

50% of women are at risk of “postpartum depression” with advice on how to treat it in time

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Pranyaya and Arthur Magoffin Foundation (PAM Foundation) organized an event "Open your heart to talk Let's get to know about postpartum depression" and share first-hand experiences from mothers who have experienced postpartum depression. Approximately 50% of women are found to have postpartum depression. It is advisable to consult a doctor for immediate treatment.

Mr. Hemish Magoffin, the founder of the PAM Foundation , told about his experience and inspiration for the foundation that in 2021 he lost his wife, Khun Pranaiya Ulpatorn and son, Arthur. Sadly gone from postpartum depression So decided to establish a foundation in the name of both of them. To continue working for Khun Pranaiya including creating awareness **Supporting care and research on postpartum depression and its pre- and postpartum conditions.**

A study from 80 countries published in the journal Nature found that **postpartum depression affects more than one in six mothers**, with each person having a different nature and severity. In addition to the high statistics of postpartum depression Other psychiatric symptoms can also be found in mothers before and after childbirth.

These issues are often not discussed widely. Few people are aware of these conditions. as well as general views in society about psychological problems that are not very positive. As a result, people who suffer from these conditions are concerned about being judged by outsiders. This makes the fight against psychiatric conditions before and after childbirth even more difficult.

“These psychiatric conditions However, the quality of treatment for patients suffering from postpartum depression and related conditions is becoming increasingly common. including taking care of those close to patients in Thailand There is still a lot to be developed. The PAM Foundation was established with three main objectives in working on depression. Postpartum malaise and other related psychiatric disorders include raising awareness and providing accurate information. Caring for new parents and further research studies,” said Hemish Magoffin.



Mr. Hemish Magoffin, Founder of the PAM Foundation

Jariyadee Spencer said that After giving birth two years ago, I had quite severe depression. At first I didn't know it was postpartum depression because it was usually someone who had a positive outlook on life. But after giving birth, I started to have symptoms of wanting to be alone, which is not a normal habit. I don't want to talk to anyone, even my husband, because I think my husband doesn't understand. sometimes cry I don't want to see the baby's face And ever had an idea that popped into my head that this life was not good. thinks that one of the reasons may be because they have children during the covids can't go out

The other child had to go to school at home. There are many factors that cannot be controlled as usual. as well as being a person who has a habit of Perfectionist Fortunately, these symptoms were reported to the doctor. The doctor then described it as early postpartum depression and gave him medication. Along with suggesting that mothers should notice that they have symptoms that are strange after giving birth. You should consult a doctor and fix it immediately. Don't be embarrassed or worried about society's thoughts. Because the most important thing is family and people close to you.



"Open your mind to talk Let's get to know postpartum depression.

Khun Saraichat Kunchorn Na Ayudhaya shares her experience of having baby blues when her child was young and colic. The baby would cry from 8 p.m. to 5 a.m. for a full month, so Ning found the baby blues uncontrollable. During that time, there will be feelings of conflict in themselves. Have love for children at the same time sometimes feel that they do not want to have children. which the husband understands and tries to take care of them by taking them out to dinner and to have private time to relax

But at the same time, Ning was worried about the child. Crying when not with the child and did not want anyone to touch the child Ultimately, Ning thinks that each mother has her own different ways of dealing with stress and emotions. It is important that family members understand each other.



"Open your mind to talk Let's get to know postpartum depression.

Dr. Yadawee Tangtrongpairrote, MD, said that women after giving birth are about 50% more likely to have Postpartum blues and some will develop Postpartum depression after giving birth. Decreased hormone levels affect the mother's mood. which drug treatment can increase hormone levels back up to balance

However, most mothers still face a lot of stress and other pressures, such as the belief that breastfeeding is the best. This is information that may be received from acquaintances and media. As a result, mothers who are unable to breastfeed have to compare themselves to others. Therefore, these pressures should be relieved. by giving more importance to the mother's physical and mental health

Dr. Yadawee recommends that mothers get at least six hours of sleep. Maybe skipping late night feedings to get enough rest. In addition, for many years, hospitals in foreign countries have been providing assessments for postpartum depression for mothers. But in Thailand it is not widely practiced. what is important is Mothers who suffer from these conditions You should tell the people close to you and your doctor as soon as possible in order to get treatment in time.

At the event, the PAM Foundation's first fundraising event was launched, where Mr Hemich will join the JOGLE event in the UK. It spans more than 1,400 kilometers from the northern tip of Scotland to the bottom of the United Kingdom at southern Cornwall. It takes a total of 17 days from 18 March 2022 to raise awareness about the foundation. and postpartum depression including raising funds for the implementation of the Foundation's objectives

You can follow the video clips of the work. Open your mind to talk. come to know about postpartum depression” and details about The Pranyaya and Arthur Magoffin Foundation (PAM Foundation) and JOGLE, as well as the activities of the Foundation, can be found at the website. www.pamfoundation.org