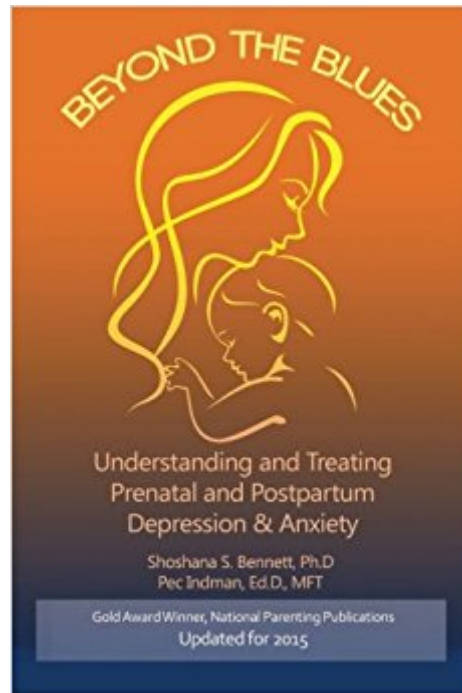




The book was found

# Beyond The Blues



## Synopsis

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 • Take prenatal vitamins for the baby, but for the long-term health of the mother, this is a must read for both her and her doctor. • "Timothy A. Leach, M.D., F.A.C.O.G. OB/GYN, San Ramon Regional Medical Center, John Muir Medical Center

## Book Information

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## Customer Reviews

very good book

I read this book at as a requirement for my doula certification and I thought it was great! It was very easy to read and very informative regarding the wide range of postpartum mood disorders that exist.

Highly recommend this book. Content is supported by research. Book is logically organized. The information is accessible and digestible. Enjoy.

Somewhat helpful...

Great book and very helpful in my time of need to understand what was happening to me postpartum. The only (big) problem to me was that it/the formatting is incompatible with the Kindle Paperwhite. Customer service made a couple attempts to help me figure out the problem but it is not something that could be fixed. The ebook version shouldn't be sold for use on the kindle because you won't be able to read all the text. It works on my iPhone and iPad, neither of which are my first choice for reading at night.

Clear and straight-forward explanations of conditions and treatments. Fully research based with extensive and helpful list of further resources. Excellent support for anyone who wants to be truly helpful to the new moms in their lives.

While this book gives some good information on symptoms and various forms of treatment for prenatal and postpartum depression and anxiety, and I appreciated the hope that's instilled about recovery, I am concerned about the push for psychotropic medications for all, especially pregnant mothers. There is a definite bias there that made me pretty uncomfortable since there is no reference to specific articles/sources. Sometimes it would say "one study found" but did not cite the authors or specific research article. They give examples of pregnant women who stopped their meds and felt worse, which will happen if you don't slowly wean and/or get other forms of help, but not ones who start and don't get better or even get worse, including becoming suicidal (which is not

uncommon) or how many get better without psychotropic medications at all. Read *The Emperor's New Drug* by Irving Kirsch, which exposes the antidepressant myth, discusses the placebo effect, and how having a "chemical imbalance" is a poor theory. A good amount of drug research is done/funded by pharmaceutical companies who skew the data and minimize risk and side effects to sell their next pill. Having a company that creates a product prove that the product is effective is just unethical and dangerous. For this reason, I encourage reading this book with caution surrounding research on the benefits of psychotropic medications. Psychotherapy is recommended as the first line of treatment unless the mother has bipolar mania or psychosis.

This book is written with a very pharmaceutical slant - the author continually recommends medication and downplays any risk or effect to the fetus. At one point, the author states that "there was a concern that benzodiazepine exposure increased the risk of birth defects, particularly cleft lip and palate. There is now some evidence that maternal anxiety itself may contribute to cleft lip and palate birth defects. New research suggests the risk of birth defects in the first trimester is very low, and these medications can be used without concern...." Seriously?! Was this sponsored by drug companies? Citations of sources? None given. Incredibly unprofessional and the bias is pervasive. Just to be clear, there is now evidence that taking some anti-depressants (SSRI and namely paroxetine) during the first trimester does indeed contribute to a nearly 30% increase in risk for congenital and cardiac malformations (<http://www.medicalnewstoday.com/articles/304678.php>). I understand that this study release is perhaps too recent for this book to cite, but I do find that the continual push to medicate throughout the book is dangerous advice. I do not recommend this book.

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