

The Woman's Guide to Hysterectomy: Expectations and Options

Haas, Adelaide

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The Womans Guide To Hysterectomy Expectations And Options

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The Woman's Guide To Hysterectomy Expectations And Options:

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 Pocket Guide to Hysterectomy** Linda Parkinson-Hardman, 2013-03-25 The Pocket Guide to Hysterectomy offers you simple, easy-to-understand information about hysterectomy, the menopause, and hormone replacement therapy. It talks you through the various gynaecological complaints that might lead to hysterectomy and explains the most common alternative options. It also contains a handy list of common terminology that is helpfully explained, and a useful list of other UK women's health organisations and other resources can also be found, which might be helpful as well. Find out more about Hysterectomy and Women's Health on the Hysterectomy Association website here: www.hysterectomyassociation.org.uk **Women's Sexuality Across the Life Span** Judith C. Daniluk, 2003-06-09 Moving beyond a traditional focus on sexual functioning, this book emphasizes the complex interaction of psychological, social, cultural, and biological influences on women's sense of themselves as sexual beings. Written for practitioners and educators, its goal is to challenge contradictory messages and meanings that cause many women to feel disconnected from their bodies and from their needs and desires. Themes explored include the development of sexual awareness and sexuality in childhood and adolescence, the critical sexual choices of young adulthood, and the multiple transitions characterizing the middle and later years of life. The book features creative exercises and interventions to help girls and women construct more affirming sexual meanings. **Midlife Mamas on the Moon** Sunny Hersh, 2003 A fun, inspirational guide to positive choices for women over 40. Packed with useful checklists, honest personal stories, and no-nonsense resources, this book has the latest information on health, sex, and hormones and shows how to transform relationships, finances, and careers. **The Uterine Health Companion** Eve Agee, 2010-02-23 The uterus is a remarkable organ; it is our first home, contributes to women's sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health

promoting strategies for organs like the heart and lungs have become common knowledge preventative measures for lifelong uterine health have been largely absent from Western medical care Consequently one third of all women in the United States will have a hysterectomy the highest rate in the world In *The Uterine Health Companion* anthropologist and holistic health expert Eve Agee reveals that women in many non Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus Drawing on her research with women in the United States and abroad Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS fibroids and endometriosis do not have to be our destiny as women Through poignant narratives as well as global insights the book inspires us to develop new understandings about health and healing that affirm all women *The Uterine Health Companion* demonstrates why the uterus matters and how we can take care of it from menarche to menopause and beyond A comprehensive holistic plan including nutrition exercise and visualization guides us to promote uterine wellness and enhance conventional medical therapies Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies The book also includes strategies for women who have had hysterectomies This empowering resource offers a prescriptive balanced approach to developing and maintaining optimal uterine health for every woman at any stage of life Award Winner Health Women s Health category 2011 International Book Awards

Sex, Lies and the Truth about Uterine Fibroids Carla Dionne, 2001 Draws on personal anecdotes and case studies to examine the range of treatments available to uterine fibroids sufferers and provides a look at traditional surgical and alternative therapies

Do You Really Need Surgery? Michele Moore, Caroline De Costa, 2004 At last here is a user friendly guide to gynecologic surgery Using anecdotes drawn from a combined fifty years of experience doctors Moore and de Costa provide clear and accurate information about women s anatomy physiology common gynecological ailments diagnosis alternative treatments and finally full details about surgery itself

The Planned Parenthood Women's Health Encyclopedia Planned Parenthood Federation of America, 1996 The Planned Parenthood Women s Health Encyclopedia is the authoritative reference from America s most trusted name in women s health This groundbreaking resource offers crucial health information from Planned Parenthood the largest provider of women s health services in the nation Designed to provide women with all the information they need to negotiate the medical system The Planned Parenthood Women s Health Encyclopedia provides accessible information on everything from choosing a gynecologist to preventing osteoporosis from choosing birth control to coping with PMS from dealing with depression to learning more about the diagnosis and treatment of breast and ovarian cancers Alphabetically arranged and extensively cross referenced this guide covers women s health from medical and holistic perspectives discussing physical and emotional issues and providing preventative and diagnostic information treatments and alternatives In order to offer women the knowledge to make the most informed decisions about their own health The Planned Parenthood Women s Health Encyclopedia also includes differing

viewpoints on controversial health issues Throughout the text are evaluation exercises charts interactive questionnaires and survival strategies to help every woman cope with demands solve problems make choices and get the most out of her life For more information on a specific topic most sections conclude with a list of organizations throughout the country that offer specialized services related to women s health AppendiCes include a listing of medical abbreviations a glossary of medical tests and a recommended reading list Line for line The Planned Parenthood Women s Health Encyclopedia is the premier publication for helping women feel better stay healthy and live longer Planned Parenthood affiliates operate nearly 1 000 health centers nationwide Its national headquarters is located in New York City **Curve** ,1996 **Medical and Health Care Books and Serials in Print** ,1997 *So You're Having a Hysterectomy* Togas Tulandi,Barbara Levy,2004-02-04 so you re having a hysterectomy If you ve been informed that you need a hysterectomy this book is for you Step by step test by test decision by decision you ll know what to expect and what your choices are Why are you having problems Do you really need a hysterectomy What are the alternatives Is it best to just wait and see And if you do decide to go ahead what type of hysterectomy procedure is right for you From diagnosis to recovery *So You re Having a Hysterectomy* is the ultimate guide for women facing this controversial surgery Balanced accurate information real life patient stories and detailed illustrations give you the inside story on each medical procedure while extensive self help sections give you the power to find your own personal road to wellness whatever you decide Been there done that does not an expert make Event though I have had a hysterectomy and am a sex educator counselor I still learned a great deal about hysterectomy from this book Highly recommended reading Sue Hohanson RN CM sex educator counselor and host of the Sunday Night Sex Show *New Books on Women and Feminism* ,1995 Endometriosis Jo Mears,1998 Discusses the nature and symptoms of the disease including how to obtain a proper diagnosis how to develop coping strategies and alternative treatment options **SIECUS Report** ,1997 **Forthcoming Books** Rose Arny,2003-04 *Barnes and Noble Health Basics Menopause* Barbara Loos,Cheryl Kimball,2004-09-17 Manage the physical and emotional changes of menopause Understand the impact of stress and what to do about it *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 **Surgery Electives** John McCabe, 1996-05 ISBN 1884702228 LCCN 9571658 **The Christian Woman's Complete Guide to Health** Scott Farhart, Elizabeth King, 2008 In this essential reference for Christian women of every age Farhart and King use the most current research to explain everything women need to know about their bodies from puberty to menopause and beyond including alternative therapies diagnostic suggestions and the latest recommendations for physical exams **The Publishers Weekly**, 2001

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Table of Contents The Womans Guide To Hysterectomy Expectations And Options

1. Understanding the eBook The Womans Guide To Hysterectomy Expectations And Options
 - The Rise of Digital Reading The Womans Guide To Hysterectomy Expectations And Options
 - Advantages of eBooks Over Traditional Books
2. Identifying The Womans Guide To Hysterectomy Expectations And Options
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Womans Guide To Hysterectomy Expectations And Options
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Womans Guide To Hysterectomy Expectations And Options
 - Personalized Recommendations
 - The Womans Guide To Hysterectomy Expectations And Options User Reviews and Ratings
 - The Womans Guide To Hysterectomy Expectations And Options and Bestseller Lists

5. Accessing The Womans Guide To Hysterectomy Expectations And Options Free and Paid eBooks
 - The Womans Guide To Hysterectomy Expectations And Options Public Domain eBooks
 - The Womans Guide To Hysterectomy Expectations And Options eBook Subscription Services
 - The Womans Guide To Hysterectomy Expectations And Options Budget-Friendly Options
6. Navigating The Womans Guide To Hysterectomy Expectations And Options eBook Formats
 - ePub, PDF, MOBI, and More
 - The Womans Guide To Hysterectomy Expectations And Options Compatibility with Devices
 - The Womans Guide To Hysterectomy Expectations And Options Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Womans Guide To Hysterectomy Expectations And Options
 - Highlighting and Note-Taking The Womans Guide To Hysterectomy Expectations And Options
 - Interactive Elements The Womans Guide To Hysterectomy Expectations And Options
8. Staying Engaged with The Womans Guide To Hysterectomy Expectations And Options
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Womans Guide To Hysterectomy Expectations And Options
9. Balancing eBooks and Physical Books The Womans Guide To Hysterectomy Expectations And Options
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Womans Guide To Hysterectomy Expectations And Options
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Womans Guide To Hysterectomy Expectations And Options
 - Setting Reading Goals The Womans Guide To Hysterectomy Expectations And Options
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Womans Guide To Hysterectomy Expectations And Options
 - Fact-Checking eBook Content of The Womans Guide To Hysterectomy Expectations And Options
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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