Anxiety disorders during pregnancy and postpartum period

M Maldonado
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 (pressured speech, etc)