



From the desk of Dr Harry

Post Natal Depression

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“Up to 50% of mothers report postpartum depressive symptoms yet providers do a poor job predicting and preventing their occurrence.”

Postnatal depression (PND) often remains undiagnosed. The 10 – 16 % reported incidence refers to fully diagnosed PND in Western communities. And about 1 in 2 mothers claim ‘depressive’ symptoms during the post partum period.

This recent study, [‘Modifiable factors associated with changes in postpartum depressive symptoms’](#), highlights the ‘red flags’ that may alert health professionals, family and friends to the possible presence of PND. It also looks at the modifiable factors that may prevent the ‘depressive march’ towards full blown PND.

For additional information:

- Helpful websites on depression, click [here](#).
- More from Dr Harry on [Colic and PND](#)
- Dr Harry’s blog on [Fathers and PND](#)

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