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WOMEN'S HEALTH

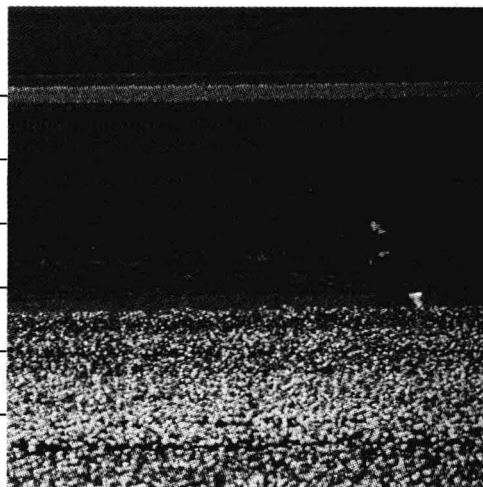
98/99



WOMEN'S HEALTH

98/99

First Edition



Editors

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First Edition

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Editors/Advisory Board

Members of the Advisory Board are instrumental in the final selection of articles for each edition of ANNUAL EDITIONS. Their review of articles for content, level, currentness, and appropriateness provides critical direction to the editor and staff. We think that you will find their careful consideration well reflected in this volume.

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To the Reader

In publishing ANNUAL EDITIONS we recognize the enormous role played by the magazines, newspapers, and journals of the *public press* in providing current, first-rate educational information in a broad spectrum of interest areas. Many of these articles are appropriate for students, researchers, and professionals seeking accurate, current material to help bridge the gap between principles and theories and the real world. These articles, however, become more useful for study when those of lasting value are carefully *collected, organized, indexed, and reproduced* in a *low-cost format*, which provides easy and permanent access when the material is needed. That is the role played by ANNUAL EDITIONS. Under the direction of each volume's *academic editor*, who is an expert in the subject area, and with the guidance of an *Advisory Board*, each year we seek to provide in each ANNUAL EDITION a current, well-balanced, carefully selected collection of the best of the public press for your study and enjoyment. We think that you will find this volume useful, and we hope that you will take a moment to let us know what you think.

In this first edition of *Annual Editions: Women's Health 98/99*, we have tried to address the most current issues in women's health, which is no easy task. After a long period of neglect and lack of interest from the medical community, the past 20 years have seen increased interest in this field. The National Institutes of Health have targeted women's health with large research initiatives such as *The Women's Health Initiative*; *The Nurses' Health Study*; and the *Study of Women's Health across the Nation*. Because of this heightened level of interest, large quantities of new information, at times contradictory, are now available. In preparing this volume, we have sifted through a diverse range of publications. Our goals are both to provide factual information and to challenge the reader to think critically about some of the more controversial issues in the field.

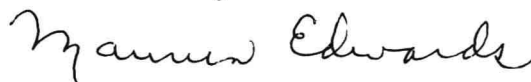
Not every issue is clear cut. Consensus does not always exist, and we have tried to represent multiple viewpoints. It is not surprising that after the years of neglect of women's health, there are now differences of opinion. It is our hope that this set of readings can be a supplement to the existing women's health texts. We recognize that we are not able to address every area, but we have tried to survey many of the issues in the public consciousness.

Women's health is more than reproductive health issues. Women's health is nutrition, mental health, fitness, chronic disease, and so on. We have attempted to touch as many of those areas as possible, without neglecting the reproductive arena. Women are not monocultural. We have tried to address some of the issues from the perspective of nonwhite women. Most of the articles selected come from nonprofessional literature, which we hope will make the health information more easily accessible. We have also included articles from health newsletters and journals that provide current information from the research in a timely manner.

The book is divided into eight units that correspond to major areas of health, such as nutrition and fitness and psychological health, or that address key topics, such as violence, chronic diseases, and reproductive health. The first chapter, *Women and Health*, is designed to explore issues of how women participate in the health care system, including managed care and alternative medicine. This chapter is intended to provide an overview of the status of women's health and the leading issues.

To facilitate the use of this volume by teachers and students of women's health, we have included a number of features. Because so many health issues cut across chapter headings, the *topic guide* provides a cross-reference for finding information on topics in all the locations where it is addressed. This allows the student to see the interaction of the different areas of health. The *table of contents* also includes abstracts, in which we have tried to summarize the key points of each article. Instructors may find this useful in choosing readings to assign. Each unit begins with an overview, providing background information on the area as well as more detailed information on how articles were chosen. We have also included *challenge questions* to help students focus their reading.

We will be updating *Annual Editions: Women's Health* annually. It is our goal that this collection should be useful and effective for those teaching and learning. We welcome your advice, suggestions, and comments. Please complete and return the postage-paid *article rating form* on the last page of the book. Thank you.

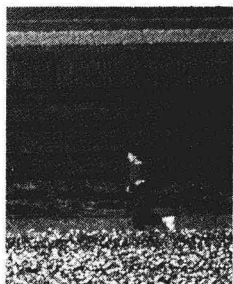


Maureen Edwards



Nora L. Howley
Editors

UNIT 1



Women and Health

The six articles in this section consider the way women are treated in today's health care system.

UNIT 2



Nutrition and Fitness

Eight selections in this unit look at the current popularity of dieting and the need for a healthful fitness program.

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1. **Women's Health Studies**, *Harvard Women's Health Watch*, September 1996. **8**
Women's health issues and women themselves have been excluded from medical *research* for many years. This article profiles three major studies that have attempted to correct this inequity.
2. **Women Are Different**, Gayle Feldman, *Self*, July 1997. **9**
 Recently, a new medical frontier is opening up—one that researchers are calling *gender-based medicine*. This new field of medicine is setting out to learn about gender differences and to make up for years of neglect.
3. **Work with Me, Doctor: How to Get Better Care**, *Women's Health Advocate Newsletter*, April 1997. **14**
Managed care has dramatically impacted the quality of medical care today. Now more than ever, it is vital that every patient become a savvy health care *consumer*. This report offers practical tips on how to obtain the best care possible.
4. **Forgotten Women: How Minorities are Underserved by Our Health Care System**, Lisa Collier Cool, *American Health for Women*, May 1997. **16**
Minority women in some parts of the United States face health conditions comparable to those in developing countries. *Screenings* are less likely to be ordered for minority women. Physicians may also have stereotypes regarding minority women's health behavior or may make assumptions based on skin color or nationality. Minority women are also left out of *clinical trials*.
5. **Fitting into Our Genes**, Leslie Schwartz, *Shape*, October 1996. **19**
 Although it is directed toward research on *breast cancer*, Leslie Schwartz's article explores the deeper issue of *genetic testing* for disease. What really is in the best interest of the patient?
6. **Give Your Body Time to Heal**, Ann Japenga, *Health*, April 1997. **21**
 In these days of increasing *health care* costs and shrinking resources, expensive and intrusive medical tests are often suspect. Ann Japenga asserts that the best treatment is often no treatment at all.

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7. **Say Good-Bye to Dieting**, Laura Fraser, *Health*, April 1997. **28**
 Research now shows that women do not need to be thin to be healthy or look good. In fact, *dieting*, as opposed to healthy *eating* and *exercise*, can have both physical and *psychological health* consequences.
8. **Confessions of a Former Women's Magazine Writer**, Marilyn Larkin, *Nutrition Forum*, May/June 1993. **33**
 A long-time writer of *popular nutrition articles*, Marilyn Larkin understands the basic *pat formula* often used to make products sell. Publishing priorities include: start with provocative headlines but follow with noncontroversial trivia and provide a "nice environment" for advertisers. This leaves little room for straightforward presentations of facts or an honest appraisal of research.

UNIT 3



Gynecological and Sexual Health

In this section, nine articles consider the importance of periodic physical examinations, the latest data on birth control, and the abortion debate.

9. **Rebel against a Sedentary Life**, Katherine Griffin, *Health*, April 1997. 37
Activity is the key to *physical* and *psychological health*. For those who cannot find the time for organized *exercise*, the key is building activity into daily life. Activity plays a role in prevention of *cancer*, *heart disease*, *hypertension*, *diabetes*, and *depression*.
10. **Diet Pills: Are Millions of Women Playing Russian Roulette with Their Health?** *Women's Health Advocate Newsletter*, June 1997. 41
Millions of prescriptions are being issued for *diet pills*. While they do appear to offer weight loss with continued use, exercise, and calorie restriction, the drugs are not perfect—in fact, they have proven fatal for some unlucky women.
11. **Dying to Win**, Merrell Noden, *Sports Illustrated*, August 8, 1994. 44
Christy Henrich, age 22, was a world-class gymnast who died from *anorexia nervosa*. The rate of this disorder among women athletes is higher than in the general population. The possible factors that played a role in her eating disorder are discussed in this report.
12. **Who Isn't on a Diet? In Search of Sensible Eating**, Michelle Stacey, *Town & Country*, June 1996. 49
Concern about *weight* has become "normal" for American women. Michelle Stacey examines historical changes that have led to a national obsession with fat and *dieting* at a time when Americans on average are more *obese* than 10 years ago.
13. **The Diet Fix**, Elizabeth Somer, *Shape*, October 1996. 53
Today, the link between *diet and health* is indisputable. Elizabeth Somer presents dietary guidelines and strategies for dealing with seven major health concerns of women.
14. **Weighty Matters in Women's Health**, Eric Houston, *Emerge*, March 1997. 57
Obesity puts individuals at greater risk for *cardiovascular disease*, *diabetes*, *cancer*, and a whole host of other health problems. Eric Houston examines the reasons for the prevalence of obesity among *African American* women.

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15. **The Smart Pap**, Cathy Perlmutter with Toby Hanlon, *Prevention*, October 1996. 60
False negative readings of *Pap smears* can be life threatening. To reduce the risk of false negatives, one should follow four steps: find an experienced provider, a good lab, ask for rescreening of false negatives, and get screened each year.
16. **Politically Incorrect Surgery**, Rita Rubin, *Health*, November/December 1996. 63
Since the 1970s, *hysterectomy* has been denounced as often being unnecessary and overutilized. Indeed, there are many nonsurgical treatments for problems of the female *reproductive* system. Rita Rubin advocates that each woman educate herself and choose the treatment option that works best for her.
17. **Prevent Sexually Transmitted Diseases**, Lauren Picker, *American Health*, October 1995. 68
Women are often more susceptible to *sexually transmitted diseases* than men. Frequently, women experience no symptoms, and they suffer more severe long-term damage. Lauren Picker presents data on the major STDs.

UNIT 4



Psychological Health

Seven selections in this section look at how stress, depression, eating disorders, and children impact on a woman's psychological health.

18. **The Condom Report: What's New in Sheath Chic**, Katherine Cottrell, *Chatelaine*, July 1996. 73
By providing *contraception* and protection against *AIDS* and *sexually transmitted diseases*, condoms have become a fact of life. How do you know that the condom you buy and use is the right one?
19. **Rethinking Birth Control**, Julia Califano, *American Health for Women*, March 1997. 75
Birth control is not just a young woman's issue. Julia Califano offers updated information on *contraception* and discusses how women in their 30s and 40s can avoid unintended *pregnancies*.
20. **Endometriosis: The Hidden Epidemic**, Joseph Anthony, *American Health*, May 1996. 79
Endometriosis, or abnormal growths of uterine tissue outside the *uterus*, is a common but mysterious disease affecting 10 percent of women in their reproductive years. Joseph Anthony describes a new nonsurgical method of diagnosing the disease and discusses common *treatment* options.
21. **Overcoming Infertility**, Tamar Nordenberg, *FDA Consumer*, January/February 1997. 82
Infertility is a problem that affects over 9 percent of the *reproductive-age population* in the United States today. Often considered a "female" problem, Tamar Nordenberg addresses this and other common myths that surround this *emotionally* sensitive issue.
22. **The National Abortion Debate: Are Both Sides Asking the Wrong Questions?** *Glamour*, April 1996. 86
Although the *abortion* issue is frequently laden with emotion, this editorial poses a rather interesting question to both sides of the debate. Instead of viewing the issue as right versus wrong or should not versus should, what are the options? This report presents an alternative agenda to be considered.
23. **Psychological Aftereffects of Abortion: The Rest of the Story**, Joyce Arthur, *The Humanist*, March/April 1997. 87
Few topics garner as much emotion as *abortion*. Here, Joyce Arthur examines the gap between scientific consensus and popular belief about the *psychological ramifications* of this medical procedure.
- Overview 90
24. **How Real Women Keep Stress at Bay**, Catherine Wald, *Woman's Day*, April 2, 1996. 92
Stress is a universal constant across *race*, class, and gender. Although we all experience stress, the cause often differs for men and women. The stress experienced by many women as a function of the many roles they play is the focus of this report.
25. **The Myth of the Miserable Working Woman**, Rosalind C. Barnett and Caryl Rivers, *Working Woman*, February 1992. 94
A number of myths about working women are dispelled in this informative article. The media have portrayed *working women* as stressed, unhealthy, and unable to cope with both working and *family responsibilities*. Recent research, though, indicates that just the opposite is true.
26. **Stressed Out—and Sick from It: The Ultimate Prevention Guide**, Susan Gilbert, *Redbook*, March 1997. 98
Can *stress* make you sick? Many common illnesses have been linked to emotional turmoil. One of the stresses that can be damaging is a major life change, such as a divorce or death; another is the stress that accompanies extreme and chronic anxiety. *Exercise* and *relaxation* can help.

UNIT 5



Chronic Diseases

How heart disease, cancer, and other chronic diseases affect women are addressed in the eleven articles in this section.

27. **Depression: Way beyond the Blues**, Sandra Arbetter, *Current Health* 2, December 1993. 101
Everyone feels blue or depressed from time to time, but *clinical depression* is much more serious and lasts longer than a few days. Each year over 6,000 adolescents commit suicide, and depression is considered the biggest risk factor. Sandra Arbetter examines various facets of depression and offers ways to help a friend who is depressed.
28. **Treating Eating Disorders**, *Harvard Women's Health Watch*, May 1996. 105
More than eight million people (90 percent of whom are women) in the United States have *eating disorders*. Causes include *psychological and genetic* disorders. Many women also have other mood disorders, including *depression*. Successful treatment is based on a team approach including physician, psychotherapist, and nutritionist. The benefits of various *psychotherapeutic* approaches are discussed in this essay.
29. **Childless by Choice**, Katherine Griffin, *Health*, March/April 1996. 107
The author writes about her decision not to have children. Being *childless* does not mean being cut off from young people. Being childfree can be rewarding and intellectually stimulating. For those childless because of *infertility*, it is important to come to terms with the loss, rather than be ambivalent for a long time.
30. **The New Rite of Passage**, Susan V. Seligson, *Health*, May/June 1997. 112
Many women need a boost of confidence and *empowerment* in life. Physical adventures and activity are one way to achieve a new *self-image* and can help women cope with unknowns in other spheres of life. *Older women* in particular may benefit from this plan of action.
- Overview 116
31. **Mending the Female Heart**, Ann Japenga, *Health*, March/April 1996. 118
Recently, medical science has begun to acknowledge that *heart disease* is very different in women than in men. The Dean Ornish heart disease program is examined in terms of what it offers to the female patient in this article.
32. **Heart Disease in Women: Special Symptoms, Special Risks**, *Consumer Reports on Health*, May 1997. 123
Once regarded as a man's disease, *heart disease* in women has been overlooked, and women have not been treated or researched. The hormone estrogen may provide protection from heart problems. Prevention efforts such as hormone replacement therapy (HRT), aspirin, and moderate *drinking* are also different for women and are examined in this report.
33. **Consensus: No Long-Term Link between the Pill and Breast Cancer**, Gary Goldenberg, *Priorities*, Volume 8, Number 4, 1996. 126
Based on the results of a multinational study, the consensus is that there is no long-term link between *oral contraceptives* and *breast cancer*. Ten or more years after stopping the dose, no increase in cancer was found in all the groups of women studied. Although a small increase was found in women while using the *pill*, the increase disappeared completely after ten years.
34. **Redesigning Women: Breast Cancer & Estrogen**, Rosie Mestel, *Health*, March 1997. 129
In affluent countries like the United States, high fat *diets* and a sedentary *lifestyle* promote the production of high levels of *estrogen*. Rosie Mestel explores the health consequences of this phenomenon and offers some possible solutions to the problem.

UNIT 6



Substance Abuse: New Trends for Women

In this unit, seven articles look at the latest on women's abuse of tobacco, alcohol, and drugs.

35. **The Cancer Nobody Talks About**, Janis Graham, *Ladies' Home Journal*, June 1996. 134
Cancer is a subject that most people are uncomfortable discussing. If the cancer involves a perceived embarrassing organ or body system, the problem is further compounded. Janis Graham examines symptoms and prevention strategies for *colorectal cancer*.
36. **Mole Patrol**, Katharine Greider, *Harper's Bazaar*, August 1996. 137
Skin cancer is one of the most common yet treatable forms of cancer in women. Methods of detection and treatment are presented here by Katherine Greider.
37. **A Silent Epidemic**, Susan S. Lang, *Good Housekeeping*, February 1997. 138
Four million women in the United States may have undiagnosed *diabetes* and not know it. Type 1 diabetes requires insulin shots on a regular basis; Type 2 can be controlled through *diet* and *exercise*. Risk factors include *obesity*, ethnicity, gender, *pregnancy*, and body shape.
38. **Living with Lupus**, Ziba Kashef, *Essence*, October 1995. 140
Lupus is a disease that turns the body's own defenses against itself. It affects women more than men and it appears that *black women* frequently suffer more severe symptoms as well as a higher mortality rate than white women. This article describes the disease, offers tips on managing it, and gives information on how to find help.
39. **When Arthritis Strikes**, Marie Savard, *Woman's Day*, April 2, 1996. 142
This one-page summary serves to introduce the reader to the different types of *arthritis* and describes the most common treatments.
40. **Running on Empty**, Barbara Bailey Kelley, *Health*, May/June 1997. 143
One in five women have a *thyroid* disorder that can leave them exhausted, *depressed*, feeling dull. Untreated, an underactive thyroid can raise *cholesterol* and the risk of *heart disease*. Treatments include thyroid hormone by pill. An overactive thyroid has different symptoms, including rapid *weight* loss and extreme nervousness. Screening for both conditions involves a simple, inexpensive *blood test*.
41. **What to Do for Urinary-Tract and Vaginal Infections**, *Consumer Reports on Health*, August 1997. 147
Among the most common of women's health problems are genitourinary infections. Solutions for a number of *typical urinary-tract infections* are presented in this report.

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42. **What Does Being Female Have to Do with It?** Rokelle Lerner, *Professional Counselor*, August 1995. 150
The face of *addiction* is very different for women. Health care and *mental health* professionals must be aware of these differences when treating female clients. The major treatment issues for women are clearly outlined in this report.
43. **The Facts About . . . Women and Smoking**, Nancy Dreher, *Current Health* 2, April 1995. 151
Despite what the major tobacco companies would have the public believe, nicotine is a highly addictive drug. Nancy Dreher presents *smoking* as a "*killing addiction*" in this essay, aimed at very young women. Dreher discusses, in particular, the effects that smoking has on women's *health and appearance*.

UNIT 7



Violence in Women's Lives

Five selections in this section discuss violence and women, particularly domestic violence and rape.

44. **Up in Smoke: Why Teen Girls Don't Quit**, Mimi Frost with Susan Baxter, *Chatelaine*, July 1996. 153
Smoking is increasing among teenage girls. These smokers believe that cigarettes may help them control *weight*, cope with negative *feelings*, and develop a *self-image*. According to this report, teenage girls need special help to avoid smoking and to stop if they start.
45. **A Smoker's Tale**, Steve Fishman, *Vogue*, May 1994. 158
It has long been recognized by the medical community that *second-hand smoke* imposes serious health risks to those that are exposed to it. Steve Fishman profiles the story of a woman who stands to lose custody of her asthmatic child because of her inability to *quit smoking*.
46. **Cigars, Women, and Cancer**, *University of California at Berkeley Wellness Letter*, January 1997. 162
In this essay, the alarming phenomenon frequently portrayed in the media of women *smoking* cigars is examined. The imagined "glamorous" image is compared with the real *health risks* here.
47. **Alcohol and Health: Mixed Messages for Women**, *Women's Health Advocate Newsletter*, February 1996. 163
Recently the health advantages of moderate *alcohol* consumption have been touted in the popular press. This article addresses the *risks versus the benefits* of moderate alcohol consumption for women.
48. **Way Out West and Under the Influence**, Carey Goldberg, *New York Times*, March 16, 1997. 166
Abuse of the *drug methamphetamine* is a growing problem for women. Use of this drug among females now exceeds that of males. The history of methamphetamine and the differing patterns of use between the sexes are presented by Carey Goldberg.
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49. **Female Genital Mutilation: Balancing Intolerance of the Practice with Tolerance of Culture**, Layli Miller Bashir, *Journal of Women's Health*, February 1997. 170
Female genital mutilation is a custom still performed in many Asian and African countries. The practice often causes medical complications, severe pain, and even death. This overview explores the *ethical* and *legal* implications of this ritual.
50. **Domestic Violence: Why It's Every Woman's Issue . . . and What You Can Do**, Rosemary Black, *American Health for Women*, March 1997. 174
It is estimated that every 9 seconds somewhere in the world a woman is being *battered* in a *domestic* situation. Rosemary Black explores this issue and offers concrete suggestions for becoming aware and getting involved.
51. **A Woman's Killer Is Likely to Be Her Partner, A New Study in New York Finds**, Pam Belluck, *New York Times*, March 31, 1997. 177
Women in New York are more likely to be killed by their partner than in any other crime where the relationship between victim and murderer is known. One third of the time the women are trying to end the relationship when they are murdered. Health care providers need to identify women who are at risk for *domestic violence*.

UNIT 8



Special Issues for Older Women

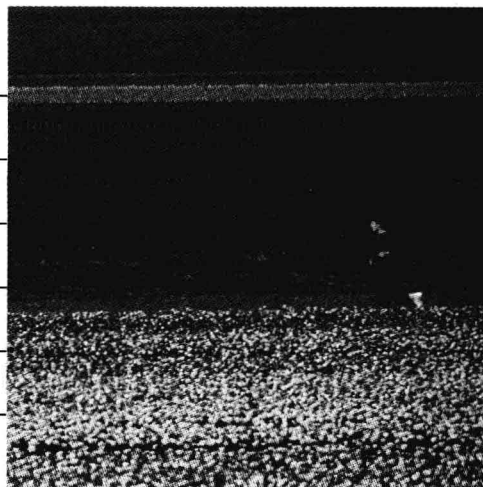
The six selections in this section consider health challenges that older women face.

52. "I Was Raped," Lori S. Robinson, <i>Emerge</i> , May 1997.	179
<i>Rape</i> is a crime of power, not passion. This article profiles acquaintance rape, as well as the <i>emotions</i> and gradual healing process of an <i>African American</i> journalist, covering the rape of a 17-year-old student, regarding her own assault.	
53. Dangerous Men: The Warning Signals You May Miss , Gavin De Becker, <i>Glamour</i> , June 1997.	189
Some women will meet a man who seems great, that is, until he will not take no for an answer. Gavin De Becker presents the <i>warning</i> signs and what women can do to <i>protect</i> themselves.	
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54. Our Mothers, Ourselves: Older Women's Health Care , <i>Women's Health Advocate Newsletter</i> , October 1996.	194
As women <i>age</i> they have specific health needs that are not always met. A number of critical gaps exist in the <i>health care system</i> . These are gaps in <i>research</i> , gaps in physician knowledge, gaps in disease detection, gaps in <i>treatment</i> , and gaps in understanding. A health care bill of rights and a list of solutions are presented in this essay.	
55. Who Age Better—Men or Women? Andrea Atkins, <i>New Choices (Living Even Better after 50)</i> , September 1996.	197
In many important physical and <i>mental</i> arenas, men and women differ significantly. Here, Andrea Atkins examines <i>gender differences</i> in the <i>aging</i> process. Also included are tips for dealing successfully with these age-associated changes.	
56. Hormone Therapy: When and for How Long? <i>Health News</i> , March 25, 1997.	200
The use of <i>hormone replacement therapy</i> (HRT) is one of the most controversial issues in women's health. This report attempts to clarify conflicting <i>research</i> findings and discusses both the risks and the benefits of this treatment.	
57. Silent Sabotage , Judith Newman, <i>Good Housekeeping</i> , April 1997.	202
<i>Osteoporosis</i> is frequently seen as a disease of the <i>aged</i> . In this article, Judith Newman offers advice to women in their 30s and 40s on how to ensure better bone health in later life.	
58. The Mammography Muddle , <i>Harvard Women's Health Watch</i> , March 1997.	205
In recent years, the medical community has failed to deliver a clear message regarding the efficacy of <i>mammography</i> for women in their 40s. This article explores the reasons for the lack of <i>medical</i> consensus.	
59. Options for Hysterectomy , <i>Harvard Women's Health Watch</i> , October 1996.	207
In this essay, options for <i>hysterectomy</i> are discussed, based on age and risk factors. Some women may not require a complete hysterectomy for treatment. Options for surgery and recovery are also discussed.	
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WOMEN'S HEALTH

98/99

First Edition



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Topic Guide

This topic guide suggests how the selections in this book relate to topics of concern to students and professionals involved with women's health. It can be used to locate articles that are related to each other for reading and research. The guide is arranged alphabetically according to topics. Articles may, of course, treat subjects that do not appear in the topic guide. In turn, entries in the topic guide do not necessarily constitute a comprehensive listing of all the contents of each selection. In addition, relevant Web sites, which are annotated on the next two pages, are noted in bold italics under the topic articles.

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Abortion	22. National Abortion Debate 23. Psychological Aftereffects of Abortion (6, 14, 15)	Diet	7. Say Good-Bye to Dieting 8. Confessions 10. Diet Pills 12. Who <i>Isn't</i> on a Diet? 13. Diet Fix 14. Weighty Matters in Women's Health 31. Mending the Female Heart 34. Redesigning Women: Breast Cancer 37. Silent Epidemic 55. Who Age Better—Men or Women? (10, 11, 12, 13, 16, 18, 19, 27, 28, 29)
Addictions	42. What Does Being Female Have to Do with It? 43. Facts about Women and Smoking 44. Up in Smoke 45. Smoker's Tale 47. Alcohol and Health: Mixed Messages 48. Way Out West and Under the Influence (16, 17, 22, 23, 24)	Eating Disorders	11. Dying to Win 12. Who <i>Isn't</i> on a Diet? 14. Weighty Matters in Women's Health 28. Treating Eating Disorders 44. Up in Smoke (11, 12, 13, 16)
Aging	13. Diet Fix 30. New Rite of Passage 39. When Arthritis Strikes 54. Our Mothers, Ourselves 55. Who Age Better, Men or Women? 56. Hormone Therapy 57. Silent Sabotage 58. Mammography Muddle (9, 10, 11, 12, 14, 18, 19, 27, 28, 29)	Estrogen	16. Politically Incorrect Surgery 20. Endometriosis: The Hidden Epidemic 32. Heart Disease in Women: Special Symptoms 33. Consensus: No Long-Term Link 34. Redesigning Women: Breast Cancer 55. Who Age Better—Men or Women? 56. Hormone Therapy 57. Silent Sabotage (14, 15, 18, 21, 27, 28, 29)
Arthritis	38. Living with Lupus 39. When Arthritis Strikes (2, 9, 10, 27, 28, 29)	Ethics	5. Fitting into Our Genes 8. Confessions 22. National Abortion Debate 23. Psychological Aftereffects of Abortion 45. Smoker's Tale 49. Female Genital Mutilation 52. "I Was Raped" (5, 6, 10, 14, 15, 22, 25, 26)
Cancer	13. Diet Fix 15. Smart Pap 16. Politically Incorrect Surgery 33. Consensus: No Long-Term Link 34. Redesigning Women: Breast Cancer 35. Cancer Nobody Talks About 36. Mole Patrol 56. Hormone Therapy 58. Mammography Muddle 59. Options for Hysterectomy (1, 4, 9, 19, 20, 21, 27, 28, 29)	Exercise	7. Say Good-Bye to Dieting 9. Rebel against a Sedentary Life 26. Stressed Out—and Sick from It 30. New Rite of Passage 34. Redesigning Women: Breast Cancer 37. Silent Epidemic 55. Who Age Better—Men or Women? (4, 6, 10, 11, 12, 13, 16)
Contraception	17. Prevent Sexually Transmitted Diseases 18. Condom Report 19. Rethinking Birth Control 22. National Abortion Debate 33. Consensus: No Long-Term Link (4, 6, 10, 14)	Gynecology	15. Smart Pap 16. Politically Incorrect Surgery 17. Prevent Sexually Transmitted Diseases 20. Endometriosis: The Hidden Epidemic 21. Overcoming Infertility 59. Options for Hysterectomy (5, 6, 14, 15, 19, 21)
Depression	9. Rebel against a Sedentary Life 16. Politically Incorrect Surgery 27. Depression Way beyond the Blues 40. Running on Empty 44. Up in Smoke 52. "I Was Raped" (1, 6, 10, 14, 16, 17, 27, 28, 29)	Health Care System	1. Women's Health Studies 2. Women Are Different 3. Work with Me, Doctor (5, 6, 7)
Diabetes	9. Rebel against a Sedentary Life 14. Weighty Matters in Women's Health 37. Silent Epidemic (2, 3, 4, 9, 19, 21, 27, 28, 29)		

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Heart Disease	9. Rebel against a Sedentary Life 13. Diet Fix 14. Weighty Matters in Women's Health 26. Stressed Out—and Sick from It 31. Mending the Female Heart 32. Heart Disease in Women: Special Symptoms 40. Running on Empty 47. Alcohol and Health: Mixed Messages 56. Hormone Therapy (9, 10, 18, 21, 22, 27, 28, 29)	Reproduction	19. Rethinking Birth Control 20. Endometriosis: The Hidden Epidemic 21. Overcoming Infertility 22. National Abortion Debate 23. Psychological Aftereffects of Abortion 33. Consensus: No Long-Term Link 59. Options for Hysterectomy (6, 14, 15, 16)
Infertility	16. Politically Incorrect Surgery 20. Endometriosis: The Hidden Epidemic 21. Overcoming Infertility 19. Rethinking Birth Control (10, 14, 15, 22)	Self-Image	11. Dying to Win 12. Who <i>Isn't</i> on a Diet? 14. Weighty Matters in Women's Health 16. Politically Incorrect Surgery 23. Psychological Aftereffects of Abortion 28. Treating Eating Disorders 29. Childless by Choice 30. New Rite of Passage 43. Facts about Women and Smoking 44. Up in Smoke 46. Cigars, Women, and Cancer 52. "I Was Raped" 53. Dangerous Men 55. Who Age Better—Men or Women? (10, 11, 12, 13, 16, 17, 25, 28, 29)
Menopause	16. Politically Incorrect Surgery 30. New Rite of Passage 55. Who Age Better—Men or Women? 56. Hormone Therapy 57. Silent Sabotage (9, 10, 14, 15, 16, 27, 28, 29)	Sexually Transmitted Diseases	17. Prevent Sexually Transmitted Diseases 18. Condom Report 19. Rethinking Birth Control (6, 14, 15)
Menstruation	13. Diet Fix 20. Endometriosis: The Hidden Epidemic (6, 11, 12, 14, 15)	Smoking	43. Facts about Women and Smoking 44. Up in Smoke 45. Smoker's Tale 46. Cigars, Women, and Cancer (22, 23, 24)
Minority Women	4. Forgotten Women 14. Weighty Matters in Women's Health 24. How Real Women Keep Stress at Bay 37. Silent Epidemic 38. Living with Lupus 52. "I Was Raped" (10, 14, 15, 16, 19, 25, 26)	Stress	13. Diet Fix 21. Overcoming Infertility 24. How Real Women Keep Stress at Bay 25. Myth of the Miserable Working Woman 26. Stressed Out—and Sick from It 44. Up in Smoke (16, 17, 22, 23, 24)
Obesity	8. Confessions 10. Diet Pills 12. Who <i>Isn't</i> on a Diet? 14. Weighty Matters in Women's Health 37. Silent Epidemic 40. Running on Empty (12, 13, 16, 17, 23)	Treatment	16. Politically Incorrect Surgery 20. Endometriosis: The Hidden Epidemic 21. Overcoming Infertility 27. Depression Way beyond the Blues 28. Treating Eating Disorders 31. Mending the Female Heart 41. What to Do for Urinary Tract and Vaginal Infections 59. Options for Hysterectomy (4, 5, 14, 15, 16, 18, 19, 20, 24, 29)
Osteoporosis	13. Diet Fix 55. Who Age Better—Men or Women? 56. Hormone Therapy 57. Silent Sabotage (9, 12, 13, 27, 28, 29)	Violence	50. Domestic Violence 51. Women's Killer Is Likely to Be Her Partner 52. "I Was Raped" 53. Dangerous Men (25, 26)
Pregnancy	20. Endometriosis: The Hidden Epidemic 21. Overcoming Infertility 22. National Abortion Debate 37. Silent Epidemic (5, 6, 10, 11, 13, 14, 15)	Weight Management	10. Diet Pills 12. Who <i>Isn't</i> on a Diet? 14. Weighty Matters in Women's Health 40. Running on Empty 44. Up in Smoke (6, 11, 12, 13, 14, 16)
Prevention	4. Forgotten Women 15. Smart Pap 31. Mending the Female Heart 58. Mammography Muddle (5, 6, 7, 10, 14, 15, 19, 24)		

Selected World Wide Web Sites for Annual Editions: Women's Health

All of these Web sites are hot-linked through the *Annual Editions* home page: <http://www.dushkin.com/annualeditions> (just click on a book). In addition, these sites are referenced by number and appear where relevant in the Topic Guide on the previous two pages.

Some Web sites are continually changing their structure and content, so the information listed may not always be available.

General Health Sites

1. Healthfinder: Gateway Consumer Health and Human Services Information Web Site—<http://www.healthfinder.gov/>—Healthfinder can lead you to selected online publications, clearinghouses, databases, Web sites, and support and self-help groups, as well as to the government agencies and not-for-profit organizations that produce reliable information for the public.
2. National Institutes of Health: Health Information Index—<http://www.nih.gov/health/>—This index will help you identify the NIH's role and responsibility in all areas of medical research. Links also to a collection of NIH publications and a list of information clearinghouses with their phone numbers. From here you can also access Internet Grateful Med v2.3 for free access to the Medline and PubMed data bases.
3. NIH: Consumer Health Information—<http://www.nih.gov/health/consumer/conicd.htm>—The publications of the agencies of the National Institutes of Health are listed at this site and can be accessed online.
4. Starting Point: Health—<http://www.stpt.com/health/health.html>—Search engine to excellent resources on health and fitness. Click on Women's Health for complete menu of links to relevant sites.

Women and Health

5. American Medical Women's Association—<http://www.amwa-doc.org/>—The home page of the AMWA, an organization of over 13,000 female physicians and medical students dedicated to the care of the woman patient and serving as a unique voice for women's health. Changing articles on a host of health topics can be found here and links to other sites.
6. Guide To Women's Health Issues—http://www.coil.com/~tsegal/womens_health.html—This guide is an effective launching site for gender issues in health care, and includes a Table of Contents and Emotional, Physical, and Sexual Health Issues, which can be accessed by topic. Abstracts help you decide whether or not to read further. Includes bibliographical materials and links to the Argus Clearinghouse.
7. National Women's Health Information Center—<http://www.4woman.org/>—This brand-new site is still under construction but worth a visit. It will also contain the resources of the U.S. Public Health Service's Office on Women's Health and the Defense Women's Health Information Center.
8. Program on Women's Health—<http://www.cmwf.org/wmhealth.html>—This is the Commonwealth Fund's site for its program on women's health. Table of Contents leads to Overview of Program, Work in Progress, and Completed Initiatives.

9. Women's Health Initiative—<http://odp.od.nih.gov/whi/>—The WHI is one of the largest preventive studies of its kind in the United States. It focuses on the major causes of death, disability, and frailty in postmenopausal women, with a goal of reducing coronary heart disease, breast and colorectal cancer, and osteoporotic fractures among this study group.
10. WWW Virtual Library for Women—<http://www.nwrc.org/vlwomen.htm>—Interactive, peer-reviewed guide to information on the health and environment of women across the life cycle. Links primarily to pages with content rather than simply referring to other links. Categories are specific to female adolescents, older women, African American women, Latinas, Asian women, Native American women, lesbians, homeless women, women with HIV/AIDS, and women with disabilities.

Nutrition and Fitness

11. FitnessLink: The Health and Fitness Source—<http://www.fitnesslink.com/>—An excellent resource for fitness information, which includes the following indexes: Nutritional Information and Mind/Body Connection, each of which is useful to a discussion of women's health.
12. Food and Nutrition Information Center—<http://www.nal.usda.gov/fnic/>—Run by the Agriculture Network Information Center, this Web site contains a Search Engine plus Publications and Databases, and links to information produced by other USDA agencies, as well as an Index of Food and Nutrition Internet Resources.
13. Mayo Clinic Diet & Nutrition Resource Center—<http://www.mayo.ivl.com/mayo/common/htm/dietpage.htm>—At this site find many new diet and nutrition articles, plus a Virtual Cookbook: Send your recipes and have them altered for health; Ask the Mayo Dietician; Quizzes that test nutrition knowledge; Reference Articles; and Links to Other Organizations.

Gynecological and Sexual Health

14. A Forum for Women's Health—<http://www.womenshealth.org/>—Internet resource for women's health information hosts a collection of information, advice, and suggestions to help women deal with their health concerns. Organized under Ask a Woman Doctor; Subjects (such as Reproductive, Social/Psychological, and Wellness); Lifecycle (containing Girl's Reproduction, Midlife, Mature); What's New; Search the Forum; and Links. Helpful place to deal with birth control and pregnancy issues.
15. Women's Health Interactive—<http://www.womens-health.com/>—This interactive learning environment facilitates the exchange of information among participants and motivates individual proactive response. Featured are The Infertility Center, The Gynecological Health Center, and comprehensive health resources. Special services include Bleeding Assessment Diary and Infertility Insurance Advisor. Interactive sites are Assessment of Pregnancy Factors, Assessment of Gynecological Factors, Symptoms, and Cardiovascular Health Assessment.

Psychological Health

16. Mental Health Net: QuickFind Results—<http://www.cmhc.com/mhn/>—Link to many articles on women and stress by using the search engine at this site. Then explore this comprehensive guide to mental health online, which contains information on depression, substance abuse, eating disorders, and much more. You can also take a Self-Help Quiz.
17. National Women's Resource Center—<http://www.nwrc.org/>—Site contains bibliographic databases with current citations to literature related to women's substance abuse and mental illness.

Chronic Diseases

18. Heartinfo Search Directory Index: Women's Health—<http://www.heartinfo.org/wmhd.htm>—Links interesting articles about heart disease and other chronic diseases of women to other sites that discuss women's health.
19. Mayo Clinic's Women's Health Resource Center—<http://www.mayoclinic.com/mayo/common/html/womenpg.htm>—In addition to Ask the Mayo Physician and a comprehensive collection of articles covering women's health issues, and articles for the Mayo Clinic's own Women's Health Resource Newsletter, click on Cancer Center, Heart Center, Pregnancy and Child Health Center, and Diet and Nutrition Center for additional information and links.
20. NCI's CancerNet Cancer Information for Patients—<http://www.wic.nci.nih.gov/patient.htm>—A wide range of accurate, credible cancer information is at this site, from peer-review statements from PDQ (Physicians Data Inquiry) covering latest cases, to cancer fact sheets and other publications. All have been reviewed by oncology experts and are based on results of current research. Some examples: Prototype Breast Cancer Resource and Information for Ethnic/Racial Groups. Glossary and global resources.
21. Search Health and Human Services—<http://www.hhs.gov/search/>—At SEARCH enter "articles-about-cancer-in-women" and a list of 50 articles will appear at this search site of the Department of Health and Human Services. Go to <http://www.hhs.gov/> also and explore What's New. Use the Search feature to initiate your own quest.

Substance Abuse: New Trends for Women

22. National Clearinghouse for Alcohol and Drug Information—<http://www.health.org/women.htm>—Material from many sources about alcohol, tobacco, and other drugs can be accessed at this clearinghouse. Bibliographies are also available. Click on Making the Link: Alcohol, Tobacco, and Other Drugs & Women's Health for: Women's Health, Sex under the Influence, Pregnancy and Parenthood, and Alcohol, Tobacco, and Other Drugs
23. NWRC: Documents—<http://www.nwrc.org/document.htm>—In addition to several online reports at this site, there is a list of bibliog-

raphies, including these subjects: Gender Specific Treatment, Substance Abuse: Risk and Resilience in Adolescents, Women and Life Stress, Treatment Barriers for Substance-Abusing Women, Fetal Alcohol Effect.

24. NWRC: Gender Specific Substance Abuse Treatment—<http://www.nwrc.org/respkg.htm>—At this site, read a complete publication on the Web, "Gender-Specific Substance Abuse Treatment," prepared for the National Women's Resource Center for the Prevention and treatment of Alcohol, Tobacco, and Other Drug Abuse and Mental Illness, which was a current project of the National Association for Families and Addiction Research and Education. It is a thoroughly researched work, complete with table of contents, tables, and a bibliography.

Violence in Women's Lives

25. Domestic Violence—<http://www.s-t.com/projects/DomVio/domviohome.HTML>—The main page of this site leads to 60 articles that explore domestic violence—its causes, victims, and some solutions. There is also a special help file and a guide to resources on the Internet.
26. The WWW Virtual Library for Women—<http://www.nwrc.org/vlwomen.htm#v>—Under Violence at this site there is a list of organizations that deal with the subject of domestic violence, battered women, and abuse.

Special Issues for Older Women

27. National Institute on Aging—<http://www.nih.gov/nia/>—The main page of the NIA leads to What's New, NIA Research, Health Information, and Related Sites, many of which concern the health problems of older women.
28. National Survey for Women's Health—<http://www.cmwf.org/whhilit.html>—Survey results of major health problems that affect older women are included in this study.
29. WWW Virtual Library for Women—<http://www.nwrc.org/vlwomen.htm#h>—Scroll to Aging for a list of resources that concern menopause, breast cancer in older women, issues of hormone replacement therapy, and links to some general sites on aging.

We highly recommend that you review our Web site for expanded information and our other product lines. We are continually updating and adding links to our Web site in order to offer you the most usable and useful information that will support and expand the value of your *Annual Editions*. You can reach us at: <http://www.dushkin.com/annualeditions/>.