

S E C O N D E D I T I O N



**THE  
OSTEOPOROSIS  
HANDBOOK**

**Every Woman's Guide  
to Prevention and Treatment**

Up-to-date information for women of all ages:  
Determining your risk factors  
A comprehensive prevention program  
The latest treatment methods

**Sydney Lou Bonnicks, M.D., F.A.C.P.**

foreword by Lila A. Wallis, M.D.,  
founding president of the National Council  
on Women's Health

# The Osteoporosis Handbook Every Womans Guide To Prevention And Treatment

**Doris Weatherford**



## **The Osteoporosis Handbook Every Woman's Guide To Prevention And Treatment:**

The Menopause Answer Book Marsha Lynn Speller, 2004-05-01 Estrogen is a powerful female hormone that protects women from many health risks. In menopause, estrogen levels decline and its protective qualities decline as well. At the same time, a lifetime of bad habits may begin to catch up with us, and our genetic predispositions to disease begin to surface. All this leads to a plethora of symptoms, some temporary, some chronic, and some life-threatening. The Menopause Answer Book allows women to carefully assess their own symptoms and then seek out the information and treatments that will be tailored to their own specific needs. Find out if you're at risk for diseases associated with menopause. Develop your Menopause Action Plan. Assess the pros and cons of Hormone Replacement Therapy. Find out what tests to request from your doctor. Find out how to get the attention and treatment that you need. Learn about important lifestyle changes to make right now. Women dealing with menopause and perimenopause are bombarded with information but often have a hard time figuring out what applies to them and how to choose between conflicting advice. The Menopause Answer Book is the must-have companion to the top-selling menopause books which are informational but don't help women tailor their treatment. **A Woman's Guide to Coping with Disability**, 2000 Despite the recent increased interest in women's health, little has been written about and for disabled women. This outstanding new source meets a genuine need by providing an overview of all aspects of women's lives and how disability affects them as workers, homemakers, parents, and caregivers. Necessities such as driving, obtaining adequate medical care, enjoying recreation and travel, as well as personal concerns related to sexuality, pregnancy, and childbirth are all addressed. The guide covers federal laws, housing, coping with daily activities at home and in the workplace, and the most common conditions that disable women: arthritis, diabetes, epilepsy, lupus, multiple sclerosis, osteoporosis, and spinal cord injury. Each chapter contains a bibliography or sources cited in the text, a referral list of organizations, and a resource list of books, audio, and videotapes, and vendors of assistive devices. Quotes from disabled women illustrate their coping skills and the impact of their conditions on their lives. Barbara M. Bibel, Oakland, P. L. Cal. Library Journal. **A Break in Your Cycle** Theresa Francis-Cheung, 2008-04-21 As many as one in ten women experience amenorrhea, the absence of menstrual function, in women who have not yet reached menopause, in varying degrees of severity at some point in their lives. This book offers women guidance and information about a subject that is often difficult to discuss. The Osteoporosis Handbook Sydney Lou Bonnick, 1994 Osteoporosis strikes mainly women, robbing bones of their strength and causing painful fractures. Dr. Bonnick provides all the information women need in order to understand this silent disease and includes invaluable suggestions for beginning an effective osteoporosis prevention program. Photos, illustrations. **The Back Pain Sourcebook** Stephanie Levin-Gervasi, 1998 The Back Pain Sourcebook is a complete guide for the back pain sufferer, offering information on why backs hurt and what people can do to relieve the pain, including the latest treatments and medications. This updated edition includes expanded information on problems such as herniated disks, bone spurs, back sprains, arthritis.

pain tumors and infections The book explains preventive techniques and exercises to help strengthen and heal bad backs and presents alternative healing methods such as Rolwing shiatsu acupuncture yoga Mensendieck Feldenkrais and reflexology

**Women's Almanac 2000** Doris Weatherford,2000-06-19 Women s Almanac 2000 is a first stop reference that combines news issues statistics and a resource directory together with historical information and analysis from both an international and U S perspective No other reference offers this unique combination of information complete with an annotated list of Web sites dozens of photos charts statistics and graphs With acclaimed women s studies author Doris Weatherford as editor in chief and major contributor this is the authoritative source for cutting edge information about women in the United States and throughout the world □□□□□□ □□□□□□ □□ □□□□□□ □□□ □□□□□ □□□□□ 'Afāf al-Ḥājj 'Alī,2001 Books and references on

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*The Complete Directory for People with Chronic Illness* Laura Mars,Laura Mars-Proietti,2000-02 The widely hailed Complete Directory for People with Chronic Illness updated for 2000 01 is structured around the 80 most prevalent chronic

illnesses from Asthma to Cancer to Wilson's Disease providing a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic condition contains a brief description of the illness in layman's language followed by National and Local Organizations State Agencies Newsletters Research Centers Hotlines Books and Periodicals Also provided are sections on General Resources both Associations and Media as well as chapters on Death and Bereavement and Wish Foundations This directory makes it possible to provide comprehensive and critical information from just one source in just one stop An Entry Name Index and a Geographic Index will quickly direct users to relevant information and support services The Complete Directory for People with Chronic Illness is a necessary addition to any reference collection *The Medical Library Association Consumer Health Reference Service Handbook* Donald A. Barclay, Deborah D. Halsted, Medical Library Association, 2001 Guide for librarian to help patrons find answers to health questions Paperbound Books in Print 1995 Reed Reference Publishing, Reference Reed, 1995-12

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






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