

Taking Charge of Your Own Body: Every Woman's Guide to Hysterectomy

Jameson, Dee Dee

Note: This is not the actual book cover

Every Womans Guide To Hysterectomy Taking Charge Of Your Own Body

Carol Peters-Tanksley



Every Woman's Guide To Hysterectomy Taking Charge Of Your Own Body:

Every Woman's Guide to Hysterectomy DeeDee Jameson, Roberta Schwalb, 1978-01-01 *The Woman's Guide to Hysterectomy* Adelaide Haas, Susan L. Poretz, 2013-06-26 Hysterectomy is performed more than any other surgical procedure for women with the exception of the cesarean section Authors Adelaide Haas and Susan L Poretz both professors in the field of health have experienced hysterectomy firsthand Dismayed by the limited information available to them they collaborated on this comprehensive book about a critically important subject for women THE WOMAN'S GUIDE TO HYSTERECTOMY addresses common fears expectations and questions regarding such issues as what to ask your doctor second opinions preparations for surgery sex and sexuality after surgery and life after hysterectomy Encouraging all women to become more actively involved in their own health care this book is a practical catalog of the latest medical information and provides much needed reassurance for women faced with this life altering decision Thoroughly revised to include the latest research and developments including new treatment options and alternatives to HRT hormone replacement therapy Original edition sold 10 000 copies **Current Catalog** National Library of Medicine (U.S.), 1979 First multi year cumulation covers six years 1965 70 *Coping with a Hysterectomy* Susanne Morgan, 1982 **Hysterectomy Before & After** Winnifred B. Cutler, 1990-02-28 Must reading for all women advised to have a hysterectomy and all women who have had one and all physicians performing them R Don Gambrell Jr M D Department of Physiology and Endocrinology Medical College of Georgia *Biological Woman--the Convenient Myth* Ruth Hubbard, Mary Sue Henifin, Barbara Fried, 1982 *The Whole Nurse Catalog* Jane Jackson, 1980 Intended as a resource in itself and as a guide to other sources of information for nurses in all fields Arranged into sections according to subject matter Each section is subdivided into a clinical data component followed by information on resources for each topic e g agencies films and periodicals Subject index Published 1980 **The Smart Woman's Guide to Midlife and Beyond** Janet Horn, Robin Miller, 2008 Smart women understand that taking care of their health is essential to maintaining an active lifestyle This comprehensive guide shows you how to work with your body instead of against it to stay healthy and happy through menopause and beyond Written by two practicing doctors who have been close girlfriends since they met during medical training at the Johns Hopkins Hospital The Smart Woman's Guide to Midlife and Beyond includes the doctors own personal experiences patient stories from their medical practices and all the information you need to age with good health grace and humor Includes the information you need to Care for your whole body to prevent common diseases Learn which health issues are normal which are serious and what to do about them Overcome memory loss depression and anxiety Understand menopause and hormone replacement therapy Nourish and protect your skin and hair Choose the right vitamin supplements for you Find out whether or not treatments like massage and acupuncture will work for you Know when to share your concerns with your doctor or healthcare practitioner Create a personal Health Maintenance Schedule to keep your health on track The Smart Woman's Guide to Midlife and Beyond is a

complete holistic and state of the art road map for any woman who is motivated to become a more effective steward of her health The authors relaxed personal and insightful style makes critical health information accessible This book is a must have for any woman inspired to improve her health trajectory Mark C Pettus MD FACP medical director of the Kripalu Institute for Integrated Healing and author of It's All in Your Head There is no doubt that women past the age of fifty have different health issues than younger women a fact often overlooked by many physicians These women need to know how to care for their maturing bodies Drs Horn and Miller explore the full spectrum of mature women's health issues in a candid conversational manner that integrates the body mind and spirit A much needed book Kevin Soden MD host of Healthline on Retirement Living Television I have often wished that there were a doctor in my family I could ask for health advice If you have shared this desire you'll love this book It's a practical insider's guide to what maturing women need to be thinking about and it's written as though the authors were concerned friends talking with you Drs Horn and Miller have superb training and years of practical experience caring for women patients It shows on every page of this excellent book Judge Glenda Hatchett star of the nationally syndicated television program Judge Hatchett The authors approach is accessible and entertaining These are the doctor girlfriends you want to call because they know everything about the area of your concern not only from their medical practices but also from their own personal experiences Robin Wolaner founder of Parenting magazine and founder and CEO of TeeBeeDee tbd com an online network for people over forty This is the girlfriends guide to taking charge of your health And these girlfriends are doctors A winning combination Ari Brown MD pediatrician and author of Baby 411 Dr. Carol's Guide to Women's Health Carol Peters-Tanksley, 2016 Make lifestyle changes that will impact your health and well being for life Dr Carol's Guide to Women's Health will help women feel like they are talking to a trusted friend who is also an ob gyn physician This guide offers medical science the author's practical experience and a faith perspective to the spectrum of both physical and mental emotional health issues women face throughout the various stages of their lives Topic areas include hormones infertility and pregnancy diseases that especially affect women women's mental health stress anxiety depression etc lifestyle and disease prevention interacting with her doctor and today's healthcare system and slowing down aging With important information that moms can also teach their adolescent girls this book will be a frequent go to for female health questions *Sex Matters for Women* Sallie Foley, Sally A. Kope, Dennis P. Sugrue, 2011-12-13 A guide to help women understand how their bodies work and to take charge of their sexuality discussing anatomy body image trauma overcoming difficulties and related topics **The Manuscript Inventories and the Catalogs of Manuscripts, Books, and Periodicals: Book catalog, Has-Mad** Arthur and Elizabeth Schlesinger Library on the History of Women in America, 1984 *The Manuscript Inventories and the Catalogs of Manuscripts, Books, and Periodicals: Book catalog, Education of women L-Har* Arthur and Elizabeth Schlesinger Library on the History of Women in America, 1984 *How to Marry a Winner* Phyllis K. Collier, 1982 **The Best of Everything After 50** Barbara Hannah Grufferman, 2010-03-30 The

Best of Everything after 50 provides top dollar advice in an affordable format When Barbara Grufferman turned fifty she wanted to know how to be and stay a vibrant woman after the half century mark She went in search of a What to Expect book but couldn t find one So she consulted New York City s leading doctors personal trainers hair stylists fashion gurus and financial planners including Diane Von Furstenberg on the right fashion choices Laura Geller and Carmindy on makeup tips Dr Patricia Wexler on the best skin care regimen Frederic Fekkai on haircare Jane Bryant Quinn on financial concerns Julie Morgenstern on organizing your life Barbara adopted their programs and prescriptions and got life changing results and now she shares her experiences With a handy format and checklist style The Best of Everything after 50 makes high priced advice accessible to any woman interested in getting answers to the issues that concern her most **Subject Catalog** Library of Congress,1978 **Subject Catalog, 1978** Library of Congress,1978 **Library of Congress Catalogs** Library of Congress,1980 Your Best Life - A Doctor's Secret Guide to Radiant Health Over 40 Louise Wiseman,2020-10-28 Louise tells the story of how a near fatal pneumonia as an NHS GP and mother of two transformed her life and way of thinking about health In this personal narrative of how she had it all and then nearly lost it she explains how she sought even better health after her recovery **A Woman's Guide to Menopause and Perimenopause** ,2004-01-01 *Take Charge of Your Body* Carolyn DeMarco,1995

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