



# Perinatal Mental Health and Breastfeeding

Dr. Karen Tabb Dina | May 20, 2024



**Beckman Institute**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

# Origins

- **Ancestors and Modernity**
- **Decade of pregnancies and/or lactation**
- **The journey with patient partners**
- **Lived expertise rarely accounted for**



# COVID-19 AND MATERNAL MENTAL HEALTH

Overall Increase



# Untreated Perinatal Depression

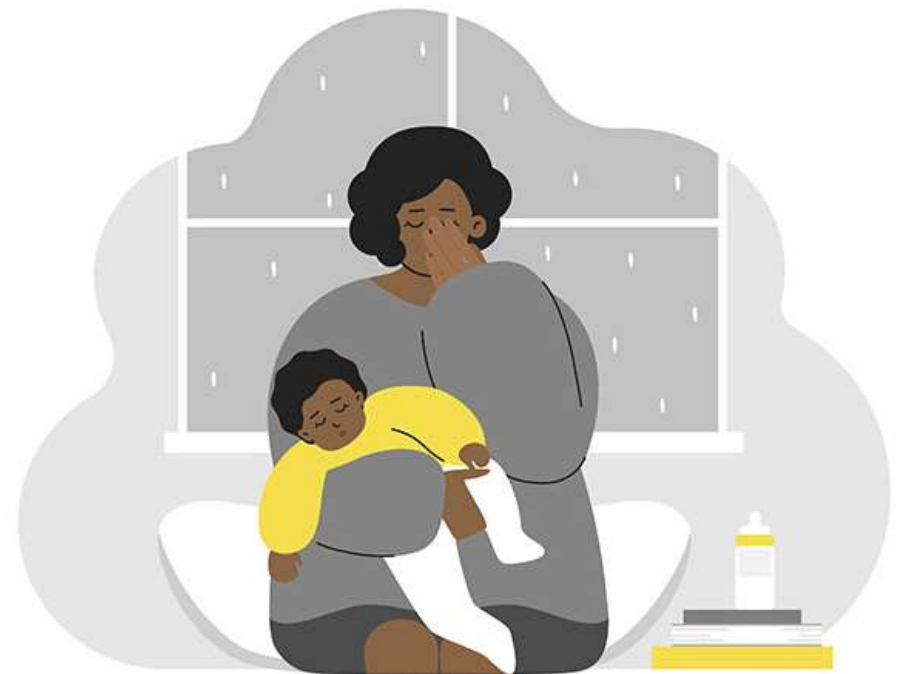


NEONATAL RISKS

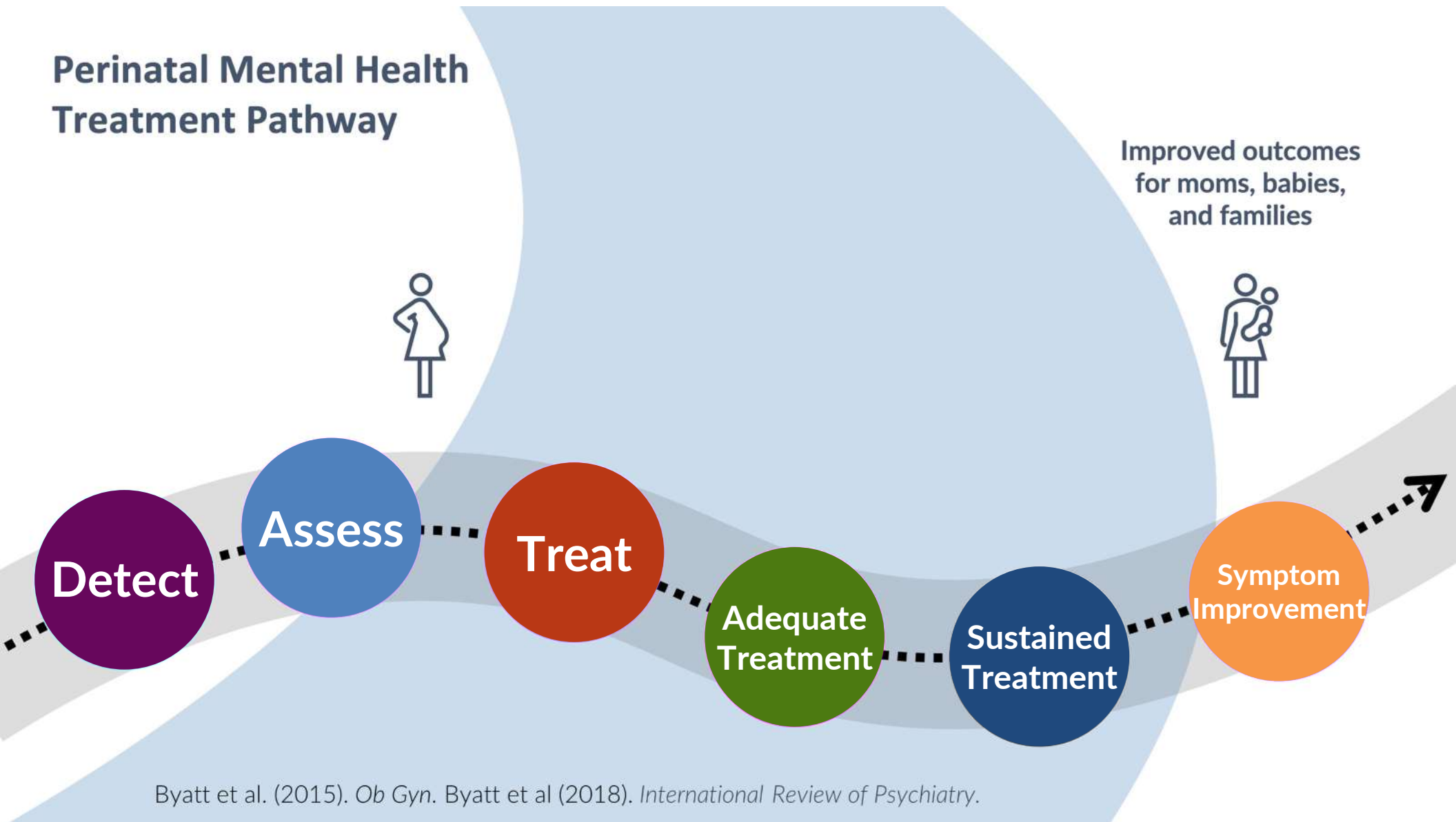
OBSTETRIC RISKS

INFANTS & CHILDREN

POSTPARTUM/MATERNAL



# Perinatal Mental Health Treatment Pathway





## Disparities in Maternal Mental Health



Place



Race



Ethnicity



Income

Open camera or QR reader and  
scan code to access this article  
and other resources online.



## The Effects of Breastfeeding on Maternal Mental Health: A Systematic Review

Megan Yuen, BS<sup>1,\*</sup> Olivia J. Hall, BS<sup>1,\*</sup> Grace A. Masters, BS<sup>1</sup> Benjamin C. Nephew, PhD,<sup>2</sup>  
Catherine Carr, MLIS,<sup>1</sup> Katherine Leung, MPH,<sup>1</sup> Adrienne Griffen, MPP,<sup>3</sup> Lynne McIntyre, MSW, MA,<sup>4</sup>  
Nancy Byatt, DO, MS, MBA,<sup>1,5</sup> and Tiffany A. Moore Simas, MD, MPH, MEd<sup>1,5</sup>

 **frontiers** | Frontiers in Public Health

TYPE Original Research  
PUBLISHED 04 April 2024  
DOI 10.3389/fpubh.2024.1357965



### OPEN ACCESS

EDITED BY  
Yuka Kotozaki,  
Iwate Medical University, Japan

REVIEWED BY  
Gitismita Naik,  
All India Institute of Medical Sciences, Kalyani,  
India  
Joan M. C. Blom,  
University of Modena and Reggio Emilia, Italy

\*CORRESPONDENCE

## Perceived pressure to breastfeed negatively impacts postpartum mental health outcomes over time

Rebecca E. Grattan\*, Sophie M. London and Georgia E. Bueno

School of Psychology, Te Herenga Waka, Victoria University of Wellington, Wellington, New Zealand

Published in final edited form as:

*Obstet Gynecol.* 2022 November 01; 140(5): 878–881. doi:10.1097/AOG.0000000000004834.

## Racial Inequities in Breastfeeding Counseling Among Pregnant People Who Use Cannabis

Nichole Nidey, PhD<sup>1</sup>, Adrienne Hoyt-Austin, DO, MAS<sup>2</sup>, Melissa J. Chen, MD, MPH<sup>3</sup>, Brandie Bentley, MSW<sup>4</sup>, Karen M. Tabb, PhD, MSW<sup>4</sup>, Chidiogo Anyigbo, MD, MPH<sup>5</sup>, Christine Wilder, MD<sup>6</sup>, Mishka Terplan, MD, MPH<sup>7</sup>, Jennifer M. McAllister, MD, IBCLC<sup>8</sup>, Scott L. Wexelblatt, MD<sup>8</sup>, Aaron Murnan, PhD<sup>9</sup>, Laura R. Kair, MD, MAS<sup>2</sup>

Health Equity  
Volume 2.1, 2018  
DOI: 10.1089/hec.2018.0016

Health Equity

Mary Ann Liebert, Inc.  publishers

ORIGINAL ARTICLE

Open Access

## Racial Differences in Breastfeeding Initiation Among Participants in a Midwestern Public Health District

Maria Pineros-Leano,<sup>1,2,\*</sup> Karen M. Tabb,<sup>2,3</sup> Shannon D. Simonovich,<sup>2,4</sup> Yang Wang,<sup>2,3</sup> Brandon Meline,<sup>2,5</sup> and Hsiang Huang<sup>2,6</sup>



# Too Commonly Experienced

- History of perinatal mental health
- Needing support for treatments
- Breastfeeding not supported
- Blamed for infant health
- Additional dilemmas and stress





PSYCHIATRIC DISORDERS IN PREGNANCY

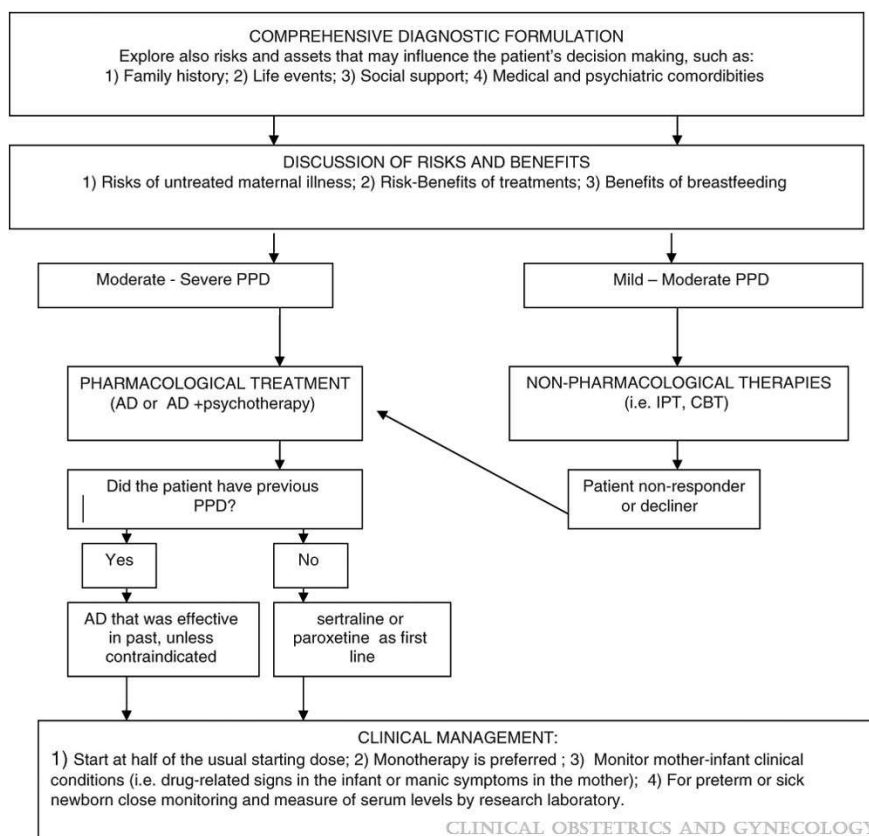
# Antidepressant Medication Use During Breastfeeding

LANZA DI SCALEA, TERESA MD<sup>\*</sup>; WISNER, KATHERINE L. MD<sup>†</sup>

Author Information 

*Clinical Obstetrics and Gynecology* 52(3):p 483-497, September 2009. | DOI:  
10.1097/GRF.0b013e3181b52bd6

**FIGURE 1.**



[Antidepressant Medication Use During Breastfeeding](#)

LANZA DI SCALEA, TERESA; WISNER, KATHERINE L.

Clinical Obstetrics and Gynecology 52(3):483-497, September 2009.

doi: 10.1097/GRF.0b013e3181b52bd6

Decision Making for Postpartum Depression Treatment. Source: Adapted from: N Engl J Med. 2002;347:194-199 and Psychiatry Ann. 2005;35:577-584. AD indicates antidepressant; CBT, cognitive-behavioral psychotherapy; IPT, interpersonal psychotherapy; PPD, postpartum depression.

**TABLE 1**

| Class         | Individual Medication | No. Empirical Studies | No. Nursing Infants | Summary of Short and Long-term Clinical Adverse Events                                                                                                                                                                                                |
|---------------|-----------------------|-----------------------|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| TCAs<br>SSRIs | Nortriptyline         | 1                     | 16                  | None                                                                                                                                                                                                                                                  |
|               | Citalopram            | 4                     | 54                  | 1 case of transient irregular breathing, hypotonia, sleep disruption through 3 wk after delivery <sup>18*</sup><br>3 cases of infants colic, decreased feeding, irritability/restlessness, respectively <sup>17</sup><br>No intervention was required |
|               | Escitalopram          | 4                     | 12                  | 1 case of infant necrotizing enterocolitis in an full-term infant <sup>21*</sup>                                                                                                                                                                      |
|               | Fluoxetine            | 7                     | 83                  | None                                                                                                                                                                                                                                                  |
|               | Fluvoxamine           | 3                     | 5                   | None                                                                                                                                                                                                                                                  |
|               | Paroxetine            | 5                     | 55                  | 1 case of irritability, <sup>30</sup><br>2 cases of mild neurodevelopmental delay at 1 y of age <sup>31†</sup>                                                                                                                                        |
|               | Sertraline            | 6                     | 69                  | None                                                                                                                                                                                                                                                  |
|               | Venlafaxine           | 2                     | 5                   | None                                                                                                                                                                                                                                                  |
|               | Duloxetine            | 1                     | 6                   | NE <sup>35‡</sup>                                                                                                                                                                                                                                     |
|               | Mirtazapine           | 3                     | 10                  | None                                                                                                                                                                                                                                                  |
| NaSSA         | Bupropion             | 4                     | 15                  | 1 case of seizure <sup>40§</sup>                                                                                                                                                                                                                      |
| NDRI          |                       |                       |                     |                                                                                                                                                                                                                                                       |

\* The infant was exposed to the drugs also in utero.

† As assessed by the Bayley Scales of Infant Development, Second Edition.

‡ NE indicates not evaluated.

§ The infant was 6-months and the mother was taking sustained released bupropion (starting dose 150 mg/d). Any measure of infant exposure was obtained (This seems to be an incomplete statement) scalea.

NaSSA indicates noradrenergic and specific serotonergic antidepressant; NDRI, norepinephrine dopamine reuptake inhibitor; SNRI, serotonin-noradrenergic reuptake inhibitors; SSRI, serotonergic selective reuptake inhibitors; TCA, tricyclic antidepressants.

[Antidepressant Medication Use During Breastfeeding](#)

LANZA DI SCALEA, TERESA; WISNER, KATHERINE L.

Clinical Obstetrics and Gynecology 52(3):483-497, September 2009.

doi: 10.1097/GRF.0b013e3181b52bd6

Empirical Studies Published Since June, 2002



### Sunscreen Smarts for Breastfeeding Families

BREASTFEEDING LIFESTYLE March 27, 2024



### Navigating Food Allergies in Young Children

NUTRITION March 12, 2024



### Nurturing with Nature: Herbal Research Woes

BREASTFEEDING RESEARCH February 6, 2024



### Management of Cold and During Pregnancy

PREGNANCY February 1, 2024

## Research

Every year my center publishes drugs studies and with information about the transfer of selected drugs into their mothers milk. Take a look at these drugs and see if you might be willing to participate in one of these studies. They are really easy, just collect samples of your milk every four hours, freeze them, and send them back to my laboratory. We pay for

[Atomoxetine \(Strattera\)](#)

[Brexpiprazole \(Rexulti\)](#)

[Brivaracetam \(Briviact\)](#)

[Carprazine \(Vraylar\)](#)

[Doxylamine + Pyridoxine \(Diclegis\)](#)

[Guanfacine \(Intuniv\)](#)

[Lacosamide \(Vimpat\)](#)

[Lurasidone \(Latuda\)](#)

[Medical Cannabis](#)

[Suvorexant \(Belsomra\)](#)



**Beckman Institute**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



# Key Points

- Historical context
- Need for knowledge and supports
  - Professionals
  - Parents
- Treatment based care to fully support



Thank You.

# QUESTIONS AND DISCUSSION



**Beckman Institute**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN