

The Harvard guide women's health

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Abstrak

In the publication of *The Harvard Guide to Women's Health*, women now have access to the combined expertise of physicians from three of the world's most prestigious medical institutions: Harvard Medical School, Massachusetts General Hospital, and Brigham and Women's Hospital. This definitive guide is the one resource women can trust when looking for answers to their health questions. *The Harvard Guide to Women's Health* features: over 300 A-to-Z entries that answer - in plain English - the questions women most frequently ask their doctors; the practical experience of physicians who have cared for thousands of women at leading medical centers; authoritative medical knowledge from pioneers in the emerging field of women's primary care, and the critical guidance women need to navigate today's changing health care system; hard-to-find information about how common diseases and their treatments are different for women than for men, including heart disease, diabetes, autoimmune disorders, and depression; incomparable coverage of the frequently overlooked emotional and social issues that are inseparable from women's physical health, such as domestic abuse, anorexia and bulimia, occupational hazards, and rape; balanced perspectives on controversies sometimes distorted in the popular media, such as estrogen replacement therapy, breast reconstruction, alcohol use, ideal body weight, and posttraumatic stress disorder; the special implications of conditions and therapies for pregnant or breastfeeding women, and advice on the health concerns of postmenopausal and elderly women; tips on how to record and describe symptoms, and how to ask the right questions about different treatment options; and over 250 illustrations and over 400 resources for further information, including the latest hotlines, newsletters, and online services.