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Women's Health 99/00



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Women's Health

Second Edition

99/00



Editors

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Dr. Maureen Edwards is coordinator of the Health Education Program at Montgomery College in Rockville, Maryland, and a faculty research assistant in the Department of Health Education at the University of Maryland, College Park. A private consultant in health behavior, her areas of specialization are stress management and gerontology. During her tenure at the University of Maryland Health Center, Dr. Edwards served as coordinator of the Stress Management Education Program. In addition, Dr. Edwards has served as a stress management consultant to a number of government and private agencies. Dr. Edwards holds a doctorate in health education from the University of Maryland.

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Second Edition

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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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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.

New to ANNUAL EDITIONS is the inclusion of related World Wide Web sites. These sites have been selected by our editorial staff to represent some of the best resources found on the World Wide Web today. Through our carefully developed topic guide, we have linked these Web resources to the articles covered in this ANNUAL EDITIONS reader. We think that you will find this volume useful, and we hope that you will take a moment to visit us on the Web at <http://www.dushkin.com> to tell us what you think.

Dedication:

To our mothers Rita and Louise and the other women in our lives who have served as friends, mentors, and a constant source of inspiration.

In particular, special love and thanks to big sister Pat Brophy and to Ginny Keene (M.E.), and in memory of Barbara, Rachel, Molly, and Sally, the women who paved the way (N.L.H.).

In this, the second edition of *Annual Editions: Women's Health*, we continue to address the most current issues in women's health. With the help of suggestions by our readers and reviewers, we have attempted to broaden our perspective and have gathered information of interest to a more diverse group of women. We have included articles on health issues for women of color and have also tried to target some age-specific topics. What became immediately apparent to us in preparing this second edition is the tremendous growth of information about women's health that appears in the popular press. We have sifted through an incredible range and number of publications. One comment we received about the first edition was that we relied too heavily on popular rather than research publications for our selections. This was, however, done purposefully. We believe that it is very useful and instructive to note how the research is perceived and reported in the lay press. In addition, it is also interesting to note how the areas of interest change over time. In preparing this edition we noted that there was much more information available on chronic disease but not quite as much as in the past on addiction. We also found information on alternative medicine that we hope to include in the next edition. We will continue to sample and report on what is in the public consciousness at the time.

Not every issue is clear cut. Consensus does not always exist and we have continued to represent multiple and sometimes controversial viewpoints. You may not agree with or like every article we have selected. In fact, we hope that you don't. As educators we take great delight in encouraging students to think critically and independently. Our goal is not just to purvey information but to generate discussion. Out of such discussion, argumentation, and controversy we hope to generate a genuine and passionate interest in the field of women's health.

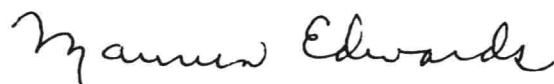
Women's health encompasses much more than reproductive health. Women's health includes nutrition, mental health, fitness, chronic disease and so on. We have tried to touch on as many of those areas as possible, without neglecting the reproductive arena. Women are not monocultural. We have tried to address some of the issues from the perspective of nonwhite women. We also hope that women from many different age groups will pick up this book; we have tried to find something for everyone from the young woman exploring

contraception options to the older woman dealing with the cost of growing old.

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 unit, *Women and Health*, is designed to explore issues of how women participate in the health care system, including managed care. This unit is intended to provide an overview of the status of women's health and the leading issues in the field.

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 section headings, the *topic guide* provides a cross-reference for finding information on a topic in all the locations where it is addressed. In addition, *World Wide Web* sites, which are cross-referenced by number in the topic guide, can be used to further explore the topics. 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 key points to consider to help students focus their reading.

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



Maureen Edwards



Nora L. Howley
Editors

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Topic Guide

Selected World Wide Web Sites

Overview

1. **Women's Health Studies**, *Harvard Women's Health Watch*, September 1996. **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. **iv**
2. **Work with Me, Doctor: How to Get Better Care**, *Women's Health Advocate Newsletter*, April 1997. **Managed care** has had a dramatic impact on the quality of medical care today. Now more than ever, it is vital that every patient become a savvy health care **consumer**. This article offers practical tips on how to obtain the best care possible. **2**
3. **Forgotten Women: How Minorities Are Under-served by Our Health Care System**, Lisa Collier Cool, *American Health for Women*, May 1997. **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**. **4**
4. **Dangerous Legacies**, Dana Hawkins, *U.S. News & World Report*, November 10, 1997. Do the new **genetic** tests for **breast** and **ovarian cancer** provide important knowledge about future risk or do they open up a Pandora's box of **discrimination**? Should tests that have been developed for **research** be used for **screening**? **6**
5. **Managed Care: How to Protect Yourself**, *Women's Health Advocate Newsletter*, May 1997. As more people move into **managed care** plans, knowledge of a person's rights is critical. Ten steps for handling problems are outlined. **8**
6. **More Research, More Profits, More Conflict**, Laura Mansnerus, *New York Times*, June 22, 1997. As awareness of the health concerns of women grows, **researchers** and **marketers** are paying more attention to women. Is this the legacy of the women's health movement? Some argue that increased focus on **diseases** detracts from studying causes, such as **poverty**. **10**
7. **There Is No Women's Health Crisis**, Sally L. Satel, *The Public Interest*, Winter 1998. Despite a few well-publicized exclusions, Sally Satel argues that women are not underrepresented in **research**. She further argues that in those situations where women have been excluded, it has been for pragmatic and not **discriminatory** reasons. This **controversial** article asks the reader to consider the accepted view of women's health. **12**

Overview

8. **Say Good-bye to Dieting**, Laura Fraser, *Health*, April 1997. Research now shows that women do not need to be thin to be healthy or to look good. In fact, **dieting**, as opposed to healthy **eating** and **exercise**, can have negative physical and **psychological health** consequences. **15**
9. **Rebel against a Sedentary Life**, Katherine Griffin, *Health*, April 1997. 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**. **17**



Women and Health

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



Nutrition and Fitness

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



Gynecological and Reproductive Health

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

10. **Who Isn't on a Diet? In Search of Sensible Eating**, Michelle Stacey, *Town & Country*, June 1996. 43
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 they were 10 years ago.
11. **How Far Should You Go to Stay Fit?** Lynn Rosellini, *U.S. News & World Report*, November 10, 1997. 47
Experts differ on how much and how often women should **exercise**. Conflicting opinions can leave many people confused and not doing any exercise. There is agreement, however, on a couple of basic rules that add up to: **the more exercise, the better**.
12. **Fat Chances**, Carol Ezzell, *Scientific American Presents Women's Health: A Lifelong Guide*, 1998. 49
Many **diets** can help people lose weight but sustaining that loss is difficult. Now some **researchers** are saying that repeated weight loss and gain is more dangerous than being heavy and getting regular **exercise**.
13. **Dying to Be Thin**, Kristin Leutwyler, *Scientific American Presents Women's Health: A Lifelong Guide*, 1998. 51
Eating disorders may affect 5 percent of the population. New **treatments** can help but there is still much **research** to be done. Unfortunately, **insurance** may not cover comprehensive treatments.
14. **Diet Drugs: As Fen-Phen Alternatives Emerge, Safety Questions Go Unanswered**, *Women's Health Advocate Newsletter*, November 1997. 54
When fen-phen was removed from the market, alternative **drugs** emerged. Some may have serious side effects and/or be of no use.
- Overview** 56
15. **Women and Sex: On This Topic, Science Blushes**, Gina Kolata, *New York Times*, June 21, 1998. 58
More women than men report having sexual difficulties, yet less is known about the psychology or **physiology** of women's **sexuality**. **Research** on women's primary complaint, lack of desire, is both difficult to construct and hard to justify.
16. **What Women Need to Know about Sexually Transmitted Diseases**, Laura A. Koutsky, *Scientific American Presents Women's Health: A Lifelong Guide*, 1998. 60
One half of all women will get one or more **STDs** during her reproductive years. STDs also increase the risk of **HIV** infection and **infertility**. **Prevention, education, and research** are the key to stemming transmission.
17. **The Other Epidemic**, Betsy Carpenter, *U.S. News & World Report*, November 10, 1997. 65
Herpes is epidemic in the United States. One in five people have it and it may be fueling the transmission of **HIV**. In addition, pre-natal transmission of herpes can have a devastating effect on **newborns**.
18. **Rethinking Birth Control**, Julia Califano, *American Health for Women*, March 1997. 67
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**.
19. **For Infertility Treatments, Now You're Covered, Now You're Not**, Anne Adams Lang, *New York Times*, June 21, 1998. 71
As more women turn to high-tech **infertility** treatments, **insurance** carriers are restricting coverage. Is infertility a medical condition?

- 20. Consensus: No Long-Term Link between the Pill and Breast Cancer**, Gary Goldenberg, *Priorities*, Volume 8, Number 4, 1996. **74**
Based on the results of a multinational study, the consensus is that there is no long-term link between oral **contraceptives** and **breast cancer**. No increase 10 or more years after stopping was found in all the groups of women studied. Although a small increase was found in women using the **pill**, the increase disappeared once they stopped.
- 21. The Truth about Abortion and Women's Health**, Sharon Lerner, *Glamour*, November 1997. **77**
The newest front in the battle over **abortion** is in the area of "right to know" laws requiring physicians to provide specific information about the risks that could result from the procedure, such as breast cancer. Since these so-called risks are not supported by **research** and are not proven, should legislators mandate disclosure by the health care provider to the patient in such a gray area? This article touches on a new area of **controversy**.
- Overview** **82**
- 22. Forever Frazzled?** Maya Bolton, *Health*, July/August 1998. **84**
Most of us are very familiar with the negative effects of **stress** on our lives. In our daily quest to fit everything in, we often become distracted and forget things. It is sometimes difficult to discern when it is stress we're experiencing or when it is something else. One of the other possible causes of inattention and distractibility is **attention deficit disorder**. Although more frequently diagnosed in children, adults can also fall prey to this disorder.
- 23. When Worry Rules Your Life**, Ingrid Wickelgren, *Health*, November/December 1997. **86**
Anxiety is part and parcel of the human condition; however, **anxiety disorder** is not. What separates the two is often a very fine line. This article helps the average person to differentiate between them, and it offers some practical suggestions for treatment of anxiety in its many forms.
- 24. The Dieter's Paradox**, Mary Roach, *Health*, November/December 1997. **88**
For many women food and **eating** are a source of pleasure, pain, and great frustration. Many of us live our lives in constant fear of "bad foods" and of our ability to control ourselves in the presence of these calorie-laden temptations. Mary Roach examines this issue in a unique fashion by concentrating on **the notion of reactance**. Reactance is defined as self-sabotage, which often accompanies feelings of deprivation.
- 25. A War Inside Your Head**, Tracy Thompson, *The Washington Post Magazine*, February 15, 1998. **91**
Today more than ever before, women are meeting the **demands of motherhood** and career in new and unique ways. This selection examines the working versus the stay-at-home mom debate as reflected in a diverse group of women.
- 26. You're Not Fat, You're Living in the Wrong Country**, Christine Aziz, Jan McGirk, Sarah Snyder, and Sara Hare, *Marie Claire*, February 1998. **97**
It is often said that beauty is in the eye of the beholder. According to this selection, it might be more accurate to say that the ideal of beauty arises from the **culture** in which we live. This selection discusses cultural standards of beauty around the world and the impact of these standards on the lives of women.



Psychological Health

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



Chronic Diseases

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

27. **I Chose to Be Sterilized at 29**, Denise Dowling, *Marie Claire*, February 1998. 100
Contraception is a very important and very personal decision in a woman's life. In this article a young woman discusses her decision to opt for **sterilization** over less permanent and more conventional forms of **birth control**.
28. **Treat Depression with More than Drugs**, Deborah Franklin, *Health*, April 1997. 102
Common sense dictates that there may be multiple options for dealing with a health problem. In this report, Deborah Franklin discusses the utility of both **psychotherapy** and **drug therapy** in the treatment of **depression**.
29. **Don't Face Stress Alone**, Benedict Carey, *Health*, April 1997. 106
The people who appear to suffer the most damage from the **negative effects of stress** are those who suffer alone. In this article, we examine the utility of social support in combating the stressors of everyday life, especially by finding someone in whom to confide.
30. **Give Your Body Time to Heal**, Ann Japenga, *Health*, April 1997. 109
According to Ann Japenga, medicalization is the tendency to see every minor ache and pain as a harbinger of illness. In addition, it is also the belief that **medical** science can fix all problems and cure all ills. Here, a more rational approach is advocated, allowing the body some time to heal itself before seeking professional care.
31. **The Female Brain**, Dianne Hales, *Ladies' Home Journal*, May 1998. 114
It comes as no surprise that women are different from men in mind as well as body. Instead of arguing about who is smarter, this article lists and discusses the differences between the male and female **brains**.

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32. **Conquering Chronic Illness: Mastering the Medical Challenge**, Linda Marsa, *American Health for Women*, October 1997. 120
It has been reported that over 33 percent of women will develop and live with **a chronic illness**. In this article, the first of two, the author describes the most common chronic illnesses affecting women today. In addition, the cost and impact of chronic illness on the **health care system** are explored.
33. **Conquering Chronic Illness: Nurturing Your Emotional Needs**, Randi Glatzer, *American Health for Women*, November 1997. 125
In dealing with chronic illness, it is vital to keep in mind that the patient's **psychological** health is also affected. Patients experience changes in mood, patterns of social interactions, and even self-esteem. This article completes the discussion of chronic illness by explicitly reminding health care professionals to treat the whole patient: body, mind, and spirit.
34. **The Enemy Within**, Randi Hutter Epstein, *Ladies' Home Journal*, February 1998. 129
Women are three times as likely as men to suffer from **autoimmune diseases**, that is, diseases in which the body's immune system turns against itself. This article explores the nature and symptom profile of the major autoimmune disorders that affect women and offers some advice on how to cope with these conditions.

- 35. Heart Disease in Women: Special Symptoms, Special Risks**, *Consumer Reports on Health*, May 1997. **132**
Once regarded as a man's disease, **heart disease** in women has been overlooked, and the disease in women has not been either researched or treated. 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.
- 36. Stopping the Deadliest Cancer**, Patricia Lynden, *American Health for Women*, June 1998. **135**
When we think of women and **cancer**, what immediately comes to mind? Most of us jump to the conclusion that it must be cancer of the breast, ovaries, cervix, or other reproductive organ. What comes as a surprise to many is that the leading cause of cancer deaths for women is lung cancer. This article discusses lung cancer in women, how to reduce a woman's risk, and, finally, how to alert policy makers to the danger.
- 37. "Breast Cancer Cost Me My Job,"** Jane Karuschkat and Thomas Clavin, *Ladies' Home Journal*, February 1998. **137**
The law demands that reasonable accommodations be made for all individuals classified as **disabled**. The question becomes, What do we mean by **reasonable**? This article outlines the case of a woman who was fired from her job as a result of treatment for breast cancer.
- 38. Closing In on Cancer**, Peter Jaret, *Health*, March 1998. **140**
Today a diagnosis of **cancer** is not necessarily a death sentence. As our understanding of the nature of the disease has grown, so has the repertoire of treatment options. This article defines and explains four promising new therapies that have emerged, which offer hope to both cancer patients and their families.
- 39. Healing Power**, Leslie Kaufman, *Health*, October 1997. **146**
Conventional wisdom holds that those who are ill need to rest, at least until they are on the mend. This may work for the occasional cold or flu, but what happens for those with **chronic** illnesses, illness that cannot be cured? This article explores the impact of **exercise** on the health and well-being of those living and coping with chronic illness.

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- 40. What Does Being Female Have to Do with It?** **152**
Rokelle Lerner, *Professional Counselor*, August 1995.
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.
- 41. Why Women Drink**, Bob Trebilcock, *Ladies' Home Journal*, May 1998. **153**
Just as the sexes differ in physiological and psychological makeup, so too do they differ in the experience of **addiction**. In this selection, the author describes why women drink, the effects of **alcohol** on the female body, and, finally, how a woman can go about getting help.
- 42. An Alcoholic in the Family**, Dorothy Foltz-Gray, *Health*, July/August 1997. **157**
Alcoholism is considered by many to be a family disease, not just in the genetic sense but also in the social sense. Here, the author profiles the course and history of **addiction** in her own family and ponders the implications for her life and the lives of her **children**.



Substance Abuse: New Trends for Women

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



Violence in Women's Lives

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

43. **Prescription for Addiction: Confessions of a Pill Popper**, Malina Sarah Saval, *Jump*, May 1998. 160
Most of us rest secure in the unfounded belief that **addiction** is someone else's problem. When we visualize the typical "addict," most people will picture Hollywood types, street toughs, or, perhaps, the homeless. Few will think of the girl next door. This article profiles an average woman from a typical family and relates her lifelong struggle with drugs and mental illness.
44. **Stop Smoking**, Stephanie Wood, *American Health for Women*, September 1997. 162
Of the 16 million Americans who are currently trying to quit **smoking**, only about 15 percent will be successful. This article offers an update on the latest methods available for combating this dangerous and costly addiction.
45. **Kickin' Butt**, Dana Silbiger, *Jump*, May 1998. 165
In considering the nature and course of **addiction, tobacco** is frequently left out of the picture. As much as smokers object to the label, addicted they are, and sadly addicted many of them will remain. Of the teen smokers interviewed who stated they could kick the habit whenever they wanted, 73 percent were still hooked 5 years later. Even more enlightening is the fact that 70 percent report wishing they had never started.
46. **Way Out West and Under the Influence**, Carey Goldberg, *New York Times*, March 16, 1997. 168
Abuse of the **drug methamphetamine** is a growing problem for women. Use of this drug by females now exceeds male use. The history of methamphetamine and the differing patterns of use between the sexes are presented by Carey Goldberg.
47. **Legal Drugs' Lethal Side Effects**, Stephen Fried, *American Health for Women*, May 1998. 170
For the average person it may come as a real surprise to learn that more people die each year from adverse reactions to legal **drugs** than to illegal ones. If it comes from a doctor or the pharmacy, we assume the drug is safe. In this piece, Stephen Fried acquaints the reader with flaws in the system that is designed to protect the public from harmful drug side effects. In addition, he discusses what we as individual consumers can do to protect our families and ourselves.
48. **Prescription for Disaster**, Gloria Hochman, *American Health for Women*, July/August 1997. 173
Noncompliance may be defined as the inability or the unwillingness to use medication as directed. It is a common yet potentially deadly problem. Failure to use medication properly costs this country billions of dollars each year in addition to the incalculable cost of human suffering.

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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. 178
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. **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. 182
Women in New York are more likely to be killed by their partners 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**.

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Editors

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Dr. Maureen Edwards is coordinator of the Health Education Program at Montgomery College in Rockville, Maryland, and a faculty research assistant in the Department of Health Education at the University of Maryland, College Park. A private consultant in health behavior, her areas of specialization are stress management and gerontology. During her tenure at the University of Maryland Health Center, Dr. Edwards served as coordinator of the Stress Management Education Program. In addition, Dr. Edwards has served as a stress management consultant to a number of government and private agencies. Dr. Edwards holds a doctorate in health education from the University of Maryland.

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Topic Guide

This topic guide suggests how the selections and World Wide Web sites found in the next section of this book relate to topics of traditional concern to professionals and students of a course in women's health. It is useful for locating interrelated articles and Web sites for reading and research. The guide is arranged alphabetically according to topic.

The relevant Web sites, which are numbered and annotated on pages 4 and 5, are easily identified by the Web icon (🌐) under the topic articles. By linking the articles and the Web sites by topic, this ANNUAL EDITIONS reader becomes a powerful learning and research tool.

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Abortion	21. Truth about Abortion 🌐 1, 2, 3, 4, 6, 8, 14, 15, 22		
Addiction/ Alcohol Drugs	40. What Does Being Female Have to Do with It? 41. Why Women Drink 42. Alcoholic in the Family 43. Prescription for Addiction 44. Stop Smoking 45. Kickin' Butt 46. Way Out West 47. Lethal Drugs' Lethal Side Effects 48. Prescription for Disaster 🌐 22, 23	Depression	9. Rebel against a Sedentary Life 21. Truth about Abortion 28. Treat Depression 51. "I Was Raped" 🌐 16, 17, 24, 25, 26, 27
Aging	54. Midlife Motherhood 55. Women & Estrogen 56. Estrogen to Prevent Alzheimer's? 57. Can You Afford to Get Old? 58. Harder Better Death 59. Taking Care of Mom 🌐 8, 10, 14, 18, 19, 20, 21, 27, 28, 29	Diabetes	9. Rebel against a Sedentary Life 🌐 19, 21
Alternative Approaches	1. Women's Health Studies 30. Give Your Body Time to Heal 31. Female Brain 39. Healing Power 🌐 11, 12, 13	Diet	8. Say Good-bye to Dieting 9. Rebel against a Sedentary Life 10. Who Isn't on a Diet? 12. Fat Chances 24. Dieter's Paradox 55. Women & Estrogen 🌐 11, 12, 13
Cancer	4. Dangerous Legacies 9. Rebel against a Sedentary Life 20. Consensus: No Long-Term Link 21. Truth about Abortion 36. Stopping the Deadliest Cancer 38. Closing In on Cancer 44. Stop Smoking 45. Kickin' Butt 55. Women & Estrogen 🌐 1, 2, 3, 4, 6, 7, 8, 9, 10, 20, 27, 28, 29	Drugs	35. Heart Disease in Women 40. What Does Being Female Have to Do with It? 41. Why Women Drink 42. Alcoholic in the Family 43. Prescription for Addiction 44. Stop Smoking 45. Kickin' Butt 46. Way Out West 47. Legal Drugs' Lethal Side Effects 48. Prescription for Disaster 🌐 22, 23
Childless	1. Women's Health Studies 3. Forgotten Women 19. For Infertility Treatments 27. I Chose to Be Sterilized at 29 🌐 6, 14, 15	Eating Disorders	10. Who Isn't on a Diet? 13. Dying to Be Thin 24. Dieter's Paradox 26. You're Not Fat 🌐 11, 12, 13, 16, 17
Children	17. Other Epidemic 22. Forever Frazzled? 25. War Inside Your Head 42. Alcoholic in the Family 54. Midlife Motherhood 59. Taking Care of Mom 🌐 14, 15, 16, 17, 19, 27, 28	Estrogen	35. Heart Disease in Women 55. Women & Estrogen 56. Estrogen to Prevent Alzheimer's? 🌐 14, 15, 18, 20, 27, 28, 29
Contraception	15. Women and Sex 16. What Women Need to Know 17. Other Epidemic 18. Rethinking Birth Control	Ethics	4. Dangerous Legacies 5. Managed Care 21. Truth about Abortion 49. Female Genital Mutilation 51. "I Was Raped"
		Exercise	8. Say Good-Bye to Dieting 9. Rebel against a Sedentary Life 11. How Far Should You Go? 12. Fat Chances 26. You're Not Fat 39. Healing Power 55. Women & Estrogen 🌐 11

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Gynecology	16. What Women Need to Know 17. Other Epidemic 18. Rethinking Birth Control ☉ 14, 15		27. I Chose to Be Sterilized at 29 28. Treat Depression with More than Drugs 29. Don't Face Stress Alone 30. Give Your Body Time to Heal 31. Female Brain 51. "I Was Raped" ☉ 14, 15, 16, 17, 21, 22, 23, 24, 25, 26
Health Care System	1. Women's Health Studies 2. Work with Me, Doctor 3. Forgotten Women 4. Dangerous Legacies 5. Managed Care 13. Dying to Be Thin ☉ 1, 2, 3, 4, 6, 7, 8, 21	Reproduction	18. Rethinking Birth Control 19. For Infertility Treatments 21. Truth about Abortion 49. Female Genital Mutilation ☉ 14, 15
Hormone Replacement Therapy	35. Heart Disease in Women 55. Women & Estrogen 56. Estrogen to Prevent Alzheimer's? ☉ 14, 15, 18, 20, 27, 28, 29	Safer Sex	16. What Women Need to Know 17. Other Epidemic 18. Rethinking Birth Control ☉ 14, 15, 22, 23, 26
Infertility	16. What Women Need to Know 17. Other Epidemic 19. For Infertility Treatments ☉ 14, 15	Self-Image	10. Who <i>Isn't</i> on a Diet? 24. Dieter's Paradox 26. You're Not Fat 51. "I Was Raped" ☉ 11, 12, 13
Managed Care	2. Work with Me, Doctor 5. Managed Care 13. Dying to Be Thin 19. For Infertility Treatments ☉ 1, 2, 3, 4, 6, 7, 8, 15, 21	Sexually Transmitted Diseases/AIDS	16. What Women Need to Know 17. Other Epidemic 18. Rethinking Birth Control ☉ 14, 15, 26
Minority Women	3. Forgotten Women 26. You're Not Fat 49. Female Genital Mutilation 51. "I Was Raped" ☉ 7, 20, 22	Smoking	3. Forgotten Women 35. Heart Disease in Women 44. Stop Smoking 45. Kickin' Butt ☉ 1, 2, 4
Obesity	9. Rebel against a Sedentary Life 10. Who <i>Isn't</i> on a Diet? 12. Fat Chances ☉ 11, 12, 13	Stress	29. Don't Face Stress Alone ☉ 16, 17
Poverty	3. Forgotten Women 6. More Research, More Profits 49. Female Genital Mutilation 57. Can You Afford to Grow Old? ☉ 7, 21, 22, 23, 24, 25, 26, 27	Violence/Rape	49. Female Genital Mutilation 50. Woman's Killer Is Likely to Be Her Partner 51. "I Was Raped" 52. Domestic Violence 53. Consequences of Violence against Women ☉ 24, 25, 26
Psychological Health	4. Dangerous Legacies 8. Say Good-Bye to Dieting 9. Rebel against a Sedentary Life 10. Who <i>Isn't</i> on a Diet? 13. Dying to Be Thin 19. For Infertility Treatments 21. Truth about Abortion 22. Forever Frazzled? 23. When Worry Rules Your Life 24. Dieter's Paradox 25. War Inside Your Head 26. You're Not Fat	Weight Management	8. Say Good-bye to Dieting 9. Rebel against a Sedentary Life 10. Who <i>Isn't</i> on a Diet? 12. Fat Chances 14. Diet Drugs 24. Dieter's Paradox 55. Women & Estrogen ☉ 11, 12, 13

● AE: Women's Health

The following World Wide Web sites have been carefully researched and selected to support the articles found in this reader. If you are interested in learning more about specific topics found in this book, these Web sites are a good place to start. The sites are cross-referenced by number and appear in the topic guide on the previous two pages. Also, you can link to these Web sites through our DUSHKIN ONLINE support site at <http://www.dushkin.com/online/>.

The following sites were available at the time of publication. Visit our Web site—we update DUSHKIN ONLINE regularly to reflect any changes.

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. This site is so popular that Healthfinder asks you to use <http://www.healthfinder.org> when you find it inaccessible due to heavy traffic.

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. It also links 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, serves 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 material and links to the Argus Clearinghouse.

7. National Women's Health Information Center

<http://www.4woman.org>

This extensive new site contains the resources of the U.S. Public Health Service's Office on Women's Health and the Defense Women's Health Information Center. Add *nwhic/minority.htm* to the URL and reach an extensive list of links to health resources for women of color.

8. National Women's Health Resource Center

<http://www.healthywomen.org>

The NWHRC is a complete woman's health resource that includes Web resources and links as well as questions and answers about every woman's health issue from adolescence to the aging process.

9. Program on Women's Health

<http://www.cmf.org/programs/women/index.asp>

This is the Commonwealth Fund's site for its program on women's health. The Table of Contents leads to Overview of Program, Work in Progress, and Completed Initiatives.

10. Women's Health Initiative

<http://www.nhlbi.nih.gov/nhlbi/whi1/>

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.

Nutrition and Fitness

11. FitnessLink: The Health and Fitness Source

<http://www.fitnesslink.com>

An excellent resource for fitness information, FitnessLink 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 also 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.vi.com/mayo/common/hm/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; also Ask the Mayo Dietician; Quizzes that test nutrition knowledge; Reference Articles; and Links to Other Organizations.

Gynecological and Reproductive Health

14. A Forum for Women's Health

<http://www.womenshealth.org>

This 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 Girls' 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 responses. 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/search.htm>

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. Women's Mental Health Resources

<http://mentalhealth.miningco.com/msub15.htm>

From this site, the special issues of women and mental health can be researched. Examples of resources include the Division of Society, Women, and Health at the Clarke Institute of Psychiatry, women's self-help articles on women's mental health issues, and a site on seasonal affective disorder, a syndrome that affects women differently than men.

Chronic Diseases

18. Heartinformation Network: Women's Health

<http://www.heartinfo.org/reviews/wmhd.htm>

This site 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.mayo.ivl.com/mayo/common/html/womenpg.htm>

In addition to Ask the Mayo Physician and a comprehensive collection of articles covering women's health issues, as well as 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.wicic.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. The site includes a glossary and global resources.

21. Search Federal 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 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. National Institute on Drug Abuse (NIDA)

<http://www.nida.nih.gov/WHGD/WHGDHome.html>

The mission at this site is to promote the conduct and dissemination of research on women's health and gender differences concerning substance abuse and other health problems. There are also links to other Web sites of interest.

Violence in Women's Lives

24. Crisis Resources

<http://www.access.digex.net/~nova/resource.htm>

This page of crisis resources contains toll-free and toll numbers for information and referrals on victim's rights, services, and criminal justice issues; Web resources that offer help; and links to victims, survivors, and grassroots organizations related to issues of violence.

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. Sexual Assault Information Page

<http://www.cs.utk.edu/~bartley/salinfoPage.html>

This page covers every issue connected with sexual violence toward women from acquaintance rape to domestic violence, to incest, to post-traumatic stress disorder, and to sexual assault.

Special Issues for Older Women

27. Lifecycle: Mature

<http://www.womenshealth.org/lifecycle/mature.htm>

This page addresses some of the issues that concern older, post-menopausal women. Issues covered include the reproductive system, pertinent medical issues, social and psychological issues, wellness questions, and finding appropriate health providers.

28. 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.

29. National Survey of Women's Health

<http://www.cmwf.org/programs/women/whhilit.asp>

Survey results of major health problems that affect older women are included in this study.

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/>.

Unit Selections

1. **Women's Health Studies**, *Harvard Women's Health Watch*
2. **Work with Me, Doctor: How to Get Better Care**, *Women's Health Advocate Newsletter*
3. **Forgotten Women: How Minorities Are Underserved by Our Health Care System**, Lisa Collier Cool
4. **Dangerous Legacies**, Dana Hawkins
5. **Managed Care: How to Protect Yourself**, *Women's Health Advocate Newsletter*
6. **More Research, More Profits, More Conflict**, Laura Mansnerus
7. **There Is No Women's Health Crisis**, Sally L. Satel

Key Points to Consider

- ❖ What are some of the reasons why minority women may receive substandard care? How can this be changed?
- ❖ Genetic testing raises many questions regarding privacy, ethics, and effectiveness. What are some of the pros and cons of genetic testing for diseases like breast cancer?
- ❖ Have women been neglected in medical research? Is there a women's health crisis? Defend your answer.



Links

www.dushkin.com/online/

5. **American Medical Women's Association**
<http://www.amwa-doc.org>
6. **Guide To Women's Health Issues**
http://www.coil.com/~tsegal/womens_health.html
7. **National Women's Health Information Center**
<http://www.4woman.org>
8. **National Women's Health Resource Center**
<http://www.healthywomen.org>
9. **Program on Women's Health**
<http://www.cmf.org/programs/women/index.asp>
10. **Women's Health Initiative**
<http://www.nhlbi.nih.gov/nhlbi/whi1/>

These sites are annotated on pages 4 and 5.