



## Women's Health and Wellness Across the Lifespan

*Ellen Olshansky*

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**Women's Health and Wellness Across the Lifespan** provides a fresh and comprehensive approach to women's healthcare.

Combining traditional and complementary medicine, this crucial text offers evidence-based insight on women's health and wellness. Update and enlighten your practice with relevant case histories, the latest research, and the insight of nursing experts on numerous wellness topics. This invaluable text offers the insights you need to respond to patients' individual concern and problems more effectively, promoting optimal wellness at every stage of your patients' lives.

Developed for Clinicians in primary care and community settings, RNs, advanced practice students and faculty working in women's health, OB/GYN, family medicine, and adult/gerontology, and for nurse midwives, this vital reference includes:

- Comprehensive, evidence-based content, crucial for promoting women's wellness and preventative care
- Combines traditional medicine with alternative approaches for balanced, effective responses that answer the concerns of today's educated patient
- Emphasizes the importance of incorporating social context, age and life experiences into health assessments
- Tables and charts clarify different forms of care and their purpose

**Women's Health and Wellness Across the Lifespan** is divided into three sections and covers

- o Introduction to women's wellness care – The holistic, lifespan approach to women's wellness; 21st century women's health care; evolution of the science and clinical specialty of women's health
- o Specific wellness issues for women across the lifespan – Issues from puberty through early adulthood, midlife, and healthy aging
- o Aids clinicians in promoting women's lifelong wellness – Special populations; body composition: exercise and nutrition; oral health; resilience; self-care: complementary therapies; herbal medicine; pharmacologic approaches to wellness and disease prevention; Pilates; healing environments; healing relationships; healthy sleep; peaceful dying



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