



Dietary supplements for preventing postnatal depression

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Dipartimento Neuroscienze



Azienda Ospedaliera

Fatebenefratelli e Oftalmico

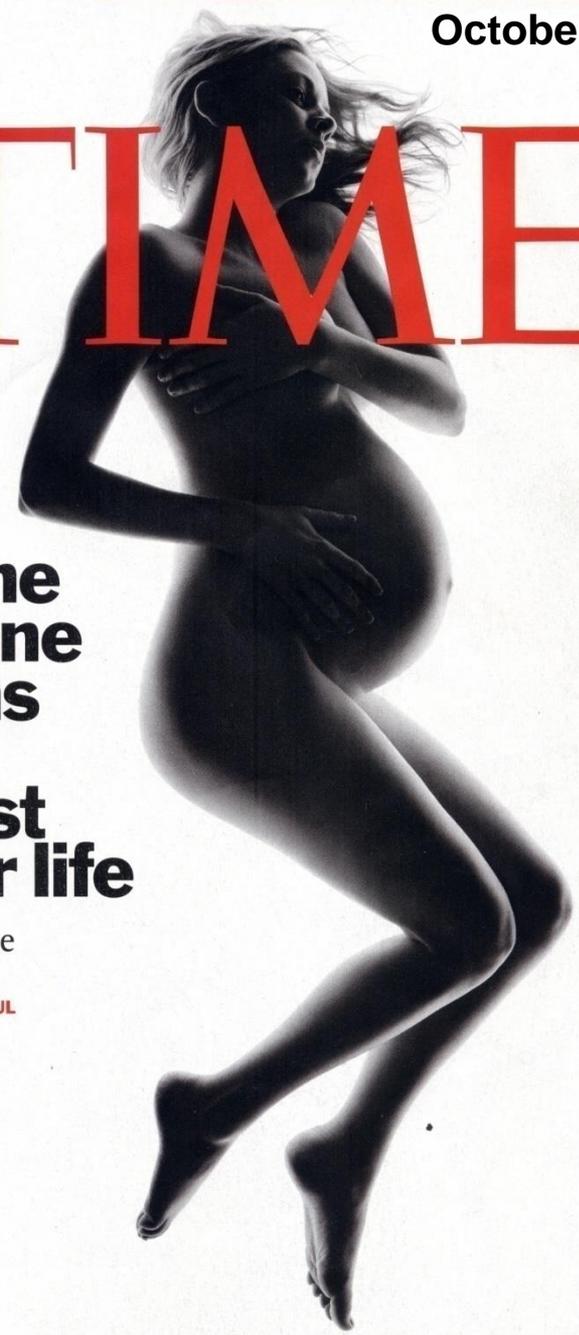
Ospedale di rilievo nazionale e di alta specializzazione

October 4, 2010

TIME

How the first nine months shape the rest of your life

The new science of fetal origins
BY ANNIE MURPHY PAUL



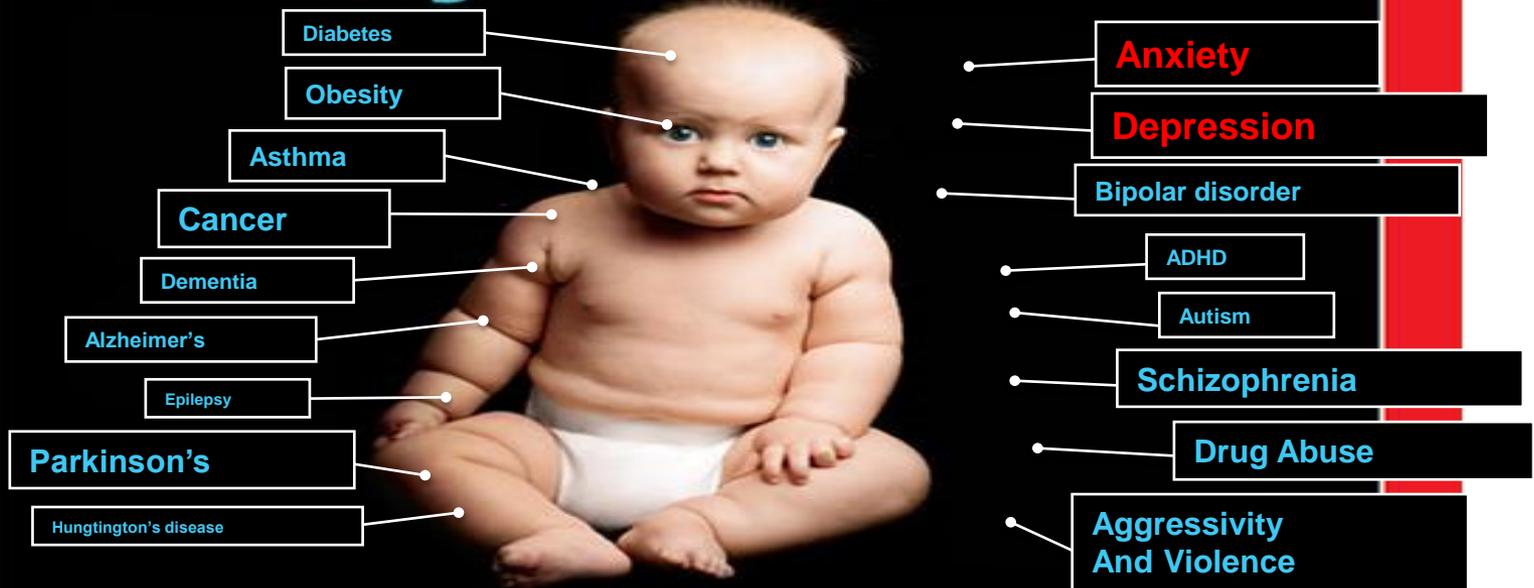
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TIME

Want to Know My Future?



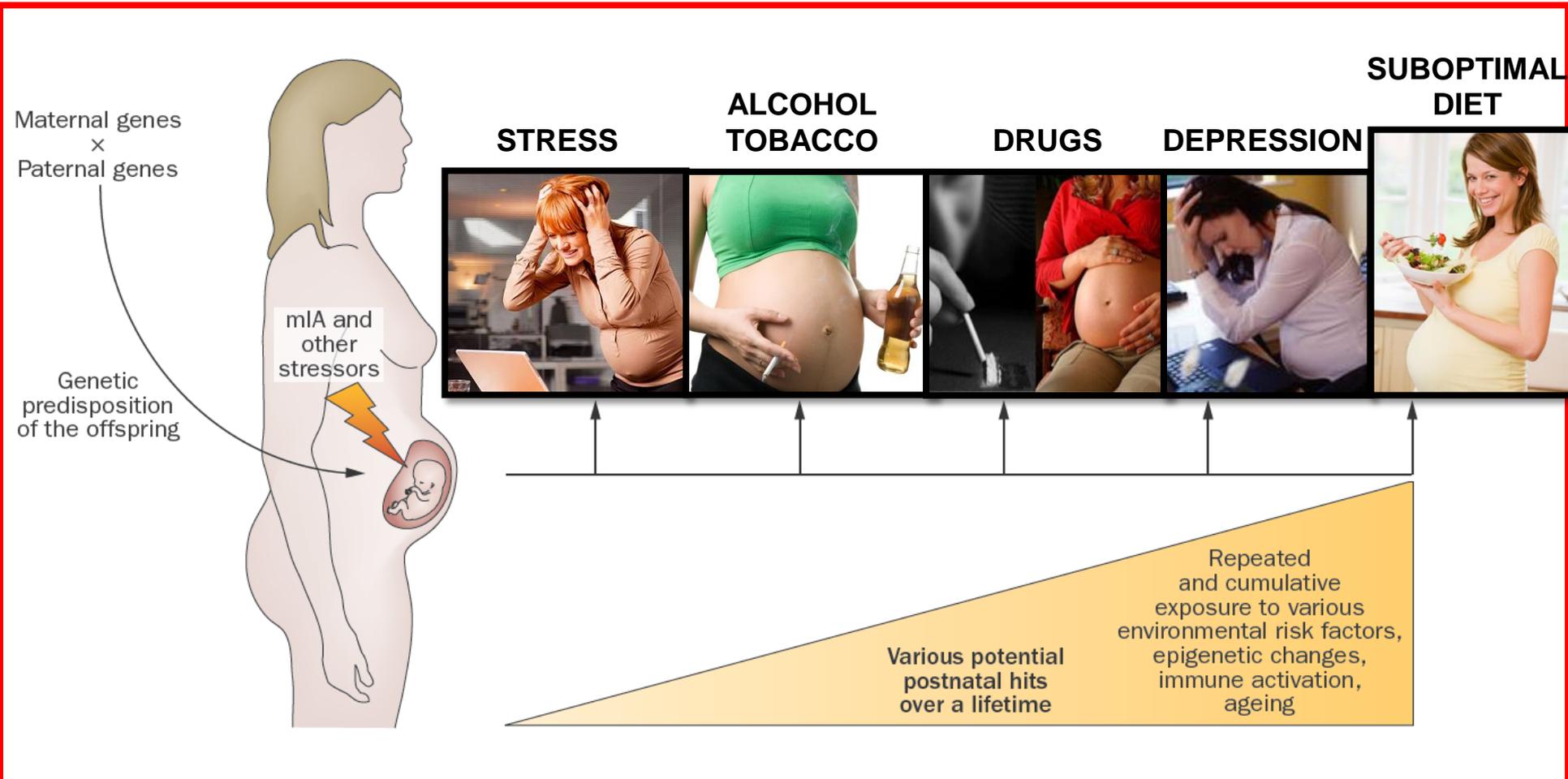
New genetic tests can point to risks —
but not always a cure

BY BONNIE ROCHMAN

Modified

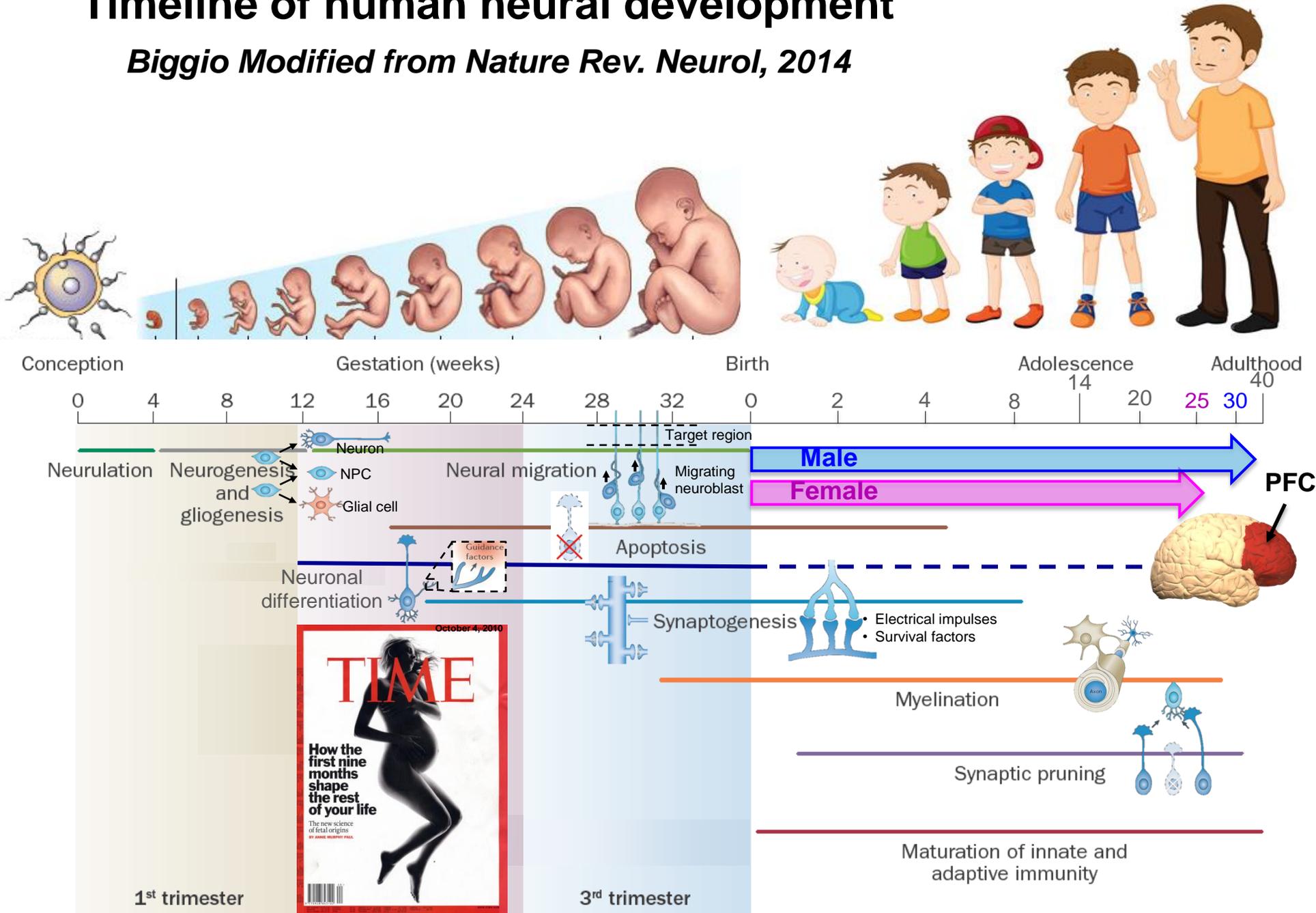
Maternal stress and abnormal brain development across CNS disorders

Biggio G., Modified from Nature Rev. Neurol, 2014



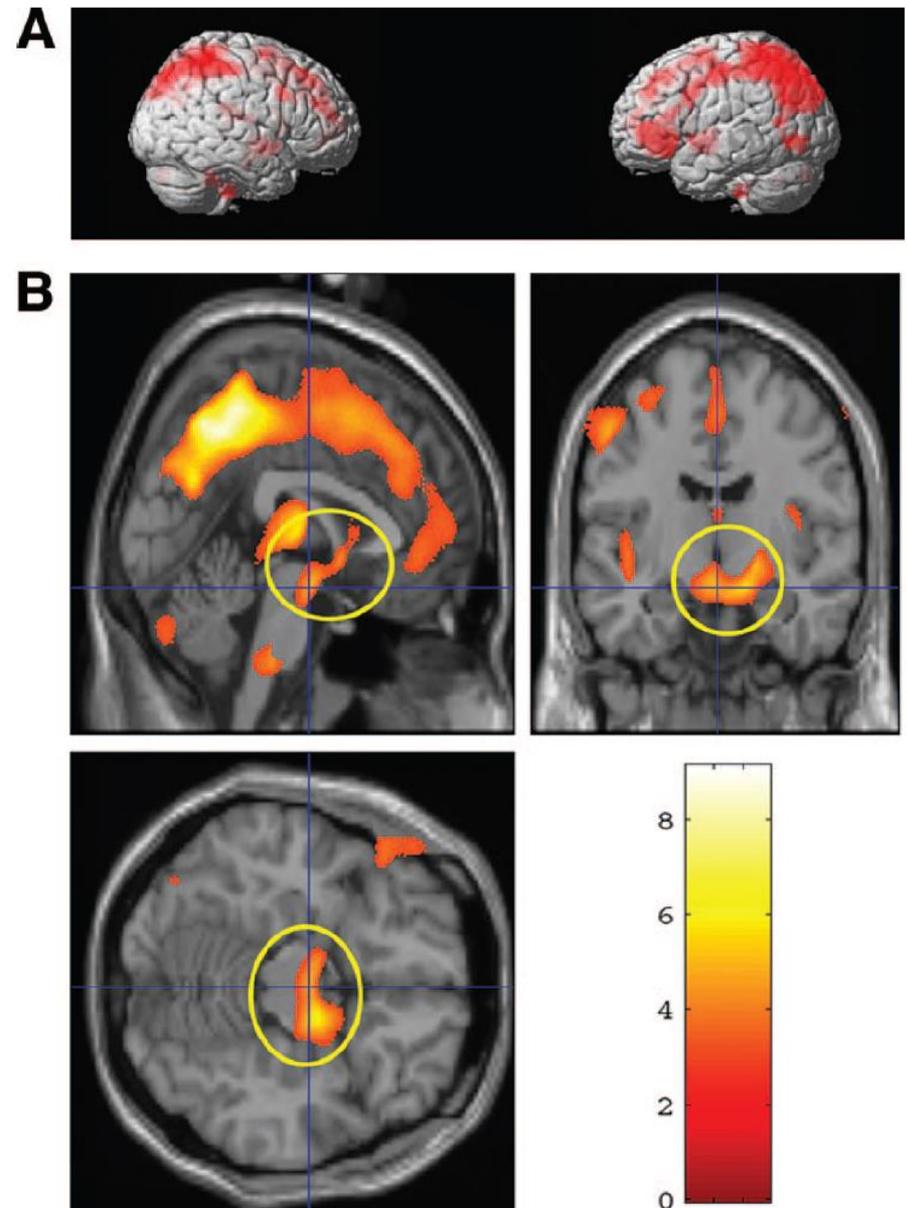
Timeline of human neural development

Biggio Modified from Nature Rev. Neurol, 2014



The Plasticity of Human Maternal Brain: Longitudinal Changes in Brain Anatomy During the Early Postpartum Period

Behavioral Neuroscience, 2010
Mod. Biggio G



Sept. 15, 2010

NEWS RELEASE

AMERICAN PSYCHIATRIC ASSOCIATION

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Women With Postpartum Depression Have Anomalies in Brain Areas Processing Emotion, Imaging Study Reveals

....This deficit may underlie decreased bonding to the infant, the biggest problem with the disorder.



Description of the condition

- Postnatal depression is the most common complication of childbirth, which not only impacts maternal well-being, but also infant and child development, and family cohesion (Fisher 2009; Harpham2005).
- A large systematic review of postnatal depression in low- and middle-income countries identified a pooled prevalence of common postnatal mental disorders of 19.8% (Fisher 2012).
- Prevalence of postnatal depression has been estimated to be between 10% and 20% worldwide, although rates vary within and between countries (Affonso 2000; O'Hara 1996).
- Furthermore, the recurrence rate of postnatal depression is significant (25% to 68%) (Dalton 1982; Wisner 2004).
- Women who have suffered from postnatal depression are also twice as likely to suffer from further episodes of depression over a five-year period (Cooper 1995).

Symptoms of postnatal depression

Symptoms of postnatal depression include:

- Depressed mood
- Mood lability
- Anhedonia – loss of the capacity to experience pleasure
- Fatigue or loss of energy
- Feelings of worthlessness and guilt
- ‘Thought blocking’ and mental sluggishness
- Reduced concentration
- Recurrent thoughts of suicide or death
- Preoccupation with infant well-being ranging from over-concern to frank delusions
- Delusions are associated with an increased risk of harm to the infant
- Physical agitation or slowing (psychomotor retardation)
- Unexpected change in weight or appetite and weight loss
- Markedly increased or decreased sleep-typically mother cannot get back to sleep after baby wakes and is settled and ruminates



