

Contemporary Women's Health

Issues for Today and the Future

Third Edition



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CONTEMPORARY WOMEN'S HEALTH

Issues for Today and the Future

THIRD EDITION

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Dedication

◇ *With gratitude to Kristina, Patricia, Barb, Kim, Carol and Stefanie for modeling healthy living and for their dedication to improving the health status of others. —CAK*

◇ *I dedicate this book to my beloved late mother, Fay Jones Ramsey, a woman of strength and indomitable spirit and to my precious granddaughter, Brynn Ramsey Ballard, God's gift of pure love and joy to her family. —DRB*

◇ *To my loving and supportive family, my mother and father Billie and Orbie Chandler; my sisters Betty Bush and Bonnie Thomas and brother-in-law Sam Thomas; my brother Charlie Chandler and sister-in-law Vicki Chandler; my nieces Rachel Thomas Little (and husband Tommy), Terra Chandler, and Niki Chandler; and my nephews, Lonnie Bush (and wife Heather), Brandon Bush (and wife Shasta), and Rowdy Bush (and wife Jessica); and Jason Thomas. —CKC*

Preface

The landscape of women's health has changed considerably since the first edition of this text was published. There are now specialized clinics that focus exclusively on women's health, and many hospitals have entire units dedicated to women. A plethora of goods and services related to women's health is on the market, and books, journals, and professional conferences devoted to women abound. Research on women's health issues has expanded as a result of increased federal funding, providing women with the information they need to make informed health decisions. Improving the health status of women and children is now understood around the world as a means of moving countries toward stability.

At the same time, much remains to be done. Further research and expanded funding are crucial to a broader understanding of women's health issues. Wage inequities, the undervaluation of women-dominated careers, violence against women, infant mortality disparities, female genital mutilation, a lack of available family planning, increasing rates of HIV in heterosexual women, and teen pregnancy are just a sampling of the issues that must be addressed if all women are to achieve the healthy and satisfying lives they deserve. Women need to advocate for representation on decision-making boards and in the political arena in order to continue to improve the lives of women everywhere. *Contemporary Women's Health: Issues for Today and the Future* has been written and revised with these concerns in mind.

APPROACH

In the third edition of *Contemporary Women's Health* we continue to emphasize health promotion and the impact of multicultural and diversity issues on women's health. Although we focus on "women-only" topics, we believe that both women and men can benefit from discussions of women's issues in the context of societal concerns, and our experiences in diverse classrooms have supported this belief. In the third edition we keep the applied approach of the previous editions, with a format that encourages students to examine their health-related preconceptions, attitudes, and behaviors and to explore new ways of thinking, feeling, and behaving. We believe the classroom can and should be a dynamic environment for empowering and strengthening women's

positive health behavior, and our text is designed to support that goal.

Contemporary Women's Health may be used by instructors and students in health education, general education, and women's studies courses that emphasize a holistic approach to health. The text is written from a woman-centered perspective and is appropriate for both nontraditional and traditional students. The personal pronouns used throughout the text assume a female reader; we have found that men as well as women understand and appreciate this convention.

ORGANIZATION

Contemporary Women's Health is organized into five distinct parts. Part One, "Foundations of Women's Health," emphasizes the scope of women's health issues and introduces students to wellness and prevention concepts, as well as methods for facilitating lifelong changes in health behaviors. Chapters devoted to making wise consumer choices are also included in this section. Part Two, "Mental and Emotional Wellness," focuses on strategies for enhancing emotional well-being and managing stress. Part Three, "Sexual and Relational Wellness," addresses building and maintaining healthy relationships and gynecological health and designing a reproductive life plan. Part Four, "Contemporary Lifestyle and Social Issues," offers comprehensive information about nutrition, exercise, and the negative effects of tobacco, alcohol, and other drugs. Part Five, "Communicable and Chronic Conditions," includes information about AIDS, sexually transmitted infections, and important communicable diseases as well as cardiovascular health and cancer.

FEATURES AND UPDATES

The third edition of *Contemporary Women's Health* retains a variety of boxed features that support the text's approach and extend its coverage.

- *Assess Yourself* boxes provide interactive exercises and inventories to help students determine their own level of wellness and need for behavior change. Assessments include an inventory for improving your chances for accurate test results, a stress

checklist, and a quiz to determine what you know about the foods you eat, among many others.

- *FYI* boxes succinctly highlight key information. They cover such topics as the discrepancies between women's and men's salaries, types of eating disorders, tips for reading food labels, yoga, and more.
- *Health Tips* boxes provide practical, helpful recommendations intended to enhance each student's personal health journey. These boxes cover a broad range of topics, such as questions to ask when taking prescription medicines, calculating fat intake, and tips for successful smoking cessation.
- *Her Story* boxes are based on real-life women confronting such challenges as postpartum depression, negative self-image, and alcoholism. In some instances, the names of the women whose lives are being discussed have been changed to protect their identity, but in other cases real names are used. Each box concludes with follow-up questions that allow students to apply the chapter content to the situation being discussed.
- *Journal Activity* boxes provide opportunities for students to record their thoughts and feelings about their health as well as the social issues affecting the health of all women. These boxes present questions for students to consider, such as "How do you handle stress?" and "Do you know someone in an abusive relationship?" They also give students tips on activities like managing time and browsing the Internet for AIDS research.
- *Viewpoint* boxes highlight controversial issues and ask students to reflect on and form their own opinions about those issues. Topics addressed by these boxes include state laws that discriminate against homosexuality, women's health versus giant pharmaceutical companies, and surrogate grandmothers.

A new feature has been added to this edition:

- *Women Making a Difference* boxes feature real-life women who have faced and overcome challenges in their lives and have assumed leadership roles. Included in these boxes are such women as Maggie Kuhn and Dana Reeve.

The third edition has been thoroughly updated with the most current health information and statistical data available. Key content updates and additions to each chapter are listed below.

Chapter 1 Introducing Women's Health

- Expanded material on sexual discrimination and sexual harassment

- Landmark legislative and legal actions related to sexual discrimination

Chapter 2 Becoming a Wise Consumer

- Updated information on nurse practitioners, benefits of massage, home health tests, and moisturizers
- Additional information about combining Western medicine and complementary and Alternative medicine
- New discussion of BOTOX in cosmetic surgery section
- Addition of sections on prescription and OTC drugs

Chapter 3 Developing a Healthy Lifestyle

- Comprehensive data on women's life expectancy in countries around the globe
- Updated statistics on women's cause of death in the United States by race and age

Chapter 4 Enhancing Emotional Well-Being

- Additional in-depth material on understanding and enhancing self-esteem
- Expanded coverage of eating disorders
- New section on family of origin issues and depression
- Discussion of emotional health theories specific to women

Chapter 5 Managing the Stress of Life

- Most recent research connecting stress with illness and connecting migraine attacks with hormonal fluctuations
- Updated research on age differences in the numbers and types of stressors for women
- Increased coverage of research on the prevalence and treatment of clinical anxiety disorders
- New research on women's greater susceptibility to posttraumatic stress disorder

Chapter 6 Preventing Abuse against Women

- New overview of the Violence against Women and Department of Justice Reauthorization Act 2005

- Revised discussion of why women stay in abusive relationships
- Newly revised section on same-sex domestic violence

Chapter 7 Building Healthy Relationships

- New sections on the biochemistry of love, sexuality, and relationship satisfaction
- Discussion of Sternberg's Triangular Theory of Love
- Expanded discussion of attributes of a successful relationship
- New in-depth discussion of positive parenting relationships
- Updated statistics on marriage rates

Chapter 8 Examining Gynecological Issues

- Added sections on benign breast conditions
- Updated American Cancer Society instructions for breast self-exam
- New discussion of polycystic ovarian syndrome and uterine fibroids
- Updated statistics on PMS

Chapter 9 Designing Your Reproductive Life Plan

- Added information on the contraceptive sponge, transdermal patch, NuvaRing, and Implanon
- New statistics on pregnancy rates and live birth rates for women over 40 using assisted reproductive technology
- Updated statistics on birth control, abortion, and adoption
- New sections on midwifery and fertility

Chapter 10 Eating Well

- New information on nutritional concerns for Americans
- Updated food label information
- Inclusion of the 2005 USDA Dietary Guidelines for Americans
- Inclusion of the new MyPyramid
- Updated benefits of vegetarianism
- New discussion of portion distortion, fast-food choices, and food allergies

Chapter 11 Keeping Fit

- Updated test standard data
- New information on exercise and breast cancer

- Expanded discussion of benefits of exercising during pregnancy
- New discussion of yoga

Chapter 12 Using Alcohol Responsibly

- Updated information on binge drinking
- New information on date rape drugs
- Updated statistics on drinking patterns and ethnicity

Chapter 13 Making Wise Decisions about Tobacco, Caffeine, and Drugs

- Updated information on nicotine replacement products
- Updated statistics on the rate of lung cancer deaths in women
- New American College of Obstetricians and Gynecologists recommendation for consumption of caffeine by pregnant women
- Expanded discussion of the effect of drug use on pregnancy

Chapter 14 Preventing Sexually Transmitted Infections and Other Infectious Diseases

- Updated discussion about sexually transmitted infections
- Updated statistics on race/ethnicity of U.S. women with HIV/AIDS
- New discussion of prevalent infectious diseases (e.g., hepatitis A, B, and C, chicken pox and shingles, West Nile virus)

Chapter 15 Managing Cardiovascular Health and Chronic Health Conditions

- Additional information on differences between men and women in symptoms of heart attacks and stroke
- Revised guidelines for high blood pressure
- New section on fibromyalgia and recognition of tender points

Chapter 16 Reducing Your Risk of Cancer

- Expanded information on benign and malignant tumors

- Updated statistics on incidence of cancer and deaths related to cancer
- New discussion of the TMN staging system for cancer
- Updated treatment options for lung cancer
- Discussion of stem cell transplantation in section on treatment options

PEDAGOGY AND LEARNING AIDS

To maximize its usefulness to students and instructors, *Contemporary Women's Health* provides these learning aids in every chapter:

- *Chapter Objectives* provide students with a succinct overview of the material in the chapter and may be used as a self-check prior to quizzes and exams.
- *Chapter Summaries* reinforce chapter content.
- *Review Questions* help students apply the concepts learned in the chapter and may be used by students to study for exams.
- *Resources* sections list a variety of information sources related to chapter content, including national organizations and hotlines, Web sites, books and articles, and videotapes and audiotapes.
- *References* list the research citations included in the chapter, giving students the opportunity to access key supporting information.

SUPPLEMENTS

The third edition of *Contemporary Women's Health* features an Instructor's Web site (www.mhhe.com/kolander3e) that offers a variety of resources, including an Instructor's Manual and PowerPoint lecture slides. Additional information is available from your McGraw-Hill sales representative.

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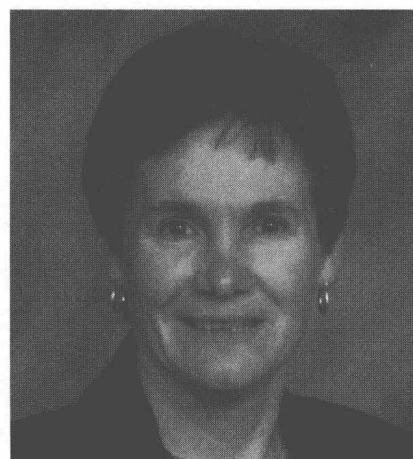
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We want to recognize the many women and students who touched our lives with their personal stories. Thank you for sharing your stories and providing further insight, encouragement, and support. Your personal stories and insightful comments have enriched our lives and the lives of others, and we hope that the content of this textbook reflects that information sharing. We know that the contributions of women and students have and will continue to make a difference in the lives of others.

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Cheryl Kolander is the associate dean for Academic Affairs in the College of Education and Human Development, University of Louisville. She is a professor in the Department of Health and Sport Sciences and previously served as a program director for health education. She received her baccalaureate degree from Luther College, Decorah, Iowa, and her master's and doctoral degrees from Indiana University, Bloomington. She is a strong advocate for social justice and equity, and has a particular interest in advancing health equity for women. Her primary research focus is prevention science, with an emphasis on women's health, school health education, and accreditation. She directs the Center for Health Promotion and Prevention Science Research, a center for collaborative studies and advocacy related to prevention science. She is a member of the performance team for UofL collegiate athletics, serves on the advisory board for Get Healthy Now, and chairs the curriculum committee for Fit4Me, an after-school program for at-risk girls.



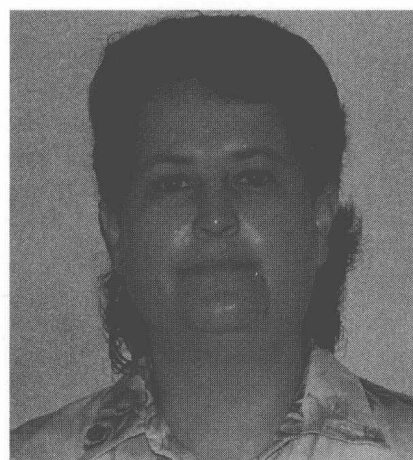
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