

# Postpartum PGx benefits



Pharmacogenomic (PGx) testing for postpartum depression (PPD) can improve treatment outcomes by reducing the trial-and-error approach to medication selection. By analyzing how a person's genes affect their response to medication, PGx tests can help providers choose a more effective medication and dosage with fewer side effects.

## How PGx testing helps with postpartum depression

For new mothers, PGx testing can address several key clinical and emotional concerns:

- **Reduced trial-and-error:** Many psychiatric medications, particularly antidepressants, have a low initial success rate. PGx testing can shorten the time it takes to find an effective treatment, which is critical for new mothers experiencing the severe and time-sensitive symptoms of PPD.
- **Reduced adverse effects:** The test can identify gene variants that cause a person to metabolize certain medications too slowly or too quickly, which can lead to adverse drug reactions (ADRs) or ineffective treatment. For a new mother, avoiding these negative side effects can increase compliance and confidence in her treatment plan.
- **Informed decision-making for breastfeeding:** Test results can help alleviate a mother's anxiety about drug metabolites passing into breast milk and potentially harming her infant. With genetic information, a provider can select a medication and dose that is less likely to cause uncommon but severe drug toxicity in the infant, supporting the mother's confidence in breastfeeding.
- **Personalized treatment plan:** PGx testing can inform medication choices for mood disorders like PPD. By revealing how a patient's unique genetic profile affects medication response, it helps to create a more personalized and effective treatment plan.
- **Durable effects:** Studies have suggested that PGx-guided treatment for depression can lead to more lasting symptom improvement and higher remission rates compared to traditional prescribing methods.