

The Truth about Postpartum Pregnancy and its Effect on Women



Postpartum pregnancy is the changes a woman goes through after delivering a baby. Its many side effects range from discharge to depression and effects about 50 percent of women as stated by my.clevelandclinic.org.

Nine months of growing a little human and putting the body through extreme changes is what happens when one is pregnant. Not many think of the recovery process a mother has to go through once the baby is born and what it takes to be back to normal.

Pregnancy and recovery is different for everyone and varies from woman to woman.

According to mayoclinic.org, on average, a woman's body can take up to 12 weeks to recover from pregnancy.

Guinevere Hart, 41, mother of two, said that the recovery from her second pregnancy was nothing like she expected.

"My first pregnancy was very smooth and so was the recovery, so when I had my son years later I expected the same. The postpartum with my son was very difficult and long journey. I experienced severe weight loss and contractions from time to time. I am glad I had my family around to help me get through my postpartum and also help with the baby

Baby Blues

Postpartum depression is another symptom some women develop after childbirth. MayoClinic.com states that some refer to this depression as "Baby Blues" and it mainly shows in new mothers. Baby Blues occur because the birth of a baby can trigger so many different emotions.

Ajani Degraffenreid, new mother, said Baby Blues is a real thing and something that affected her after giving birth.

"A few days after giving birth I expected to be elated due to the arrival of my baby girl. Although I was grateful that my daughter was healthy and beautiful, I was experiencing major anxiety and depression after pregnancy. This is my first child and I am also a single mother. I had no idea how to take care of a newborn alone. Attending my postpartum doctor appointments and having family around to help definitely got me through the baby blues."

DID YOU KNOW?



The uterus can expand greatly during pregnancy. During the first trimester, it's about the size of an orange. By the third trimester, it expands to the size of a watermelon.

Source: Healthline.com

Getting Help

There are many options for mothers to get help with postpartum pregnancy and also methods to prevent the side effects.

Angela Blount, University of South Florida public health official, said that pregnancy centers provide useful information for individuals inquiring about postpartum pregnancy.

“There are many helpful tools and prevention tips available at local pregnancy centers on how to help with postpartum pregnancy symptoms. Having prior knowledge on what postpartum is and also having a strong support system typically prepares a mother for a smooth recovery from childbirth.”

Awareness regarding postpartum pregnancy and what women go through after birth is an important. To help bring awareness to postpartum pregnancy, individuals can recognize Maternal Mental Health Awareness in the month of May.