



Health Facts with Dr. Max

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Pink or Blue

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We've all heard of post partum depression but recent studies actually point to just as much or more depression during pregnancy. Women are told that this is the happiest time of their lives but 10% or more do not feel this way. Also many women find themselves stressed during pregnancy. They might find themselves suffering from more fatigue, sleeplessness, appetite disturbances, headaches, or backaches. There is even some concern now that stress will adversely affect the pregnancy. Pregnant or not, stressed individuals should: try to eat regularly; find time to relax; exercise; avoid tobacco/alcohol/drugs; get a support system together including people to talk to. If not better in 2 weeks, tell your health care provider.

Life is never stress free. In pregnancy, women may feel happy (pink), sad (blue), scared and anxious all at the same time. Tell your prenatal care provider if your symptoms get in the way of enjoying your pregnancy. Let our office know if we can be of help. We are The Counseling and Gynecology Group at 281 Maple Street in East Longmeadow. Call 525-4546 if you think you would benefit from our approach to health care.

FYI-The Yale Pink and Blue Study is looking to interview newly pregnant women by phone, both pink (happy) and blue (sad). Participants are paid for all interviews. This will help answer the question, does stress have an impact on pregnancy outcome. Call 866-600-MOMEE to enroll.