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Women's mental health, treatment of perinatal mood disorders

Twenty percent of women and 10 percent of men around the world experience clinical depression. While most of the people believe that pregnancy is relatively protective against mental illness, recent research has indicated that up to 20 percent of pregnant women suffer from some type of anxiety or mood disorder during their pregnancy. One out of every eight to 10 postpartum mothers or 400,000 per year reportedly have postpartum depression (PPD). According to the American Academy of Pediatrics, 800,000 US women suffer from postpartum depression. This is a misunderstood, misdiagnosed, and mistreated diagnosis and an underdiagnosed obstetrical complication, and an estimated 50 percent of cases go undetected. Every woman who gets pregnant is at risk of having a mood disorder. Postpartum psychosis is a qualitatively different illness from postpartum depression and strikes one out of every 1,000 deliveries. Risk factors include a history of psychosis, bipolar disorder and having had symptoms of mental illness in the past. Those with postpartum psychosis are at a substantially increased risk of committing suicide and/or infanticide. These acts are the result of devastating biological disorders, not a conscious choice. But with proper diagnosis and intervention there is a recovery and tragedies tied to untreated psychosis can be avoided. Because these mental illnesses are so prevalent, more research is necessary to determine whether there are any long-term consequences to the fetus or newborn exposed to the various psychotropic medications available. Postpartum risk assessment after delivery, PPD depression scales, PPD, baby blues, PTSD, anxiety disorders, drug screening for opiate use, and treatment with psychopharmacology during pregnancy and breastfeeding are some of many topics revolving and relating to women's mental health.

Biography

Nan Nelson is a Psychiatrist in Cleveland, Ohio, USA. She has received the award of America's Top Psychiatrists in 2015, and has published four books, including "*Treatment of Perinatal Mood Disorders*".

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