



**D**esert West welcomes Dr. Cherady Ketha to our Arrowhead office in November 2021. She is a board-certified obstetrician and gynecologist who completed extra training in laparoscopic and vaginal surgery. Her professional passions are whole body balance, family planning, minimally invasive surgery and obstetrics.

“There is nothing more rewarding than developing a relationship with a patient and giving assistance over the years,” said Dr. Ketha, who comes to us from the Southeast Valley. “I enjoy providing care to women in all phases of life and look forward to partnering with patients who are ready to work with me on improving their health.”

### Quick Pregnancy Facts...

- The highest number of births occur nationwide July through October.
- More babies in the U.S. are born between 8 a.m. and noon than any other time of day.
- Is baby’s dad gaining weight too? Scientists have documented dads sharing pregnancy symptoms all over the world!

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### Addressing Prenatal Depression

**P**erinatal mood and anxiety disorders are among the most common complications that occur in pregnancy or in the first 12 months after delivery. Like postpartum depression, which impacts as many as 1 in 7 new moms, prenatal depression is quite common. Among the symptoms of prenatal depression:

- Anxious thoughts and excessive worry
- Feeling hopeless, angry and overwhelmed
- Lack of interest in activities you used to enjoy
- Feeling guilt about how you are feeling, or guilt in general
- Feeling less interested in eating, or overeating eating
- Having trouble concentrating or sleeping
- Racing thoughts
- Pushing others away, wanting to disconnect from loved ones
- Participating in unsafe prenatal activities, such as smoking, drinking, drug use
- Experiencing thoughts of suicide

Fortunately, there are effective treatment and support options. If you are concerned about your mental state (whether you are pregnant or not), please inform your provider.