

Postpartum Depression and Susan B

Depression has been a problem in my family for a long time. My mother and sister and I seemed always to be depressed when I was growing up. Eventually my mother committed suicide, when I was 16 years old.

Along with our depression went low metabolism, and, in my case, I can't remember when I wasn't battling my weight. I ate normal amounts of food but I was always fat.

Once, as an adult, I got so fed up with always being fat that I went on this rigorous program, exercising three hours a day, six days a week. I did slim down, of course. But it was impossible to keep up that kind of schedule. As soon as I slacked off even a little bit, the weight came right back on.

At the age of 45 I had a child. The moment she was born, I went into a massive depression. It was difficult caring for the baby because I didn't feel any of the joy of motherhood but I still had all of the daily responsibilities. One day I was talking to my doctor about my depression, complaining a bit about how being over-weight contributed to my overall feelings of hopelessness. She told me about other patients of hers who had taken off weight by going to Dr. Platt. I decided to go see him, figuring that slimming down would be one way of improving my situation. Little did I realize it would be the solution to my depression, too.

I was a size 20 when I went to see him. I weighed 190 pounds—it was hard just moving around with that much weight on my 5'3" frame. At first I just went on the diet and held off taking the hormones he had recommended. After a few months I lost 22 pounds.

At that point Dr. Platt said I had to start progesterone and thyroid. So he started me on both of those and, my God, what a difference it made in my mood! It was an incredible difference. I feel like I'm a different person today, like a person I haven't seen in about 10 years.

Two months after starting the hormones I was able to start weaning myself off my prescription anti-depressants.

With the progesterone and the thyroid medication, I had lots of energy and a whole new outlook on life. The other beneficial thing was what it did for my skin. My skin looked so much better after I started the progesterone. It became more radiant, which is a great thing to have happen at my age. I used to have all of these skin tags on my neck, and about a month after I started the progesterone they all disappeared.

Ultimately, it took me ten months to lose about 60 pounds and get down to a size 4. I must have gained a lot of muscle mass, because I don't weigh 105 pounds like most size 4 women. I weigh 137 pounds. Of course, with more muscle mass my metabolism is much higher than it used to be, so it is that much easier to maintain my weight while still eating the foods I love to eat.

