

Index

- abdominal aortic aneurysms 21
- abortions
 recurrent 111, 112
 therapeutic 75, 95
- abstinence, sexual 80–81, 91
- abuse *see* elder abuse, intimate partner violence, sexual abuse
- acamprosate 258
- acarbose 291
- access to services
 contraception 77, 78, 95
 problems for older women 9
- ACE (angiotensin-converting enzyme)
 inhibitors 120, 310, 316
- acne 77, 84
- activities of daily living (ADL) 11
- acyclovir 152, 153
- addiction 251
 associated problems 3, 225, 252
 consequences of alcohol abuse 34, 216, 254–255
 definition 251, 254
 epidemiology 251–252, 254
 risk factors 252–254
 screening for 14
 treatment of 14, 255–256
- adolescents
 abnormal menstrual bleeding 130, 133
 amenorrhea 129, 130
 contraception 66, 80–81, 91
 diabetes 118
 domestic violence 227
 exercise 49, 60
 HPV immunization 178
 ovarian masses 188
 psychosocial health 56, 59–60
 sexuality 65–66
 STDs 66, 146, 153
 thyroid disease 305
- adoption 105–107
- AFP (alphafetoprotein) 119, 121
- age groups *see* adolescents, mid-life women, older women
- AIDS *see* HIV
- air travel 110
- alcohol use and abuse 251, 254
 associated problems 225, 252
 beneficial effects 255
 cancer risk and 27, 216, 255
 epidemiology 251–252, 254
 hip fractures 320
 hypertension and 34, 314
 infertility and 101
 risk factors 252–254
 screening questionnaire 14
 treatment of alcoholism 255–256, 258
- Alcoholics Anonymous (AA) 257
- alendronate 323
- allergic vaginitis 163, 172
- alphafetoprotein (AFP) 119, 121
- alternative medicine
 arthritis 36
 breast pain 206
 dysmenorrhea 171
 heart disease 33
 menopausal symptoms 28, 139
 vaginitis 163
- Alzheimer's disease (dementia)
 10, 22, 71
 caregivers 8
- amenorrhea 129–132
- Amsel's criteria (bacterial vaginosis) 162
- analgesia
 for arthritis 328, 330
 for pelvic pain 169, 171
- anesthetic gases 110
- angina pectoris 272–273, 274
- angioplasty 275–276
- angiotensin-converting enzyme (ACE)
 inhibitors 120, 310, 316
- anorexia nervosa 31
- anovulation 101, 102, 129, 132, 133
- antepartum care for mothers with
 asthma 114, 122
 diabetes 118
 epilepsy 121
 heart conditions 124
 hypertension 120–121, 311
 inflammatory bowel disease 124–125
see also pregnancy
- antibiotics
 for breast infections 207–208
 in pregnancy 116, 124
 for prophylaxis in heart conditions 89, 124
 for STDs 147, 149, 151, 154, 163
 for UTIs 200–202
 for vaginitis 164
- anticoagulants 313, 315, 316
- anticonvulsants 5, 121–122, 256
- antidepressants 4, 5, 242, 245, 246, 247
 in the treatment of addiction 258
- antifungal drugs 115, 163, 164
- antihypertensives 5, 69, 120–121, 309, 316
- antimuscarinic drugs 197
- antioxidants 27, 32, 33
- antipsychotic drugs 5, 211
- antiviral drugs
 for hepatitis B 158
 for herpes 152, 153
 for HIV (antiretrovirals) 156–157
- aortic aneurysms 21
- arthritis
 diagnosis 326–327, 329
 exercise 50, 326, 327, 330
 osteoarthritis 36, 37, 325–328
 rheumatoid arthritis 37, 328–330
 sexuality 69, 71
 treatment 36–37, 50, 327, 329–330
- aspirin 21, 271–272, 315, 330
- assisted reproduction 104

Index

- asthma 114, 122
 athletes 48, 129
 Atkins Diet 30
 atrial fibrillation 312–313, 316
 atrophic vaginitis 70, 137–138, 140, 163, 172
- bacterial endocarditis 89, 123, 124
 bacterial vaginosis (BV) 161, 164
 in pregnancy 115, 162
 bacteriuria, asymptomatic 199
 see also urinary tract infections
 barrier contraceptives 82, 92
 battered women *see* intimate partner violence
 behavioral change models in intimate partner violence 230–231, 232
 benzodiazepines 256
 beta-blockers 5, 121, 123, 309, 310
 bisphosphonates 22, 323
 black cohosh 28
 bladder
 cancer 27, 199
 cystitis 199–201
 incontinence 194–195, 196, 197
 blood pressure *see* hypertension
 bone mineral density (BMD)
 20, 319, 322
 see also osteoporosis
 BRCA1/BRCA2 genes 187, 215, 218
 breakfast, role in weight loss 29
 breast cancer
 depression and 244
 epidemiology 215
 prevention 44, 215
 risk factors 85, 93, 205, 206, 209, 215, 255, 310
 screening 16–17, 216–218
 sexuality and 67
 breast disease, benign 205
 fibrocystic 206–207
 galactorrhea 130, 131, 209, 210–212
 infections 207–208
 mastalgia 205–206
 nipple discharges 208–210
 breast self-examination (BSE) 17, 217
 breastfeeding
 amenorrhea 129
 breast infections 207–208
 contraception and 92
 HIV-positive mothers 157
 hormonal control of milk production 211
 medications to avoid 92, 207, 243
 brief intervention in treatment of alcohol abuse 256
 bromocriptine 132, 212
 bulimia nervosa 31
 bupropion 258
 CA 125, 188, 189–190
 calcitonin 323
 calcium (dietary) 22, 26, 27, 34, 321, 322
 calcium channel blockers 5, 121, 310
 cancer
 depression and 244
 exercise 50, 215
 nutrition 27–28, 34–35
 sexuality and 66–67
 see also specific sites
 candidiasis 115, 161, 163, 164
 carbimazole 303
 cardiovascular disease 263
 atrial fibrillation 312–313, 316
 depression and 244, 273
 diabetes and 269, 287–288, 293
 diagnosis 272–273, 293
 gender differences 264, 273, 274, 275
 myocardial infarction 50, 267, 271, 272–273, 275
 in PCOS 133
 in pregnancy 123
 prevention
 diet 32–33, 255
 exercise 45–46, 47–48, 50, 269
 HRT 22, 270–271, 287–288
 pharmacological 21, 267, 271, 294
 risk factors 61, 264–270, 307
 sexuality and 68
 treatment 5, 275–276
 see also hypertension
 caregivers 3, 7–8, 10, 61–62, 244
 carotenoids 27
 carotid artery stenosis 314, 315, 316
 cerebrovascular disease 3, 245, 307, 311–316
 cervical cancer 175
 HPV and 176, 177
 prevention 82, 176, 178
 screening 17, 175–176, 176–178
 treatment 178
 cervical caps 83
 cervical intraepithelial neoplasm (CIN) 176, 178
 cesarean sections 157
 chancres 149
 children
 adopted 106–107
 domestic violence and 222, 224, 227
 psychological development 56, 222
 chlamydia 147–149, 155
 cholesterol 18–19, 266–267, 271
 chondroitin 36
 chronic illness 8
 depression and 244–245
 sexuality and 66–70
 victims of intimate partner violence 227
 see also specific diseases
 chronic obstructive pulmonary disease (COPD) 2, 35
 chronic pelvic pain (CPP) 167–170
 clomiphene 104, 133
 coagulation
 changes in pregnancy 114
 coagulopathies 134
 see also thromboembolism
 COC (combined oral contraceptive pills) *see* oral contraceptive pills (OCPs)
 cognitive impairment 7, 10, 22, 71
 cognitive-behavioral therapy for alcoholism 257
 coitus interruptus 81
 colon cancer 18, 27, 44, 255
 colposcopy 177, 178
 colposuspension 196, 198
 combined hormonal contraception
 patches 87
 pills *see* oral contraceptive pills (OCPs)
 vaginal rings 90, 138, 163
 complementary medicine
 see alternative medicine
 condoms 82, 92
 confidentiality 60, 68
 intimate partner violence and 229, 230
 contraception 76
 abstinence 80–81, 91

- access to 77, 78, 95
 in adolescents 66, 80–81, 91
 barrier methods 82, 92
 biologically based methods 81, 92
 choice of method 75–78, 85, 93
 drug–drug interactions 4–5, 79, 87, 88
 emergency 78–79, 92
 implants 88
 injections 87–88, 91, 93, 94, 102
 IUDs 79, 88–90, 91, 92, 155
 mechanisms of action 77, 78, 87, 89
 need for 75
 patches 87
 perimenopausal 93, 142
 pills *see* oral contraceptive pills (OCPs)
 postpartum 92
 return to fertility after 87, 101, 129
 spermicides 81–82
 sterilization 90–91, 93
 thromboembolism and 85, 87, 93–94, 316
 vaginal rings 90
- COPD (chronic obstructive pulmonary disease) 2, 35
- coping strategies 58–59
- copper IUDs 79, 89, 92, 155
- coronary artery bypass grafting (CABG) 275
- Coronary Artery Surgery Study (CASS) 274
- coronary artery/heart disease (CAD/CHD) *see* cardiovascular disease
 corticosteroids 300, 330
 use in pregnancy 115, 122–123, 124
- cultural issues 9, 18, 57, 59, 62, 72
- cystitis 199–201
- dairy products 26–27
- danazol 142, 170, 206
- DASH diet 34
- de Quervain's thyroiditis 300
- deafness 20
- Dean Ornish Diet 30
- death 63
- dementia 10, 22, 71
 caregivers 8
- Depo-Provera (DMPA injections) 87–88, 91, 93, 94, 102
- depression
 alcohol abuse and 252, 258
- cancer and 244
 cardiovascular disease and 244, 273
 in caregivers 8, 244
 diabetes and 288
 diagnosis 18, 240–241, 244, 245, 246–247
 epidemiology 9, 239–240, 243, 245, 246
 menopausal 247
 in older women 8, 9, 18, 240, 245
 postpartum 246–247
 in pregnancy 243, 246
 premenstrual dysphoric disorder 94–95, 245–246
 stroke and 245
 suicide 243, 244, 245
 treatment 4, 5, 241–243, 245, 246, 247
- detrusor instability (urge incontinence) 194–195, 196, 197
- DEXA scans for bone density 20, 322
- diabetes mellitus 283–284, 294
 comorbidities 199, 269, 288, 293–294, 313
 contraception 94
 diagnosis and screening 118, 284–285, 286
 management 288–289, 294
 diet 31–32, 119, 289
 exercise 50, 289–290
 insulin 119, 288, 292–293
 monitoring glycemic control 119, 285, 290
 non-insulin injectables 292
 oral antiglycemic agents 119, 290–292
 menopause and 287–288
 in pregnancy 118–120, 283
 prevention 286–287
 sexuality and 68–69
- diaphragms, contraceptive 83
- diet
 arthritis 36–37
 cancer 27–28, 34–35
 COPD 35
 diabetes 31–32, 119, 289
 eating disorders 31
 fibrocystic breast disease 207
 healthy 25–27
 heart disease 32–33, 255
 hypertension 33–34, 308
 menopausal symptom control 28, 139
 in older women 12, 25
 pelvic pain 169
 pregnancy 109, 119
 web addresses 26, 36
 weight loss 29–31
- diet pills 30
- diflucan 115
- dilatation and curettage 141, 142
- disability
 access to screening 9
 contraception 94
 sexuality 67–68, 69
- disease modifying drugs (DMDs) 330
- disulfiram 258
- diuretics 121, 310, 311, 316
- DMPA (depot medroxyprogesterone acetate) injections 87–88, 91, 93, 94, 102
- domestic violence *see* intimate partner violence
- drug abuse *see* addiction
- ductal ectasia, mammary 209
- dysfunctional uterine bleeding (DUB) 133, 134–135, 139–143
- dyslipidemia 18–19, 266–267, 271, 294
- dysmenorrhea 135, 142, 170–171
- dyspareunia 67, 171–173
- eating disorders 31
- eclampsia 311
- economic abuse 224
- economic issues
 health risks of low socioeconomic status 11, 18, 61, 224, 264
 medical insurance 3, 9, 62, 95
- ectopic pregnancy 78, 89
- education level 18, 59
- egg donation 104
- elder abuse 12–14, 71
- elderly women *see* older women
- electrocardiograms (ECGs), stress testing 274
- electroconvulsive therapy 245
- emergency contraception (EC) 78–79, 92
- emotional abuse 223
- end of life care 63
- endometrial ablation therapy 135, 142
- endometriosis 167, 170
- endometrium
 benign tumours 135–136, 140, 142, 168

Index

- endometrium (cont.)
 cancer 84, 141–142, 181–184
 hyperplasia 132, 140
- endurance training 44, 45–46, 47–48
- epilepsy 5, 121
- Escherichia coli* 200
- Essure® tubal occlusion 90, 91
- Estring™ vaginal ring 138, 163
- estrogens
 in contraceptives 84, 87
 for menstrual disorders 132, 135, 142
 for relief of menopausal symptoms
 138, 163, 202
 for UI 198
see also hormone replacement
 therapy, phytoestrogens
- etanercept 330
- ethnicity
 alcohol use 254
 breast cancer 216
 cervical cancer 175
 depression 239
 endometrial cancer 183
 heart disease 264
 hip fractures 321
 smoking behavior 267
 STDs 145, 146, 147, 149, 155–156, 158
 stroke 312, 315
- evening primrose oil 206
- exenatide 292
- exercise
 in adolescents 49, 60
 arthritis and 50, 326, 327, 330
 definition 43
 diabetes and 50, 286, 289–290
 health benefits of 43–46, 49–51,
 215, 242, 269, 286,
 309, 322
 medical costs of inactivity 43
 in older women 11, 49
 types of 44, 46–49
 weight loss 29
- exercise stress testing 273–275
- eye disorders 20, 294, 302
- Fallopian tubes
 infertility and 101
 ligation/occlusion 90–91
- falls 14, 320
- family history
 breast/ovarian cancer 187, 215
 cardiovascular disease 264
 urinary incontinence 194
- fat, dietary 26, 29, 30, 32–33, 37
 omega-3 fatty acids 28, 33, 35, 37
- fecal occult blood tests 18
- female condoms 82
- FemCap™ 83
- fertility awareness contraceptive
 methods 81, 92
- fiber, dietary 26, 28, 33
- fibrocystic breast disease (FBD) 206–207
- fibroids 135–136, 142, 168
- financial issues
 health risks of low socioeconomic
 status 11, 18, 61, 224, 264
 medical insurance 3, 9, 62, 95
- flaxseed 28
- folate/folic acid 27, 109, 121
- follicle-stimulating hormone (FSH)
 130, 131, 132, 137
- food groups 25–27
- Food Pyramid 25
- fractures 25, 319, 320, 323
see also osteoporosis
- Framingham Heart Study 2, 3, 263
- fruit 27
- FSH (follicle-stimulating hormone)
 130, 131, 132, 137
- functional assessments in older
 women 11
- functional incontinence 195, 196
- gabapentin 243
- galactorrhea 130, 131, 209, 210–212
- gamete donation 104
- gamete intrafallopian transfer (GIFT) 104
- gastrointestinal tract
 changes in pregnancy 114
 colon cancer 18, 27, 44, 255
 inflammatory bowel disease 124–125
 irritable bowel syndrome 168, 170
- gender differences 2–5
 academic achievement 59
 alcohol 255–256, 257
 cardiovascular disease 264, 273,
 274, 275
 depression 239–240, 241
 hypertension 307, 308, 309
 intimate partner violence 223
 psychological theory of
 development 56
- research bias against women 1–2
 stroke 312, 314, 315
 thyroid disease 297
- genetic risk factors
 addiction 253–254
 breast/ovarian cancer 187, 215
- genital herpes 116, 151–153, 172
- Geriatric Depression Scale (GDS) 18
- gestational diabetes 118, 119, 283
- glucosamine 36, 328
- glucose
 monitoring blood glucose 119,
 285, 290
 screening and diagnosis of diabetes
 284, 285, 286
 stroke risk and 316
 treatment of hypoglycemia 32
- glyburide 119
- glycemic index 30
- glycosylated hemoglobin (HbA1c)
 285, 294
- goiter 300, 303, 304, 305
- gonorrhea 145–147
- gout 36
- Graves' disease 299, 301–303, 305
- grief 58
- hairdressers 110
- Hashimoto's thyroiditis 300, 305
- HDL (high density lipoprotein)
 cholesterol 266
- headaches 85, 94
- hearing loss 20
- heart disease *see* cardiovascular disease
- heavy menstrual bleeding (HMB)
 133–136, 142–143
- hematuria 199
- hemoglobin, glycosylated (HbA1c)
 285, 294
- hepatitis, viral 116, 157–158
- herpes simplex virus, genital 116,
 151–153, 172
- HERS (Heart and Estrogen/Progestin
 Replacement Study) 270, 287
- high density lipoprotein (HDL)
 cholesterol 266
- hip fractures 319
- hirsutism 131, 133

- HIV (human immunodeficiency virus)
 co-infections 153, 156
 contraceptive use and 81, 82
 diagnosis 156
 epidemiology 155–156
 pregnancy and 156, 157
 research 1, 3
 treatment 156–157
- homicide 221, 226, 231
- hormone replacement therapy (HRT)
 arthritis 326
 cancer 184, 187, 215
 cardiovascular disease 22, 270–271, 287–288
 cognitive function 22
 diabetes 287–288
 for menopausal symptoms 138, 163
 osteoporosis 20, 22, 321, 323
 UI 198
- hot flashes (hot flushes) 28, 138–139
- human immunodeficiency virus
see HIV
- human menopausal gonadotropin (hMG) 104
- human papilloma virus (HPV)
 176, 177
- hyperglycemia 284, 285
- hyperlipidemia 18–19, 266–267, 271, 294
- hyperprolactinemia 132, 211, 212
- hypertension
 alcohol use and 34, 314
 cardiovascular risk 264–266, 307
 contraceptive use 93, 311
 diagnosis 307–308
 diet and 33–34, 308
 in older women 307, 310, 311
 in pregnancy 120, 311
 screening 16
 stroke 307, 312
 treatment 5, 69, 120–121, 308, 316
- hyperthyroidism 130, 298, 301–303, 304, 305
 thyroid storm 298, 303
- hypoactive sexual desire 71
- hypoglycemia 32, 294
- hypotension, orthostatic 16
- hypothalamus
 addiction and 257
 amenorrhea and 129, 131
- hypothyroidism 130, 297–298, 301, 304, 305
- hysterectomy
 for cancer 178, 183, 190
 for heavy menstrual bleeding 135, 143
 for pelvic pain 170, 171
 risk of UI 193
- hysteroscopy 134, 142
- immunization
 hepatitis B 158
 herpes 153
 in HIV-positive patients 157
 HPV 176, 178
 influenza 15, 116, 123, 157
 in older women 14–16
 in pregnancy 116, 123
- immunomodulating drugs 124
- implants, contraceptive 88
- in vitro fertilization (IVF) 104
- incontinence, urinary 19, 193–198
- infertility 101, 104–105
 amenorrhea 129–132
 causes 101, 129–130
 evaluation 101–103, 130
 treatment 103–104, 132, 133
see also adoption
- inflammatory bowel disease 124–125
- influenza immunization 15, 116, 123, 157
- injections, contraceptive 87–88, 91, 93, 94, 102
- instrumental activities of daily living (IADL) 11
- insulin 119, 288, 292–293
- insulin resistance 118, 132, 269, 283
- insurance (medical) 3, 95
 inadequate 9, 62
- intellectual disability, sexuality and 67–68
- intimate partner violence 221
 detection of by health care providers 221, 228–229, 234
 epidemiology 221, 222, 226
 health consequences 225–228
 management 229–235
 psychosocial theories 222–223
 risk factors 224–225
 types of 223
- intimate terrorism 223–224
- intrauterine devices (IUDs) 88–90, 91, 92, 155
 for emergency contraception 79
 for menstrual disorders 136, 142
- iodine, radioactive 299, 302
- irritable bladder (urge incontinence) 194–195, 196, 197
- irritable bowel syndrome 168, 170
- irritative vaginitis 163, 172
- isolation 3, 63, 224, 225, 232, 243
- isotretinoin 77
- IUDs *see* intrauterine devices
- IVF (in vitro fertilization) 104
- Jarisch–Herxheimer reaction 150
- kidney disease *see* renal disease
- lactose intolerance 26
- laparoscopy 115, 169
- latex contraceptives 82, 83
- LDL (low density lipoprotein)
 cholesterol 266, 267, 271, 294
- learned helplessness 222
- Lea's Shield® 83
- leiomyomata (fibroids) 135–136, 142, 168
- leuprolide 170
- levonorgestrel
 in emergency contraception 79, 80
 intrauterine system (LNG-IUS) 89, 90, 136, 142
- life cycle changes
 exercise recommendations 48
 psychosocial health 59–60
 sexuality 65–66, 70–71
- lifestyle modifications
 diabetes risk 286–287
 hot flushes 139
 hypertension 302–303
 osteoporosis 322–323
 stroke 314
see also diet, exercise
- liver disease
 alcoholic 255
 viral hepatitis 116, 157–158
- LNG-IUS (levonorgestrel-releasing intrauterine system) 89, 90, 136, 142
- loop electrosurgical excision 178
- low density lipoprotein (LDL)
 cholesterol 266, 267, 271, 294
- lubricants for condoms 82

Index

- magnesium 34
- magnetic resonance imaging (MRI) 142, 218, 299
- male factor infertility 101, 102, 103, 104
- malnutrition
 in cancer 34–35
 in COPD 35
 eating disorders 31
 in older women 12, 25, 320
- mammography 16–17, 205, 217
- marital status 4
 in domestic violence 224
- mastalgia 205–206
- mastectomy 67
- mastitis 207–208
- meat 27, 30
- Medicare 9
- Mediterranean diet 25
- medroxyprogesterone acetate injections 87–88, 91, 93, 94, 102
- menopause 137, 143
 depression 247
 diabetes 287–288
 osteoarthritis 326
 postmenopausal bleeding 181
 sexuality 70
 UTIs 138, 199, 202
 vaginal atrophy 70, 137–138, 140, 163, 172
 vasomotor symptoms 28, 138–139
see also mid-life women, perimenopause
- menorrhagia 133, 134–135, 136, 142
- menstrual disorders
 abnormal bleeding 133–136, 139–143
 amenorrhea 129–132
 dysmenorrhea 135, 142, 170–171
see also polycystic ovary syndrome
- mental health *see* addiction, depression, psychological health
- mentally disabled women, sexuality and 67–68
- metabolic syndrome 29, 269
see also insulin resistance
- metformin
 in diabetes 120, 286, 291
 in PCOS 104, 133
- methotrexate 124
- metronidazole 116, 207
- metrorrhagia 133
- mid-life women
 alcohol abuse 251, 252, 253, 256, 259
 breast cancer screening 16, 217
 diabetes (type 2) 283–284
 exercise 48–49
 sexuality 68–70
see also menopause, perimenopause
- mifepristone 79
- miglitol 291
- migraine 85, 94
- Mini Mental State Examination (MMSE) 10, 18
- miscarriage, recurrent 111, 112
- mitral valve prolapse 123
- mixed incontinence 197
- mobility
 access to services 9
 sexuality and 69, 71
- motivational enhancement therapy 257
- motor vehicle accidents 14, 114
- MRI (magnetic resonance imaging) 142, 218, 299
- multiple sclerosis 69
- murder 221, 226, 231
- muscle strength/power, resistance training for 44, 45, 46–47, 48, 49
- myocardial infarction (MI) 50, 267, 271, 272–273, 275
- naltrexone 258
- nateglinide 292
- National Institutes of Health (NIH), research guidelines 1–2
- Neisseria gonorrhoea* 145–147
- neural tube defects 119, 121
 prevention 109, 121
- neurogenic bladder 195, 196
- neuroleptic (antipsychotic) drugs 5, 211
- neurological changes in pregnancy 114
- neurosyphilis 150
- New American Plate 25
- newborns, mother-to-child transmission of disease 116, 149, 153, 156, 157, 158
- niacin 33
- nicotine addiction 252, 253, 258–259
see also smoking
- nipple discharges 208–210
- non-Hodgkin's lymphoma 304
- non-steroidal anti-inflammatory drugs (NSAIDs) 135, 142, 171, 328, 330
- Norplant 88
- Nurses' Health study (NHS) 2, 3, 263, 272, 286
- nursing homes 71, 162, 193
- nutrition *see* diet
- NuvaRing® 90
- obesity
 cancer risk and 27, 215
 contraception and 95
 diabetes and 32, 284, 286
 health risks 27, 28–29, 34, 215, 269, 309, 325
 perimenopausal 140
 treatment 29–31, 270
- occupational safety, in pregnancy 110–111
- OCPs *see* oral contraceptive pills
- older women
 assessment
 general health status 4, 7–12, 15
 screening recommendations 12–14, 16
 breast cancer 16, 209, 217, 310
 cognitive function 7, 10, 22, 71
 demographics 4, 7, 62
 depression 8, 9, 18, 240, 245
 diabetes 283
 diet 12, 25
 exercise 11, 49
 financial issues 3, 62
 hypertension 307, 310, 311
 prophylaxis 14–16, 21
 psychosocial health 62–63
 sexuality 11, 70–71
 stroke 312, 313
 thyroid disease 297, 301, 305
 UTIs 199
see also arthritis, osteoporosis
- oligomenorrhea 133
see also polycystic ovary syndrome
- omega-3 fatty acids 28, 33, 35, 37
- oophorectomy 183, 190
- oral antiglycemic agents 119, 133, 286, 290–292
- oral contraceptive pills (OCPs)
 breastfeeding and 92
 cancer risk 84, 93, 187
 contraindications and precautions 85, 93, 94

- hypertension 93, 311
 thromboembolism 85, 93, 316
 diabetes and 94
 drug–drug interactions 4–5, 79, 87
 for emergency contraception 79
 formulations 83–84
 mechanisms of action 87
 missed pills 85
 non-contraceptive benefits 84,
 91, 93
 arthritis 328
 breast disorders 206, 207
 endometriosis 170
 menstrual disorders 94–95, 132,
 133, 135, 142, 171
 PID and 155
 pregnancy and 85
 return to fertility after 85, 101, 129
 side effects 85
 thyroid status 305
- orgasm 68, 69, 70, 72
 Ortho Evra® patch 87
 osteoarthritis 36, 37, 50, 325–328
 osteopenia 324
 osteoporosis 20, 319
 diagnosis and screening 20, 21, 132,
 288, 322
 prevention 20, 21, 22, 26, 45, 84,
 320–322
 risk factors 25, 88, 212, 319, 320
 treatment 21, 50, 322–323
- ovarian cancer 84, 187–190
 ovarian cysts 188
 PCOS 104, 120, 131, 132–133
 ovarian failure 101, 129, 131, 132
 overflow urinary incontinence
 195, 196
 overweight women *see* obesity
 ovulation
 after hormonal contraception 101
 induction 103–104, 132, 133
 tests for 81, 102
 ovum donation 104
 oxybutinin 197
- pain *see* mastalgia, pelvic pain
 pain relief
 for arthritis 328, 330
 for pelvic pain 169, 171
- Pap tests 17, 175–176, 176–178, 181
 parathyroid hormone 323
 parenting counseling 234
- patches, contraceptive 87
 PCOS (polycystic ovary syndrome)
 104, 120, 131, 132–133
 pelvic floor exercises 196
 pelvic inflammatory disease (PID)
 145, 153–155
 IUDs and 89, 90, 155
 pelvic pain
 chronic 167–170
 dysmenorrhea 135, 142, 170–171
 dyspareunia 67, 171–173
 endometriosis 170
 UTIs 199
- penicillin 151
 PEPI (Postmenopausal Estrogen/
 Progesterone Intervention) Trial
 3, 270, 287
 percutaneous coronary intervention
 (PCI) 275–276
 Pergonal® 104
 perimenopause 137, 143
 abnormal menstrual bleeding 134,
 139–143
 contraception 93, 142
 vasomotor symptoms 28, 138–139
see also menopause, mid-life women
- pharmacokinetics 4–5
 photographing results of intimate
 partner violence 234
 physical abuse *see* intimate partner
 violence
 physical activity
 definition 43
 health benefits of 29, 43–45,
 269, 286
 in older women 11
 osteoarthritis and 326
 pregnancy and 110–111
see also exercise
 phytoestrogens 28, 139
 PID *see* pelvic inflammatory disease
 pioglitazone 291
 pituitary gland
 thyroid disease and 299, 301
 tumors 131, 132, 211, 212
- Plan B (emergency contraception)
 79, 80
 pneumococcal polysaccharide
 vaccination 16
 polycystic ovary syndrome (PCOS)
 104, 120, 131, 132–133
- polypharmacy 4, 20–21
 POP (progestin-only pills) 84, 93
 population studies 2, 263, 286
 postmenopausal bleeding 181
 postpartum health
 amenorrhea 129
 contraception 92
 depression 246–247
 sexual activity 66
 thyroiditis 305
see also breastfeeding
 posttraumatic stress disorder
 (PTSD) 225
 potassium 34, 95
 pramlintide 292
 preadoption counseling 106
 preconception care 109–112
 chronic diseases 116–118, 120, 121,
 122, 123, 124
 fertility counseling 102
 preeclampsia 121, 311
 pregnancy
 asthma 114, 122
 depression 243, 246
 diabetes 118–120, 283
 diagnostic procedures 114
 epilepsy 121
 heart disease 123
 HIV-positive mothers 156, 157
 hypertension 120, 311
 infections (other than STDs and
 UTIs) 115, 162
 inflammatory bowel disease 124–125
 intimate partner violence 224, 227
 maternal occupations 110–111
 medication during 4, 112–113, 115
 antibiotics 115, 117, 147, 149,
 151, 154, 200
 teratogenic drugs 77, 85, 113, 115,
 121, 124
 mother-to-child transmission of
 disease 116, 149, 153, 156,
 157, 158
 physiology 113, 118
 sexual activity during/after 66
 STDs 116, 149, 151, 153, 155
 surgery during 115
 thyroid disease 303, 304
 unintended 75
 UTIs 199, 200, 201
see also postpartum health,
 preconception counseling
 premenstrual dysphoric disorder
 (PMDD) 94–95, 245–246

Index

- prenatal screening and diagnosis
 119, 121
 Preven 79
 Pritikin Diet 30
 probiotics 164
 progestin challenge test
 (amenorrhea) 131
 progestins
 in COCs 84, 85
 DMPA injections 87–88, 91, 93,
 94, 102
 in emergency contraception 78, 79, 80
 implants 88
 levonorgestrel IUS 89, 90, 136, 142
 non-contraceptive benefits
 endometrial cancer 184
 hot flashes 139
 menstrual disorders 132, 135,
 136, 142, 171
 postpartum 92, 93
 preferred to combined hormonal
 contraceptives 93, 94
 progestin-only pills (POP) 84, 93
 see also hormone replacement
 therapy
 prolactin 130, 211–212
 prolactinoma 132, 211, 212
 propylthiouracil 303
 protein, dietary 25, 30, 32
 psychological health
 chronic pain syndromes 169, 170
 coping with adverse events 58–59
 dementia 10, 18, 22, 71
 developmental theories as applied to
 women 56, 61
 health care providers and 55–56,
 57–58, 60, 63
 infertility and 104–105
 psychosocial health throughout life
 55, 59–60
 see also addiction, depression
 psychotherapy
 alcoholism 257
 chronic pain syndromes 170
 depression 242
 intimate partner violence 233
 pyelonephritis 199, 201, 202

 race *see* ethnicity
 radiation, exposure to in pregnancy 110
 radionucleotide thyroid scanning 299,
 302, 303
 radiotherapy 34, 67, 302

 raloxifene 216, 323
 red clover 28
 Reidel's thyroiditis 301
 relational theory 56, 59–60, 63
 religion 9, 11
 renal disease
 in pregnancy 114, 120, 199
 pyelonephritis 199, 201, 202
 renal failure and sexual
 dysfunction 69
 repaglinide 292
 reportable diseases/events (USA) 146,
 147, 229
 research bias against women 1–2
 residential care 71, 162, 193
 resiliency to adverse life events 58
 resistance training 44, 45, 46–47, 48, 49
 rheumatic heart disease 123
 rheumatoid arthritis 37, 50, 328–330
 road traffic accidents 14, 114
 rosiglitazone 291
 RU 486 (mifepristone) 79

 saline infusion sonohysterography 142
 scleroderma 70
 screening
 alcohol abuse 14
 aortic aneurysm 21
 breast cancer 16–17, 216–218
 cervical cancer 17, 175–176,
 176–178
 colon cancer 18
 depression 18
 diabetes 118, 284, 286
 hyperlipidemia 18–19
 hypertension 16
 intimate partner violence 228–229
 in older women 8, 9, 12–14, 16
 osteoporosis 20, 132, 288, 322
 ovarian cancer 189–190
 psychosocial 60, 61
 STDs 146, 149, 151, 155, 156, 157, 158
 thyroid disease 19, 305
 Seasonale® 84
 Seasonique™ 84
 seizures 5, 121, 311
 selective estrogen receptor modulators
 (SERMs)
 for breast cancer 183, 216
 for breast pain 206
 for osteoporosis 323
 for ovulation induction 104, 133
 selective serotonin reuptake inhibitors
 (SSRIs) 242–243, 246, 258
 selenium 27
 self-harm 243, 244, 245
 SERM *see* selective estrogen receptor
 modulators
 sexual abuse 71, 92, 168, 172, 253, 254
 sexuality 60, 65
 in adolescents 65–66
 dyspareunia 67, 171–173
 medical problems affecting 66–67
 in older women 11, 70–71
 pregnancy and 66
 sexual dysfunction 67, 68–69, 71,
 102, 105
 sexually transmitted diseases (STDs)
 in adolescents 66, 146, 153
 chlamydia 147–149, 155
 contraceptive use and 78, 81, 82,
 90, 155
 gonorrhoea 145–147
 hepatitis B 116, 157–158
 herpes 116, 151–153, 172
 PID 89, 90, 145, 153–155
 in pregnancy 116, 149, 151, 153, 155
 syphilis 149–151
 trichomoniasis 116, 162–163, 164
 see also HIV
 sigmoidoscopy 18, 114
 sitagliptin 292
 situational couple violence 223
 Sjogren's syndrome 70, 172
 smear tests (Pap tests) 17, 175–176,
 176–178, 181
 smoking
 as an addiction 252, 253
 cessation 14, 258–259
 health implications 3, 93, 102, 267,
 314, 320
 socioeconomic status, low 9, 11, 18,
 61, 224, 264
 sociological theories of intimate
 partner violence 222–223
 sodium, dietary 33, 308
 soy products 28, 33, 37, 139
 sperm count 103, 104
 sperm donation 104
 spermicides 81–82
 spinal-cord injuries 69

- sponges, contraceptive 82
- SSRIs (selective serotonin reuptake inhibitors) 242–243, 246, 258
- statins 267, 271
- STDs *see* sexually transmitted diseases
- stents, in PCI 276
- sterilization
 female 90–91, 93
 male 91
- steroids *see* corticosteroids, estrogens, progestins
- stress 10, 110–111, 252–253
- stress testing for cardiovascular disease 273–275
- stress urinary incontinence (SUI) 195, 196, 198
- stroke 3, 245, 307, 311–316
- subacute bacterial endocarditis (SBE) 89, 123, 124
- substance abuse *see* addiction
- sugar 26, 32
see also glucose
- suicide 243, 244, 245
- sulfonylurea drugs 291
- symptothermal contraceptive methods 81
- syndrome X 275
- syphilis 149–151
- T3 (triiodothyronine) 298
- T4 (thyroxine) 298, 301, 305
- Tai Chi 44, 46, 139
- tamoxifen 183, 206, 216, 323
- teenagers *see* adolescents
- teratogens 77, 85, 113, 115, 121, 124
- termination of pregnancy 75, 95
- tetanus, immunization 16
- thiazolidinediones 291
- thromboembolism 85, 87, 93–94, 316
- thromboprophylaxis 21, 271–272, 313, 315
- thrush (candidiasis) 115, 161, 163, 164
- thyroid disease 297
 in adolescents 305
 cancer 297, 299, 304
 diagnostic tests 298
 hyperthyroidism 130, 298, 301–303, 304, 305
 hypothyroidism 130, 297–298, 301, 304, 305
 nodules 297, 298, 299, 303–304
 in older women 297, 301, 305
 postpartum 305
 in pregnancy 303, 304
 screening 19, 305
 thyroid storm 298, 303
 thyroiditis 300–301, 305
- thyroid releasing hormone (TRH) 299
- thyroid stimulating hormone (TSH) 19, 298–299
- thyroxine (T4) 298, 301, 305
- tibolone 139
- tobacco use *see* smoking
- transient ischemic attacks (TIAs) 314–316
- Treponema pallidum* 149–151
- trichomoniasis 116, 162–163, 164
- tricyclic antidepressants 242, 245
- triglycerides 267
- triiodothyronine (T3) 298
- TSH (thyroid stimulating hormone) 19, 298–299
- tubal factors affecting fertility 101
- tubal ligation/occlusion 90–91
- ulcers
 genital herpes 151, 152
 syphilitic 149
- ultrasound
 ovarian cancer 188, 189–191
 pelvic pain 169, 173
 thyroid 299
 uterine disorders 134, 141–142, 181
- underweight women *see* malnutrition
- urge incontinence 194–195, 196, 197
- urinary incontinence (UI) 19, 193–198
- urinary tract infections (UTIs) 198–202
- urine analysis 199–200
- urological causes of pain 168
- uterine artery embolization 135, 142
- uterus
 abnormalities 101, 112
 benign tumours 135–136, 140, 142, 168
 cancer 84, 141–142, 181–184
 hyperplasia 132, 140
- UTIs (urinary tract infections) 198–202
- vaccination *see* immunization
- vaginal atrophy 137–138, 140, 163, 172
- vaginal discharge 145, 148, 161, 162, 163
- vaginal rings, contraceptive 90, 138, 163
- vaginismus 172
- vaginitis 161–164, 172
 in pregnancy 115, 162
- valproic acid 121
- valvular heart disease 50, 123
- vasectomy 91
- vegetables 27
- venous thromboembolism (VTE)
 contraceptive use and 85, 87, 93–94, 316
 thromboprophylaxis 21, 271–272, 313, 315
- vertebral fractures 319
- violence towards women *see* elder abuse, intimate partner violence, sexual abuse
- virilization 131, 133
- vision loss 20
- vitamin B3 (niacin) 33
- vitamin D 26, 37, 121, 321
- vitamin E 28, 272
- vitamin K 122
- VTE *see* venous thromboembolism
- warfarin 313
- WAST-short questions 229
- water intake 27
- weight *see* malnutrition, obesity
- wife abuse *see* intimate partner violence
- withdrawal symptoms (alcohol abuse) 256–257
- Women for Sobriety (WFS) 257
- Women's Health Initiative (WHI) 2, 3, 270, 287
- Women's Health Study 3, 271, 286
- Women's Interagency HIV study 3
- Yaz® 84, 95
- yoga 44, 46, 139
- zygote intrafallopian transfer (ZIFT) 104