

Anxiety disorders during pregnancy and postpartum period

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Panic disorder

- Da Costa syndrome
- Hyperventilation syndrome
- With or without Agoraphobia (fear of going outside and crowded places)
- 2% of general adult population

Panic disorder

- More frequent in women than men
- More likely chronic course in women
- Higher relapse rates in women
- (like most anxiety disorders)

Diagnosis

- COGNITIVE SYMPTOMS OF PANIC
- Sense of depersonalization (not me)
- Sense of derealization (like a movie)
- Fear of dying, of going crazy
- Strange sensations in arms and legs (paresthesias)

Diagnosis

- SOMATIC SYMPTOMS OF PANIC
- Shortness of breath
- Sensation of choking
- Chest pain
- Tremors in hands and limbs
- Marked sweating
- Hot flushes or chills

Diagnosis

- OTHER SOMATIC SYMPTOMS
- Sensation of dizziness or light-headed
- Palpitations, heart pounding
- Nausea
- Abdominal pain

- (DSM IV)

Panic and medical conditions

- More frequent in:
- Hyperventilation (e.g. pregnancy)
- (progesterone increases ventilation)
- Mitral valve prolapse
- Coronary artery disease
- Hyperthyroidism
- Sleep deprivation

Panic and substances

- Increased likelihood of panic if:
- Alcohol
- Caffeine intake
- Cannabis intake
- Cocaine intake
- Decongestant medications, e.g. pseudoephedrine

Panic and pregnancy

- Does panic improve or worsen with pregnancy?
- Aggravating factors:
hyperventilation, sleep deprivation,
progesterone (induces hypervent.)
- Alleviating factors: Progesterone
action on Gaba-benzodiazepine
receptors

Panic and pregnancy

- If mild ...tends to improve
- Severe hypomania (pressued speech, etc