



Depression in New Mothers: Causes, Consequences, and Treatment Alternatives

Dr Kathleen Kendall-Tackett PhD Ibclc Fapa

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Depression is the number one cause of maternal death in developed countries and results in adverse health outcomes for both mother and child. It is vital, therefore, that health professionals are ready and able to help those women that suffer from perinatal and postpartum depression (PPD).

This book provides a comprehensive approach to treating PPD in an easy-to-use format. It reviews the research and brings together the evidence-base for understanding the causes and for assessing the different treatment options, including those that are safe for use with breastfeeding mothers. It incorporates a new psychoneuroimmunology framework for understanding postpartum depression and includes chapters on:

- negative birth experiences
- infant characteristics
- psychosocial factors
- antidepressant medication
- therapies such as cognitive behavioural therapy
- herbal medicine and alternative therapies
- suicide and infanticide.

Invaluable in treating the mothers who come to you for help, this helpful guide dispels the myths that hinder effective treatment and presents up-to-date information on the impact of maternal depression on the health of the mother, as well as the health and well-being of the infant.

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