

1. Record Nr.	UNINA9910807678403321
Titolo	Women's health and wellness across the lifespan // [edited by] Ellen F. Olshansky
Pubbl/distr/stampa	Philadelphia : , : Wolters Kluwer Health, , [2015]
ISBN	1-4698-9746-6 1-4963-2462-5
Edizione	[First edition.]
Descrizione fisica	1 online resource (383 pages)
Disciplina	613/.04244
Soggetti	Women's Health Age Factors Health Behavior Sex Factors Women - Health and hygiene Health behavior - Age factors
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction : holistic, lifespan approach to women's wellness as guiding framework / Ellen F. Olshansky -- Women's health in the 21st century / Ellen F. Olshansky -- Women's health : evolution of the science and clinical specialty / Nancy Fugate Woods, Versie Johnson-Mallard, Elizabeth A. Kostas-Polson, Diana Taylor, Judith A. Berg, Joan L.F. Shaver, Ellen F. Olshansky -- Puberty through early adulthood / Ruth Mielke, Karla Parsons, Cynthia Smith Greenberg -- Women at midlife / Judith A. Berg, Diana Taylor, Nancy Fugate Woods -- Healthy aging for women / Heather M. Young, Barbara B. Cochrane -- Wellness for special populations of women / Ellen F. Olshansky, Robynn Zender -- Body composition : enhancing health through exercise and nutrition / Robynn Zender -- Oral health / Madeleine M. Lloyd, Julia Lange Kessler -- Resilience in women / Anastasia Fisher, Diane C. Hatton, Ellen F. Olshansky -- Self-care : healing energy and other complementary therapies / Susan Thrane, Stephanie Deible, Susan M. Cohen -- Women and herbal medicine / Mahtab Jafari, Gabriel Orenstein -- Pharmacologic approaches to wellness and disease

prevention in women over the lifespan / Diana N. Krause -- Healing arts : movement in the form of pilates / Diane Diefenderfer -- Healing environments / Nancy Lieberman Neudorf -- Healing relationships / Robynn Zender, Ellen F. Olshansky -- Promoting healthy sleep / Joan L. F. Shaver -- Peaceful dying / JoAnn Reifsnyder.

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Sommario/riassunto

Women's Health and Wellness Across the Lifespan provides a fresh and comprehensive approach to women's healthcare. Combining traditional and complementary medicine, this crucial text offers evidence-based insight on women's health and wellness. Update and enlighten your practice with relevant case histories, the latest research, and the insight of nursing experts on numerous wellness topics. This invaluable text offers the insights you need to respond to patients' individual concern and problems more effectively, promoting optimal wellness at every stage of your patients' lives. Developed for C

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