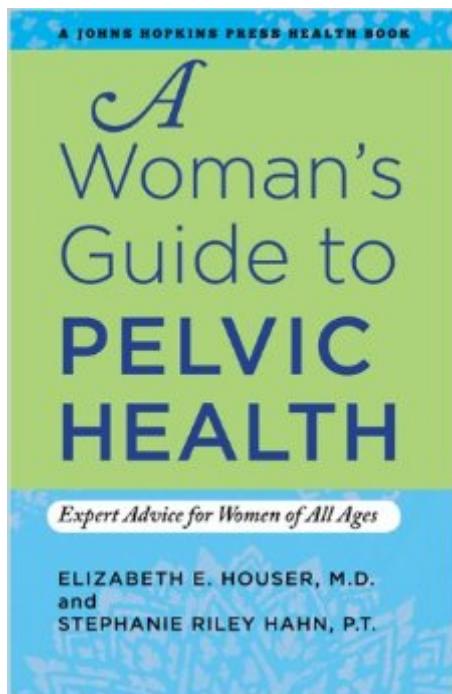


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# A Woman's Guide To Pelvic Health: Expert Advice For Women Of All Ages (A Johns Hopkins Press Health Book)



## **Synopsis**

In A Womanâ™s Guide to Pelvic Health a urologist and a physical therapist offer expert and reassuring advice to women. For example, one of every four women suffers from urinary incontinence, the involuntary leakage of urine. Elizabeth E. Houser and Stephanie Riley Hahn want these women to know that they do not have to cope in silence with this embarrassing problem, limit their lifestyle, or spend thousands of dollars on adult diapers. Symptoms involving the pelvic floor, including urinary incontinence, pelvic organ prolapse, and decreased sexual sensation, can occur at any age. A wide range of treatments, such as targeted exercises, nutrition, and acupuncture, as well as medications and surgical approaches, can bring relief. Case studies and illustrations help readers explore the cause of their own symptoms and how treatments work. A Woman's Guide to Pelvic Health encourages women to address their pelvic floor issues and reclaim their lives.

## **Book Information**

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## **Customer Reviews**

Finally women have a resource about these embarrassing conditions that is both user friendly and chock-ful of medical information. I could immediately relate to a couple of the women in the book, then read on to learn about the solutions to their problems. This is definitely a solution based book, and, being a naturalist, I really appreciated the coverage of conservative measures like acupuncture, and pelvic floor exercise. The pelvic floor program described is simple and explained in terms I could understand. The diagrams and photos are easy to follow. In summary, I would recommend this book to all my female family and friends.

This book is written in a style that even someone not very familiar with anatomy could understand. The book should be required reading for any woman over 50. The information about continence issues, why they occur, and what can be done for them is invaluable.

Excellent book, would highly recommend. Women are not warned about these issues which is sad and quite often the symptoms come out of the blue ... Ladies do your kegal exercises, no matter what your age is!

This book is written by a Urologist and a Physical Therapist. The information and exercises provided will prevent or address issues that many older women face. Good resource!

This is a great book, loaded with information about the female body and pelvic health. It's good to keep on top of important things.

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