



# Depression after Childbirth: How to Recognize and Treat Postnatal Illness (Oxford Paperbacks)

*Katharina Dalton*

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## **Depression after Childbirth: How to Recognize and Treat Postnatal Illness (Oxford Paperbacks)**

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Postnatal depression can have devastating effects on a new mother and her family. It is often thought to be psychological in nature, caused by factors such as sleeplessness, lack of outside contacts, and loss of independence, when in fact, the problem has physical origins. In this book, Dr. Katharina Dalton draws on case histories from her own controversial and successful work in order to reeducate the medical profession and general public. She argues that in order for postnatal depression to be cured, it must be recognized for what it is -- a hormonal change in the woman's body after childbirth. She stresses the importance of postpartum medical visits to assess physical and emotional well-being and contends that many of the symptoms can be cured by hormonal replacement therapy with natural progesterone. For anyone concerned with postnatal depression, this new and revised edition reflects the substantial advances made in recent years, and above all, will help mothers to recognize their own symptoms and seek correct therapy.

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