

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Baby Joy Can Sometimes Turn Into Baby Blues

Childbirth is usually a time of joy. But almost 15% of new moms suffer from postpartum depression (PPD). Signs appear within a month after birth or as long as a year later.

We don't know what causes PPD. Contributing factors include a history of depression, hormonal swings and trouble breastfeeding. Others include lack of support, premature birth, birth defects and pregnancy loss.

If you're a new mom with any of the following symptoms for two weeks or more, contact your doctor right away.

It could be PPD if you are:

- Feeling hopeless, anxious, sad or depressed most of the day or every day
- Having severe mood swings or little interest in things you enjoy
- Experiencing a change in eating or sleeping habits



- Having trouble focusing, concentrating or making decisions
- Having difficulty bonding with your baby
- Thinking about hurting yourself or your baby

Don't wait until your postpartum checkup to see your doctor. It's important to get help now so you can take good care of yourself and your baby. Treatment may include counseling (talk therapy), a support group, or a prescription for antidepressants or estrogen.

You might feel better if you are active, eat healthy foods and rest (especially when your baby sleeps). Avoid alcohol because it's a depressant. Ask for help and accept it.

Stay in touch with family and friends. Tell them how you feel. Take time for yourself but avoid spending too much time alone.

A blue mood is normal now and then. But it's important to know the signs of depression and call your doctor if you think you have PPD. The sooner you get help, the sooner you can feel better.

Florida Blue members who are pregnant can enroll in the Healthy Addition® Prenatal Education Program.



Email us at healthyadditionfloridablue.com or call **800-955-7635, option 6.**

Sources:

[acog.org](https://www.acog.org); [marchofdimes.org](https://www.marchofdimes.org)

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Managing Allergies Can Make the Season More Enjoyable

Allergy season is upon us. If you suffer from allergies, you are not alone! Allergies account for at least 12 million doctor visits a year, according to the Centers for Disease Control. Here are a few tips to ease some of the misery caused by allergy symptoms.

Learn what your local pollen count is. If it's elevated, limit your time spent outdoors. Local news channels often publish pollen counts. You can also check out:

- The American Academy of Allergy Asthma and Immunology website at aaaai.org/global/nab-pollen-counts/pollen-and-mold-links.
- The pollen count for your ZIP code on Florida pollen map at pollen.com/map/fl.
- The Environmental Protection Agency updates about U.S. air quality at airnow.gov/.

Resource: mayoclinic.org; cdc.gov; aaaai.org

Keep your indoor spaces clean. Use a portable air cleaner, and keep doors and windows closed. Run your air conditioner on recirculate.

Consider using HEPA (High-Efficiency Particulate Air) filters. They can help trap pollen, pet dander and dust mites. Keep your system clean and well maintained.

Avoid lawn chores. Mowing, raking leaves and handling plants can stir up pollen.

Try a saline nasal spray or rinse to help with pollen reduction. Read the directions before you use it.

Finally, ask your doctor about your symptoms. There are many medications to ease symptoms. These include oral antihistamines, decongestants and nasal sprays, alone or in combination. Your doctor can help you choose your best option.

As our days get longer and sunnier, taking care of those allergies can help you enjoy the great weather!

Veggie Egg Salad (Serves 4)

Ingredients:

- 3 tablespoons nonfat plain yogurt
- 3 tablespoons reduced-fat mayonnaise
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 8 hard-boiled eggs
- ½ cup finely chopped carrot
- ½ cup chopped cucumber, peeled and seeded if desired
- ¼ cup sliced scallions

Directions

1. Combine yogurt, mayonnaise, pepper and salt in a medium bowl.
2. Halve eggs and discard 4 of the yolks (or save for another use). Add whites and the remaining 4 yolks to the bowl and mash to desired consistency. Gently stir in carrot, cucumber and scallions.

Tip: To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer

for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.



Recipe courtesy of EatingWell.com and for nutritional facts information [click here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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