

A

# WOMAN DOCTOR'S GUIDE TO



BOOKS  
FOR  
WOMEN  
BY  
WOMEN

# SKIN CARE



Essential Facts and  
Up-to-the-Minute  
Information on Keeping  
Skin Healthy at  
Any Age

WILMA F. BERGFELD, M.D., E.A.C.P.,  
with SHELAGH RYAN MASLINE

# Skin Care A Woman Doctor S Guide

**Carolyn Thomas**



## **Skin Care A Woman Doctor S Guide:**

A Woman Doctor's Guide to Skin Care Wilma F. Bergfeld, 1996-02-22 A renowned dermatologist discusses the anatomy of the skin and its function compares over the counter skin products to home remedies and provides women of all ages with the latest developments in cosmetics and everyday skin care Original

**A Barefoot Doctor's Guide for Women** Georgette Delvaux, 2007-09-11 In A Barefoot Doctor's Guide for Women Georgette Delvaux DC focuses on hormonal health explaining in a conversational tone how issues related to menstruation pre menopause and menopause can begin as mere annoyances and gradually develop into major problems that affect both body and mind She describes the harmful late effects of treating hormonal imbalances with artificial hormones a popular practice and introduces Thermography the exciting but still little known method of detecting dangerous changes in breast tissue With spirit and intelligence Dr Delvaux takes on these and other often taboo topics encourages women to trust subtle changes in their own sensations and helps them understand both alternative and conventional medicine

**Natural Prescriptions for Women** The Editors of Prevention Health Books, 2000-12-08 Presents a self care collection of non drug prescriptions for more than one hundred common health problems

**Women Doctors Guide to Health & Healing** Oxmoor House, Incorporated, 2003 Thousands of tips on hundreds of conditions from women doctors dietitians psychologists nurses beauty experts and more Solve your every health concern with advice from women experts

**The Merck Manual Go-To Home Guide For Symptoms** Robert S Porter, Justin Kaplan, 2013-10-29 The Merck Manual Go To Home Guide for Symptoms takes complex medical information and makes it easy to understand and accessible to an everyday audience It covers a wide range of everyday symptoms from abdominal pain to wheezing and almost everything in between Every section provides a comprehensive look at each symptom s Causes both common and less common Evaluation warning signs when to see a doctor what the doctor does and testing Treatment a wide array of options and Key points the most important information about the symptom It also includes helpful tables and illustrations Organized in a 2 color 500 page paperback format makes it easy for busy families to quickly find the information they need Symptoms covered include Back Pain Cough Fatigue Fever Headache Heartburn Itching Joint Pain Nausea Swelling and many more

**A Woman's Guide to Living with Heart Disease** Carolyn Thomas, 2017-11-28 Heart disease kills more women every year than all forms of cancer combined Recovering from a major heart attack Thomas wrote this book based on her own experience and the experiences of other women with the disease compiled through blog posts and Thomas s experiences as a participant at Mayo Clinic s medical conference on women s heart disease She explains how to recognize the early signs explains why so many women are misdiagnosed and covers to what to expect during your recovery

Dying to be Beautiful Gwen Kay, 2005 Dying to Be Beautiful tells the story of how cosmetics came to be regulated in early 20th century America In 1906 the Food and Drug Administration was given the power to control food and drugs Not until 1938 were other products that went into or onto the body including cosmetics similarly regulated The

intervening years saw death by depilatory and blindness by mascara and a rise in consumer and grassroots political activism This book examines who fought for regulation of these inherently feminine products and why it took so long for their goals to be achieved Book jacket

**Internet Guide to Cosmetic Surgery for Women** M Sandra Wood,2013-10-08 Learn to use the Internet to find important information on cosmetic surgery proceduresand the right surgeon to do it Hundreds of thousands are considering cosmetic surgery of some sort The question is where can you go to find out what is right for you The Internet Guide to Cosmetic Surgery for Women gives you the advantage of finding out everything you want to know about cosmetic surgeryfrom the comfort and privacy of your own home This comprehensive resource guides you through the mountains of information on the Internet providing a thorough listing of Web sites detailing every aspect of plastic and cosmetic surgery for every body part as well as presenting strategies for finding specific information you are looking for The Internet Guide to Cosmetic Surgery for Women gives you the tools to find information about a specific procedure learn the surgery s advantages as well as riskseven how to locate the best surgeons for the procedure The book provides screen shots to illustrate Web sites information on where to find the latest important statistics and data and helpful definitions for cosmetic surgery terms The Internet Guide to Cosmetic Surgery for Women not only lists Internet addresses and basic sites on cosmetic surgery but also reveals where to find quality information on the costs of surgery selecting a cosmetic surgeon liposuction calf implants tummy tucks thigh lifts buttock liposculpture buttock augmentation belt lipectomy breast surgeries including enlargement lifts reconstruction and reduction cheek implants facelifts jaw augmentation laser skin resurfacing lip augmentation nose surgery cellulite treatment Botox injections hair removal hair transplantation scar revision wrinkle treatment chemical peels cosmetic dentistry and much more The Internet Guide to Cosmetic Surgery for Women is an essential guide for anyone interested in or considering plastic and cosmetic surgery procedures

The Disabled Woman's Guide to Pregnancy and Birth Judith Rogers,2005-06-01 The Disabled Woman s Guide to Pregnancy and Birth was a finalist for a 2005 Foreward Magazine Best Book of the Year Award and a 2006 Ben Franklin Award This comprehensive and useful guide is based on the experiences of ninety women with disabilities who chose to have children In order to bring an intimate focus and understanding to the issues involved in being pregnant and disabled author Judith Rodgers conducted in depth interviews with women with 22 different types of disabilities and with a total of 143 pregnancies Thoroughly researched and informative this book is a practical guide both for disabled women planning for pregnancy and the health professionals who work with them The Disabled Woman s Guide to Pregnancy and Birth supports the right of all women to choose motherhood and will be useful for any disabled woman who desires to have a child The subjects covered include an introduction to the ninety women and their specific disabilities the decision to have a baby parenting with a disability emotional concerns of the mother family and friends nutrition and exercise in pregnancy a look at each trimester labor and delivery caesarean delivery the postpartum period and breast feeding A list of references and a glossary will assist the reader in obtaining additional

information and understanding medical terminology Empathetic balanced comprehensive and practical this guide provides all the facts needed by disabled women and their families It stresses the importance of informed communication among the pregnant woman her family members and health care professionals It is the only book that answers critical questions and provides guidance for the woman with a disability facing one of the biggest challenges of her life **The Beauty Bible**

Paula Begoun,2002 Offers beauty advice for women including information on body care nail care medication sun protection health treatments laser surgery and face lifts Bibliog *WHEN DOCTORS GET IT WRONG* Dr Nicholas Rae,2019-09-17

There are plenty of books on clinical errors some written for doctors and others for lawyers This book is for patients It describes the principles of medicine and then explains what people can expect their general practitioner to do by way of diagnosis and treatment It removes some of the mystery surrounding medical practice and explains how accidents can occur This is almost a small medical textbook but one that cuts through the technicalities to help people understand what has happened The examples of what can go wrong in medical practice are actual UK general practitioner cases where lawyers requested a medical opinion in cases of alleged negligence The examples give a guide to patients who are considering a complaint about a medical practitioner They may also provide an explanation for patients and relatives to show that even if things have turned out badly the doctor may still have done all that was possible *Women Healers and Physicians* Lilian R. Furst,2014-10-17 Women have traditionally been expected to tend the sick as part of their domestic duties yet throughout history they have faced an uphill struggle to be accepted as healers outside the household In this provocative anthology twelve essays by historians and literary scholars explore the work of women as healers and physicians The essays range across centuries nations and cultures to focus on the ideological and practical obstacles women have faced in the world of medicine Each examines the situation of women healers in a particular time and place through cases that are emblematic of larger issues and controversies in that period The stories presented here are typical of different but parallel facets of women s history in medicine The first six concern the controversial relationship between magic and medicine and the perception that women healers can harm or enchant as well as cure Women frequently were banished to the edges of medical practice because their spiritualism or unorthodoxy was considered a threat to conventional medicine These chapters focus mainly on the Middle Ages and the Renaissance but also provide continuity to women healers in African American culture of our own time The second six essays trace women healers efforts to seek professional standing first in fifth century Greece and Rome and later on a global scale in the mid nineteenth century In addition to actual case studies from Germany Russia England and Australia these essays consider treatments of women doctors in American fiction and in the writings of Virginia Woolf *Women Healers and Physicians* complements existing histories of women in medicine by drawing on varied historical and literary sources filling gaps in our understanding of women healers and nulling social attitudes about them Although the contributions differ dramatically all retain a common focus and create a unique comparative picture of women s struggles to

climb the long hill to acceptance in the medical profession Ebony ,1977-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

**Women's Reproductive and Sexual Health** Kristina S. Brown,2025-03-18 This book offers a groundbreaking exploration of women s health through a feminist lens challenging the status quo for both clinicians and medical providers highlighting the critical need for a more inclusive and empathetic approach to clinical practice and mental health research Addressing a spectrum of health concerns from prevalent issues such as heart disease cancer and stroke as leading causes of death for women to conditions uniquely affecting biological women such as pregnancy menopause miscarriage abortion polycystic ovary syndrome and endometriosis the chapters in this volume examine how these challenges intersect with gendered experiences It critically assesses the gaps in current healthcare practices including the often overlooked impact on couples and families and exposes the disparities faced by transgender women non binary and gender non conforming individuals By incorporating the latest literature and research on reproductive and sexual health this volume challenges traditional paradigms and gives voice to experiences that are often silenced This book will serve as a crucial resource for students clinicians researchers and advocates committed to advancing women s health through a more equitable and intersectional framework The chapters in this book were originally published in the *Journal of Feminist Family Therapy*

*National Cancer Institute's Revision of Its Mammography Guidelines* United States. Congress. House. Committee on Government Operations. Human Resources and Intergovernmental Relations Subcommittee,1994

**The Royal Marsden Manual of Cancer Nursing Procedures** Sara Lister,Lisa Dougherty,Louise McNamara,2018-11-19 The Royal Marsden is the world s first hospital dedicated to cancer diagnosis treatment research and education a centre of excellence with an international reputation for ground breaking research and pioneering the very latest in cancer treatments and technologies as well as specialising in cancer diagnosis and education This companion volume to the internationally successful The Royal Marsden Manual of Clinical Nursing Procedures is designed to support practitioners who work specifically with oncology patients by providing detailed evidence based procedures and rationale and problem solving guidance on all aspects of oncology nursing The Royal Marsden Manual of Cancer Nursing Procedures Is organized and structured to represent the needs of the patient along their care pathway Provides the latest evidence underpinning all procedures Includes information on haematological procedures pain assessment and management wound care oncological emergencies and end of life care Gives detailed guidelines on supporting patients living with cancer with practical information on such things as benefits exercise and nutrition The Royal Marsden Manual of Cancer Nursing Procedures is an invaluable definitive resource for all those involved in the provision of cancer care and support to patients and their families Health Science Books, 1876-1982 ,1982

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