

FOR IMMEDIATE RELEASE

## IS PREGNANCY A GOOD IDEA FOR WOMEN WITH DEPRESSION

(Ellicott City, MD) According to research findings from the Agency for Healthcare Research and Quality, depression is as common in women during pregnancy as it is after giving birth. Estimates are that 13% of women suffer from depression and approximately 1 in 20 women who are pregnant or have given birth in the past 12 months suffer from major depression.

The problem of depression during pregnancy may be even more serious simply because most people don't recognize it due to their belief that depression is a problem for women only following childbirth. Given this alarming data, women who suffer from depression should carefully consider having a baby.

*The Pregnancy Decision Handbook for Women with Depression* addresses the needs and answer many of the questions and concerns of women and their families. The handbook is presented in a question and answer format from a patient's perspective. It is user friendly, interactive and easy to read. Thought provoking, it readily supplements other information and clears up misinformation. But the book is not intended to dictate clinical decision making.

Stephanie Durruthy, MD is a board certified psychiatrist in private practice, mother and expert in the field, and a strong voice on behalf of women and their mental health.

*The Pregnancy Decision* is available on the Internet at [Mindsupport.com](http://Mindsupport.com) or by calling at 410-964-0242

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***The Pregnancy Decision Handbook for Women with Depression***

by Stephanie Durruthy, MD

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