



# The Women's Complete Health Book

*American Medical Women's Association*

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## **The Women's Complete Health Book** American Medical Women's Association

Written for women by the foremost authority in women's health, and more comprehensive than every other book on the subject, this painstakingly researched definitive guide to women's health care in the nineties is categorized by body part from head to toe. For too long, women have been treated peripherally by the health care industry. Women today need an authoritative, all-encompassing health reference book that offers succinct, clear information about health issues specifically tailored to them; a book that provides complete and practical answers to the questions they have about their health. *The Women's Complete Health Book* is just that. Written by a collection of the country's most influential female physicians, it contains up-to-the-minute information on a wide variety of general health problems as well as issues of exclusive concern to women: The increasing risk of heart disease in women \* Minimizing the risk of breast cancer \* Breakthroughs in contraception and reproductive rights \* Pros and cons of estrogen replacement therapy \* The important role of B vitamins in the treatment of PMS, Fibroid tumors and hysterectomies \* The mammography controversy \* Women's increasing risk of AIDS.

Examining and illuminating the important physical passages of women's lives, and the critical effects of these changing life-cycles, this crucial volume targets a different part of the body in each chapter, allowing speedy access to specific information about disease. Each entry explains the key indications of the problem, and includes basic information such as origins and occurrence, the long- and short-term consequences, and a thorough discussion of treatment options. Contributor and spokesperson for *The Women's Complete Healthbook* is Dr. Roselyn Payne Epps, the first black woman to serve as president of AMWA, a strong advocate of medical services for the poor, and a practicing pediatrician, teacher, administrator, and organizational leader for nearly 40 years. The American Medical Women's Association (AMWA) is a national organization of women physicians and medical students dedicated to increasing the influence of women in the medical profession. Founded in 1919, it is made up of 11,000 doctors, residents, and interns, and it based in Washington D.C.

*From the Hardcover edition.*

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