

Beyond The Blues Understanding And Treating Prenatal And Postpartum Depression Anxiety

Beyond the Blues Beyond the Blues Beyond the Blues Beyond the Blues Beyond the Blues Handbook of Prenatal and Perinatal Psychology Drugs During Pregnancy and Lactation Psychiatric Disorders in Pregnancy and the Postpartum Mood and Anxiety Disorders During Pregnancy and Postpartum Beyond the Blues Recurrent Pregnancy Loss Fetal Medicine E-Book Prenatal Alcohol Use and Fetal Alcohol Spectrum Disorders: Diagnosis, Assessment and New Directions in Research and Multimodal Treatment Prenatal Genetic Counseling The Unborn Patient Pregnancy Blues Fetal Therapy Genetic Disorders and the Fetus Early Pregnancy Loss ENT Diseases: Diagnosis and Treatment during Pregnancy and Lactation What No One Tells You Drug Use in Pregnancy American Jurisprudence Pregnancy-Related Anxiety Drug Use in Pregnancy: Mother and Child Treating Women with Substance Use Disorders During Pregnancy Contemporary Ob/gyn Clinical Pharmacology During Pregnancy Mom's Guide to Diastasis Recti New Perspectives on Prenatal Care Screening for Depression During Pregnancy : a Quality Improvement Project Prenatal and Postnatal Care Anesthesia for Fetal Intervention and Surgery Genetic Disorders and the Fetus Handbook of Research on Prenatal, Postnatal, and Early Childhood Development Prenatal Alcohol Exposure Science and Babies Prenatal Alcohol Use and Fetal Alcohol Spectrum Disorders Creasy and Resnik's Maternal-Fetal Medicine - E-Book Caring for Our Future, the Content of Prenatal Care

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You may not be perplexed to enjoy every book collections Beyond The Blues Understanding And Treating Prenatal And Postpartum Depression Anxiety that we will utterly offer. It is not a propos the costs. Its virtually what you habit currently. This Beyond The Blues Understanding And Treating Prenatal And Postpartum Depression Anxiety, as one of the most operational sellers here will no question be among the best options to review.

Treating Women with Substance Use Disorders During Pregnancy Nov 08 2020 This book provides a first in-depth, comprehensive, and evidenced-based overview of the treatment of substance use disorders in the pregnant patient. It provides readers with materials that will not only aid them in identifying, assessing, and understanding the issues involved in treating these women, but also the practical tools to implement the best practices from comprehensive care programs specializing in this sort of treatment. Each chapter strikes a balance between the best scientific information available and reasoned, clinical wisdom to fill in where evidence-based information is unavailable — all in a form that is practical and accessible. It is a valuable tool for clinicians and service providers across disciplines.

Psychiatric Disorders in Pregnancy and the Postpartum May 27 2022 A panel of top experts in perinatal psychiatry reviews the many recent studies on the use of psychiatric medications in pregnancy and postpartum and assesses their impact on the diagnosis and treatment of pregnant/postpartum women. The authors focus on each of the major psychiatric illnesses, including depression, anxiety disorder, bipolar disorder, schizophrenia, substance abuse, eating disorders, and mental illness, as well as on the potential impact of these illnesses on infants and children. Interpreting conflicting and inconclusive clinical findings, they spell out the lesser-known risks of prenatal medication exposure and illuminate a variety of issues that must be taken into account in choosing such treatments as medications, psychotherapy, parental education, and social skills training.

Screening for Depression During Pregnancy : a Quality Improvement Project Jun 03 2020 "Perinatal depression affects 7% to 20% of women in the United States during pregnancy or within the first year after delivery. Depression during pregnancy is often misdiagnosed, undiagnosed, and untreated. Misdiagnosed, undiagnosed, or untreated depression during pregnancy increases incidents of negative outcomes, such as preterm labor and delivery, low-birthweight neonates, and a greater risk of postnatal depression and psychosis. Other negative outcomes include increased lifelong health problems for preterm infants, risk of neonatal death, and poor maternal-fetal bonding. Screening for depression assists providers in detecting depression during pregnancy, which prompts earlier intervention and treatment for depression. This evidence-based quality improvement change project utilized the Edinburgh Postnatal Depression Scale (EPDS) screening tool to detect depression among pregnant women in an OB-GYN clinic in rural Louisiana. Forty-five pregnant women, 18 years of age and older, were screened for depression using the EPDS screening tool, and 13 (29%) screened positive for depression based on a cut-off score of 10. Each pregnant woman who screened positive for depression received an intervention or treatment, thus demonstrating that screening for depression using the EPDS screening tool is effective. Key words: perinatal depression, prenatal depression, depression, pregnancy, EPDS" -- Abstract

Fetal Medicine E-Book Jan 23 2022 Covering pertinent basic science and offering today's most authoritative guidance on clinical management, Fetal Medicine, 3rd Edition, is a must-have resource for obstetricians and other healthcare professionals involved in care of the fetus. An international team of expert contributors delivers the knowledge and background you need to effectively diagnose and treat fetal disorders - everything from prenatal screening and diagnostic tests to common and rare prenatal conditions, early pregnancy loss, ethical issues, and much more. Focuses on fetal medicine throughout, bringing you today's most reliable information in both basic science and clinical topics. Offers updated information from cover to cover, including new coverage of genetics, embryology, and clinical management. Features new self-assessment questions and new images throughout - for a total of nearly 1,000 photographs and line drawings, as well as more than 150 quick-reference tables. Details fast-changing developments in fetal medicine, including

advances in ultrasound imaging, cytogenetics, molecular biology, and biochemistry. Helps you learn and retrieve complex information quickly thanks to succinct, highly structured text; key points at the beginning of each chapter; and concise chapter summaries.

Beyond the Blues Mar 25 2022

American Jurisprudence Feb 09 2021

Recurrent Pregnancy Loss Feb 21 2022 Major advances in genetics, immunology, and endocrinology have necessitated a new edition of this best-selling text. However, despite the advances, recurrent pregnancy loss presents a frustrating clinical problem. There is still disagreement about the number of pregnancy losses which warrant investigation and treatment and about which investigations should be performed. This third edition provides an authoritative and comprehensive update on advances in the understanding and management of this troubling phenomenon, covering both basic scientific topics such as genetics and cytokines, and profiles major advances in immunology, endocrinology, and thrombotic mechanism. Clinical research is discussed, as is assessment of results when applying an evidence-based approach or a more personalised approach, which is now becoming possible due to advances in the diagnosis of cause. There are lively debates on the role of progestogens and immunotherapy, which remain controversial. Designed for specialists working in reproductive medicine clinics and those involved with maternal-fetal care, the book is also ideal for generalists and gynecologists seeking a comprehensive view of developments in the field.

Drug Use in Pregnancy: Mother and Child Dec 10 2020 Abstract: A reference text for medical and paramedical personnel involved in the care of pregnant women and their children presents 13 detailed reviews on various aspects of the topic, prepared by experts in their respective fields. Topics include: the pharmacological basis of perinatal drug addiction and its recognition and treatment; obstetric aspects of drug use in pregnancy; presentation and application of a comprehensive model for therapy; the consequences of intrauterine exposure to opiate and other drugs; the effects of marijuana, alcohol, and psychotropic drug abuse; methodological issues in investigating pregnancy drug abuse; immunological function and AIDS in drug-exposed infants; and legal issues. Literature references are appended to each of the papers.

Anesthesia for Fetal Intervention and Surgery Apr 01 2020 Anesthesia for Fetal Intervention and Surgery is directed towards those medical specialists who care for fetal patients. This textbook contains all aspects of these cases, from pharmacology and physiology of the fetal patient and mother to specific techniques for open surgery, fetoscopic surgery, and EXIT procedures. By addressing and clarifying these issues, Anesthesia for Fetal Intervention and Surgery contributes greatly to a cohesive approach to the management and treatment of the fetal patient.

Contemporary Ob/gyn Oct 08 2020

ENT Diseases: Diagnosis and Treatment during Pregnancy and Lactation May 15 2021 The book offers a comprehensive overview of ENT diseases during pregnancy, postpartum and lactating period. It brings together the experience of authors from more than 25 countries and aims to provide a broader understanding of the diagnosis, prevention and treatment of the ENT pathologies in pregnant and lactating women. The book is organized in 7 main parts according to the ENT subspecialties, and each chapter features a reader-friendly, uniform structure. It includes developments about COVID-19 infection. ENT Diseases: Diagnosis and Treatment during Pregnancy and Lactation will appeal to a wide readership, from ENT practitioners through allergists and pulmonologists, to trainees and students in ENT, obstetrics/gynecology.

Beyond the Blues Aug 30 2022 Beyond the Blues contains the most up-to-date information about risk factors, diagnosis, treatment, and prevention of mood and anxiety disorders in pregnancy and postpartum. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. "An indispensable guide to understanding and treating prenatal and postpartum depression. This book is a gift not only to healthcare providers but also to family and friends of mothers suffering from these devastating perinatal mood disorders." -Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut, School of Nursing Coauthor of Postpartum Depression Screening Scale "In Beyond the Blues, Bennett and Indman offer a compact yet surprisingly comprehensive manual on prenatal and postpartum depression. Readable and practical, they systematically address screening and assessment, finding a therapist, myths about nursing and bonding, and treatment. Interesting and helpful are suggestions for family and friends. For health professionals, there is detailed diagnostic and treatment information. Beyond the Blues is a quick read with an easy-to-handle format. Recommended for consumer health and health sciences collections." -Library Journal "This book will be of great help for both women and their health care providers, providing information on all aspects of depression in pregnancy and in the post-postpartum, including safety/risk of medication therapy." -Adrienne Einarson RN Assistant Director, The Motherisk Program, The Hospital for Sick Children, Toronto, Canada

The Unborn Patient Oct 20 2021 A new edition of this state-of-the-art reference on the diagnosis and management of the abnormal foetus. Expanding on the first edition, this text brings together the expertise of 50 world specialists with up-to-date coverage of prenatal diagnostic techniques and therapeutic options. The book outlines the pathophysiology, options for management and technical aspects of treatment for each disorder.

Fetal Therapy Aug 18 2021 Covers the latest insights any fetal specialist needs and provides essential knowledge for professionals caring for women with high-risk pregnancies.

Clinical Pharmacology During Pregnancy Sep 06 2020 Clinical Pharmacology During Pregnancy is written for clinicians, physicians, midwives, nurses, pharmacists and other medical professionals directly involved in the care of women during pregnancy. This book focuses on the impact of pregnancy on drug disposition and also includes coverage of treatments for diseases of specific body systems, as well as essential content on dosing and efficacy. Written in a clear and practical manner, this reference provides easily accessible information and clinical guidance on how best to treat women with medications during pregnancy. Utilizes an evidence-based approach for therapeutics during pregnancy Includes a summary of specific medications by indication with up-to-date information on dosing and efficacy in pregnancy for the given indication Highlights current research in this area and provides easily accessible and vital information for clinicians Complements the companion volume, Drugs During Pregnancy and Lactation by Schaefer et al and presents a bundling opportunity to the same target audience of medical professionals Includes a companion website containing support materials for professional or continuing education courses in OB pharmacology

Science and Babies Nov 28 2019 By all indicators, the reproductive health of Americans has been deteriorating since 1980.

Our nation is troubled by rates of teen pregnancies and newborn deaths that are worse than almost all others in the Western world. Science and Babies is a straightforward presentation of the major reproductive issues we face that suggests answers for the public. The book discusses how the clash of opinions on sex and family planning prevents us from making a national commitment to reproductive health; why people in the United States have fewer contraceptive choices than those in many other countries; what we need to do to improve social and medical services for teens and people living in poverty; how couples should "shop" for a fertility service and make consumer-wise decisions; and what we can expect in the future featuring interesting accounts of potential scientific advances.

Mood and Anxiety Disorders During Pregnancy and Postpartum Apr 25 2022 Mood and Anxiety Disorders During Pregnancy and Postpartum earns its important place in the literature by detailing our current understanding of the course, diagnosis, and treatment of psychiatric illness during pregnancy and postpartum, including breast-feeding -- a top priority today because we now know that active maternal psychiatric illness during pregnancy and postpartum can exert long-term negative effects on child development and cause significant morbidity for the mother. In just five concise richly informative chapters, the nine distinguished contributors to Mood and Anxiety Disorders During Pregnancy and Postpartum dispel prevailing beliefs and offer invaluable guidance in treating women during pregnancy and postpartum: Course of Psychiatric Illness During Pregnancy and the Postpartum Period -- Despite the enduring belief that pregnancy is a time of emotional well-being for women, emerging data show that pregnancy is instead a time of increased vulnerability to psychiatric illness. Diagnosis and Treatment of Mood and Anxiety Disorders During Pregnancy -- Though the use of psychotropic medications during pregnancy and postpartum raises concerns, the accumulating data support the use of certain SSRIs/tricyclic antidepressants, especially when balanced against the risk to both mother and child of depression during pregnancy. Management of Bipolar Disorder During Pregnancy and the Postpartum Period: Weighing the Risks and Benefits -- Although the onset of bipolar disorder (BP) tends to occur during women's reproductive years, surprisingly little is known about the impact of the menstrual cycle, pregnancy, postpartum, breast-feeding, and menopause on the course and treatment of bipolar disorder. Postpartum Mood Disorders -- Women experience a dramatic increase in their risk of developing severe psychiatric illness during postpartum for a full year after delivery. Often overlooked, postpartum disorders must be identified and treated as early as possible to reduce the mother's risk for recurrent and treatment-refractory illness and the child's risk for long-term development problems due to the detrimental effect of maternal depression. Use of Antidepressants and Mood Stabilizers in Breast-feeding Women -- This expanded clinical appraisal of the literature on antidepressant and mood stabilizer use in breast-feeding women shows that additional detailed pharmacokinetic investigations are urgently needed to enhance our understanding of nursing infant exposure and the role(s) of pharmacogenomics in determining infant exposure. Meticulously referenced and remarkably succinct, Mood and Anxiety Disorders During Pregnancy and Postpartum provides critical information about the course of illness during pregnancy and postpartum to help guide effective individualized treatment decisions--decisions that are ultimately based on the patient's wishes.

Prenatal Alcohol Use and Fetal Alcohol Spectrum Disorders: Diagnosis, Assessment and New Directions in Research and Multimodal Treatment Dec 22 2021 This eBook addresses the impact of prenatal exposure to alcohol, and Fetal Alcohol Spectrum Disorders (FASD). It presents a compilation of current research by leading experts in the field and serves as a guide to future directions in FASD research, interventions and treatment. the book includes a comprehensive compendium of our knowledge of the dangers of prenatal alcohol exposure and covers ways to screen and intervene with pregnant women, diagnosis and treatment to ameliorate the effects of prenatal alcohol exposure (through the lifespan), and other related issues, such as building a state infrastructure of health services and legislation. the eBook is intended as a textbook for graduate courses relevant to FASD.

Early Pregnancy Loss Jun 15 2021

Prenatal Alcohol Exposure Dec 30 2019 There is a dearth of evidence-based information on prenatal alcohol exposure (PAE) for clinicians, who require training to appropriately support patients navigating the mental health and addiction system. This much-needed book provides content useful for professional training across mental health disciplines and addresses topics missing from med

Prenatal and Postnatal Care May 03 2020 The second edition of the comprehensive and award-winning text on prenatal and postnatal care The updated edition of Prenatal and Postnatal Care offers a comprehensive text for the care of the woman during the childbearing year. The expert author team presents information needed to master foundational knowledge in anatomy, physiology, psychology, culture, and structure of preconception, prenatal and postnatal care, and the management of common health problems in the childbearing year. This edition has been revised throughout and contains 6 new chapters on the following topics: prenatal ultrasound, triage of the pregnant woman, assisting women to development confidence for physiologic birth, pregnancy after infertility, oral health, and issues around diversity and inclusion in prenatal and postnatal care. Additional highlights include new and updated content on pregnant women in the workplace, prenatal genetic testing, trauma-informed care, and transgender pregnancy care. The second edition also includes commonly used complementary therapies and offers more detailed information on shared decision-making and planning for birth. Prenatal and Postnatal Care: Provides expanded faculty resources with case studies and test questions for each chapter Offers a comprehensive text that covers essential aspects of prenatal and postnatal care of the childbearing woman Builds on the edition that won the Book of the Year award from the American College of Nurse Midwives (ACNM) in 2015. This revised, authoritative text is an ideal resource for midwifery, nurse practitioner and physician assistant students, and healthcare providers working with pregnant and postpartum women.

Drugs During Pregnancy and Lactation Jun 27 2022 Drugs During Pregnancy and Lactation, 3rd Edition is a quick and reliable reference for all those working in disciplines related to fertility, pregnancy, lactation, child health and human genetics who prescribe or deliver medicinal products, and to those who evaluate health and safety risks. Each chapter contains twofold information regarding drugs that are appropriate for prescription during pregnancy and an assessment of the risk of a drug when exposure during pregnancy has already occurred. Thoroughly updated with current regulations, references to the latest pharmacological data, and new medicinal products, this edition is a comprehensive resource covering latest knowledge and findings related to drugs during lactation and pregnancy. Provides evidence-based recommendations to help clinicians make appropriate recommendations Uniquely organized and structured according to

drug class and treatment indications to offer authoritative clinical content on potential adverse effects Highlights new research developments from primary source about working mechanism of substances that cause developmental disorders
Prenatal Genetic Counseling Nov 20 2021 *Prenatal Genetic Counseling: Practical Support for Prenatal Diagnostics, Decision-Making, and Dealing with Uncertainty* provides a foundation for new research and a one-stop source for physicians, genetic counselors, psychologists, social workers, general practitioners, grief workers, translational researchers, and administrators seeking to work in the field of clinical genomics ethically and in full consideration of patients' psychological well-being. Here, an international team of experienced counselors and clinician-scientists lay out the range of methods and technologies applied in prenatal decision-making, including NIPT; invasive testing with microarray analysis or whole genome sequencing; ultrasound screening; and prenatal diagnosis for known hereditary conditions, among others. From here, they examine specific challenges in the clinical translation. In a field where decisions about life or death of a child are made, professionals are bound to encounter uncertainty. This book was co-created by health care practitioners, scientists, patients and students to provide insights and direction for offering support straight from the heart to couples faced with fetal anomalies. To make this possible for all couples, diversity in prenatal genetic counseling is also addressed. Finally, next steps in prenatal genetic counseling research and clinical implementation are discussed. As we are challenged by the rapid advances in prenatal genomics, so are our patients. Learning from our patients with every encounter, this book aims to offer access to the insights we gathered as well as to stimulate lifelong learning. Features a range of international chapter authors addressing prenatal medicine from bench-to bedside, including health care practitioners, scientists, patients and students. Covers use and psychological implications of technologies applied in prenatal decision-making, including NIPT, invasive testing with microarray analysis; exome sequencing; whole genome sequencing; and ultrasound screening and addresses diversity in prenatal genetic counseling Discusses next steps for prenatal genetic counseling research and common challenges in the clinic, with detailed case descriptions offering insights from the authors' counseling experiences

Prenatal Alcohol Use and Fetal Alcohol Spectrum Disorders Oct 27 2019 This book addresses the impact of prenatal exposure to alcohol, and Fetal Alcohol Spectrum Disorders (FASD). It presents a compilation of current research by leading experts in the field and serves as a guide to future directions in FASD research, interventions and treatment. The book includes a comprehensive compendium of our knowledge of the dangers of prenatal alcohol exposure and covers ways to screen and intervene with pregnant women, diagnosis and treatment to ameliorate the effects of prenatal alcohol exposure (through the lifespan), and other related issues, such as building a state infrastructure of health services and legislation. The book is intended as a textbook for graduate courses relevant to FASD.

Drug Use in Pregnancy Mar 13 2021 Abstract: This book addresses the use of drug groups for various clinical indications during pregnancy. In general, non-pharmacologic remedies are recommended if these will suffice before drug therapy is instituted. Known adverse effects of drugs are documented and caution is advised because of the many unknowns about long-term effects of drug exposure to the developing fetus. Drugs used for the common cold, antituberculosis agents, antihypertensives, anticonvulsants, and marijuana and cocaine are included.

Genetic Disorders and the Fetus Jul 17 2021 Highly Commended in the Obstetrics and Gynaecology category of the 2010 BMA Medical Book Competition Brand new edition of the world's leading text on prenatal diagnosis This 6th Edition of *Genetic Disorders and the Fetus* maintains its pre-eminence as the major repository of facts about prenatal diagnosis. It provides a critical analysis and synthesis of established and new knowledge based on the long experience of authorities in their respective fields. A broad international perspective is presented through authoritative contributions from authors in 11 countries. All chapters and guidelines have been updated to reflect contemporary practice. New chapters have been introduced on: The use of chromosomal microarrays in prenatal diagnosis The social, legal and public policy issues with special reference to international approaches The important peroxisomal and related fatty acid oxidation disorders Extensive tables and clear illustrations assist in differential diagnosis, gene identification and diagnostic modes. The recognition of many new and unresolved challenges should provide inspiration for novel research initiatives. The guidance provided and the insights and perspectives of these authors make this volume a valuable and indispensable resource for all whose focus is securing fetal health through prenatal diagnosis. *Genetic Disorders and the Fetus: Diagnosis, Prevention and Treatment* is an essential resource for all engaged in prenatal genetic diagnosis, especially obstetricians, maternal-fetal medicine specialists, medical geneticists, genetic counsellors, and pediatricians, but also many other specialties.

Caring for Our Future, the Content of Prenatal Care Aug 25 2019

Beyond the Blues Sep 30 2022 Newly updated, *Beyond the Blues* contains the current information about risk factors, diagnosis, treatment, and prevention of mood disorders in pregnancy and postpartum. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. This book is being used and recommended by the The United States Department of Health and Human Services, US Navy, Spectrum Health in Michigan, Durham Regional Health Department of Canada, New York State Department of Health, Broward Healthy Start Coalition of Florida, the International Childbirth Education Association, and many other organizations.

Handbook of Research on Prenatal, Postnatal, and Early Childhood Development Jan 29 2020 Child development comprises children's cognitive, linguistic, motor, social and emotional development, communication, and self-care skills. Understanding developmental periods means that possible problems or roadblocks can be planned for or prevented. Knowledge of child development is necessary for achieving educational goals and is integral to promoting children's healthy and timely development. *The Handbook of Research on Prenatal, Postnatal, and Early Childhood Development* is an essential scholarly reference source that compiles critical findings on children's growth periods and characteristics as well as the principles that affect their development. Covering a wide range of topics such as at-risk children, early intervention, and support programs, this book is ideally designed for child development specialists, pediatricians, educators, program developers, administrators, psychologists, researchers, academicians, and students. Additionally, the book provides insight and support to health professionals working in various disciplines in the field of child development and health.

Beyond the Blues Jan 03 2023 This 2019 edition of *Beyond the Blues* contains the most current pregnancy and postpartum resources for prevention and treatment of mental health challenges for all parents. Updated information and research about medications, as well as complementary and alternative options are included. Direct and compassionate, it is required

reading for those suffering before or after the baby is born and for all professionals working with them.

Pregnancy Blues Sep 18 2021 It should be a time of joyous anticipation—the happiest time in a woman’s life. But for many women, the joys of pregnancy are clouded by feelings of fear, sadness, and confusion. And unlike postpartum depression, which is widely portrayed in the media and embraced by the medical community, depression during pregnancy has been rarely discussed and often misunderstood—until now. In this groundbreaking book—the first to focus exclusively on depression in pregnancy—Dr. Shaila Kulkarni Misri, a leading reproductive psychiatrist, draws on her twenty-five years of clinical practice and research to offer hope, help, and healing—as well as a provocative, myth-shattering examination of a subject that has too long been shrouded in darkness. The numbers are surprising: up to 70 percent of pregnant women experience some degree of depressive symptoms, and of those, 12 percent meet the diagnostic criteria for major depression. Although it is at least as common as postpartum depression, which occurs after a child’s birth, pregnancy-related depression is often cloaked in silence, shame, and denial. *Pregnancy Blues* lifts the veil on this heartbreaking—and very treatable—illness, examining the key social and biological factors that can come together during pregnancy to create a climate in which depression and anxiety thrive, as well as offering the many effective treatments that are available. **Discover:** • How to recognize the signs and symptoms of depression—and know when to seek help • The role of female hormones: why women are more vulnerable to depression than men • How depression can “hide” behind physical complaints, such as back, stomach, or even chest pain • The unspoken connection between infertility and depression • The antidepressant controversy: the facts on specific drugs, their safety—and when medication is the right choice • Breastfeeding and medication—the risks and benefits Plus helpful self-tests and resources, information on alternative treatment options—from therapy to acupuncture—and much more. A work of daring and compassion, *Pregnancy Blues* challenges the underlying traditions and beliefs surrounding pregnancy and motherhood—and explores how those misconceptions have led to the drastic underdiagnosis and undertreatment of depression during pregnancy. A must-read for women and those who love them, *Pregnancy Blues* is at once an extraordinary roadmap to healing and an eye-opening report on a medical issue that no woman can afford to miss.

Mom's Guide to Diastasis Recti Aug 06 2020 Don't let your pregnancy result in a weak core and unsightly belly bulge! With your new baby at home, it's hard to find time to take care of you. But if you have experienced diastasis recti during pregnancy, the best time to repair it is right now. *Mom's Guide to Diastasis Recti* offers a realistic approach to healing your belly with simple moves that take only minutes each day. With a complete four-part program, *Mom's Guide to Diastasis Recti* helps with everything from healing your weak abs to sculpting a beautiful post-baby body. It includes: • Prevention tips that strengthen your core before baby • Post-pregnancy exercises gentle enough to perform in the hospital • Daily rehab routines with stretches and toning activities • Advanced maintenance programs to keep your tummy tight This book is also packed with nutrition tips and expert advice that will keep you feeling and looking your best, from three weeks to three years after your pregnancy.

What No One Tells You Apr 13 2021 Your guide to the emotions of pregnancy and early motherhood, from two of America’s top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you’re pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by “mommy brain?” In *What No One Tells You*, two of America’s top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it’s natural for “matrescence”—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

Handbook of Prenatal and Perinatal Psychology Jul 29 2022 The handbook synthesizes the comprehensive interdisciplinary research on the psychological and behavioral dimensions of life before, during, and immediately after birth. It examines how experiences during the prenatal period are associated with basic physiological and psychological imprints that last a lifetime and explores the ways in which brain networks reflect these experiences. Chapters offer findings on prenatal development, fetal programming, fetal stress, and epigenetics. In addition, chapters discuss psychotherapy for infants - before, during, and after birth - as well as prevention to promote positive health and well-being outcomes. Topics featured in this handbook include: Contemporary environmental stressors and adverse pregnancy outcomes The psychology of newborn intensive care. Art therapy and its use in treating prenatal trauma. The failures and successes of Cathartic Regression Therapy. Prenatal bonding and its positive effects on postnatal health and well-being. The role of family midwives and early prevention. The cultural meaning of prenatal psychology. The *Handbook of Prenatal and Perinatal Psychology* is an essential resource for researchers, clinicians and related professionals, as well as graduate students in a wide range of interrelated disciplines, including developmental psychology, pediatric and obstetrical medicine, neuroscience, infancy and early child development, obstetrics and gynecology, nursing, social work, and early childhood education.

Pregnancy-Related Anxiety Jan 11 2021 This book provides a collective examination of the theoretical, empirical, and clinical perspectives of pregnancy-related anxiety. Pregnancy-related anxiety is a distinct form of anxiety that is experienced by pregnant women and is characterized by pregnancy-specific fears and worries. This form of anxiety has been associated with a range of negative obstetric, neonatal, and maternal outcomes. There has been increased research interest in this form of anxiety, particularly over the last 15 years. The content is organized in three sections. The first section provides a thorough understanding of pregnancy-related anxiety, ranging from its historical development, evidence of its distinctiveness to the antecedents and outcomes of this anxiety for the mother and child. The second section examines key clinical issues around diagnosis and treatment specifically, current diagnosis/screening for this anxiety and approaches for intervention and treatment. The final section considers emerging areas of research such as pertinent issues around culture and acculturation which are key issues in an increasingly multicultural world. Moreover, the effects of pregnancy-related anxiety on the woman’s broader psychosocial functioning are considered with specific chapters on body image and sexual

abuse, two key areas of concern. A seminal resource, this book provides a broad examination of the topic from multiple frameworks and perspectives which sets this book apart from other books in print. This book intends to inform and stimulate future research studies, as well as increase awareness and understanding of pregnancy-related anxiety. It is a must-read for researchers, educators, clinicians, and higher education students who care about delivering better support and services to pregnant women, particularly those who are vulnerable and distressed.

Creasy and Resnik's Maternal-Fetal Medicine - E-Book Sep 26 2019 The definitive reference in the field for more than 35 years, *Creasy and Resnik's Maternal-Fetal Medicine* provides today's MFM practitioners with authoritative, comprehensive guidance on every aspect of this fast-changing field. The fully revised 9th Edition brings you up to date with the latest evidence-based guidelines and research as well as the fundamental scientific foundation needed for effective practice, helping you minimize complications and ensure the best possible outcomes for your patients. Renowned experts in obstetrics, gynecology, and perinatology provide valuable information in every area of complex obstetric care, highlighting the most commonly encountered anomalies and providing clear guidelines for obstetric and neonatal management. Offers comprehensive updates on rapidly changing topics, including extensively revised genetic content throughout. Includes two new chapters: maternal and fetal viral infections, including COVID-19; and sexually transmitted disease, covering the epidemiology, pathogenesis, diagnosis, and treatment of individual infectious diseases that may complicate pregnancy. Contains user-friendly features such as numerous diagnostic and treatment algorithms for quick access to current protocols; key points at the end of each chapter; and counseling pearls with practical guidance on patient consultation. Features a comprehensive imaging section, including a video library to aid in everyday diagnosis. Shares the expertise of a renowned editorial team—including new co-editors Drs. Lorraine Dugoff and Judette M. Louis—who lead authors representing top institutions from around the globe.

Beyond the Blues Dec 02 2022 The most up-to-date information about risk factors, diagnosis, treatment and prevention of mood disorders in pregnancy and postpartum. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born.

Beyond the Blues Nov 01 2022 BEYOND THE BLUES contains the most up-to-date information about risk factors, diagnosis, treatment, and prevention of mood and anxiety disorders in pregnancy and postpartum. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. "An indispensable guide to understanding and treating prenatal and postpartum depression. This book is a gift not only to healthcare providers but also to family and friends of mothers suffering from these devastating perinatal mood disorders." -Cheryl Tatano Beck, DNSc, CNM, FAAN Professor, University of Connecticut, School of Nursing Coauthor of Postpartum Depression Screening Scale "In BEYOND THE BLUES, Bennett and Indman offer a compact yet surprisingly comprehensive manual on prenatal and postpartum depression. Readable and practical, they systematically address screening and assessment, finding a therapist, myths about nursing and bonding, and treatment. Interesting and helpful are suggestions for family and friends. For health professionals, there is detailed diagnostic and treatment information. Beyond the Blues is a quick read with an easy-to-handle format. Recommended for consumer health and health sciences collections." -Library Journal "This book will be of great help for both women and their health care providers, providing information on all aspects of depression in pregnancy and in the post-postpartum, including safety/risk of medication therapy." -Adrienne Einarson RN Assistant Director, The Motherisk Program, The Hospital for Sick Children, Toronto, Canada

Genetic Disorders and the Fetus Mar 01 2020 *Genetic Disorders and the Fetus: Diagnosis, Prevention and Treatment*, Seventh Edition is the eagerly awaited new edition of the discipline-leading text that has been at the forefront of diagnosis, prevention, and treatment of fetal genetic disorders for over 36 years. The seventh edition continues the long-established tradition of excellence that has become synonymous with this text. The book builds on the foundations of preconception and prenatal genetic counseling and the original pillars of prenatal diagnosis while also providing authoritative coverage of exciting developments in non-invasive genetic testing and rapidly developing molecular techniques, including microarray analysis and next generation sequencing, that are revolutionizing the field. Chapters are once again authored by internationally recognized authorities in the field of prenatal diagnosis. The editors have added three entirely new chapters to this edition to complement the complete revision of existing content. The three new chapters focus on non-invasive prenatal screening, placental genetics, and the psychology of prenatal and perinatal grief. The broad-ranging coverage and international scope will ensure that the new edition maintains its role as the major repository for information on all aspects of prenatal diagnosis. The editors have brought together an invaluable collection of evidence-based facts bolstered by knowledge and decades of experience in the field. *Genetic Disorders and the Fetus: Diagnosis, Prevention and Treatment*, 7th Edition is a timely update to this world-leading text.

New Perspectives on Prenatal Care Jul 05 2020