

The Women S Health Book

Magazine Prevention

A Guide to Women's Health Tolu Oyelowo, Judith (Judi) L. Johnson, 2017-04-20 Preceded by Mosby's guide to women's health / Tolu Oyelowo. St. Louis, Mo.: Mosby Elsevier, c2007.

The Women's Health Book Rachel Mackey, 2013-01-13 Following on from the success of The Men's Health Book, The Women's Health Book is a comprehensive and informative guide to female health written by GP and owner of the Women's Health Clinic in Dun Laoghaire Dr Rachel Mackey. The Women's Health Book: Addresses the lack of a thorough and all-encompassing Irish guide to female-related health and wellness Is written in an accessible style and includes black and white illustrations Covers health from the teenage years up to the later years of life, including identifying symptoms and treatment Includes topics such as adolescent gynaecology, female cancers, heart-related issues, osteoporosis, the menopause, pregnancy and all issues particularly related to the female anatomy An essential addition to any woman's bookshelf.

Into Our Own Hands Sandra Morgen, 2002 Recent history has witnessed a revolution in women's health care. Beginning in the late 1960s, women in communities across the United States challenged medical and male control over women's health. Few people today realize the extent to which these grassroots efforts shifted power and responsibility from the medical establishment into women's hands as health care consumers, providers, and advocates. Into Our Own Hands traces the women's health care movement in the United States. Richly documented, this study is based on more than a decade of research, including interviews with leading activists; documentary material from feminist health clinics and advocacy organizations; a survey of women's health movement organizations in the early 1990s; and ethnographic fieldwork. Sandra Morgen focuses on the clinics born from this movement, as well as how the movement's encounters with organized medicine, the state, and ascendant neoconservative and neoliberal political forces of the 1970s to the 1980s shaped the confrontations and accomplishments in women's health care. The book also explores the impact of political struggles over race and class within the movement organizations.

The Black Women's Health Book Evelyn C. White, 1994 More than fifty Black women write about the health issues that affect them and their communities, and includes essays by Toni Morrison, bell hooks, and Zora Neale Hurston

The Women's Health Big Book of Abs Adam Bornstein, Editors of Women's Health Maga, 2012-05-08 The essential diet and fitness guide to lean, sexy abs-including a results-driven 4-week program to lose weight, strengthen your core, and tone

your entire body. Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area-and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 4 weeks-and keep it off, forever. The Women's Health Big Book of Abs special features include: - A delicious, easy-to-follow diet that includes satisfying carbs! - A special section on the best pre- and post-pregnancy workouts - Hundreds of tips on how to reveal a lean, flat belly and bikini-worthy body! Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men's Health Big Book of Abs and The Women's Health Big Book of Abs by Adam Bornstein and the Editors of Women's Health is the ultimate guide to a leaner, fitter, sexier body-starting with your core.

Women's Health for Life Donnica Moore,2009-01-06 Women need their own health reference source. Research into gender-specific medicine — particularly identifying the ways in which diseases and their treatment affect men and women differently — has gained ground in the past 25 years. While this information is familiar to the medical community, much of it is unknown to the layperson. For example, more women than men die of cardiovascular disease every year, possibly because their symptoms are not recognized. Organized by body system, each chapter starts out with an explanation of how that system works and ways to maintain healthy function through diet, exercise, and other self-help measures. This is followed by an explanation of some of the medical conditions affecting that particular system and how they should be treated — in women, not men. Highly regarded as a women's health expert and advocate; as a physician educator and as a media commentator, Dr. Moore is the Founder and President of DrDonnica.com, a popular women's health information website launched in Sept. 2000. She is also Founder and President of Sapphire Women's Health Group LLC, a multimedia women's health education and communications firm. Team-written by female specialists in the US and UK, all of whom are experts in their respective fields.

New Dimensions in Women's Health Linda Lewis Alexander, Judith H. LaRosa, Helaine Bader, Susan Garfield, 2020-02-10 Revised and updated to keep pace with changes in the field, the best-selling New Dimensions in Women's Health, Eighth Edition provides a modern look at the health of women of all cultures, races, ethnicities, socioeconomic backgrounds, and sexual orientations. Written for undergraduate students within health education, nursing, and women's studies programs, the text provides readers with the critical information needed to optimize their well-being, avoid illness and injury, and support their overall health. The authors took great care to provide in-depth coverage of important aspects of women's health and to examine the contributing epidemiological, historical, psychosocial, cultural, ethical, legal, political, and economic influences.

Women's Health in General Practice Danielle Mazza,2010-11-30 Women's Health in General Practice 2e has been written for general practitioners, family physicians and doctors undertaking general practice training programs. Rural and remote area health practitioners and nurse practitioners working in primary care settings will also find the book of great benefit. This clear and accessible guide to women's health provides evidence-based information relevant to the primary care setting. GPs will appreciate the practice tips and examples of useful approaches to take when dealing with the women's sexual and reproductive health issues. This new edition incorpor

Women and Health Marlene B. Goldman,Rebecca Troisi,Kathryn M. Rexrode,2012-12-31 Women and Health is a comprehensive reference that addresses health issues affecting women of all ages — from adolescence through maturity. It goes far beyond other books on this topic, which concentrate only on reproductive health, and has a truly international perspective. It covers key issues ranging from osteoporosis to breast cancer and other cancers, domestic violence, sexually transmitted diseases, occupational hazards, eating disorders, heart disease and other chronic illnesses, substance abuse, and societal and behavioral influences on health. In this second edition of Women and Health, chapters thoughtfully explore the current state of women's health and health care, including the influences of sex and gender on the occurrence of a wide variety of diseases and conditions. All chapters have been extensively updated and emphasize the epidemiology of the condition — the etiology, occurrence, primary and secondary prevention (screening), risk factors, surveillance, changing trends over time, and critical analysis of the diagnostic and treatment options and controversies. Treatment sections in each chapter have been expanded to create a stronger dialogue between epidemiologists and women's health practitioners. Saves researchers and clinicians time in quickly accessing the very latest details on a broad range of women's health issues, as opposed to searching through thousands of journal articles Provides a common language for epidemiologists, public health practitioners, and women's health specialists to discuss the behavioral, cultural, and biological determinants of women's health Researchers and medical specialists will learn how the gender-specific risks and features of one organ system's diseases affect the health of other organ systems For example: Hormone replacement therapy used to treat imbalance within the endocrine system is also being used to prevent and treat cardiovascular disease; Drugs developed for type 2 diabetes are now being used in chemoprevention Orients the non-gerontologist about the importance of considering the entire life cycle of women within research designs and treatment plans Professors teaching courses in women's health will use slides and additional materials to structure lectures/courses; students will use slides as a unique resource to study for exams

The Complete Guide to Women's Health Bruce D. Shephard,Carroll A. Shephard,1997 This comprehensive sourcebook for women of all ages goes beyond gynecological issues to cover the full spectrum of health concerns. The single best reference on women's health problems.--The Washington Post. 150+ photos and drawings.

Our Bodies, Ourselves Boston Women's Health Book Collective,Judy Norsigian,2011-10-04 THE BESTSELLING

WOMEN'S HEALTH CLASSIC—INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York Times as a “feminist classic,” this comprehensive guide to all aspects of women’s sexuality and reproductive health—including menopause, birth control, childbirth, sexual health, sexual orientation, gender identity, mental health, and overall wellbeing—changed the women’s health movement around the world and remains as important and relevant as ever. Providing detailed and empowering information on women’s reproductive health and sexuality, this latest edition of *Our Bodies, Ourselves* shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them. Including the latest vital information on: -Changes in the health care system—especially how health care reform affects women and how to get the care you need. -Safer sex—how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner. -Environmental health risks—including minimizing exposure to everyday pollutants that endanger reproductive health. -Body image—resisting negative media stereotypes and embracing healthier approaches to looking and feeling good. -Local and global activism—using social media and organizing tactics to build community and advocate for policies that improve women’s lives. -As well as crucial information about gender identity, sexual orientation, birth control, abortion, pregnancy and birth, perimenopause, and sexuality and sexual health as we age. Together with its companion website, OurBodiesOurselves.org, *Our Bodies, Ourselves* is a one-stop resource that belongs on the bookshelves of women of all ages.

The Women's Health Big Book of Yoga Kathryn Budig, 2012-10-30 Presents postures and total body sequences, offers breathing and meditation techniques, provides advice on finding the right style of yoga and shares a nutrition plan centered around clean, calming foods.

The Women's Health Big Book of Pilates Brooke Siler, Editors of Women's Health, 2013-10-22 Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women's Health to offer a comprehensive, authoritative manual on this proven fitness philosophy. Trained by Joseph Pilates' protégé, Romana Kryzanowska, Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re-shaping techniques. Combining the best of flexibility and strength training, Pilates is the path to the lean fit body every woman craves—and *The Women’s Health Big Book of Pilates* guides readers in every step (and leg lift ...) of the way. Using the body as the ultimate fitness vehicle, Pilates transforms bodies in record time. From moves targeting trouble zones to cardio circuits that blast fat all over, this go-to manual covers everything including: Tricks to incorporate Pilates at work, in travel, and daily routine What props best boost your workout and what to skip Pilates principles to help combat lower back pain, stress, low energy, and more! From basic mat moves to the right foods that fuel a lean, toned figure, *The Women's Health Big Book of Pilates* is the go-to guide for beginners and experts alike.

The New Harvard Guide to Women's Health Karen J. Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 2004-04-30 This holiday themed release offers five religiously themed stories about Christmas, offering lessons about life and spirituality. Among the stories offered in the program are Oh Little Town of Bethlehem, Don't Forget the Baby Jesus, The Christmas Tree, Dear Santa, and The First Christmas. ~ Cammila Collar, Rovi

The Women's Health Big Book of 15-Minute Workouts Selene Yeager, 2011-10-25 Presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels, with some moves targeting specific body parts.

The Encyclopedia of Women's Health Christine Ammer, 2005 The latest edition of a popular reference covers a full range of women's health issues, including the latest discoveries, health issues, and treatments, described in clear, concise language for readers. Simultaneous.

Improving Women's Health Across the Lifespan Michelle Tollefson, Nancy Eriksen, Neha Pathak, 2021-10-24 The book is an evidence-based source of information on women's health issues for health professionals already practicing lifestyle medicine, as well as an entry level textbook for those new to the field of lifestyle medicine. The collective expertise of each of the editors along with content provided by leaders within the American College of Lifestyle Medicine fills a much-needed void within the specialty of Lifestyle Medicine and is for providers of women's health globally.

Women's Health, 2008-11 Women's Health magazine speaks to every aspect of a woman's life including health, fitness, nutrition, emotional well-being, sex and relationships, beauty and style.

Textbook of Women's Health Anne Sharnoff Kasper, 1998 This volume on women's health provides an understanding of the gender differences that exist in every area of healthcare, including doctor-patient communication, health maintenance and disease prevention, risk factors, pharmacokinetics, and the manifestations, natural course and treatment of diseases of every organ system.

The Women's Health Bible Magazine Prevention, 2004 Integrating alternative medicine, self-care remedies and mind-body healing techniques with conventional medical treatment, as well as spelling out preventive strategies every woman should follow, this medical guide provides practical advice, recommendations and remedies from leading health professionals.

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