Women's Health: A Guide to Health Promotion and Disorder Management

This handbook equips nurses with the knowledge they need to provide comprehensive, current, evidence–based care to women at all stages of life.

Part I focuses on health promotion and illness prevention, including smoking cessation, stress reduction, fitness, nutrition, and prevention of violence and abuse, sexually transmitted diseases, and other lifestyle–related disorders.

Part II, organized alphabetically, covers diseases and disorders—both those that affect only women and those that pose unique issues in women. Icons highlight cutting-edge research, alternative and complementary therapies, prevention strategies, concerns of women with disabilities, and needs of special populations.

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