

and care for older children, which will be appreciated and can lower stress. Women with this disease need rest, a healthy diet and moral support.

Accepting difficult feelings can be a challenge, especially if a new mom is frightened or overwhelmed by her feelings. She may think that because she is feeling sad, irritated, resentful, frustrated, or angry then she is a bad person or an unfit mother. All emotions are acceptable and genuine. New moms need to find ways to express their emotions safely so that they can move on to other experiences.

Since most mothers with PPD recover completely, the prognosis is excellent. This is especially true if the illness is diagnosed and treated early. About 50% of women who recover from PPD develop the illness again after future pregnancies. To decrease the high risk

of recurrence, some doctors suggest that prophylactic antidepressants (given to prevent PPD) should be started immediately after the baby is delivered. According to some studies, this prophylactic treatment reduces the risk of the illness to about 7%.

What can League members do to raise awareness of postpartum depression? Invite guest speakers to meetings; have members with experience discuss pre and postpartum incidences; host a forum/discussion on awareness of PPD for men and women; check out programs offered on PPD, and contact public health offices and inquire what services are offered to new mothers. †

Gratitude is sent to Manitoba Provincial Council for bringing this important information forward.

MY EASTER MIRACLE

Keri Kotyk

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I held in my hands a letter that informed me that the biliopancreatic diversion with duodenal switch surgical procedure would no longer be performed in Saskatoon, and that I should consult with my physician regarding other avenues for weight loss. I had waited for the surgery for three years. I felt I had hit a dead end – a brick wall.

I weighed 394 pounds, suffered from chronic knee and back pain, sleep apnea, high cholesterol and diabetes, for which I took five pills and two doses of insulin each day. I could walk, but only with great difficulty and shortness of breath. I feared an early death, leaving behind my husband of 22 years, my daughter and my son.

Inspired by the wonderful mission in St. Anne's Parish before Easter of 2007, I sat before the crucifix in our bedroom and prayed fervently for some way to have the surgery I so badly needed.

Two days later, I received a phone call from a friend who had heard there was a cancellation for surgery within the week, and the spot remained open. Without much hope, I called my surgeon from work the next morning to inquire about the cancellation and within a half-hour I was off to City Hospital for a pre-operative assessment. My God had done it! I was scheduled to have my surgery on the following Monday.

Part of that assessment was fasting blood work – which could have been a problem as I had eaten breakfast that day. As God would have it, I happened

to have just had my semi-annual fasting blood work done, and virtually everything needed to confirm my assessment was already in the system. Isn't God amazing?

“... I sat before the crucifix in our bedroom and prayed fervently for some way to have the surgery I so badly needed.”

My husband had seen me through surgery five times since we were married, but never had we both felt such amazing peace going into surgery. We saw the hand of God at every turn and knew we were exactly where we were meant to be. Traditionally, the stay in hospital for this surgery was ten days. Once again, with God on my side, I was released after only five days on Good Friday.

Now, almost three years later, I have lost over 180 lbs; the sleep apnea is gone; all the knee and back pain is gone; and the diabetes is gone. I am free of prescription medication. I can go for walks with my family, dancing with my husband, shopping with my daughter and get down on the floor to play trucks with my son. I am alive!

The miracle of my life and God's hand in it is amazing to me. Now, when someone asks me how I am, I tell them... “I'm amazing!” †