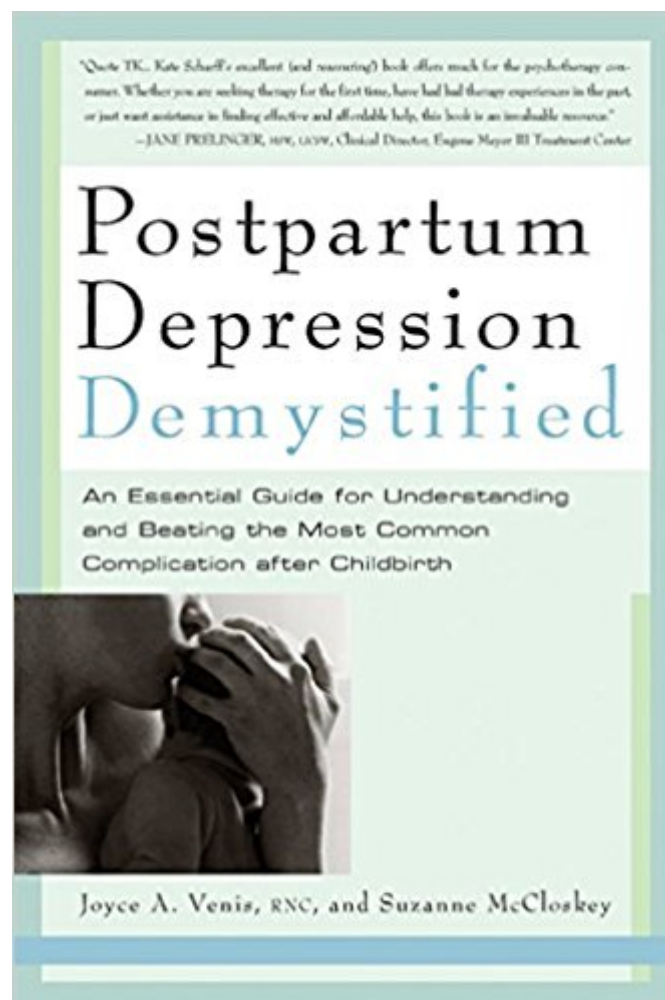


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Postpartum Depression Demystified: An Essential Guide For Understanding And Overcoming The Most Common Complication After Childbirth





Synopsis

Postpartum depression is the most common complication women experience after childbirth — nearly 700,000 new moms suffer from it each year. Yet this serious mood disorder, characterized by sadness, anxiety, feelings of hopelessness and guilt, insomnia, and thoughts of harming the baby or oneself, continues to be widely misunderstood and frequently misdiagnosed. In *Postpartum Depression Demystified*, renowned PPD authority Joyce Venis and Suzanne McCloskey, both PPD sufferers themselves, turn their combined experience and expertise into an insightful and supportive guide for everyone living with and seeking to understand this condition. Venis and McCloskey cover topics including: the nature of PPD and how it differs from other perinatal mood disorders how to recognize and cope with the symptoms how to obtain an accurate diagnosis key risk factors and how to minimize them medications and therapies getting the support you need from your partner, family, and friends how PPD can affect your relationship with your partner and your baby nurturing yourself through recovery

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Customer Reviews

Joyce A. Venis, RNC is a Psychiatric Registered Nurse and the president of Depression After Delivery, Inc. With over 30 years of nursing experience, Venis is a nationally recognized figure and highly regarded for her work and clinical expertise in pregnancy, postpartum, PMS, perimenopause, and menopause. Venis is founder and director of the Princeton Area D.A.D., Inc. PPD support group. She also started the first PMS support group in New Jersey, which continues today as the

Women's Support Group at Robert Wood Johnson University Hospital. Venis lectures extensively (at venues including Harvard and Fordham universities), has been on multiple television and radio shows, including Geraldo, Oxygen, and Lifetime, and was selected for inclusion in Who's Who in American Nursing. She has been interviewed for various publications including Newsweek, the Chicago Sun, Parenting, Parents, American Baby, and Jet. She has testified before Congress, participated in the formulation of a state resolution, and was an instrumental witness for a PPD case in New Jersey. Perhaps, most notably in this context, she is a PPD survivor. Her son, Mark, is now 35 years old and is affectionately called the 'PMS/PPD Poster Child.' Her plight took her through 22 different healthcare modalities during her PPD. There is no reason for anyone to suffer as I did; that is why I do what I do. It was meant to be. Besides her son Mark, Ms. Venis has three stepdaughters, and four grandchildren. She lives in northern New Jersey. Suzanne McCloskey was until January 2006 an editor at Marlowe & Company, where she acquired and edited many books on health, psychology, relationships, and parenting, including, in the Demystified series, Borderline Personality Disorder Demystified. She lives in Westchester County, NY.

I have a type A daughter who just gave birth to her first child. During her pregnancy she read every book there was, scouted the best ob/gyn, bought the best baby equipment, and in general approached having her child as everything she did in life - with careful research and only the best. Imagine shortly after the birth of the baby (about 3.5 weeks) her personality starts to change. She's short tempered (which is not all that unusual for type A, but it was REALLY bad), she was sleeping a lot, she never smiled, she hated her body, she hated her lack of energy. She knew she had changed drastically from the 'go-get'em' girl she used to be, but couldn't put a finger on it. I suggested she might have post partum depression and to get to her Doc asap. The I did some research and purchased this book for her. It arrived 2 days later. She immediately got an appointment, spilled her guts to the doctor with a lot of tears as well (she rarely cries) and he gave her a prescription for Lexapro. Within 4/5 days she noticed a huge difference. Within 10 days she was nearly back to herself. She loved the book, loved the way it was set out and that it was written by doctors and nurses who showed the problem as a true medical issue for mothers of infants. My daughter is very sharp and critical of information that isn't supported. This book? She read from cover to cover in 2 days. She said it saved her. Fast forward 4 months and she's doing great, is back to work, has her energy back but most of all UNDERSTANDS ppd is nothing to mess around with. It's a condition that is common, nothing to be ashamed of and very treatable. Highly

recommend.UPDATE: Baby is 18 mos old; daughter is off Lexipro, and life is good for all! We are blessed. Daughter didn't like the drug so much except at the beginning, when it helped. After a time, she decided against continuing medication therapy, and has maintained her usual 'self' without the drug. She has recommended this book to others and I hear it has also been a life-saver for those she gave it to. Bottom line, if you suspect a family member, friend, or wife/gf has ppd, THIS book is still the best. Buy it for them - they will love you for it (I got loads of mileage out of my purchasing the book for her,lol) =)

Great!

Clear and practical.

great book to help know you are not alone with pp depression/anxiety symptoms. recommended by my therapist.

Joyce Venis is a woman who personally experienced the agony of postpartum depression - and has since then invested her considerable talents and energies in reaching out to others who are suffering. She is the "real deal" - she genuinely cares about helping women, and she knows what she's talking about. On a personal level, Joyce was one of a number of key people who came alongside me during a near-fatal postpartum illness. She had never met me in person, but she called regularly for many months to offer all of the help that she could during the greatest challenge I've ever weathered. Her heart in caring for people is beautiful, indeed. If you are suffering and alone, in the midst of a time when you cannot see any light, you won't go wrong turning here for advice. I once read, "Counsel from the well to the sick always falls short and misses the mark." That is bitterly true - but you won't find cheap advice here. Joyce paid for her understanding with her own suffering; you can trust her compassion and true investment in your healing. She has been there! Thank you, Joyce! May this book help many others enduring their personal dark night of the soul.

Having experienced PPD and PPOCD/ANXIETY and was under treatment for a year and successfully overcame the battle (and even better than ever), I can say that I wish I had this book BEFORE I sought treatment. Fortunately, I had great healthcare providers, marital and family support, and learned all of the information in this book along the way, but boy, would it have been

nice to have this book as soon as I realized something was wrong so that I could go into treatment faster (instead of waiting 3 weeks) and without fear. Venis' book is the essential and integral guide for women and their partners (and family) who wish to understand the nature of the beast and how to control it and ultimately overcome it. I have read several other books on the topic and I can say this is THE book to buy if you can only afford ONE book to have. I bought this book for my second pregnancy *just in case* and it's still relevant in preventative care and understanding. If you are struggling and feel you might need help, but are afraid to reach out - start with this book - it will give you the confidence you need to reach out and get help. It'll help you understand the symptoms, causes, medications, treatment methods, types of healthcare professionals and more that are available. If you are a spouse, family member, or partner, it will help you get the knowledge and insight you need to patiently and constructively support the mother struggling with PPD/A/OCD/Psychosis. I think healthcare professionals should have this book, read it, and offer it to mothers that they suspect are having problems. It's informative, well-researched, speaks with truth and gentleness, and is accurate in terms of how a mother typically feels when she's struggling with postpartum issues and mental health problems. Excellent book - don't pass this one up.

Men, this book is a must read for you as well. This will give you the insight to a better understanding of what it is that our "Moms" are going through. Moms aren't the only ones who suffer, we do to. Through Joyce's extremely hard work and personal experience, this book helps us better understand an illness, that many do not know exists. No one knows better than me the personal sacrifice, pain, tears and most of all, care that Joyce has dedicated to Moms out there through phone calls, support groups and her practice. It makes me VERY proud that she has finally put her knowledge/experience into words for everyone to read. She has spent a lifetime helping Moms everywhere and making this book happen. It's long over due. Like I said, no one knows better than me. Not only am I a PPD survivor, I am her son!!!!

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