

Family Medicine Clerkship Plain Language Summary

Title: Sad Mommies Might Lead to Sad Babies

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Plain Language Summary:

Experiments show that when mommies have lots of sadness when they have a baby in their tummy, the baby can move slower and cry less than a normal baby when they are born. The babies may also get mad more than other babies and it may be harder for them to calm down. They might also be born early. The mother can feel like she is going to have the baby early and the baby can weigh less if they are born early. Sometimes mothers have more problems when the baby is being born. When sadness is not taken care it can cause more sadness so that the mother might not take care of herself or the baby. She may eat bad food or take bad drugs that would hurt her and the baby.

In ladies who can have babies they can get sad easier. Some mommies will get very sad when they have a baby in their tummy. This could cause some of the bad things to happen.

Being very sad can be scary to everyone. Ladies who are going to have babies can sometimes get really worried and this could make them sadder. Being very sad can be bad for the baby and medicines to make mommies feel better can sometime be bad for babies.

It is not for sure the medicines to make mommies feel better are bad for babies, but it could be true so we have to be careful. Some medicines are safe because a little bit gets into the babies but goes away fast. Some medicines to make moms feel better can be bad for the baby's heart but not always.

Mommies should feel good when they have babies and not sad. So if they have to take medicines to feel better and not sad they should take the medicines.

Additional Resources:

Lattimore, K.A., Donn, S.A., Kaciroti, N., Kemper, A.K., Neal, C.R., Vazquez, D.M. Selective serotonin reuptake inhibitor (SSRI) use during pregnancy and effects on the fetus and newborn: a meta-analysis. *Journal of Perinatology* (2005): 25: 595-604.

ACOG Practice Bulletin: Clinical management guidelines for ob-gyn no. 94, April 2008. Use of Psychiatric Medications During Pregnancy and Lactation. *Obstet Gynecol* 2008; 111:1001.

Misri S., Kendrick K. Treatment of perinatal mood and anxiety disorders, a review. *Can J Psychiatry* 2007; 52 : 489.

Key Words:

Pregnancy
Depression
SSRI
Teratogens
Maternal health

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