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Descrizione fisica	1 online resource (xi, 374 pages) : digital, PDF file(s)
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Health Promotion: -- Physical activity and exercise / Tanya A. Miszko -- Nutrition Victoria / S. Kaprielian, Gwendolyn Murphy and Cathrine Hoyo -- Psychosocial health promotion of midlife women / Cathy Morrow -- Sexual health / Margaret R.H. Nusbaum -- Alcoholism, nicotine dependence and drug abuse / Mary-Anne Enoch -- Depression and anxiety / Anne Walling -- Hormonal Changes: -- Physical changes in menopause / Margaret Gradison -- Spiritual and psychological aspects of menopause / Melissa H. Hunter and Dana E. King -- Hormone therapy / Kathy Andolsek -- Contraception and fertility / Tracey D. Conti -- Disease Prevention: -- Prevention of coronary heart disease in women / Valerie K. Ulstad -- Hypertension and stroke / Jo Ann Rosenfeld -- Diagnosis and treatment of osteoporosis / Jeannette E. South-Paul -- Diabetes in mid-life women / Phillippa Miranda and

Diana McNeill -- Cancer Prevention: -- Breast cancer screening and prevention / Jo Ann Rosenfeld -- Cervical cancer: prevention, screening, and early detection / Jo Ann Rosenfeld -- Endometrial cancer: prevention, screening, and early detection / Ellen Sakornbut -- Ovarian cancer: prevention, screening, and early detection / Jo Ann Rosenfeld -- Cancer screening and prevention: colon, lung and skin / Jo Ann Rosenfeld -- Common GI and GU problems, including constipation, diarrhea, irritable bowel syndrome, urinary tract infections and incontinence / Jo Ann Rosenfeld.

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#### Sommario/riassunto

This book highlights the needs and healthcare concerns of women in their midlife. Women, in their middle ages, are often overlooked by medical practitioners. From the end of childbearing to old age, approximately ages 40 to 65, their health needs are complex and changing. This is a time of challenge and opportunity when the physician and woman working collaboratively can change her health and future. Midlife healthcare is far more than hormones. Healthy behaviours such as good nutrition and exercise can be promoted that will result in lower risk and sometimes improved care of heart disease, hypertension and diabetes. Adequate screening and treatment can prevent diseases and complications. The burgeoning literature on allopathic and complementary medicine is critically evaluated and compared to established medical care. Written by 20 primary care physicians, this book will help family practitioners provide the best possible healthcare for these women.

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