

The Delaware Office of WOMEN'S HEALTH Newsletter

Providing information and awareness about women's health issues.

National Infertility Awareness Week: April 19-25, 2015

National Infertility Awareness Week is a time to recognize infertility and learn more about reproductive health. The theme of this year is, "You are not alone." Infertility can affect as many as one in eight couples of reproductive age, and can be a very isolating disease to face.

Infertility is officially defined as trying and not getting pregnant after having timed, unprotected sex for more than one year. While many women believe they can delay their family building until later in life, research tells us a woman's fertility begins to decline at age 30. About six percent of married women in the United States are unable to get pregnant after one year of unprotected sex. About 11 percent of reproductive age women have difficulty getting pregnant or carrying a pregnancy to term, regardless of marital status.

Although many couples struggle with infertility and seek help to become pregnant,

it is often thought of as only a women's condition. A study from the Centers for Disease Control and Prevention (CDC) analyzed data from the 2002 National Survey of Family Growth and found that 7.5 percent of all sexually experienced men younger than age 45 reported seeing a fertility doctor during their lifetime – this equals 3.3 to 4.7 million men. Of men who sought help, 18 percent were diagnosed with a male-related infertility problem.

If you live in Delaware and struggle with infertility, you're not alone; local support groups can help. Starting April 7, 2015 a RESOLVE Delaware Peer-led Support Group will meet the first Tuesday of every month from 6:30 p.m. - 8:00 p.m. in Room 1001 of the Christiana Hospital.

For more facts on infertility, visit <http://www.cdc.gov/reproductivehealth/Infertility/>.

April is **Sexual Assault Awareness Month**

May is **Mental Health Awareness Month**

June is **Workplace Safety Month**

April 19-25, 2015 is **Victims' Rights Awareness Week**. Delaware Victims' Rights Task Force will host a Tribute and Candlelight Vigil on Monday, April 20, 2015 at Delaware State University, MLK Jr. Student Center—6:30 p.m. All are welcome.

May 10–16, 2015 is **National Women's Health Week**. Visit <http://womenshealth.gov/nwhw/> to learn more.

Delaware Breast Cancer Coalition hosts **The Shining Light Awards**, June 12, 2015, 8:00 a.m. at the Chase Center in Wilmington. Call Christina Richter at 302-778-1102 x 1020

The Office of Women's Health (OWH) Newsletter:

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TO SUBSCRIBE PLEASE CALL 302-744-4703 or e-mail request to: OWH@state.de.us

HAVE A SUGGESTION?

If you have an idea, resource, news item, or event to share with the Office of Women's Health, contact OWH@state.de.us

SPREAD THE WORD:

Forward this email to a friend. Effective community partnerships depend upon the sharing of resources.

A heartfelt message from Laura Krueck

Hello, my name is Laura. Many people think of infertility as something that happens to other people. But when I was just 29 years old, my husband Andrew and I learned we couldn't conceive on our own. We sought answers for three and a half years through multiple fertility centers before I gave birth to my son, Oskar. My son is the light of my life, and although it was a hard and grueling process, I would do it again in a heartbeat.

When you're planning your family, finding out you have fertility challenges can be devastating. It can leave you feeling insecure. It may even stop you from seeking treatment from reproductive specialists who can help. Most of all, infertility can be lonely – but it doesn't have to be. Know that you are not alone, and that great organizations like RESOLVE are there to offer support when you need it most.

After the birth of her son, Laura joined the staff at an infertility treatment center as a new patient coordinator. She now helps other women with fertility challenges. Visit www.iof-de.org to learn more about infertility.



The Office of Women's Health was created to increase the health knowledge for all Delaware women and engage them in leading healthier lives.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



3rd Annual Climb Out of the Darkness

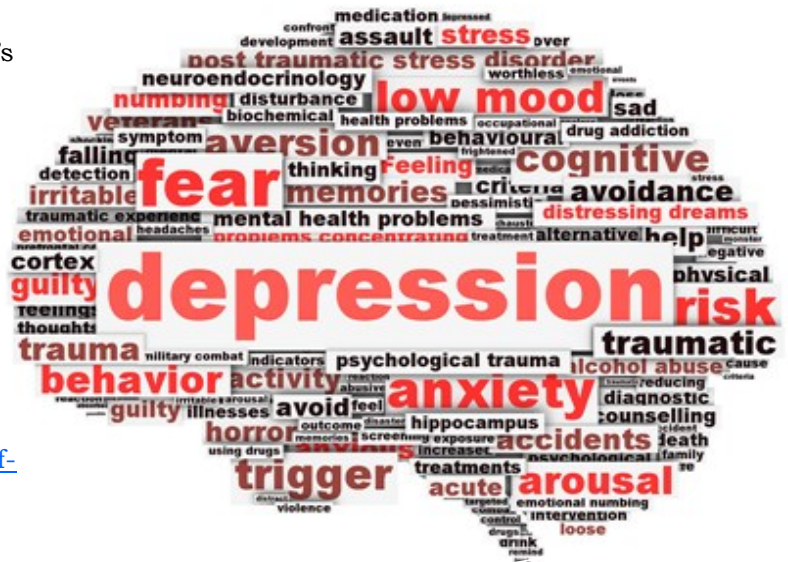
Includes Delaware Climb on June 14, 2015

Climb out is the world's largest event to raise awareness of postpartum depression & anxiety. The Climb raises awareness of perinatal mood and anxiety disorders like postpartum depression (PPD), anxiety, obsessive compulsive disorder (OCD), and psychosis, as well as pregnancy-related depression and anxiety. Postpartum depression, which affects one in every seven women, is the most common complication of childbirth.

This June, on or around the longest day of the year, PPD survivors all over the world are climbing or hiking to symbolize their collective rise out of the darkness and stigma of maternal mental illness. The event also raises funds to support Postpartum Progress, a non-profit organization in the U.S. founded to help support moms around the world through online support and resources.

Climb Out of the Darkness is now the world's largest event raising awareness of maternal mental illness. Last year, 115 climbs took place in 43 U.S. states and eight countries. Our local Climb will take place at Lums Pond State Park in Bear, DE on June 14th from 1-4 p.m. For more information to register visit <http://www.crowdrise.com/megano-hara1-COTD2015>

For questions about Climb Out of the Darkness, visit <http://postpartumprogress.org/climb-out-of-the-darkness/cotd-faq/>



What is depression? Many women experience

depression, including pregnant women, postpartum women, and women who are not pregnant. Depression has symptoms just like other illnesses, including a low or sad mood; loss of interest in fun activities; changes in eating, sleep, and energy; problems in thinking, concentrating, and making decisions; feelings of worthlessness, shame, or guilt; and thoughts that life is not worth living. When many of these symptoms occur together and last for more than a week or two at a time, this is depression. According to a national survey, approximately 11 percent of women who were not pregnant experienced major depression in the previous year. [Source: Depression and treatment among U.S. pregnant and non-pregnant women of reproductive age, 2005–2009. J Womens Health. 2012;21(8):830–836.]

Postpartum depression is depression that occurs after having a baby. The symptoms of postpartum depression are similar to symptoms for depression. They also include trouble sleeping when your baby sleeps (more than the lack of sleep new moms usually get); feeling numb or disconnected from your baby; having scary or negative thoughts about the baby (like thinking someone will take your baby away or hurt your baby); worrying that you will hurt the baby; and feeling guilty about not being a good mom, or ashamed that you cannot care for your baby. According to a CDC survey, eight to 19 percent of women reported having frequent postpartum depressive symptoms.

For more information on this and other signs of depression visit <http://www.cdc.gov/reproductivehealth/Depression/index.htm>.

Delaware Health and Social Services has many offices which offer assistance to women experiencing depression. Please visit <http://www.dhss.delaware.gov/dhss/> for additional information.