

# Your Partner Has Couvade Syndrome.

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## OVERVIEW

Have you seen any changes in your partner since you found out you were expecting? He could be having a sympathy pregnancy.

## WHAT IS COUVADE SYNDROME, AND HOW DOES IT AFFECT YOU?

Couvade syndrome, also known as sympathy pregnancy or pregnant dad syndrome, is a condition in which the male partners of pregnant women (males) frequently experience the same or comparable pregnancy symptoms. This syndrome, however, has not been categorized as a medical or psychiatric problem.

### Symptoms can include:

- Weight increase or loss, changes in appetite
- Fatigue
- Nausea, vomiting, and diarrhoea
- Back aches or cramping
- Anxiety or depression may be present

During the first trimester or the third month of pregnancy, symptoms of this illness commonly arise.

## COUVADE SYNDROME IS CAUSED BY A NUMBER OF FACTORS

Though there are various hypotheses on how couvade syndrome develops, researchers are still puzzled as to why it affects some men but not others. These are some of the theories:

- Changes in hormone levels -As the syndrome progresses, prolactin and estrogen levels rise in the first and third trimesters of pregnancy, while testosterone and the stress hormone cortisol fall.
- Attachment feelings-Fathers who are more hands-on while learning about their unborn kid are more likely to develop the syndrome.
- Physiological factors-It is thought that men who are more empathic (compassionate) are more likely to develop the

illness. In other words, males who empathize with their partner's pregnancy symptoms or difficulties are more likely to develop couvade syndrome.

## IS THIS SOMETHING THAT HAPPENS TO A LOT OF MEN?

Couvade syndrome affects males all around the world, despite the fact that most men do not openly share their symptoms. Couvade syndrome affects between 25% and 52 percent of men in the United States who have pregnant partners, according to recent studies.

## IS IT POSSIBLE TO TREAT COUVADE SYNDROME?

There are no approved therapies for couvade syndrome because it is a transitory condition. There are, however, a number of strategic measures that can be used to alleviate the symptoms. Meditation or counseling can help some guys who are suffering from depression or high stress as a result of the illness. Keep in mind that you are not alone. It's possible that you and your partner are going through the same thing. You can assist one another.

The uterus can apply pressure on the other organs of a pregnant woman's body as it expands. The uterus, for example, can press against the bladder nearby, increasing the need to urinate.

## WHAT HAPPENS TO THE UTERUS AFTER BIRTH?

The uterus will contract again after the baby is born to allow the placenta, which feeds the baby during pregnancy, to depart the woman's body. This is sometimes referred to as the 'postpartum period.' These contractions are less intense than those experienced during labor. The uterus remains constricted after the placenta is delivered to help prevent severe bleeding termed as 'postpartum hemorrhage.'

After the birth, the uterus will continue to undergo contractions, particularly during breastfeeding. This tightening and constricting of the uterus will feel similar to period cramps and is referred to as 'afterbirth pains.'

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