

# Your Body's Silent Signs

# 57

**SECRETS  
THAT WILL  
KEEP YOU  
HEALTHY**

**Cancer  
Symptoms  
To NEVER  
Ignore**

**LEARN TO  
LISTEN  
TO YOUR  
BODY**



## **SOLVE YOUR**

- **HEADACHES**
- **JOINT PAIN**
- **INSOMNIA**
- **TUMMY WOES**
- **INFERTILITY**

## **Diabetes Myths**

## **Erase Hidden Belly Fat**

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# Postpartum Depression

More than just “baby blues,” postpartum depression is a serious condition that affects about one in nine women. If you notice any of these signs, consider talking to a doctor.

## IRRITABILITY

If you lash out unexpectedly over the smallest things, it might be tied to PPD rather than the hecticness of new motherhood.

## EXTREME ANXIETY

Postpartum depression (PPD) can cause anxiety that goes beyond the normal concerns for your new baby's health or doubting your abilities as a parent. “Factors that may place women at a higher risk for postpartum depression include a history of depression or anxiety, low social support, and pregnancy or birth complications,” says Lindsay Henderson, PsyD, a psychologist who treats patients virtually via the telehealth app LiveHealth Online.

## TROUBLE MAKING DECISIONS

Having trouble concentrating? Does the smallest of decisions seem too overwhelming? Your loved ones can often help you distinguish between normal indecisiveness and a symptom of PPD.

## A DISCONNECT FROM BABY

The bond between mom and baby develops at a different pace for everyone, but if you feel extremely disconnected



and it interferes with childcare or other tasks, or if you fear you may harm your child, seek help.

## INABILITY TO SLEEP

Sleep patterns with a newborn are going to be crazy, but if you can't sleep when you finally get the chance to, something's amiss.

## FREQUENT CRYING

Hormones and sleep deprivation can cause emotions to run high, but if you cry uncontrollably for more than a few weeks after birth, talk to your doctor.