Contents

List of contributors   ix

Section 1 – Introduction

1 Introduction  1
   Jo Ann Rosenfeld

2 Preventive health care for older women  7
   Jeannette E. South-Paul, Deborah Bostock and Cheryl E. Woodson

3 Nutrition  25
   Gwendolyn Murphy, Victoria S. Kaprielian and Cathrine Hoyo

4 Physical activity and exercise  43
   Tanya A. Miszko

5 Psychosocial health of well women through the life-cycle  55
   Cathleen Morrow

Section 2 – Sexuality

6 Sexuality through the life-cycle  65
   Jo Ann Rosenfeld

7 Contraception  75
   Kathryn Andolsek

8 Infertility  101
   Jo Ann Rosenfeld

9 Medical care and pregnancy: common preconception and antepartum issues  109
   Ellen L. Sakornbut

Section 3 – Genitourinary concerns

10 Menstrual changes: amenorrhea, oligomenorrhea, polycystic ovary syndrome, and abnormal menstrual bleeding  129
   Jo Ann Rosenfeld

11 Menstrual, urogynecological and vasomotor changes in perimenopause and menopause  137
   Margaret Gradison

12 Sexually transmitted diseases  145
   Kay Bauman

13 Vaginitis  161
   Jo Ann Rosenfeld

14 Chronic pelvic pain, dysmenorrhea, and dyspareunia  167
   Jo Ann Rosenfeld

15 The Papanicolaou smear and cervical cancer  175
   Barbara S. Apgar and Jo Ann Rosenfeld

16 Postmenopausal bleeding and endometrial cancer  181
   Jo Ann Rosenfeld

17 Ovarian cancer and masses  187
   Jo Ann Rosenfeld

18 Urinary incontinence and infections  193
   Jo Ann Rosenfeld

Section 4 – Breast disorders

19 Benign breast disease  205
   Jo Ann Rosenfeld

20 Breast cancer screening  215
   Abenaa Brewster, Nancy Davidson and Jo Ann Rosenfeld

Section 5 – Psychological concerns

21 Intimate partner violence against women  221
   Sandra K. Burge
Contents

22 Depression 239
   Jo Ann Rosenfeld and Connie Marsh

23 Alcoholism, nicotine dependence and drug abuse 251
   Mary-Anne Enoch

Section 6 – Common medical problems

24 Coronary heart disease 263
   Meghan Walsh and Valerie Ulstad

25 Diabetes in mid-life women 283
   Phillipa J. Miranda and Diana McNeill

26 Thyroid disorders 297
   William J. Hueston

27 Hypertension and stroke 307
   Jo Ann Rosenfeld

28 Osteoporosis 319
   Jo Ann Rosenfeld

29 Arthritis 325
   Jo Ann Rosenfeld

Index 333