

The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

PPMD UPDATE

Upcoming Conference

The Connection that Heals

Strategies to promote attachment in families affected by domestic violence and trauma

Guest Speaker

Dr. Diane Benoit, MD,
FRCPC

Panel Discussion,
networking & Displays

When: Nov. 25 & 26
8:30 am-4:30 pm

Where: Pearson
Convention
Centre,
Brampton

Who: Health and
Social Service
Providers

Cost: Free

Register: 905-799-7700

For more information
visit
familyabuseprevention.ca

Coordinator's Corner

Fall 2008

The PMD Community Education workgroup is currently developing a new initiative in Peel: **The Postpartum Mood Disorder Peer Lay Educator Program**. The goal of the program is to educate the community about PMD and assist in reducing stigma. We plan to train volunteer mothers who have personally experienced PMD to provide information about the disorder and to share their personal experiences to community groups. We are currently looking for a few volunteer mothers who would be interested in helping to create a presentation that will be delivered by lay educators and a volunteer training program.

DESIRED QUALITIES OF VOLUNTEER MOTHERS:

- Experienced PMD after the birth of a child
- Previous experience presenting to groups
- Some knowledge about PMD
- Non-judgmental and supportive of various treatment options for PMD
- Willingness to educate and decrease stigma of PMD
- Creative and organized
- Lives in the Region of Peel

If you know anyone who may be interested in this opportunity please direct to:

Monica Irwin, PMD Program Coordinator

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Depression and Omega-3 Fatty Acids

Recent studies have found that inflammation may play a role in the development of depression. Inflammation is due to activity of the immune system which is part of the stress response. One step in the stress response is that the immune system responds by increasing inflammation by releasing proinflammatory cytokines. These cytokines cause inflammation and aid in wound healing, but when levels are too high, they can increase the risk of depression.

This research provides the basis to understanding the benefits of omega-3 fatty acids in the treatment of depression. Omega-3 fatty acids are polyunsaturated fats and are found in plant and marine sources such as walnuts, flax seed and fish oil. With regard to depression, it is the marine based omega-3 fatty acids that are of benefit: eicosapentenoic acid (EPA) and docosahexanoic acid (DHA). Fish is the most common dietary source of EPA/DHA which seems to halt the production of proinflammatory cytokines and its impact on mood.

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Partners: Best Start Peel· Caledon Parent/Child Centre·Centre for Addiction and Mental Health·Credit Valley Hospital
Mississauga Parent Child Resource Centre·Distress Centre Peel·Infant and Child Development Services Peel·
Peel Children's Centre· Peel Public Health· Success By 6 Peel·Vita Centre

Depression and Omega 3 Fatty Acids (Continued from front page)



Several recent studies have found that populations who eat more fatty coldwater fish have higher levels of EPA and DHA and lower rates of mood disorders. Pregnant or breastfeeding women often need to limit the amount of fish they eat because of concerns about contaminants, other sources of DHA include fish oil supplements, prenatal vitamins and fortified foods. EPA/DHA also appears to have no negative impact on breastfeeding babies. An expert panel of the American Psychiatric Association recently concluded that EPA was a promising treatment for mood disorders and that it can be used alone or in combination with DHA and/or medications. A woman should always consult her health care provider to discuss whether Omega-3s should be part of her treatment plan.

Kendall-Tackett, K. ((2008). *Clinics in Human Lactation: Non-Pharmacological Treatments for Depression in New Mothers* www.ibreastfeeding.com

Community Resources

New! Online PPD Forum
www.ppdpeersupport.com

Created by mothers who have experienced postpartum depression following the birth of one or more children, the forum provides mom to mom peer support to women dealing with the effects of PMD.

Resource for Service Providers

MedEdPPD.org is a professional education, peer-reviewed Web site developed with the support of the National Institute of Mental Health (NIMH).

The site provides education and tools for primary care providers to successfully screen, diagnose, treat, refer, and engage women with postpartum depression. It also provides information for women, their friends and family.

On the first Thursday of every month, they offer live teleconferences on various PPD topics. The teleconference is recorded and archived on the site.

You can also find patient videos, and current research articles. This is a website worth visiting
www.mededppd.org

Post Traumatic Stress Disorder due to Childbirth

Post Traumatic Stress Disorder (PTSD) is the psychological term for a set of reactions a person may experience when something traumatic, scary or bad happens. Some childbirth circumstances may be traumatic events for some women and only recently has it been recognized that PTSD may be suffered as a result of a traumatic birth experience. The reported prevalence of post traumatic stress disorder secondary to a traumatic birth ranges from 1.5% to 5.6%. It may go undiagnosed since the symptoms may overlap with those of depression.

The response by a woman can include extreme fear, helplessness or horror and she may experience distressing symptoms such as re-experiencing the traumatic event by flashbacks or nightmares, attempting to avoid triggers that remind her of the original traumatic event and anger. Long term effects for the woman and her family can include parenting difficulties and fear of childbirth.

The Trauma and Birth Stress Charitable Trust located in New Zealand can provide information and support regarding PTSD after childbirth visit;
www.tabs.org.nz

Did you know?

Best Start: Ontario's Maternal Newborn and Early Child Development Resource Centre has developed a new resource on Perinatal Mood Disorders.

The Perinatal Mood Disorders video (DVD) is an interdisciplinary teaching video for healthcare providers. It is accompanied by a Facilitator's Guide which has questions and answers that correspond to each topic covered in the four chapters of the video. The objective of the video is to educate and facilitate participatory discussion on perinatal mood disorders.

For more information or to order a copy visit:

<http://beststart.org/resources/ppmd/index.html>