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## Did you know .....

Approximately 20% of all new mums suffer from some sort of postnatal depression much of which goes undetected due to the lack of postnatal support and due to the stigma attached to PND.

One study in Austria showed that 40% of new mums there suffered from some form of postnatal depression!!!!?

Postnatal depression can be completely unpreceded by any other family history or personal history of depression

Postnatal depression can present itself in various ways from ongoing lethargy (or just not quite your “old” self yet) to dangerously pathological behaviour

Postnatal depression can **sometimes** be mild and caused by chemical imbalance thus be treated by simple dietary changes, homeopathy, craniosacral therapy, acupuncture etc

Postnatal depression is significantly more common in women that have had caesarean sections!

Postnatal depression is also more common in women that were not supported adequately during labour and perceived their birth as traumatic.

Women who have low iron levels also suffer from Postnatal depression more.

In cases where the baby was separated from the mother at birth, there was an increased incidence of postnatal depression.

Mothers that smoke increase their chances of post natal depression

Breastfeeding your baby reduces the chances of post natal depression

Postnatal depression can present itself at any time within a year after childbirth

**Please contact your midwife or Doctor should you feel that there might be a chance that you are suffering from Postnatal Depression....it will most likely NOT go away on its own.**