

# The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

## PPMD Update

### Peer Education Program Launched

Trained volunteers provide personal accounts and credible information about Postpartum Mood Disorders to community members in the Region of Peel. The free 60-90 minute workshop titled

#### 'Adjusting to Life after Baby'

is designed for parents to be, new parents and their family members.

#### Workshop Objectives:

To increase awareness about PMD and community supports and to decrease stigma



If you would like to request a workshop for your community group or agency please goes to the [www.pmdinpeel.ca](http://www.pmdinpeel.ca) to complete and submit the [request a workshop form](#)

## Coordinator's Corner

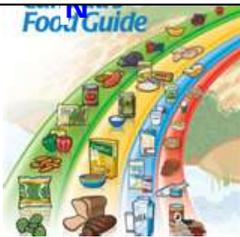
Spring 2010

The **Postpartum Family Support Telephone Line** is launching early June. This much anticipated service helps women and families through emotional challenges during pregnancy and birth and as they transition to parenthood. Trained volunteers provide non-judgmental support, helping families gain the necessary confidence and strength to parent their new baby. One of the many benefits to telephone support is that parents can call the line when they need the support without worrying about transportation, childcare or setting appointments.

The Support Line serves the Region of Peel and is the only resource of its kind. The service also provides outbound calls on a regular basis to clients who wish to register. New parents are often too exhausted to call, so we will make sure that someone reaches out to check in with them. The support line is offered in multiple languages through Telecare Distress Centre including English, Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese. The Support Line can be reached at 905-459-8441 calls are confidential.

Volunteers are currently being recruited, if you are interested in volunteering please contact **Nelia DeAmaral, Coordinator Postpartum Family Support Line** [postpartum@telecaredistresscentre.org](mailto:postpartum@telecaredistresscentre.org) or 905.459.8439 ext. 4

**Monica Irwin, PMD Specialist**  
905-791-7800 ext. 2650



## Nutrition May Influence Risk for Depression

The phrase "*you are what you eat*" suggests that nutrition has an impact on physical as well as mental health. Until recently, however, there have been few studies that provide data to support this idea.

In a study published by the *American Journal of Psychiatry* in March 2010 researchers examined how overall diet patterns impact mental health. Over one thousand women (ages 20-93) were followed over a 12-month period. They were given a comprehensive dietary questionnaire and were assessed for depression and anxiety.

Diets were divided into 3 types: "western", which was characterized by fried or processed foods, refined grains, sugary products and beer, "traditional", which included vegetables, fruit, meat, fish, whole grains; and "modern", which incorporated fruit, nuts, fish, tofu, beans, red wine and yogurt. *(Cont'd next page)*

**Steering Committee Members:** Best Start Health Coalition in Peel • Caledon Parent /Child Centre • Centre for Addiction and Mental Health • Credit Valley Hospital • Mississauga Parent Child Resource Centre • Infant and Child Development Services Peel • Peel Children's Centre • Peel Public Health • Punjabi Community Health Services • Success By 6 Peel • Vita Centre

## Nutrition May Influence Risk for Depression (cont'd)

Researchers found that a traditional diet was associated with a lower risk of major depression, dysthymia and anxiety disorders. A western diet was associated with higher levels of psychological morbidity.

These findings suggest that a diet rich in processed food leads to higher rates of depressive illness. The authors state this has practical implications, suggesting that it may be prudent to provide nutritional information and interventions focused on incorporating whole foods such as fruits, vegetables and fish. Reference: Jack et al [Association of western and traditional diets with depression and anxiety in women](#). Am J Psychiatry 2010; 167:305–311

*If the eyes had no tears, the soul would have no rainbows-First Nations Proverb*

### Resources

[Healthy Eating](#) Peel Public Health

[Mind Guide to Food and Mood](#) explains how food and nutrition can significantly affect your mental and emotional health

**New Book:** [Firewalkers](#) created by VOCAL, a non profit organization of people in mental health recovery. Firewalkers is the story of people who have experienced extreme mental states and through this experience, have learned things they never expected to learn and become people they never expected to be

[LGTB Parenting Connection](#) a network of organizations supporting Lesbian, Gay, Bisexual, Trans and Queer parents, their children and communities

[Hands on Dad: A Guide for New Fathers](#) promotes positive parenting and strategies to help dads support new moms

### Did you know?

Acupuncture appears to be an effective way to reduce depression symptoms during pregnancy according to [Stanford University School of Medicine researchers](#)

*Women should consult their healthcare provider before considering acupuncture*

### How food can affect your mood

Food plays an important role in maintaining mental as well as physical health. Mood disorders can make it challenging to eat well; the lack of motivation, loss of appetite, feelings of isolation, and the use of comfort eating as a coping strategy can all undermine adequate nutrition. **Here are some guidelines for healthy eating:**

**Enjoy a wide variety of food-** can stimulate interest in food when appetite is poor

**Eat plenty of whole grains-**whole grain cereals, fruits, vegetables & legumes have a low 'glycemic index' which helps stabilize blood sugars improving mood

**Include lean meat, fish, poultry and alternatives** –high protein foods contain tryptophan which produces serotonin, a brain chemical which can be low in those affected by mood disorders

**Include milk, yogurt, cheese-**Dairy products are nutritious foods and make good snacks when experiencing loss of appetite & weight. A warm glass of milk before bed can help induce sleep when combined with carbohydrates

**Drink plenty of water-** Prevents dehydration which can cause irritability and restlessness. Relieves dry mouth and constipation (side effects of some antidepressants)

**Limit saturated fat and consume moderate total fat intake-** this assists weight control and promotes a healthy metabolism

**Limit your alcohol intake-**drinking can contribute to depression since alcohol is a depressant

**Limit intake of foods containing added sugar-**foods high in sugar are low in nutrients, tend to be high in saturated fats and may contribute to weight gain. Many have a high 'glycemic index' causing your blood sugar to rise quickly, leaving you feeling tired and sluggish.

**Limit caffeine** –Coffee, tea, energy drinks, cola, cocoa and chocolate all contain caffeine which can increase anxiety and insomnia

**Eat regular meals and snacks throughout the day-** helps stabilize blood sugar and mood *Adapted from Healthy eating for people with depression, anxiety and related disorders [Fact Sheet](#), Beyond Blue [www.beyondblue.org.au](http://www.beyondblue.org.au)*