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stigma involved with feeling that way after [giving birth]. A lot of women don't bring it to anyone's attention because they feel like they're failing. Maybe, with more education, they'll feel more accurate to come forward." Gatt, who has practices in Livonia and Canton, added that improved intake questionnaires help to target at-risk moms early in pregnancy. "Women do receive good prenatal care, but the psychological or psychiatric aspects of that care aren't stressed as much," said Cecilia Farina-Morin, psychiatrist and clinical director of ambulatory services for behavioral health in the Henry Ford Health System. Farina-Morin noted that having a little bit of information or understanding about postpartum levels may lead to a wrong conclusion about the severity of mom's symptoms, putting her at risk.

"The problem with depression is that everybody can say [he or she] knows what that feels like. When most people who don't have clinical depression talk about that, they mean they've been 'down.' They've lost a job or a family member. With postpartum, most lay people know about the 'baby blues,' and that sometimes makes it trickier. By knowing about that, it can be dismissed.... I've seen moms do this, saying 'I can get over this.' ... Eight months later, they're still badly in depression."

Resources

Searching for a postpartum support group or even a session of postnatal meetings for mom and baby? They're few and far between in this area. Three years ago, Judy Beyersdorf, a certified childbirth educator and lactation consultant with Botoford Community Hospital, started a culture-specific mom-

baby club for Japanese women. "It evolved from an awareness of the need for people who are here for a short period of time to meet other mothers who have similar interests and concerns," Beyersdorf said. "They can become quite isolated after they give birth because of difficulty speaking the language, driving and getting out."

Moms with babies and toddlers in tow meet once a month at St. Mary Mercy Hospital's Marian Women's Center for support and companionship. This fall, group leader Charlene Shedd, RN, a certified lactation consultant, will host one of metro Detroit's prominent specialists in postpartum depression. Dr. Ron Rosenberg of Providence Hospital in Southfield. Call (734) 655-1100 for date and time.

"You need to support moms and babies once they've gone home from the hospital," Shedd

said. "It's a forum. A mom with a six-month-old baby who has done well gives support to another mom who's one month postpartum."

Lynne Keys, RN, MSN, perinatal clinical nurse specialist, at Dearborn's Oakwood Hospital, took a proactive role two years ago and developed a program that's close to completion. Keys hopes to bridge the gap in medical services within the Oakwood Health System available to postpartum women. It's hard to defy a tradition of

silence about the after-effects of childbirth, yet the key to beating postpartum depression may ultimately rest with Mom's willingness to speak up about her emotional and psychological ups and downs after her baby is born.

MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail rskoglund@aol.com or faxed to (734) 591-7279.

Series beginning Tues., July 17. Each session will be held 7-8:30 p.m. at the Senior Health Building on the campus of St. Joseph Mercy Hospital, 5381 McAuley Drive, Ypsilanti. Registration required. Call (734) 327-3409.

JULY 23 & 28

STOP SMOKING
Providence Hospital will hold two Wellness Seminars for smoking cessation: 8:30-8:30 p.m. Monday, July 23 at Providence Medical Center - Livonia: Mission Health Medical Center, 37695 Seven Mile Road (at Newburgh), Livonia. 10 a.m. to noon Saturday, July 28 at Providence Medical Center - Providence Park, 47601 Grand River Ave. (Beck Road entrance), Novi. Sessions include hypnosis and behavior modification. First 45 minutes is a free orientation. Afterwards, participants pay a one-time fee of \$69. Call (877) 345-5500.

course 8:30 a.m. to 3 p.m. in West Addition A. Registration deadline is July 16. The class teaches boys and girls ages 11-13 how to handle emergencies when caring for young children, including basic life-saving techniques, accident prevention, guidelines for summoning help and child-care tips. To pre-register, call (734) 655-1100 or (800) 494-1816 for out-of-town callers. A second session is scheduled for Aug. 6 and 7.

TUES, JULY 24

THYROID CANCER SUPPORT
ThyCa SE Michigan, the area's first support group for thyroid cancer survivors, will meet 7-8:30 p.m. in the Gold Room at the Plymouth Public Library, 223 South Main Street, Plymouth. The group is open to all thyroid cancer survivors and their families. It meets the fourth Tuesday of each month. Call M. Weckerle at (734) 397-2801.

TUES, JULY 24

SAFE BABY-SITTING
St. Mary Mercy Hospital in Livonia will offer a two-day "Safe Sit-

THUR AUG. 14

GRIEF RECOVERY
Hospice of Washtenaw will present a five-week Grief Recovery

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Please see DATEBOOK, D6



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Saturday afternoon session begins at 2:00 pm
Sunday, open at 12:30 pm, auction to follow


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