



ALL ABOUT POSTPARTUM DEPRESSION

TODO SOBRE LA DEPRESIÓN POSPARTO

RSB Group 13

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Welcome! Please take a few minutes to fill out the pre-survey!

¡Bienvenido! Por favor, tome unos minutos para llenar la pre-encuesta

ENGLISH



<https://tinyurl.com/yym7c8fk>

ESPAÑOL



<https://tinyurl.com/yctrvzfc>

WHAT EMOTIONS DO YOU ASSOCIATE
WITH THE BIRTH OF A BABY?

¿QUÉ EMOCIONES ASOCIAS CON EL NACIMIENTO DE UN BEBÉ?



WHAT IS PPD?

def. POSTPARTUM DEPRESSION

after birth

feelings of sadness & emptiness



¿QUÉ ES PPD?

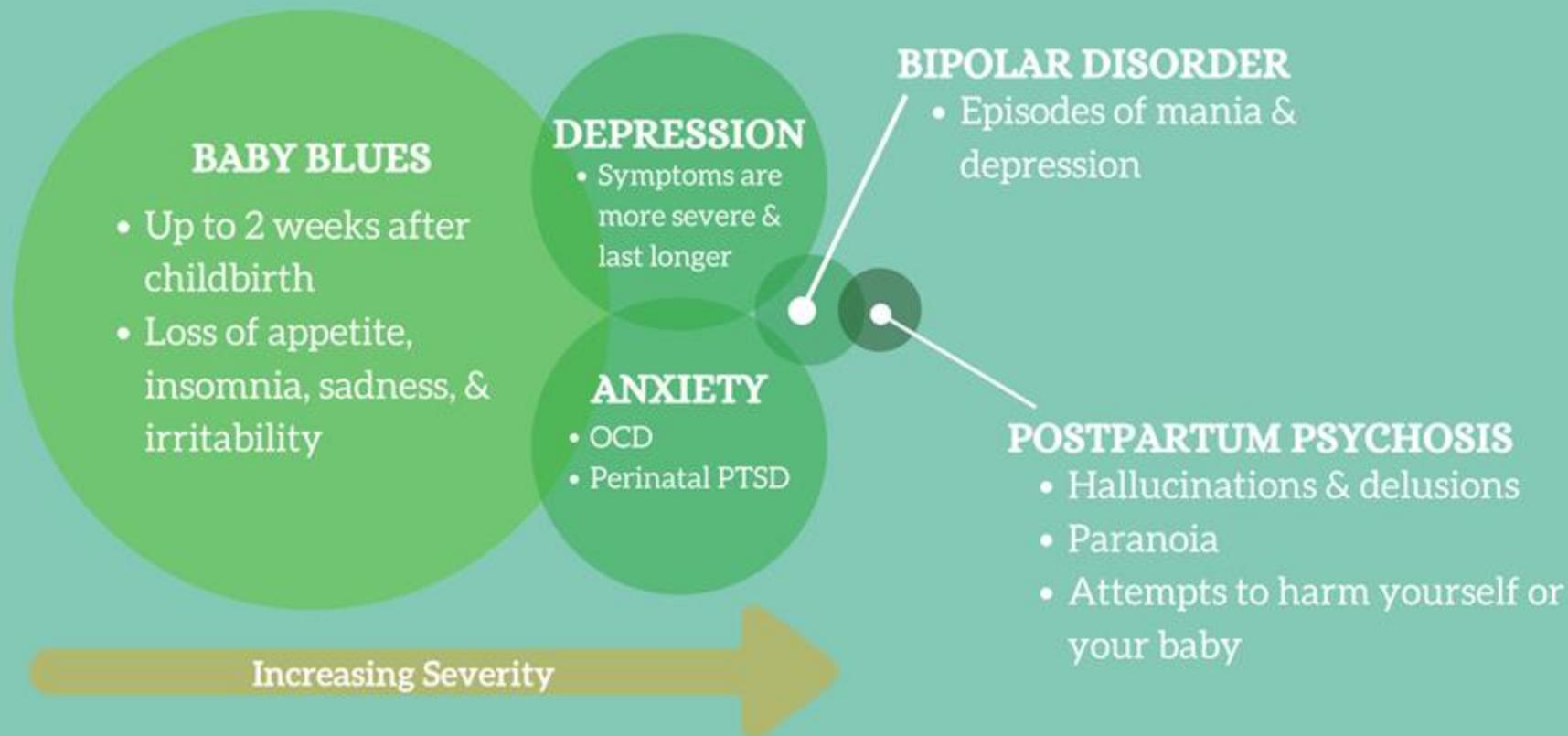
def. DEPRESIÓN POSPARTO

sentimientos de
tristeza y vacío

después del
nacimiento



POSTPARTUM MENTAL HEALTH



SALUD MENTAL POSPARTO

BABY BLUES

- Hasta 2 semanas después del parto
- Pérdida de apetito, insomnio, tristeza e irritabilidad

DEPRESION

- Los síntomas son más grave y duran más

ANSIEDAD

- TOC
- Perinatal Trastorno de Estrés Postraumático

TRASTORNO BIPOLAR

- Episodios de manía y depresión

POSTPARTO PSICOSIS

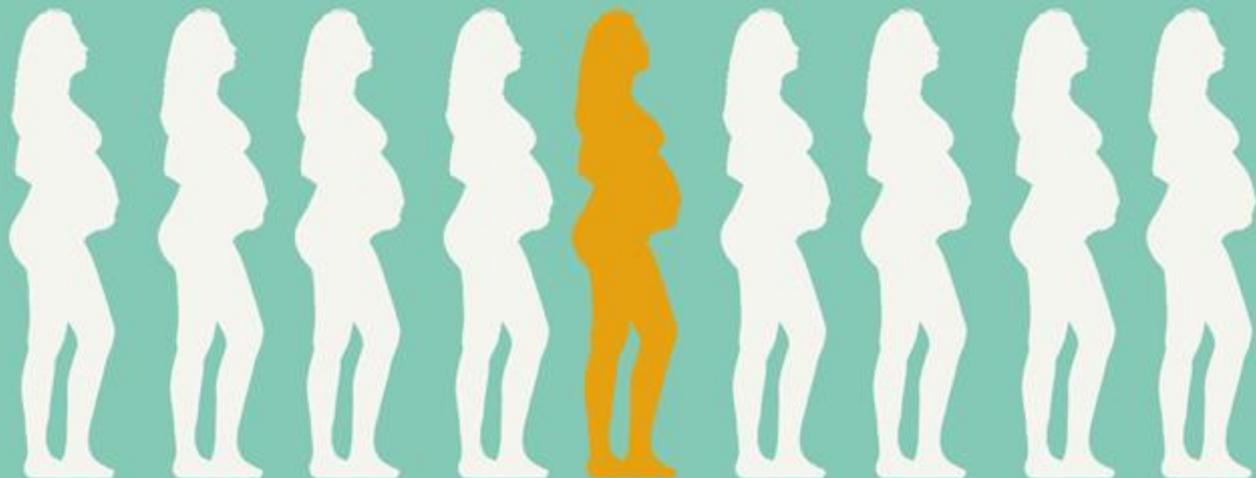
- Alucinaciones y delirios
- Paranoia
- Intentos de hacerse daño a sí mismo o su bebé

Gravedad Creciente

DID YOU KNOW? *¿SABIA QUÉ?*

1 in 9 new mothers experience
postpartum depression.

1 de cada 9 nuevas madres experimentan depresión posparto.



IN THE U.S.

Provider pressure

Lack of attention

Societal "Super Dad" pressures



Experienced prenatal depression

Family history of depression

Societal "Super Mom" pressures

are diagnosed with PPD

EN LOS E.E.U.U.

Presión como
Proveedor

Falta de
Atención

Presiones
Sociales de ser
"Super papá"



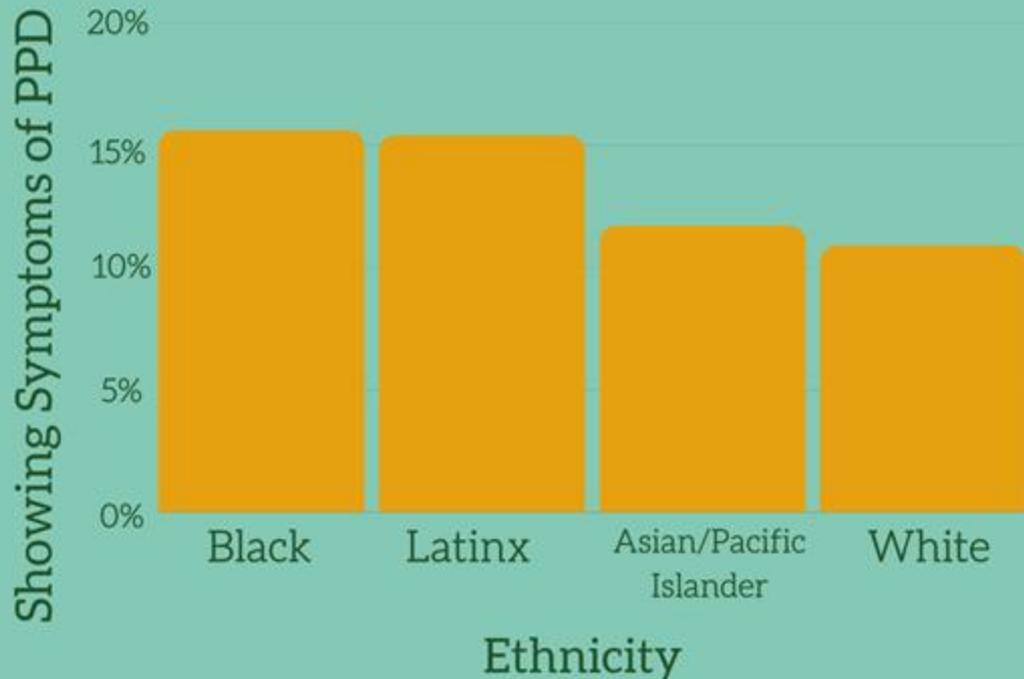
son diagnosticados con
depresión postparto

Experimentado
Depresión
Prenatal

Antecedentes
familiares de
depresión

Presiones
sociales de ser
"Súper Mamá"

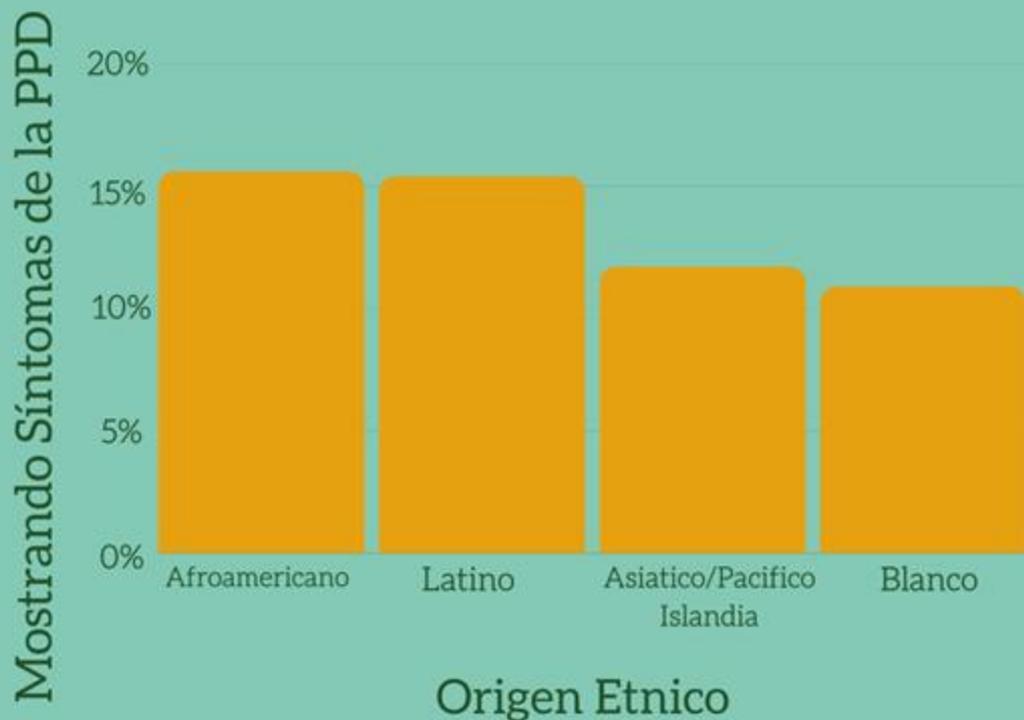
AFFECTED GROUPS IN CALIFORNIA



According to the California Department of Public Health:

- Black and Latinx women receive least amount of PPD care
- Only 25% identified cases are treated overall
- Annual cost of untreated PPD is \$2.25 billion

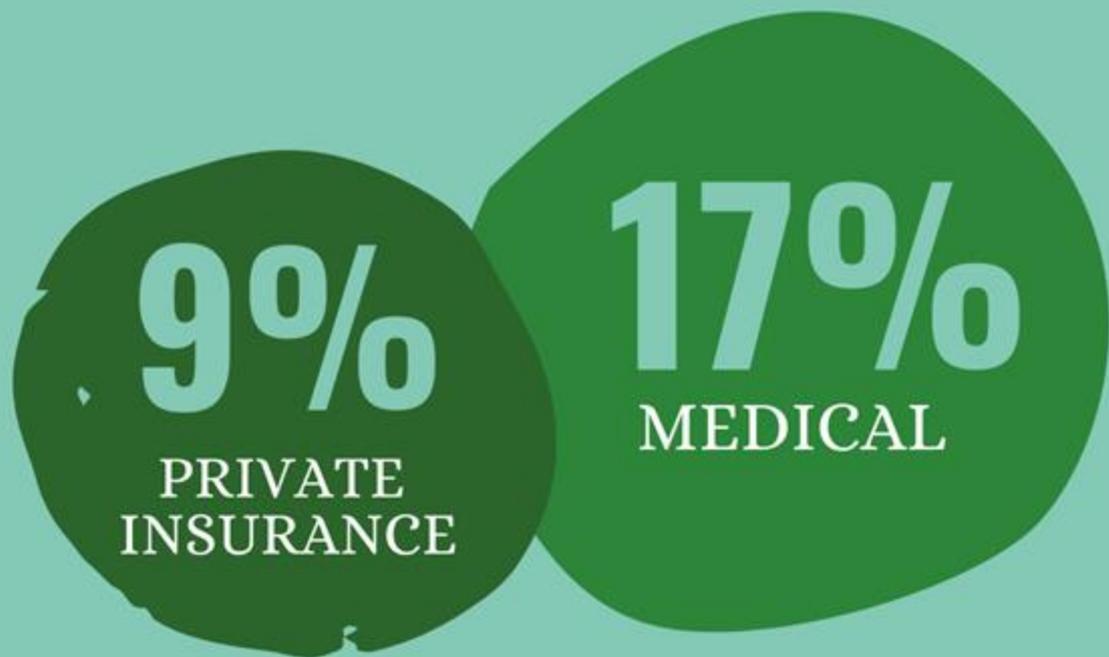
GRUPOS AFECTADOS EN CALIFORNIA



Departamento de Salud Pública de California:

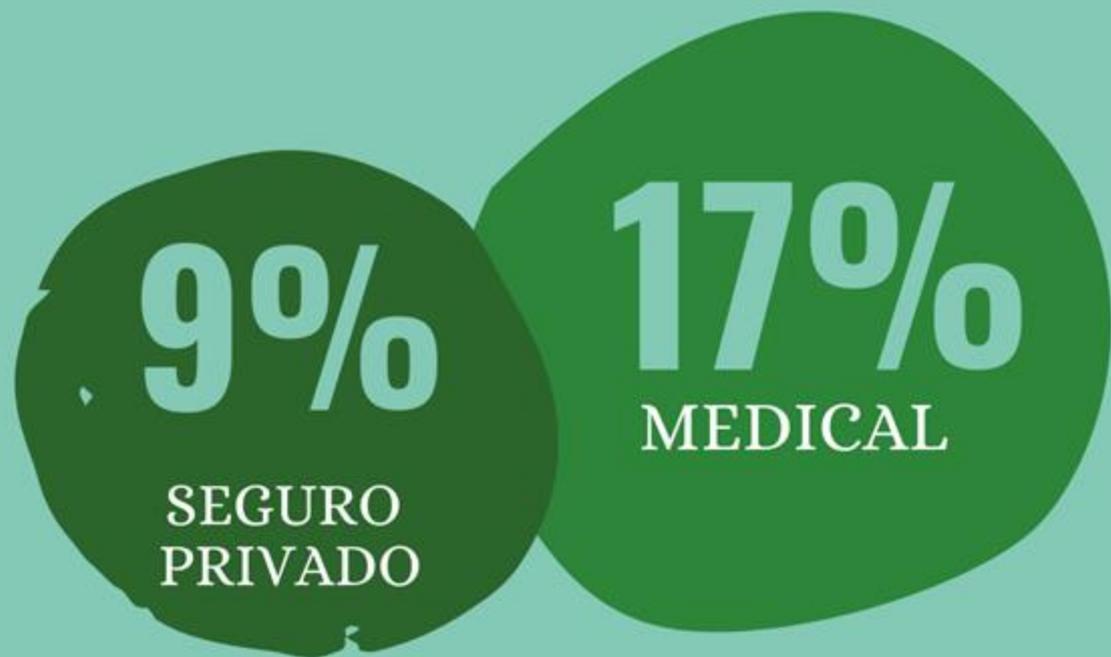
- Mujeres Afroamericanas y Latinas reciben la menor cantidad de atención de PPD
- Sólo el 25% de los casos identificados son tratados en general
- Costo anual de casos no tratados de PPD es de \$2.25 billones

HEALTH INSURANCE



A majority of those insured through MediCal live below poverty levels.

SEGURO DE SALUD



La mayoría de los asegurados a través de MediCal viven por debajo del nivel de pobreza.

IMPACT IN OUR COMMUNITY

Riverside County

572

of

4,700 Women
show symptoms of PPD

San Bernardino
County

507

of

3,900 Women
show symptoms of PPD

IMPACTO EN NUESTRA COMUNIDAD

Condado de
Riverside

572

de

4,700 Mujeres
muestran síntomas de PPD

Condado de San
Bernardino

507

de

3,900 Mujeres
muestran síntomas de PPD

PPD Risk Factors

Environmental & Social Stressors

Environment



Community

Economics

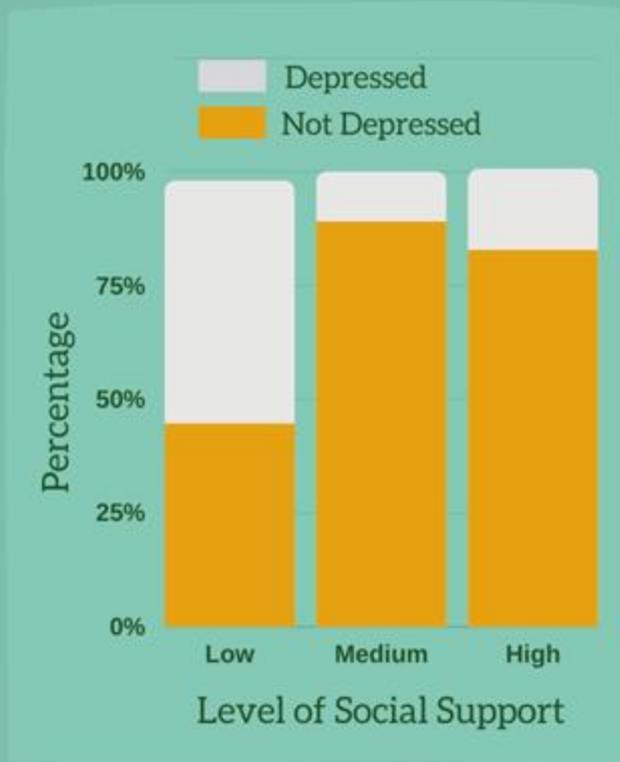


Education

Lifestyle

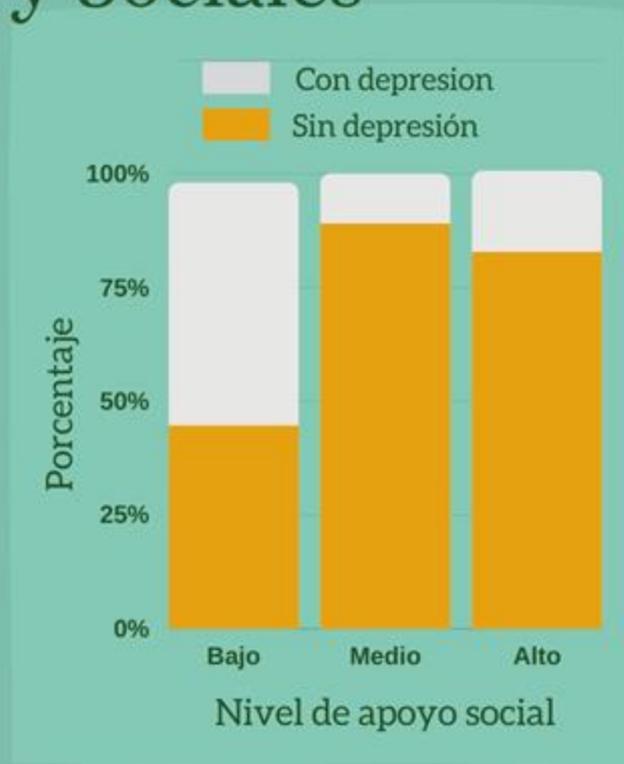


Health Care



Factores de riesgo de PPD

Estresantes Ambientales y Sociales



SIGNS & SYMPTOMS

Thoughts & Emotions

- Sad, anxious, & angry
- Lack of connection
- Overwhelmed & hopelessness
- Recurrent thoughts of death or suicide



Physical Responses

- Exhaustion
- Muscle tension
- Chest pains & palpitations
- Nausea & constipation
- Breastfeeding difficulties

SIGNOS Y SÍNTOMAS

Pensamientos y emociones

- Triste, ansioso y enojado
- Falta de conexión
- Abrumado y Desesperanza
- Pensamientos recurrentes de muerte o suicidio



Reacciones Físicas

- Agotamiento
- Tensión muscular
- Dolores en el pecho y Palpitaciones
- Náuseas y estreñimiento
- Dificultades para amamantar

EFFECTS OF UNTREATED PPD



Chronic Heart
Disease &
High Blood
Pressure



Chronic Lung
Disease &
Asthma



Chronic
Depression
& Stroke



Diabetes &
Pancreatitis



Digestive
Problems &
Ulcers

EFECTOS DEL PPD NO TRATADOS



Enfermedades
del Corazón
Crónicos y
Alta Presión



Enfermedad
Pulmonar y
Asma



Depresión
Crónica y
Derrame
Cerebral



Diabetes y
Pancreatitis



Problemas
digestivos y
Úlceras

PPD & CHILDHOOD DEVELOPMENT

Children born to women with moderate to severe PPD are:

- Developmental delays
- Chronic illnesses
- Internalization of negative thoughts & emotions



more likely to develop behavioral problems between ages 3 & 4



more likely to struggle with depression at age 18

PPD Y EL DESARROLLO INFANTIL

- Retrasos
- Enfermedades crónicas
- Internalización de pensamientos negativos y emociones

Niños nacidos de mujeres con PPD grave son:



Más propensos a desarrollar problemas de comportamiento entre los 3 y 4 años



Más propensos a enfrentar problemas de depresión a los 18 años

CHEMICAL TREATMENTS

Antidepressants

- Referred by doctor
- Does not harm baby via breastfeeding
- Birth control may aggravate symptoms
- Side effects



Hormone Therapy

- Referred by doctor
- Estrogen Replacement Therapy
 - After childbirth, women experience a drop in estrogen and progesterone
- Risks involved



TRATAMIENTOS

Anti-Depresivos

- Referido por el médico
- No daña al bebé a través de lactancia materna
- El control de la natalidad puede agravar los síntomas
- Efectos secundarios



Terapia Hormonal

- Referido por el médico
- Terapia de reemplazo de estrógenos
 - Después del parto, las mujeres experimentan una caída en estrógeno y progesterona
- Implica ciertos riesgos



THERAPEUTIC TREATMENTS

Mindfulness-Based Cognitive Therapy

- Meditation
- Raising awareness of mental state
- Use Headspace ©



Therapy

- Psychotherapy
- Laughter Therapy



Kundalini Yoga

- Regulates breathing patterns
- Break negative thought patterns



TRATAMIENTOS TERAPÉUTICOS

Terapia Cognitiva basada en la atención plena

- Meditación
- Sensibilización sobre el estado mental
- Headspace



Terapia

- Psicoterapia
- Terapia de la risa



Kundalini Yoga

- Regula los patrones respiratorios
- Romper patrones de pensamientos negativos



PREVENTION



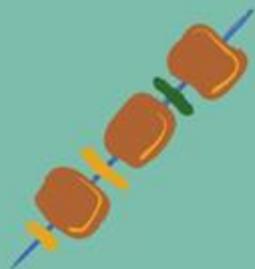
Sleep



Me-Time



Walks



Healthy Diet



Exercise



To-Do List



Speak to a
Doctor Early



Supplements

PREVENCION



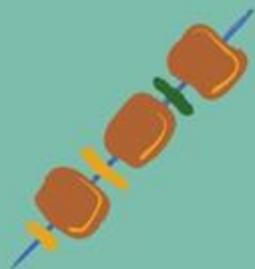
Dormir



Tiempo personal



Caminatas



Dieta Saludable



Ejercicio



Lista



Hablar con un
Doctor a tiempo



Suplementos

STIGMAS & BARRIERS

STIGMAS CAN CAUSE



Disconnect
from Family

Self-Stigmatization

EXAMPLES OF BARRIERS



Lack of Access
to Health Care



Lack of Knowledge
on PPD



Marginalized
Communities

ESTIGMAS Y OBSTÁCULOS

ESTIGMAS PUEDEN CAUSAR



Desconectarse
de la familia

Auto estigmatización

EJEMPLOS DE OBSTÁCULOS



Falta de Acceso a la
Atención Médica



Falta de conocimiento
sobre PPD



Comunidades
Marginadas



"At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg, or your brain, it's still an illness, and there should be no distinction."
-Michelle Obama



You are your own best advocate!



"En la raíz de este dilema está la forma en que vemos la salud mental en este país. Cuando se trata de condiciones de salud mental, a menudo los tratamos de manera diferente de otras enfermedades como el cáncer, la diabetes o el asma. Y eso no tiene sentido. Ya sea que una enfermedad afecte el corazón, la pierna o el cerebro, sigue siendo una enfermedad, y no debe haber distinción"-Michelle Obama

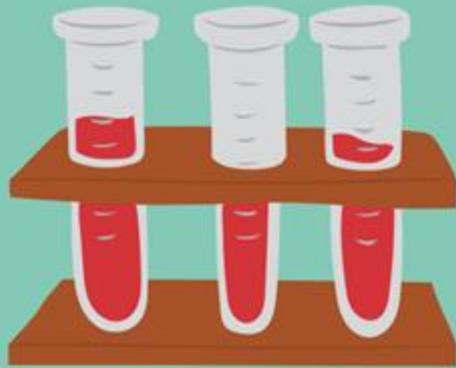
Usted es su
mejor **defensor!**



WHAT TO ASK YOUR DOCTOR



Depression
Screening Test



Blood Test

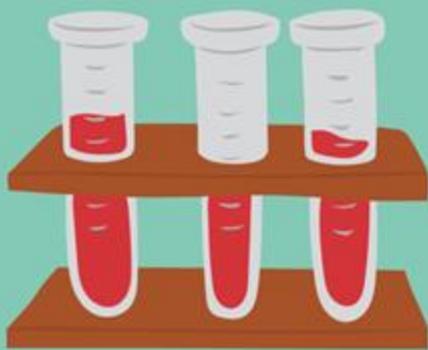


Therapist Referral

QUE PREGUNTARLE A SU MÉDICO



Prueba de detección
de depresión



Analisis de sangre



Referencia a un
terapeuta

RESOURCES

San Bernardino County

- San Bernardino Free Clinic (SBFC)
- Planned Parenthood: Health Center
- Arrowhead Regional Medical Center
- El Sol Monthly Spanish Support Group

Riverside County

- Riverside Free Clinic (RFC)
- UCR Health Citrus Tower
- Carolyn E Wylie Center
- Parkview Hospital Riverside

Postpartum Support International Free
Weekly Online Support Groups



Apps



Headspace



Moodpath



Breathe



Happify

RECURSOS

San Bernardino County

Condado de San Bernardino

- San Bernardino Free Clinic (SBFC)
- Planned Parenthood: Health Center
- Arrowhead Regional Medical Center
- El Sol Monthly Spanish Support Group

Riverside County

Condado de Riverside

- Riverside Free Clinic (RFC)
- UCR Health Citrus Tower
- Carolyn E Wylie Center
- Parkview Hospital Riverside

Postpartum Support International (PSI)

Free Weekly Online Support Groups



Apps

Aplicaciones



Headspace



Moodpath



Breathe



Happify

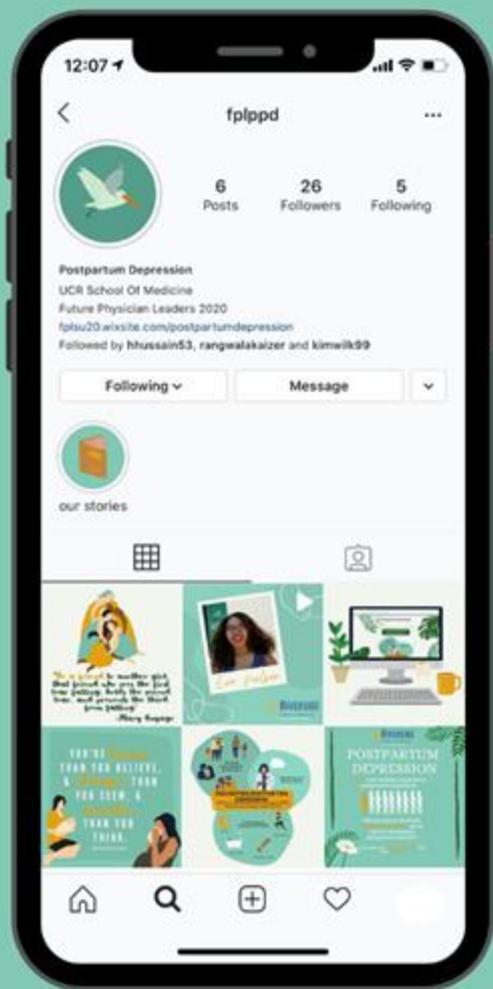


Visit our Website!

Visite Nuestro Sitio Web!

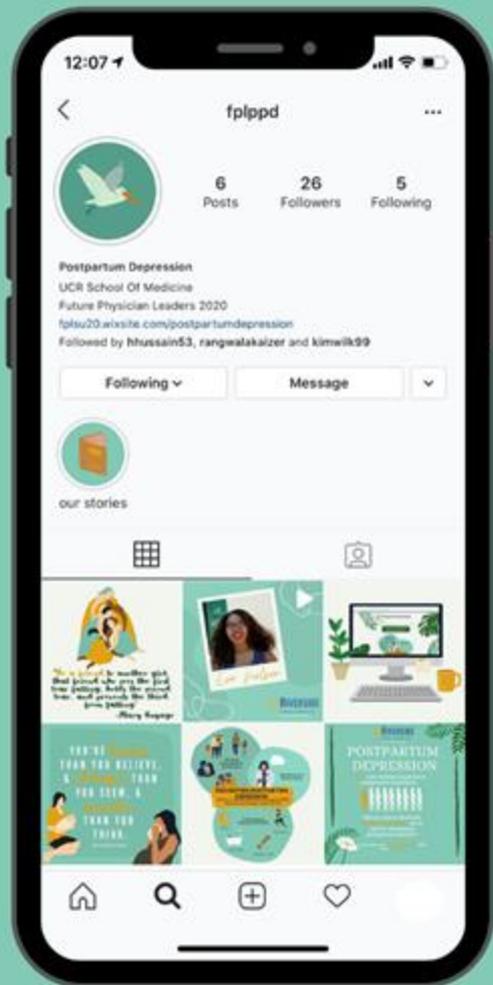
[www.fplsu20.wixsite.com/
postpartumdepression](http://www.fplsu20.wixsite.com/postpartumdepression)

Follow our Instagram for
daily affirmations,
stories of ppd survivors,
& more information.



Puede seguir nuestro Instagram

Publicamos citas y afirmaciones motivacionales diarias, hechos divertidos y las historias de mujeres que han experimentado depresión posparto, y mucha más información!





Any questions?
¿Alguna pregunta?

Thank you
for your time! Please take a few
minutes to fill out the **post-survey!**
*¡Gracias por tu tiempo! ¡Tómese unos
minutos para completar la encuesta
posterior!*

ENGLISH



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ESPAÑOL



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