

## Seminar on postpartum disorders May 24

Families are invited to attend a free seminar entitled 'Postpartum Mood Disorders — What You Didn't Expect When You Were Expecting' May 24 at the Halton Regional Administration Building in Oakville.

The seminar, organized by the Halton Coalition for Maternal/Infant Care, will begin at 7 p.m.

The purpose of the seminar is to educate families about postpartum disorders so they can be identified and treated earlier and to educate individuals affected by postpartum mood disorders of treatments and support available.

Dr. Gail Erlick Robinson, psychiatrist and director of women's health at Toronto General Hospital, will provide information on early identification, diagnosis and treatment options.

Other speakers will include Dr. Mary Lees, psychologist, and Christine Long, executive director of Postpartum Adjustment Support Services — Canada.

They will speak about types of postpartum mood disorders, prevalence, risk factors, affect on families and available community support.

A women's personal account of her journey to recovery will also be presented.

Postpartum mood disorders include a range of conditions that differ in terms of both symptoms and severity.

At the mildest end of the spectrum lies the well-known maternity blues. This condition, which typically begins in the third or fourth day of postpartum, may include symptoms as tearfulness, anxiety, irritability, insomnia and poor concentration. Estimated to affect some 50 to 80 per cent of women, it usually resolves itself within two weeks.

In general, when symptoms of the blues last beyond two weeks and interfere with daily functioning, the presence of a more serious disturbance should be investigated.

Postpartum Depression is estimated to affect 10 to 15 per cent of postpartum women. Typically, these disorders begin within three to six months of delivery, but may begin at any time up to the end of the first year. These disorders may develop gradually from the blues or may appear without any previous symptoms.

Symptoms include tearfulness, hopelessness, sleep and appetite disturbances, physical complaints, scary thoughts and an unusual degree of irritability.

With early detection and appropriate referral, postpartum mood disorders have excellent outcomes. To reserve a seat for the seminar, call (905) 338-4379.

## Awards night for auxiliary

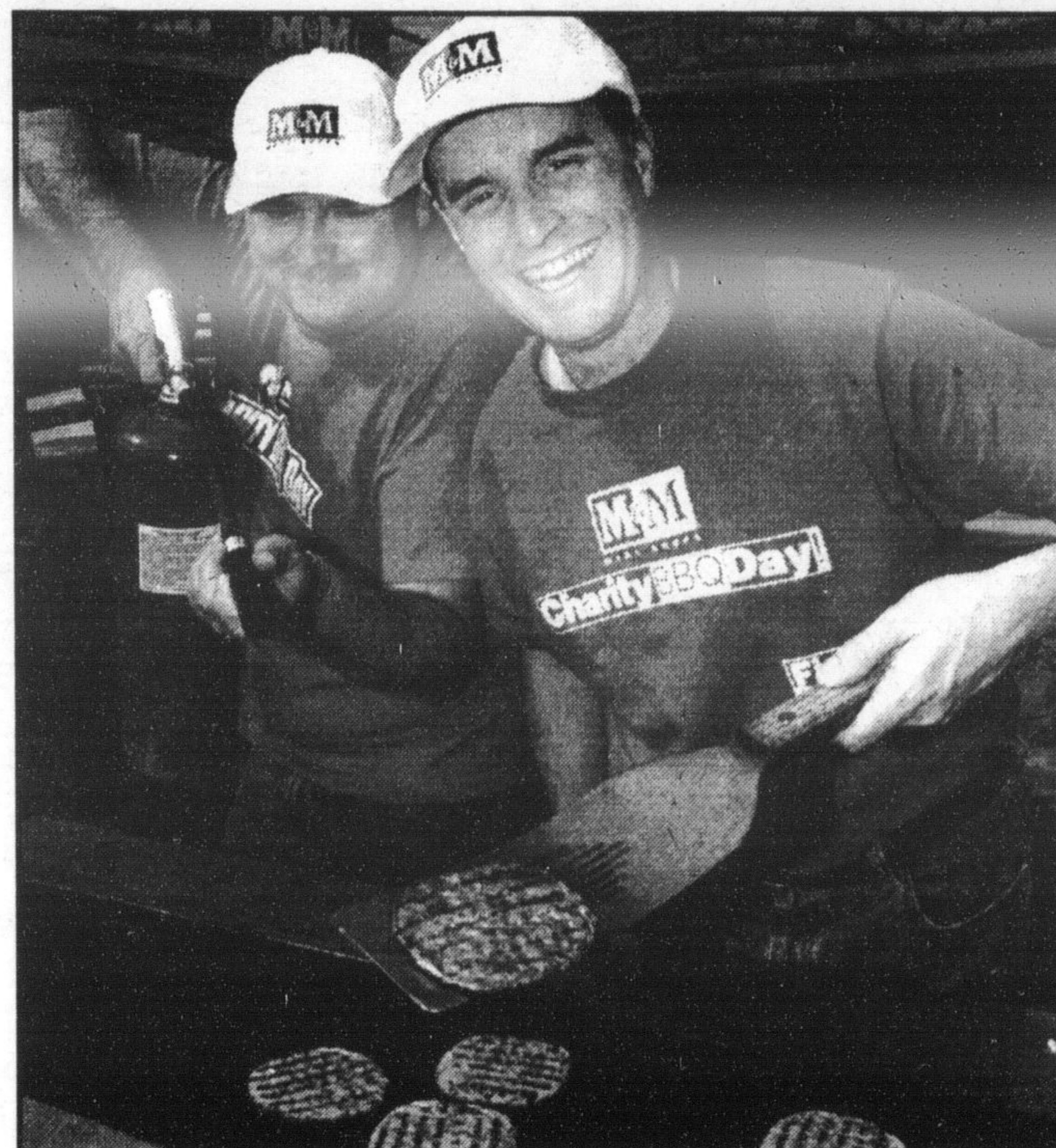
The annual meeting and awards night for the Milton District Hospital Auxiliary will be held Thursday at the Milton Curling Club.

The meeting will follow a 6 p.m. pot luck dinner.

All volunteers and junior volunteers are invited to attend.

The guest speaker will be comedian and motivational speaker Gord Paynter.

For more information, call (905) 878-2383.



## Burger anyone?

M&M Meat Shops held its annual charity barbecue in support of the Crohn's and Colitis Foundation Saturday. Here, M&M franchise owner Scott Schlotzauer (right) and Milton Fire Chief Harold Penson have some fun while helping out.

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Adults \$15 Seniors/students \$13

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# WHICH VACATION PICTURE WILL YOU



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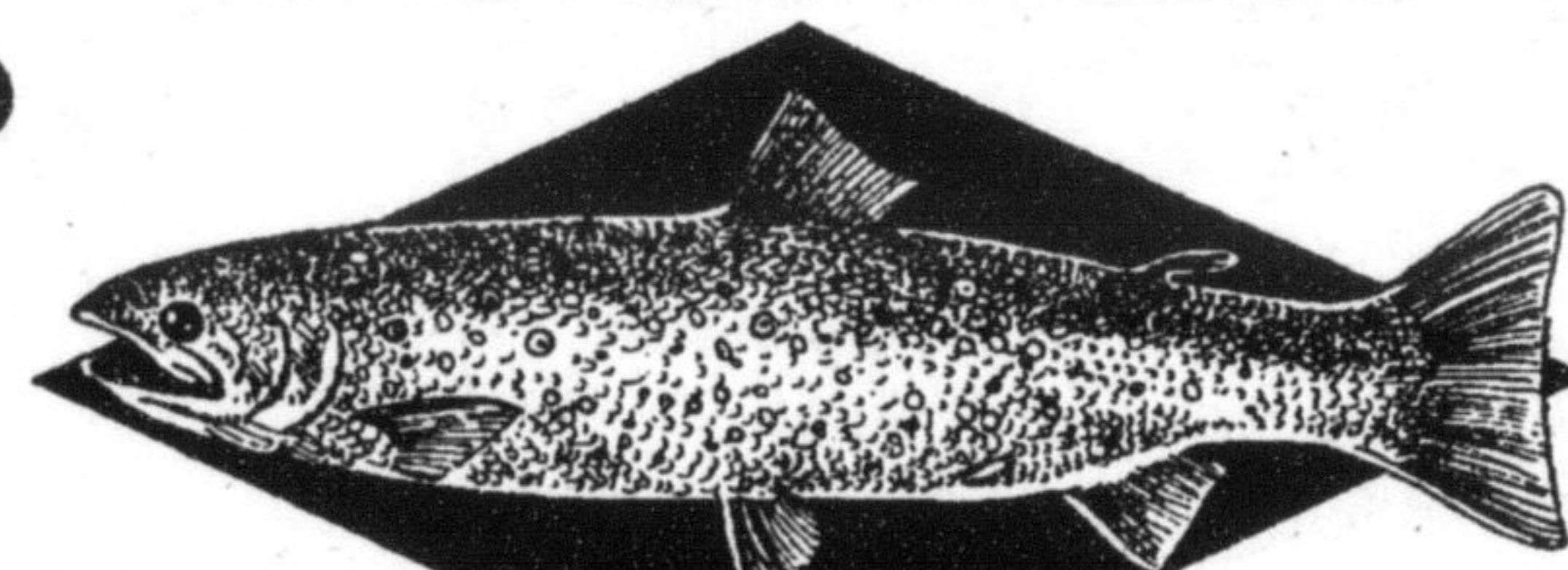
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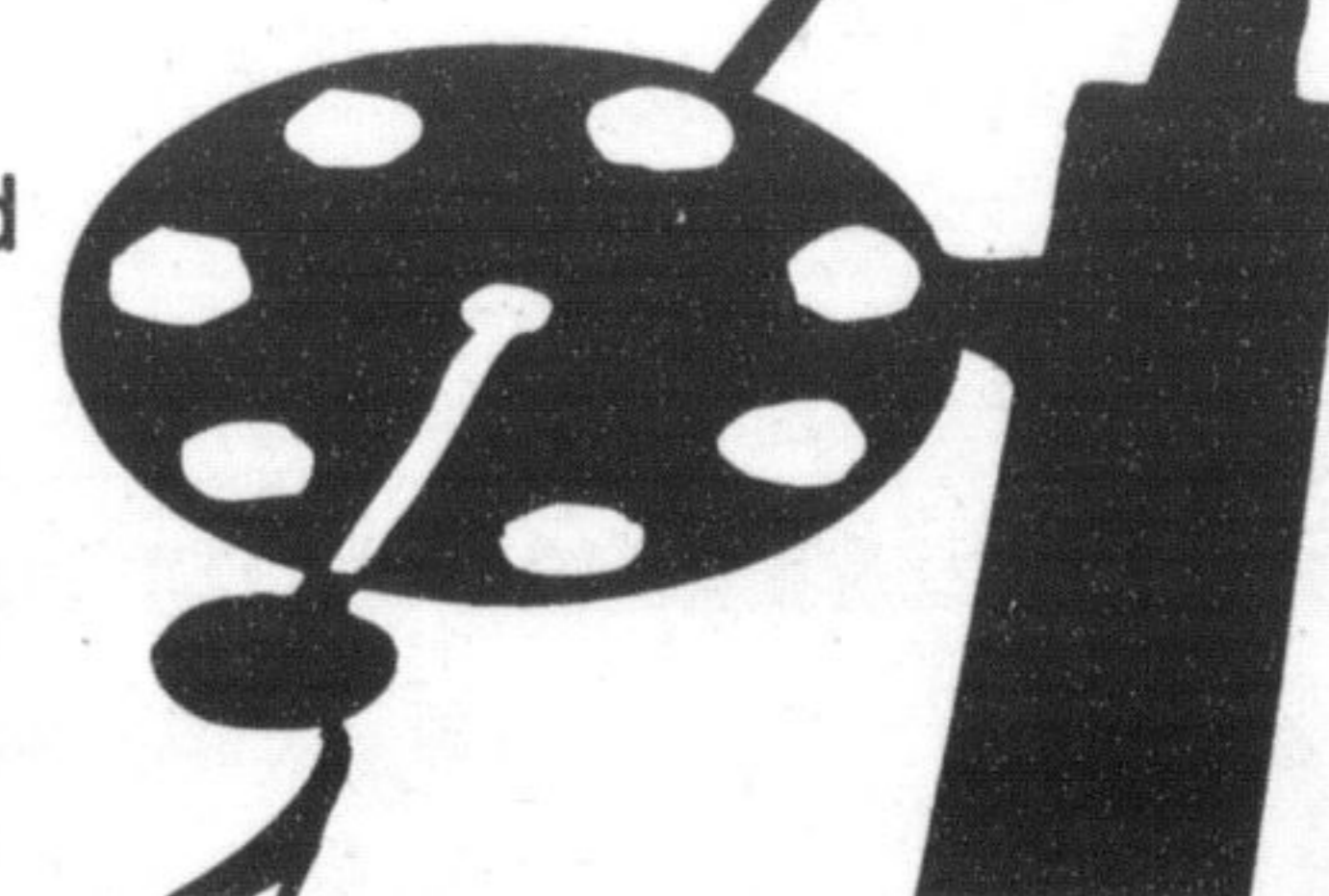
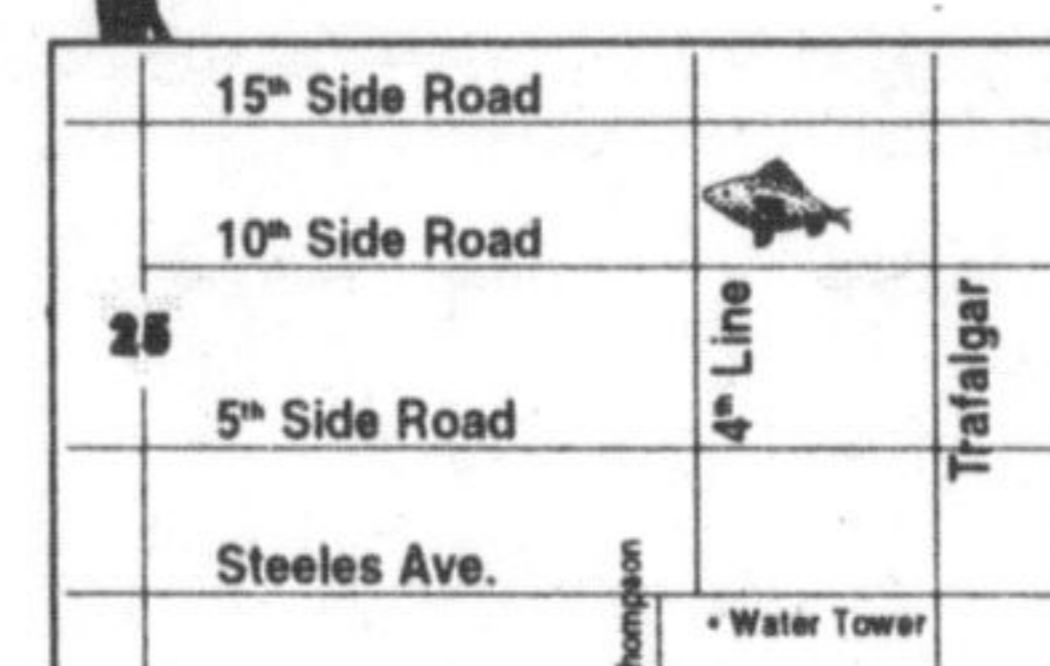
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