

[IMAGE]

## The Latest Depressing News When It Comes to Antidepressants

By Editorial Staff

Depression is a serious condition, but that doesn't mean antidepressant medications are the answer, particularly when you consider the potential side effects. That's no more true than when it comes to an expectant mother and her developing child, and recent science supports it.

According to the Mayo Clinic, "Many antidepressants may not be safe for your baby when taken during pregnancy or later when you're breast-feeding." A recent study underscores the potential risks, suggesting selective serotonin reuptake inhibitor (SSRI) use during pregnancy lengthens the umbilical cord, which can weaken fetal circulation and perhaps even deprive the fetus of oxygen during the pregnancy or birth.

Pregnancy Downer - Copyright © Stock Photo / Register Mark The authors suggest lengthening of the umbilical cord in these cases may be due to increased fetal movement, perhaps caused by fetal exposure to the medication. Increased movement stretches and lengthens the cord, producing a longer, thinner cord less likely to deliver oxygen and vital nutrients to the fetus in adequate fashion.

To learn more about antidepressants, talk to your doctor and [click here](#) to read a previous article in *To Your Health* that discusses the risks and outlines a potential nondrug option.

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