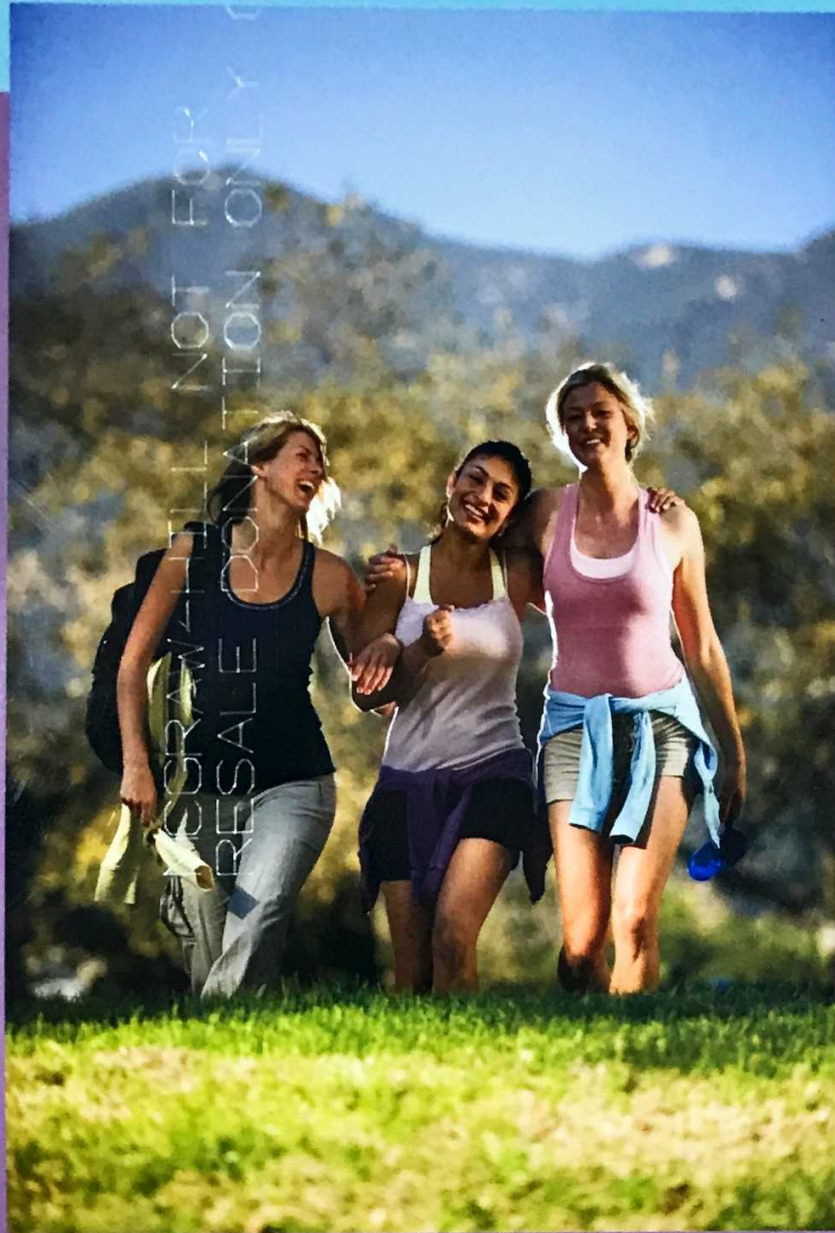


FOURTH EDITION

Contemporary Women's Health

ISSUES FOR TODAY AND THE FUTURE



Cheryl A. Kolander • Danny Ramsey Ballard • Cynthia Kay Chandler

CONTEMPORARY WOMEN'S HEALTH

Issues for Today and the Future

FOURTH EDITION

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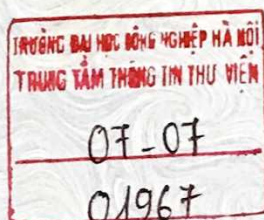
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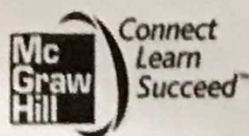
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Preface

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

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

APPROACH

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

and strengthening women's positive health behavior, and our text is designed to support that goal.

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

ORGANIZATION

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

FEATURES AND UPDATES

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

- *Assess Yourself* boxes provide interactive exercises and inventories to help students determine their own level of wellness and need for behavior change. Assessments include an inventory for

improving your chances for accurate test results, a stress checklist, and a quiz to determine what you know about the foods you eat, among many others.

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

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

PART ONE: FOUNDATIONS OF WOMEN'S HEALTH

1. Introducing Women's Health

- New Viewpoints on sex trafficking and genital mutilation
- New section on gender disparities in health care

- New section on social, political, and physical conditions that affect the health of women of color
- New section on developmental issues, specifically health issues and concerns for adolescent females and elderly women
- New section on women in the workforce
- Updated all statistics and data
- Mentioned upcoming Healthy People 2020
- Updated Web sites
- Updated DVDs for Online Resources

2. Becoming a Wise Consumer

- Medicaid section updated to include current Medicaid crisis
- Added current crisis of the FDA
- Streamlined material throughout
- Updated Web sites

3. Developing a Healthy Lifestyle

- Updated statistics and data
- New Assess Yourself on environment
- New *FYI*: "Politics and World Wellness"
- New Women Making a Difference
- Updated Web sites
- Updated Suggested Readings and CDs for Online Resources

PART TWO: MENTAL AND EMOTIONAL WELLNESS

4. Enhancing Emotional Well-Being

- New section on counseling models
- Expanded section on emotional intelligence
- Updated *Women Making a Difference* with new celebrities
- New *FYI*: "Prevalence of Eating Disorders"
- New section on complicated grief and women's grief
- Updated medication statistics
- Updated suicide information and statistics
- New section on seasonal affective disorder
- New section on self-injury
- Updated and streamlined material throughout
- Updated all references

5. Managing the Stress of Life

- New section on stress, obesity, and diabetes
- New section on stress and heart disease
- New section on stress and cancer
- Added information to existing section on work and stress
- New section on women in combat (and PTSD)
- Updated material throughout
- Updated all references

PART THREE: SEXUAL AND RELATIONAL WELLNESS

6. Building Healthy Relationships

- Updated statistics and data throughout
- Expanded section on lesbian couples and added new section on bisexual and transgender couples

- Expanded Resolving Conflicts section to include nonviolent communication
 - New section on the origin of Mother's Day and its 100th anniversary
 - Updated *Women Making a Difference*
 - New section on mothers and teen daughters
 - Updated Suggested Reading list for Online Resources
 - Updated all references
7. Exploring Women's Sexuality
- New section on urinary tract infections
 - New section on urinary incontinence
 - Updated section on uterine fibroids
 - Updated guidelines for BSE, CBE, and cervical cancer screening
 - Updated research findings on HRD and CEE (estrogen-alone)
 - Expanded focus on women's sexuality
 - New section on sexual dysfunction
 - Updated all references, Web addresses, and contact numbers
8. Designing Your Reproductive Plan
- Updated comparison chart of contraceptives
 - Expanded continuous abstinence section
 - Added cervical mucus method to fertility-based awareness
 - Added figure on risks of pregnancy based on contraceptive type
 - Added *Viewpoint* about executive order protecting the rights of health workers to refuse services based on moral or religious grounds
 - Added information on Mirena® (IUD)
 - New *FYI*: "Status of Contraceptives in the United States"
 - Updated information on continuous support assistants
 - Added information on unplanned pregnancies, births by unmarried women, cesarean deliveries, and multiple births
 - Updated baby-friendly hospital information
 - New *Viewpoint*: "Mother Gives Birth to Octuplets"
 - Updated the status of abortion in the United States
 - Updated facts on abortion and foster care
 - Updated all references, Web sites, and contact information
9. Preventing Abuse against Women
- Updated statistics, references, Web sites and web addresses
 - New *Journal Activity*: "The Sad Case of Caylee Anthony"
 - Updated information related to child abuse
 - New *FYI*: "Sex Trafficking in the United States"

- New section on the relationship among alcohol, drugs, and sexual assault
- Updated and streamlined section on personal feelings and beliefs
- New *FYI*: "Cyberstalking"
- New section on elder abuse

PART FOUR: CONTEMPORARY LIFESTYLE AND SOCIAL ISSUES

10. Eating Well

- Updated food safety tips
- New *FYI*: "National Food Safety Warnings"
- Expanded discussion of alcoholic beverages
- Updated *Women Making a Difference*: "Cristeta Comerford"
- New section on popular commercial diets
- Updated all references, Web sites, and contact information

11. Keeping Fit

- Updated body mass index for women
- Added 2008 Physical Activity Guidelines for Americans
- Added major research findings presented in the new Physical Activity Guidelines for Americans
- Revised section on flexibility and types of stretching
- Updated Staying Involved section
- Updated recommendations for exercising during pregnancy from American College of Obstetricians and Gynecologists
- Updated *Health Tips*: "Making Exercise Fun"
- Updated web sites and references

12. Using Alcohol Responsibly

- Updated statistics and research on women and alcohol
- Updated section on binge drinking among college women
- Updated information on health and social consequences of women who drink alcohol
- Updated information on alcohol use, dieting, and disordered eating

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

- Updated references and statistics
- Updated information on addiction
- Updated section on Environmental Tobacco Smoke
- Updated section on Smoking and Pregnancy

PART FIVE: COMMUNICABLE AND CHRONIC CONDITIONS

14. Preventing and Controlling Infectious Diseases

- Updated statistics and figures for STIS
- New information on cervicitis
- New *FYI*: "National HIV Testing Day"
- New section on preexposure vaccinations

- New section on comparison of common cold and influenza
 - New section on MRSA
 - New *Health Tip* on vaccine-preventable diseases
 - Updated all references, Web sites and contact information
15. Preventing and Controlling Chronic Health Conditions
- Updated statistics and figures for heart disease
 - New *Health Tip* on devices effecting pacemakers
 - New *Health Tip* on calcium and vitamin D recommendations
 - New chart on bone mineral density (BMD) results and treatment
 - New section on thyroid disease
 - New section on irritable bowel syndrome
 - Update on stages of Alzheimers disease
 - Updated all references, Web sites, and contact information
16. Reducing Your Risk of Cancer
- Updated Chapter Objectives
 - Updated Table 16.1: Leading Sites of Cancer and Cancer Deaths with 2008 statistics
 - Updated Table 16.3: Cancer Staging Criteria
 - Updated information on causes of cancer: diet and physical activity
 - Updated information on gene mutation research
 - New *Viewpoint*: "Should Women Opt for Preventive Mastectomies?"
 - Updated facts and figures for each type of cancer
 - Updated FYI: "Lifestyle, Environmental, and Hereditary Risk Factors Associated with Cancer"

PEDAGOGY AND LEARNING AIDS

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

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

SUPPLEMENTS

The fourth edition of *Contemporary Women's Health* features an Instructor's Web site (www.mhhe.com/kolander4e) that offers a variety of resources, including an Instructor's Manual and PowerPoint lecture slides. Additional information is available from your McGraw-Hill sales representative.

The fourth edition of *Contemporary Women's Health* is available as an eTextbook at www.CourseSmart.com. CourseSmart is a new way to find and buy eTextbooks. At CourseSmart you can save up to 50% off the cost of a print textbook, reduce your impact on the environment, and gain access to powerful web tools for learning. CourseSmart has the largest selection of eTextbooks available anywhere, offering thousands of the most commonly adopted textbooks from a wide variety of higher education publishers. CourseSmart eTextbooks are available in one standard online reader with full text search, notes and highlighting, and email tools for sharing notes between classmates. For further details contact your sales representative or go to www.coursesmart.com <<http://www.coursesmart.com/>>.

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