**<sup>13-20</sup>

## PPD may have serious consequences for you and your baby.

- Having symptoms of PPD may negatively affect your ability to bond with your newborn<sup>21</sup>
- Studies suggest that mothers experiencing symptoms of PPD may have long-term impact on child development<sup>22,23</sup>
- Women having symptoms of PPD may have a risk of continued depression 1 year postpartum<sup>24-26</sup>

## Don't suffer in silence with PPD. Speak up and get the support you deserve.

- PPD is a medical issue—not the result of anything a mother does or does not do
- Sharing your feelings with your spouse/partner, relatives, and friends could help them recognize the signs of PPD to get you the help you need
- Learning about PPD and discussing it openly is an empowering and important step you can take for yourself and your baby<sup>27,28</sup>

### KNOW about PPD

Have open and honest conversations with your doctor while you're pregnant and after delivery.

**Know that PPD is a common complication and is not your fault.**<sup>1-6</sup>

**Now is always a good time to learn about the signs and symptoms of PPD.**

**Open up to your doctor and family about your feelings.**

**When it's time for your checkups, ask about PPD.**



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