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.