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THE **BABY**  
**BOOMER'S GUIDE**  
TO WOMEN'S HEALTH

Karla Dougherty and  
Richard C. Senelick, M.D.

# The Baby Boomers Guide To Womens Health

**Dr. Tim Clinton, Dr. John Trent**



## **The Baby Boomers Guide To Womens Health:**

**Your Guide to Women's Health**, 1997      **The Baby Boomer's Guide to Women's Health** Karla Dougherty, Richard C. Senelick, 2002-08 The Baby Boomer's Guide to Women's Health is designed to explain the aging process to women as they grow older It is a comprehensive detailed look not only at the way your body changes but a guide to prevention of certain diseases as well Relying on the analogy of the human body as a house the authors lead you on a tour of the body's systems described as rooms to discover how each of them work Illustrations drawings and the most up to date information available will help you understand each system's function how it performs as well as the best ways to protect it from the sometimes debilitating effects of the aging process Just because you're aging doesn't mean you have to start feeling old before your time You can live a full healthy and energetic lifestyle this book tells you how      The New Harvard Guide to Women's Health

Karen J. Carlson M.D., Stephanie A. Eisenstat M.D., Terra Ziporyn Ph.D., 2004-04-06 This exhaustive resource offers information on everything from adolescent acne to menopause in the belief that better informed women can have better partnerships with their physicians      Women's Health and Fitness Guide Michele Kettles, Colette L. Cole, Brenda S.

Wright, 2006 Examining the benefits of exercise for women from osteoporosis prevention to reducing the risk of cardiovascular disease this book reviews the physiological fitness differences between men and women It also helps women to tailor an exercise programme to their stage in life adolescence pre menopause menopause post menopause and ageing

**Nutrition in Public Health** Sari Edelstein, 2006 Community Nutrition      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      **The Ultimate Nutrition Guide for Women** Leslie Beck, 2009-05-18 Natural ways to improve your

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