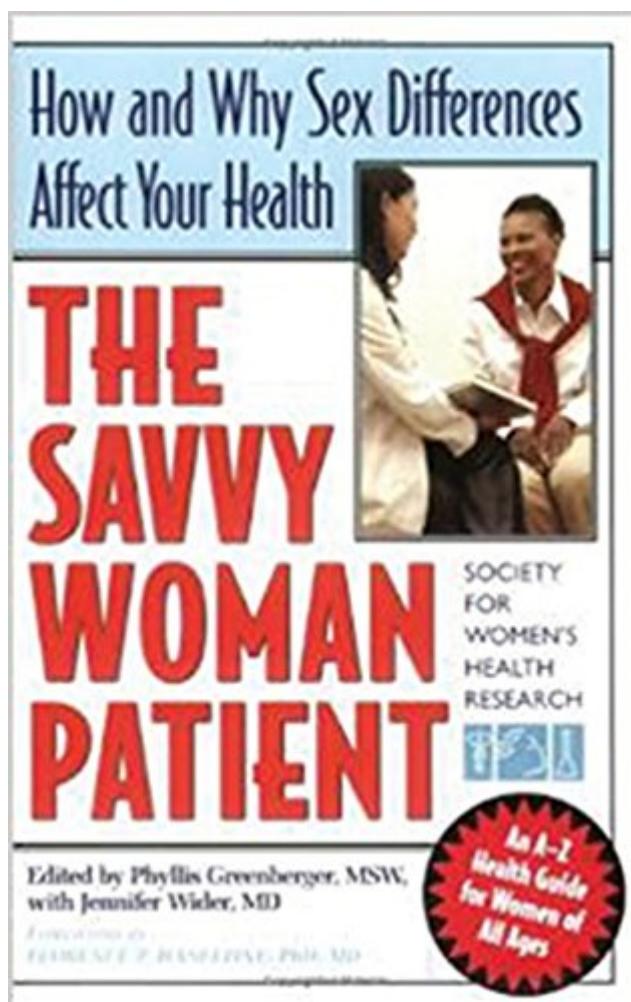


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# The Savvy Woman Patient: How And Why Your Sex Matters To Your Health (Capital Savvy)



## Synopsis

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.)REVIEWS 'The Savvy Woman Patient' by the Society for Women's Health Research provides information about the health problems and treatments particular to women of all ages.Publishers Weekly, Publishers Weekly, 2005/08/08"The Society for Women's Health Research was featured on an article entitled "Hormones Weather 'the Change.'" Sandra Boodman, The Washington Post, 2005/09/20"Dr. Jennifer Wider live interview on 'Good Day New York' • "2006/01/31"A BOOK EVERY WOMAN SHOULD READ TO KEEP HEALTHY! "The Savvy Woman Patient: How and Why Sex Differences Impact Your Health" is a new book from the Society for Women's Health Research. Accessible and comprehensive, this guide to health problems and treatments specific to women is useful for female patients of all ages. "Lifteimetv.com, Lifteimetv.com, 2006/02/13"Society President Phyllis Greenberger Receives Red Dress Award Phyllis Greenberger, M.S.W., president and CEO of the Society for Women's Health Research, received a Red Dress Award on February 2 in recognition of her work in leading the way in the fight against heart disease in women. Presented by Woman's Day, the awards are part of the annual 'Wear Red Day for Women,' which encourages women to wear red on the first Friday of February, drawing attention to heart disease, the number one killer of American women "Woman's Day, Woman's Day, 2006/02/02"Chapters cover disease categories, and for each disorder in that category a definition is provided, followed by the risk factors, symptoms, diagnosis, treatment,

screening and prevention....In many chapters, a vignette of an individual's experience is given, which imbues the information with a personal touch. "Library Journal, Library Journal, 2006/02/15"The book is designed to help women ask smarter questions of their doctors and to help them follow or receive the best prevention strategies, diagnosis and treatment. Other topics addressed in the book include nutrition, addiction, asthma, screening tests, family histories and safe usage of medications."Darla Carter, Louisville (KY) Courier-Journal, 2006/02/09"The book notes that women and men are different. Unfortunately, many doctors and dentists don't recognize how these differences can affect health. The result has been that women sometimes receive inappropriate medical and dental care. 'The Savvy Woman Patient' addresses the sex differences in health and a range of diseases, as well as prevention strategies, diagnosis, and treatments for those diseases."Woman Dentist Journal, Woman Dentist Journal, 2006/02"Similar gender differences -- some more established than others -- pepper a newly released book by the Washington, D.C.-based research and advocacy group, 'The Savvy Woman Patient: How and Why Sex Differences Affect Your Health.'More than 40 physicians and other health experts contributed to the project.Issued in late January, the 350-page paperback, published by Capital Books, delves into sex differences for a wide range of diseases, from eating disorders and AIDS to mental health, as well as offering prevention strategies, diagnosis and treatment for these diseases. "Susan Jenks, Florida Today, 2006/02/27"This is a great book, 'The Savvy Woman Patient.' It's going to go right next to 'Our Bodies, Ourselves.'"Julie Chen, anchor , The Early Show (CBS), 2006/03/13"Researched and edited by the Society for Women's Health Research, the book includes contributions from more than 40 experts and stories from actresses Fran Drescher and Cheryl Ladd, speedskater Bonnie Blair and others. Topics include the safe use of medications, nutrition, tests, diseases and disorders, menopause, mental health, oral health, pain, sleep and sexually transmitted infections."The Salt Lake City Tribune, The Salt Lake City Tribune, 2006/03/21"A fact-filled guide with many distinguished contributors. Just about any ailment you can think of is included and, of course, the emphasis is on the way women encounter disease in ways that differ from men."Alan Caruba, Bookviews.com, 2006/04"Written by a team of internationally recognized medical practitioners, experts and advocates in health, it covers the latest research on all health conditions affected by biological sex differences between women and men, from heart disease to cancer and from autoimmune diseases to mental health. It is a unique and authoritative guide, complete with tips on where to go for help."West Coast Woman , West Coast Woman , 2006/04/10"New research is revealing how everything from medications to killer diseases affect women differently than men. The upshot: Its clear how important gender is when it comes to making

decisions about your health, says Phyllis Greenberger, M.S.W., president and CEO of the Society for Womens Health Research and editor of The Savvy Woman Patient."Shape Magazine, 2006/06/01

## **Book Information**

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## **Customer Reviews**

I originally purchased this book for a class at the University of Michigan (Ann Arbor) but quickly found that it is a very useful book for any and all women (and men) to read. While the scientific and medical communities are making progress in the knowledge of women's health, there is still SO much that is unknown. This book helps to clarify how certain diseases and health conditions can differently impact females (the large majority of medical practices and medical knowledge are based on the male body). It is easy to read and understand and provides useful information. Like I said, there is still an extraordinary amount of women's health that is unknown and/or needs further research, investigation, and clarification. This book is a start in the right direction. It is certainly a book I would recommend to anyone (particularly women). In reading this book, a woman can know better as to if she is receiving the proper care for a health condition she may have (she will have information to ask questions). I cannot stress enough how much more there is to be learned about women's health, so this book is far from covering everything someone would need to know, but it does contain a significant amount of VERY important information. As a woman, I have found this book incredibly interesting, eye opening and hopeful for the future of women's health.

Well to begin with, you sort of have to ask yourself why a man would be writing a review on a book devoted to women's health issues. The simple answer to that is that I have a wife, daughter, sister, mother (who passed away in the not so distant past), nieces, potential granddaughters and on top of that, probably more than half of my close friends are women. Needless to say, women make up a very important part (well over half) of my life. It is only prudent to know as much about something that is extremely important to me and you, and affects all of our lives in so many ways. That is why a guy is writing a review on this subject. I must say that this work has been quite an eye opener. My wife, for many years, has observed that there seems to be almost a double standard in health care in this country which is based on many factors, but that gender is certainly one of the primary dividing points, along with social, racial, financial and culturally dividers. Now this problem seems to her (and me) to be increased if a combination of these factors are present, e.g. a lower income and lower educated black woman versus a higher income, higher educated white guy, as an example. It is an absolute proven fact that African American women share a gigantic disproportionate burden of health problems compared to other groups of women and this burden becomes even greater when compared to that of the care given to white males. But the thrust of this book and our primary interest in this case is not racial or economic, but rather women general, and women specifically. This is the area, on a personal level, that she, (and by association and projection and concern), I am most interested in at this time. This single volume, *The Savvy Woman Patient* is an excellent primer; indeed, it went far beyond the primer stage, in answering many of my questions. As we all know, or as we all should know, women are different than men in many ways. Their physical and mental reaction as to many disease processes and conditions are quite different than men. So often this is completely overlooked, even by the most astute health care professional, both men and women, I fear. How a woman's body reacts to a disease process in many cases, is quite different than the reaction of a man's. These differences we are talking about go even deeper than end results and begin in early adolescence. Facts such as that girls may quite likely develop symptoms of nicotine addiction faster than boys and can in fact become addicted to nicotine even before they become regular smokers is not a bit of information to take lightly. The same holds true with the speed and susceptibility to health disorders due to alcohol and is really a rather good thing to know. It is interesting and vital to note such information that although more men than women have hypertension at younger ages, women develop hypertension at a greater rate than men as they age; it is more common in women older than age 60 than in similarly aged men. Now what is odd here is the fact that women are far more likely than men to be aware that they have hypertension and to

seek and receive treatment. Yet, surprisingly women are less likely to have their blood pressure adequately controlled! It is good to ask the question, Why? It is also a proven fact that health care professionals are much more likely to pay less attention to the health complaints of women than they are men. Study after study has proven this beyond all possible doubt. Now granted, things are getting better in this area, but we yet have a long, long way to go. Information is nothing but pure power and empowerment. Conditions and attitudes simply will not change unless power is exerted in one form or another. This work gives women, and the men to care about them, a great deal of the power needed to create positive change. In a very readable and understandable way, this work addresses issues such as Bone and Muscle Health, Cancer, Digestive Tract and Liver Disease, Eye Disease, Heart Diseases, Autoimmunity, Mental Health and Mental Illness, Oral Health, Painful Conditions, Pulmonary Diseases, Sexual Dissatisfactions, Sexual Health, Sleep Disorders, stroke and Urinary and Bladder Health. Each and every one of these conditions or concerns are different in women than in men and this is not always considered in their assessments, evaluations and treatment regimens. There is a wonderful section of this book that sheds much light on hormonal differences and how they affect the body along with related problems. Now do not think that this is one of those books that some of our lesser enlightened fellow humans chalk off as "just another women's lib book." Oh my no! This work lays out cold hard, thoroughly researched facts. This work gives sound practical advice to women; information to well arm them in their encounters with physicians and other healthcare professional, who knowingly, or which is more often the case, unknowingly give short change when it comes to the diagnoses, treatment and follow up of women's health issues. This work is absolutely packed with the right questions, the right concerns and the right approaches for women dealing with our health care system. No complaining is found in this work; just pragmatic reality and how to react to this reality. This is a very professionally done work and for its size, only 366 pages, packs a wealth of vital, practical and life saving information. This work should be on the reading shelf of every woman and on the reading shelf of every man concerned about women. Remember, women are different than men and it is about time our health delivery system became fully aware of that fact. A knowing, educated patient, asking the right questions and demanding the correct answers and care will bring us much closer to an equitable system and we will all benefit from this. I do highly recommend this work! Don Blankenship The Ozarks

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