



The Savvy Woman Patient: How and Why Your Sex Matters to Your Health (Capital Savvy)

Phyllis Greenberger, Jennifer Wider

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Women and men are different. Unfortunately, doctors, medical researchers, and health care providers have not always recognized how these differences can affect health. The result has been that women sometimes receive inappropriate medical care. *The Savvy Woman Patient* delves into the many sex differences in health and a wide range of diseases--as well as prevention strategies, diagnosis, and treatments for those diseases. Researched and written by the respected Society for Women's Health Research and based on its almost 15 years as a research advocacy organization, this comprehensive guide provides real answers to vital questions that affect a woman's health from young adulthood to menopause and beyond. *The Savvy Woman Patient* covers sex-based biology; family histories; women's special nutrition, exercise, preventive measures, and aging process; and diseases and conditions that affect women differently than men. Contents include addiction; asthma and other lung problems; auto-immune diseases; bone health; brain and degenerative diseases; cancer; cardiovascular disease; diabetes; digestive disorders; eating disorders; eye health; kidney, bladder, and urinary tract health; menopause; mental health; oral health; pain; pharmaceuticals; sleep; and STDs and HIV/AIDS. (Not affiliated in any way with Dr. Elizabeth Lee Vliet or Dr. Vliet's THE SAVVY WOMAN'S HEALTH GUIDE or THE SAVVY WOMAN'S GUIDE brand of publications.)

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