

# your body

look and feel great in a flash, by dina roth port

## beyond the baby blues

During the first three weeks postpartum, women are seven times more likely to be hospitalized for a mental illness than those with older infants, reports a recent study in *The Journal of the American Medical Association*. Here, learn the warning signs for three conditions that strike new moms. If anything sounds familiar, check in with your doctor ASAP.

**BIPOLAR DISORDER:** This condition causes dramatic mood swings ranging from extreme highs to extreme lows. During a manic phase, a woman might find herself so full of energy that she's wide-awake at 3 A.M. rearranging the nursery or putting together a baby scrapbook. She's typically overly optimistic and takes on many different projects that she doesn't finish. Then she'll suddenly become depressed, thinking she's the worst mother in the world.

**GENERALIZED ANXIETY DISORDER (GAD):** All moms worry. The difference here is that the anxiety becomes life-consuming. A sufferer might stay up for hours checking on her infant, convinced he's not breathing, and she'll often be unable to trust anyone (even her husband or mother) with the baby.

**OBSESSIVE-COMPULSIVE DISORDER (OCD):** This anxiety disorder causes people to have unwanted thoughts that often drive them to repeat specific behaviors. A mom with OCD might wash her hands and the baby's pacifier every few minutes. She might have intrusive thoughts that her child is in danger; she may worry the baby's not actually secure in the car seat and check the straps repeatedly. People with OCD are often aware their thoughts don't make sense, yet they're unable to stop them without seeking help.

For more info or to find a therapist, visit [apahelpcenter.org](http://apahelpcenter.org)

### Fast-food cheat sheet

Babytalk helps you take all the guesswork out of eating healthy when you're on the go.

	go for...	the stats
KFC	• <b>oven roasted twister</b> (without the sauce)	• 330 cal/2.5 g sat. fat
	• <b>honey BBQ sandwich</b>	• 280 cal/1 g sat. fat
	• <b>roasted BLT salad</b> (fat-free ranch dressing)	• 235 cal/2 g sat. fat
Taco Bell	• <b>grilled steak soft taco</b> ("Fresco" style)	• 160 cal/1.5 g sat. fat
	• <b>fiesta burrito</b> (chicken)	• 350 cal/3.5 g sat. fat
	• <b>zesty chicken border bowl</b> ("Fresco" style)	• 440 cal/2.5 g sat. fat
McDonald's	• <b>hamburger</b>	• 250 cal/3.5 g sat. fat
	• <b>asian salad</b> (grilled chicken)	• 300 cal/1 g sat. fat
	• <b>honey mustard snack wrap</b> (grilled chicken)	• 260 cal/3.5 g sat. fat

## cheers! wine is fine

In case you needed one more excuse to pop open the pinot: Compounds in red and white wine appear to fight germs that cause tooth decay as well as sore throats, according to a study in the *Journal of Agricultural and Food Chemistry*. **Nursing? An occasional glass is okay.** Just try to wait two hours before pumping or feeding.



From top: Tara Sgroi; Andrew McCaul



One-minute move

## FLATTEN THOSE ABS!

**P**ostbaby pooch? Not you! Help tighten those tummy muscles with this Pilates-based move from Katherine Corp, co-owner of Pilates on Fifth in New York City: Sit on the floor with your knees slightly bent and your feet planted in front of you. Contract your stomach muscles and keep your arms parallel to the ground at all times. Slightly round the lower back; then slowly roll down one vertebra at a time until you're as low as you can go without losing control or flopping onto the floor. Your back should remain curled. Roll back up, and repeat four to six times.



**learn how one new mother conquered OCD.** Read "When a Mom's Worry Goes Too Far" at [parenting.com/babytalk](http://parenting.com/babytalk)

## hair scare!

You know that it's normal for new moms to shed more hair than the family dog, thanks to plummeting estrogen levels. But occasionally, excessive hair loss can be a sign of an underlying condition, such as anemia or a thyroid disorder. If a thinning mane is accompanied by additional symptoms, including extreme fatigue, dry skin, heart palpitations, or a rash, check in with your doctor for a blood test. Both conditions can be treated with medication, and you can get back to feeling—and looking—like yourself.