

## **Mayo Clinic Minute**

### Understanding Postpartum depression

Video	Audio
	Adjusting to being a new mother can be stressful. It's normal. So is feeling an array of emotions, says Dr. Vandana Bhide, a pediatrician at Mayo Clinic.
	Dr. Bhide says if a new mom is experiencing changed behaviors, different moods, not feeling engaged with her infant, she may be experiencing postpartum depression.
Vandana Bhide, M.D. Pediatrics Mayo Clinic	"Right after birth, there's an immediate drop in the estrogen and progesterone levels in the bloodstream, and so these hormone shifts can cause lots of mood changes. It can cause depression."
	And, the estrogen and progesterone changes can affect serotonin levels. Dr. Bhide says medication can help raise those levels. Therapy may also help.
	"Anybody who is continuing over two weeks to have sadness, irritability, hopelessness, overwhelmed, having negative thoughts about yourself or your baby should seek attention immediately."
	For the Mayo Clinic News Network, I'm Vivien Williams.