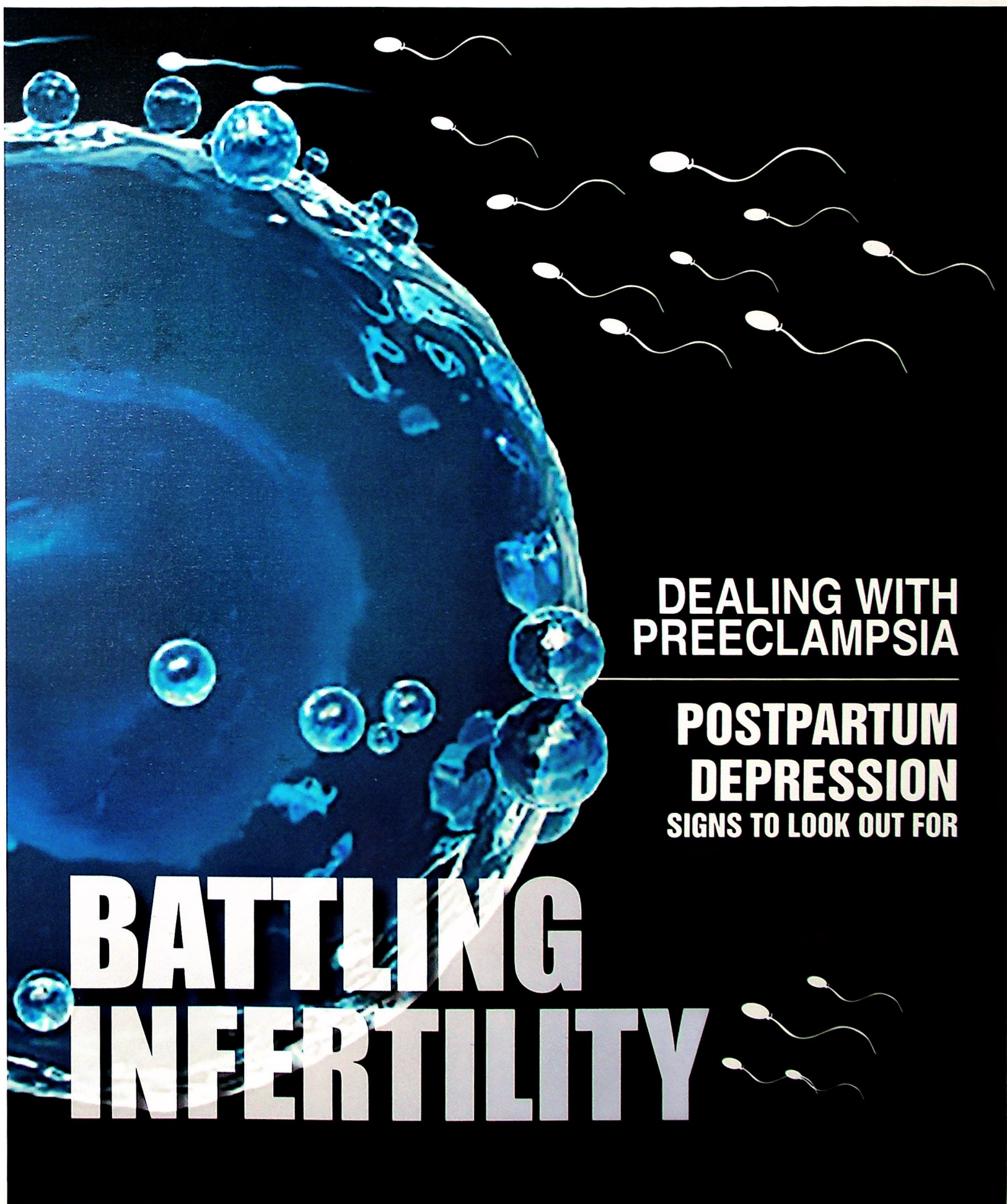


# MEDICOS<sup>NEXT</sup>...



**DEALING WITH  
PREECLAMPSIA**

**POSTPARTUM  
DEPRESSION  
SIGNS TO LOOK OUT FOR**

**BATTLING  
INFERTILITY**



# MEDICOS<sup>NEXT...</sup>



## CONTENT

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ISSUE 13



**18** PostPartum Depression  
Signs to Look Out For

Let's talk about pregnancy and postpartum depression and effects of work-life.

Pregnancy is a miracle without any negative side effects. Talking about pregnancy and postpartum, a woman who has been active even before pregnancy and exercising regularly will always have an advantage in her emotional and physical well-being than one who was sedentary before pregnancy. Nevertheless, during pregnancy and postpartum, a woman goes through a lot of changes in her body—physically, emotionally, mentally, neurologically, hormonally. The fluctuating hormone levels during pregnancy will greatly affect the emotional state of mind and delivery postpartum. And, also, during pregnancy, the physical and people around her may have great impact on her emotional delivery. For example, Yoga made a great workout, gentle back relief exercises, and breathing exercises will have therapeutic benefits during postpartum. Yoga and breathing exercises will bring balance of energy in her body. Those who had been actively practicing yoga and other forms of exercise before pregnancy will experience less chances of mental conditions like postpartum depression. If the woman is active and exercises regularly and practices yoga before pregnancy, it will definitely help reduce the stress as yoga is mostly for relaxing the body with various breathing techniques to balance her body and mind during her pregnancy and postpartum. As for a few women and their loved ones, they have the advantage of being happy and at harmony during and after pregnancy.



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