

# COMMUNITY LIFE

THURSDAY AUGUST 14, 1997

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## CHAT ROOM



LEON SCHOICHT

## New York club is gem of experience for Hills' couple

Being in the wholesale diamond brokerage business for almost 50 years has led to some very interesting experiences. One such event led me into admission to the New York Diamond Club and Exchange. This institution involves jewelers, retailers, wholesalers and anyone involved in the industry who wishes to participate. Professionals from all over the world come here to buy, sell, and trade diamonds year around.

One day I asked my wife if she would like to have lunch in New York. It would be a one day trip. I did not inform her that we would be eating at the diamond club, as a surprise to her. She welcomed the trip and made the necessary arrangements.

We arrived that day at 11 a.m. and took a taxi to the club. I had to find one of a number of cutters or brokers with whom we deal in order to gain entry to the club. You can't enter without a connection; you must be signed in. This sponsor must also guarantee your integrity and status in the jewelry business. We were buzzed in. Out-of-towners have their names put onto a large bulletin board. We were soon overwhelmed by many brokers who wished to sell to us.

After about two hours of viewing diamonds, we decided to eat. Dairy food of every kind is

Please See CHAT ROOM, B2

## Docs help depressed new moms

■ A new Farmington Hills practice is dedicated to helping women with postpartum depression.



BY MARY RODRIGUE  
STAFF WRITER

Bizarre distorted thoughts plague some new mothers suffering postpartum depression. Common household chores become insurmountable tasks.

For one new mom, plastic wrap was taboo. It gave her the impulse to smother her baby. For another, hot water was the trigger for thoughts of scalding. Yet another couldn't handle carving meat on a cutting board without thinking of knifing her newborn.

"10 to 15 percent of new moms have significant postpartum depression," said Dr. Ronald Rosenberg, an ob/gyn who specializes in the treatment of these women.

Rosenberg recently teamed with Dr. Alan Rosenbaum, former chairman of psychiatry at Harper Hospital and a specialist in mood disorders, along with several other physicians and support staff in a Farmington Hills practice called Psychopharmacology Associates, at 28900 Orchard Lake Road.

The common thread among these practitioners is how medications work in the body.

"Inability to sleep, especially when the baby is sleeping, undue fatigue, inability to experience pleasure, an overwhelming sense of guilt for feelings they're having, appetite changes - eating too much or too little are major symptoms," said Rosenberg.

Being able to identify postpartum depression is easy. Why it affects some women and not others is harder to figure out.



STAFF PHOTO BY DEAN MITCHELL

Specialists: Dr. Ronald Rosenberg, left, an ob/gyn specializing in the treatment of women with postpartum depression, and Dr. Alan Rosenbaum, right, a psychiatrist, have teamed with other specialists in a Farmington Hills practice dedicated to helping these women.

"We've been trying to collect data," said Rosenberg. "There are probably many issues. One of them is dramatic hormonal changes. A group of women seem more susceptible to it. Sometimes you see it running in families. Then there are psycho-social issues, like no family support, or issues involving upbringing."

Adds Rosenberg: "A genetic predisposition that the hormonal change brings out along with normal sleep deprivation (can bring it on.)"

Unfortunately, it's too complex to hone down into one or two things."

Many physicians treating new mothers aren't trained to recognize or treat postpartum depression. And some new moms are afraid to admit to their bizarre feelings.

In his former practice, Rosenberg recognized postpartum depression in several patients, but didn't know how to treat them.

"I didn't have the skills to take care of these women," he said. "Education for ob-gyns is dreadfully neg-

ligent in this area.

"It's difficult for women to see a psychiatrist for the guilt they feel. And I didn't have the tools to treat them."

Today he sees his role differently.

"I'm sort of a bridge. I'm half ob/gyn and half psychiatrist. People feel it's a moral weakness that they're not feeling all right at this time in their life when they are supposed to be feeling the most joy."

Subtle signs of postpartum

Please See DEPRESSION, B2

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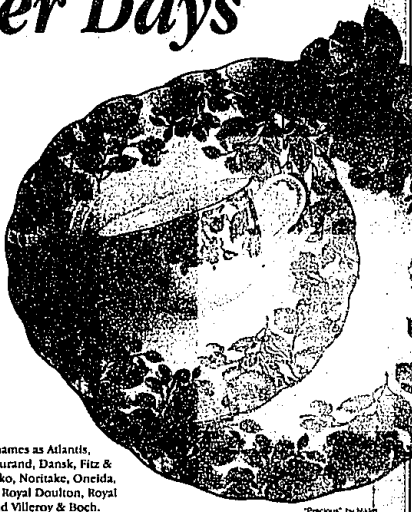
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