

- 14 Pedersen CA, Johnson JL, Silva S, Bunevicius R, Meltzer-Brody S, Hamer RM, et al. Antenatal thyroid correlates of postpartum depression. *Psychoneuroendocrinology* 2007; **32**: 235–45.
- 15 Kashyap AS, Anand KP, Kashyap S. Postpartum psychiatric disorders. *Lancet* 2004; **363**: 1077–8.
- 16 Bokhari R, Bhatara VS, Bandettini F, McMillin JM. Postpartum psychosis and postpartum thyroiditis. *Psychoneuroendocrinology* 1998; **23**: 643–50.
- 17 Amino N, Mori H, Iwatani Y, Tanizawa O, Kawashima M, Tsuge I, et al. High prevalence of transient post-partum thyrotoxicosis and hypothyroidism. *N Engl J Med* 1982; **306**: 849–52.
- 18 Stewart DE, Addison AM, Robinson GE, Joffe R, Burrow GN, Olmsted MP. Thyroid function in psychosis following childbirth. *Am J Psychiatry* 1988; **145**: 1579–81.
- 19 Barbesino G. Drugs affecting thyroid function. *Thyroid* 2010; **20**: 763–70.
- 20 First MB SR, Gibbon M, Williams JBW (eds). *Structured Clinical Interview for DSM-IV Axis I Disorders, Patient Edition (Nederlandse Versie)*. Swets & Zeitlinger, 1999.
- 21 Friedrich N, Schwarz S, Thonack J, John U, Wallaschofski H, Volzke H. Association between parity and autoimmune thyroiditis in a general female population. *Autoimmunity* 2008; **41**: 174–80.
- 22 Roti E, Uberti E. Post-partum thyroiditis – a clinical update. *Eur J Endocrinol* 2002; **146**: 275–9.
- 23 Stagnaro-Green A. Postpartum thyroiditis. *Best Pract Res Clin Endocrinol Metab* 2004; **18**: 303–16.
- 24 Kupka RW, Nolen WA, Post RM, McElroy SL, Altshuler LL, Denicoff KD, et al. High rate of autoimmune thyroiditis in bipolar disorder: lack of association with lithium exposure. *Biol Psychiatry* 2002; **51**: 305–11.
- 25 Vonk R, van der Schot AC, Kahn RS, Nolen WA, Drexhage HA. Is autoimmune thyroiditis part of the genetic vulnerability (or an endophenotype) for bipolar disorder? *Biol Psychiatry* 2007; **62**: 135–40.
- 26 Luppi P. How immune mechanisms are affected by pregnancy. *Vaccine* 2003; **21**: 3352–7.
- 27 Weetman AP. Immunity, thyroid function and pregnancy: molecular mechanisms. *Nat Rev Endocrinol* 2010; **6**: 311–8.
- 28 Lazarus JH. The effects of lithium therapy on thyroid and thyrotropin-releasing hormone. *Thyroid* 1998; **8**: 909–13.
- 29 Sharma V. Pharmacotherapy of postpartum psychosis. *Expert Opin Pharmacother* 2003; **4**: 1651–8.

poems
by
doctors

Happiness

Aarohee B. Desai

Over the rocks
Beside the ocean
Beneath the heaven – Happiness!

The dim-dusk
The mild mist
Darkness all around
And above adorns the heaven –
A gentle brightness
Orangish pink – Happiness!

Wondrous shapes
Displayed by clouds
Against the tender background
Synchronous movements
Of ocean waves beneath
And hither . . .
A dash on the rocks – Happiness!

A melodious tune
Carried by the breeze across the sea
Far – a boat afloat
A chain of light
Like pearls woven
The company of one's dear – Happiness!

Holding life together
Faith, Hope, Motive . . . – Happiness!

Aarohee B. Desai is ST5 in general adult psychiatry, Highgate Mental Health Centre, London. Another of Dr Desai's poems was published in the October 2010 issue of the *Journal*.