

# HAPPINESS COMES IN WAVES

Women Adjusting to Various Emotional States

## What is it

**WAVES**, a new program offered by Lehigh Valley Physician Group–Obstetrics and Gynecology (LVPG OBGYN), is designed for women who are dealing with the emotions of pregnancy and motherhood. **WAVES** is for pregnant women and mothers looking for extra education, resources, treatment and support from our obstetric providers who have received extra training in perinatal mental health.

## Why

- 1 in 5 women experiences perinatal mood and anxiety disorders (PMADs).
- PMADs are the most common pregnancy complication.
- These can develop during pregnancy or in the postpartum period.
- PMADs are associated with an increased risk for maternal and infant morbidity and mortality.
- Women who already have anxiety and/or depression are more likely to develop PMADs during or after pregnancy.
- There are treatments available for anxiety and depression that can be used during pregnancy and while breastfeeding.

## How **WAVES** can help

We want to end the stigma behind mental health, especially for pregnant women. The **WAVES** program is a self-selected program, which means you can elect to participate as part of your routine OB care.

## We see

- Women with a history of postpartum depression or anxiety during pregnancy
- Women on medication for anxiety and/or depression
- Women with a history of infant loss
- Women who have suffered from birth trauma

## Your mental health and well-being are a priority.

To learn more about the program, talk with your provider or ask at checkout. We're here to help and support you every step of the way.

