

Index

- A Healthier You*, 318
AAA. *See* Area Agency on Aging
A1C test, 74, 77
Acanthosis nigricans, 71
Accutane, 307
ACE inhibitors. *See* Angiotensin converting enzyme inhibitors
Acetaminophen, 353
Acne, 307
Acquired immunodeficiency syndrome. *See also* Human immunodeficiency virus
case story, 150
difference from HIV, 139
information resources, 151
oral health and, 299
psychosocial issues, 148
rates among women, 140
related diseases, 145–146
research concerning, 148–149
symptoms of, 144–145
treatment of, 146–147
Activated factor VII, 44
Acupuncture, 376
Acute blood loss anemia, 111
AD. *See* Alzheimer’s disease
ADA. *See* American Dental Association
ADAPs. *See* AIDS Drug Assistance Programs
ADHD. *See* Attention-deficit/hyperactivity disorder
Adult-onset diabetes. *See* Type 2 diabetes
Advance directives, 231
AF. *See* Atrial fibrillation
African American women. *See* Ethnic factors
Age factors. *See also* Aging
cancer and, 52
heart disease and, 26
stroke and, 39
Age spots, 306
Aging
avoiding health scams, 222
bone health, 225–226
brain health, 226–228
case story, 232
common health concerns, 228–231
healthy behaviors, 221–223
information resources, 233
menopause, 224
minority women’s health, 227
normal aging, 223
planning ahead, 231
preventing falls, 226
AIDS. *See* Acquired immunodeficiency syndrome
AIDS Drug Assistance Programs, 147
Air pollution. *See also* Environmental health
cancer and, 54
Air Quality Index, 400
Albuterol, 282–283
Alcohol drinking
cancer and, 53
healthy aging and, 222
heart disease and, 23–24
mental health and, 211
nutrition and, 327
oral health and, 293–294
pregnancy and, 170
stroke and, 41
Allergies, 288
Alopecia, 311, 314
Alternative medicine. *See* Complementary and alternative medicine
Alveoli, 188
Alzheimer’s disease, 227
Amenorrhea, 156
American Dental Association, 293
Amniocentesis, 173
Amniotic fluid, 182
ANA. *See* Antinuclear antibody
Analgesics, 353
Anemia
causes of, 109–110
celiac disease and, 272
diagnosis of, 111
fertility issues, 115
pregnancy and, 115, 178
symptoms of, 110–111
treatment of, 111
types of, 110–113
Aneurysm, 42
Angina, 16
Angiography, 30, 414
Angioplasty, 31
Angiotensin converting enzyme inhibitors, 20, 31
Angiotensin II receptor blockers, 20
Anorexia nervosa, 214
anti-CCP. *See* Citrulline antibody
Anti-TNF medications, 96
Antibody tests, 143
Anticoagulants, 31
Anticonvulsants, 354
Antidepressants, 354
Antifibrinolytics, 106
Antigen, 83
Antinuclear antibody, 91
Antioxidants
heart disease and, 28–29
Antiphospholipid antibody syndrome, 86, 92
Antiplatelet medicines, 31
Antiretroviral drugs, 146–147
Anxiety
disorders, 213
fitness and, 345
heart disease and, 26–27
Aphthous ulcers, 297
aPL. *See* Antiphospholipid antibody syndrome
AQI. *See* Air Quality Index
ARBs. *See* Angiotensin II receptor blockers
Area Agency on Aging, 407
Arrhythmia, 32–33
Arthritis
aging and, 229
fitness and, 344
Asbestos
cancer and, 54
Aspirin
heart disease and, 31
stroke and, 42
Assisted birth, 182
Asthma
aging and, 228
case story, 290
diagnosis of, 286
pregnancy and, 283–284
symptoms of, 281, 286
treatment of, 282–283, 286
Atherosclerosis
autoimmune diseases and, 94
heart disease and, 16
stroke and, 40
Athlete’s foot, 308
Atria, 16
Atrial fibrillation, 32, 40
Attention-deficit/hyperactivity disorder, 213
Autoantibodies, 83
Autoimmune diseases
autoimmune oophoritis, 94
body parts affected by, 83
case story, 99
diagnosis of, 90–92
digestive diseases and, 90
health issues, 94–95
information resources, 100–101
liver diseases, 273
management of, 95–96

- pregnancy and, 84, 92–94
- risk factors, 84–86
- treatment of, 96–98
- types of, 86–90
- Avian flu, 404–405
- Ayurveda, 377

- Baby blues. *See* Postpartum depression
- Bacterial vaginosis, 122
- Balance activities, 341
- Balance problems
 - aging and, 229
- Barium enema, 414, 417
- Barrett's esophagus, 269
- Basal cell cancer, 60
- BDD. *See* Body dysmorphic disorder
- Behavioral risk factors, 10–11. *See also*
 - specific diseases
- Behavioral therapy, 217, 356
- Beta blockers, 20, 31
- Bile ducts, 268
- Biliary cirrhosis, 273
- Binge eating, 214
- Biofeedback, 356, 375
- Biological therapy, 63
- Biopsies, 414
- Bipolar disorder, 214
- Bird flu, 404–405
- Birth control pills/patch
 - autoimmune diseases and, 94
 - bleeding disorders and, 106
 - breastfeeding and, 201
 - cancer and, 54
 - heart disease and, 21
 - side effects, 162, 164
 - stroke and, 41
- Black cohosh, 370
- Bladder, 251
- Bleeding disorders
 - causes of, 104–105
 - diagnosis of, 105
 - fertility issues, 114
 - pregnancy and, 105, 114
 - symptoms of, 105
 - treatment of, 106
 - types of, 106
- Blood coagulation, 104
- Blood disorders
 - anemia, 109–113
 - bleeding disorders, 104–107
 - bone marrow disorders, 114
 - case story, 116
 - causes of, 104
 - clotting disorders, 107–109
 - fertility issues, 114–115
 - information resources, 117
 - management of, 115
 - pregnancy and, 114–115
 - treatment of, 106
 - types of, 103–104
- Blood gases test, 280
- Blood glucose, 72–76, 414, 416
- Blood pressure
 - diabetes and, 74
 - heart disease and, 20–21
 - pregnancy and, 178
 - stroke and, 40
- Blood tests, 414, 416
- Blood transfusions
 - HIV infection and, 142
- BMD. *See* Bone mineral density tests
- BMI. *See* Body mass index
- Body dysmorphic disorder, 214
- Body mass index, 22–23
- Body piercing, 313
- Body systems, 386–390
- Body weight, 329
- Bone health, 225–226
- Bone mineral density tests, 414, 416
- Borderline personality disorder, 215–216
- BPD. *See* Borderline personality disorder
- Brain aneurysm, 42
- Brain attack. *See* Stroke
- Brain health, 226–228, 345
- Brain tumors, 56
- Braxton Hicks contractions, 181
- BRCA* genes, 53, 408
- Breast cancer
 - risk factors, 53, 57
 - screening for, 62
 - symptoms, 57
- Breast exams, 414, 416
- Breast health, 160
- Breastfeeding
 - advantages of, 187–188
 - allergies to milk, 200–201
 - autoimmune diseases and, 94
 - babies with special needs, 196
 - birth control and, 201
 - breast size and, 199
 - breast surgery and, 199
 - case story, 204
 - diet and, 199–200
 - during emergencies, 397
 - environmental toxins and, 202
 - expression of breast milk, 196–198
 - going back to work, 197–198
 - holding babies, 193
 - how the breast makes milk, 188
 - human milk banks, 196
 - illnesses and, 199
 - information resources, 205
 - judging amount of milk produced, 194–195
 - lactation consultants, 191
 - learning to breastfeed, 189–192
 - medicines and, 199
 - National Breastfeeding Helpline, 191
 - physical activity and, 201
 - pregnancy and, 202–203
 - preventing biting, 202
- public breastfeeding, 198
- pumping, 196–198
- sexual activity and, 201
- sexually transmitted infections and, 129
- smoking and, 201–202
- suckle instinct, 189
- tips, 192
- vaccines and, 202
- vitamin D intake, 202
- walking babies, 195
- Breech presentation, 182, 377
- Bronchitis, 284
- Bronchodilators, 282–283
- Bronchoscopy, 280, 414
- Bulimia nervosa, 214
- Burning mouth, 297
- Burns, 308
- BV. *See* Bacterial vaginosis

- C-reactive protein, 91
- CAD. *See* Coronary artery disease
- Calcium, 326
- Calcium channel blockers, 20, 31
- Calluses, 308
- Calories, 318
- CAM. *See* Complementary and alternative medicine
- Cancer
 - aging and, 228
 - case story, 66
 - diagnosis of, 62–63
 - emotional effects, 65
 - fatigue prevention, 64–65
 - fertility and, 64
 - fitness and, 343–344
 - government resources, 434
 - information resources, 67
 - pain prevention, 64–65
 - risk calculator, 426
 - risk factors, 51–56
 - screening for, 61–62
 - survival of, 65
 - symptoms, 56–61
 - treatment, 63–64
 - types of, 56–61
- Candidiasis, 145
- Canker sores, 297
- Carbohydrates, 323
- Cardiac arrest, 33
- Cardiovascular system, 387
- Caregiver stress, 406–407
- Carotid endarterectomy, 39
- Carpal tunnel syndrome, 360
- Cavities, 295
- CBE. *See* Clinical breast exams
- CCP. *See* Citrulline antibody
- Celiac disease, 272–273, 275
- Cellulite, 308
- Cellulitis, 308
- Centers for Medicare and Medicaid

- Services, 432
- Cervical cancer
 - AIDS-related, 146
 - risk factors and symptoms, 57
 - screening for, 62
- Cervical cap, 163
- Cervix, 154
- Cesarean sections, 182
- CFS. *See* Chronic fatigue syndrome
- Chemicals. *See also* Environmental health
 - cancer and, 55
 - respiratory diseases and, 287–288
- Chemotherapy
 - oral health and, 299
 - side effects of, 63
- Chest x-rays, 280, 414
- Children
 - health resources, 429–431
 - impact of violence, 238
- Chinese herbal medicines, 376
- Chiropractic adjustments, 373–374
- Chlamydia, 122, 416
- Cholesterol
 - diabetes and, 74
 - diet and, 25
 - gallstones and, 268
 - heart disease and, 18–20
 - medicines, 31
 - nutrition and, 325
 - screening, 416
 - stroke and, 40
- Chronic bronchitis, 284
- Chronic fatigue syndrome, 94, 359
- Chronic kidney disease, 260–261
- Chronic obstructive pulmonary disease, 228, 284–286
- Chronic pain, 346–360, 351–352
- Cigarette smoking. *See* Smoking
- Circulatory system, 387
- Citrulline antibody, 91
- CKD. *See* Chronic kidney disease
- Clinical breast exams, 414
- Clotting disorders, 107–108
- Clotting factor concentrates, 106
- CMS. *See* Centers for Medicare and Medicaid Services
- Coagulation, 104
- COBRA, 435
- Cognitive decline, 227–228, 345–346
- Cognitive therapy, 217, 356
- Cold sores, 298, 308
- Colonoscopy, 62, 414, 417
- Colorectal cancers
 - risk factors and symptoms, 57
 - screening for, 62, 416–417
- Colostrum, 187–188
- Communication tips, 392–393
- Complementary and alternative medicine
 - cancer and, 64
 - case story, 379
 - conventional medicine and, 367–368
 - energy medicine, 372–373
 - information resources, 380
 - label regulations, 370
 - mind-body medicine, 375–376
 - reasons for use, 368–369
 - selecting a therapist, 378
 - therapies that adjust the body, 373–375
 - treatments found in nature, 369–372
 - use of, 368
 - whole medical systems, 376–379
- Complex regional pain syndrome, 358
- Computed tomography scans, 30, 43, 62, 280, 414
- Condoms, 130–131, 140, 162–163
- Consolidated Omnibus Budget Reconciliation Act, 435
- Contraception, 161–163. *See also* Birth control pills/patch
- COPD. *See* Chronic obstructive pulmonary disease
- Coping behaviors, 211
- Corns, 308
- Coronary angiography, 30
- Coronary artery bypass surgery, 31–32
- Coronary artery disease, 15–16. *See also* Heart disease
- Corticosteroids, 282
- Crabs. *See* Pubic lice
- Cranberry, 371
- Crohn's disease, 271
- CRP. *See* C-reactive protein
- CT scans. *See* Computed tomography scans
- Cyberstalking, 246
- Cystic fibrosis, 281
- Cystocele, 257
- Cystoscopy, 253
- Cytomegalovirus retinitis, 146
- Dandruff, 309
- DASH. *See* Dietary Approaches to Stop Hypertension
- Deep breathing exercises, 356
- Deep vein thrombosis, 108
- Defibrillators, 33
- Dementia, 227–228
- Dental amalgam, 295–296
- Dental bridges, 300
- Dental dams, 140
- Dental exams. *See* Oral health
- Dental implants, 300
- Dentures, 300
- Depression
 - aging and, 222, 228
 - fitness and, 345
 - heart disease and, 26–27
 - postpartum, 210, 215, 218
 - pregnancy and, 178, 183, 215, 218
 - stroke and, 45
 - types of, 213–214
- Desmopressin acetate, 106
- Diabetes. *See* Gestational diabetes; Type 1 diabetes; Type 2 diabetes
- Diagnostic tests, 414–416
- Diaphragms, 163
- DIC. *See* Disseminated intravascular coagulation
- Diet. *See* Nutrition
- Dietary Approaches to Stop Hypertension, 24–25
- Dietary supplements, 327
- Dietitians, 318
- Digestive health
 - autoimmune disorders, 90, 270–271, 273
 - case story, 276
 - celiac disease, 272–273, 275
 - diagnosis of digestive disorders, 274–275
 - gallstones, 268, 274
 - gastroesophageal reflux disease, 269–270, 274
 - gluten-free diets, 273
 - how the digestive system works, 265–266
 - inflammatory bowel disease, 271–272, 275
 - information resources, 277
 - irritable bowel syndrome, 267, 274
 - lactose intolerance, 269
 - liver diseases, 270, 273
 - pregnancy and digestive system problems, 266, 271
 - symptoms of digestive system problems, 266
 - treatment of digestive disorders, 274–275
- Digestive system, 387
- Diphtheria booster vaccine, 417
- Disaster preparedness, 396–397
- Disease risk calculators, 426
- Disease risk factors, 10–12. *See also* specific diseases
- Disseminated intravascular coagulation, 109
- Diuretics, 20
- Doctor consultations, 392–393
- Dong quai, 371
- Doulas, 191
- Drug labels, 398–399
- Drug use
 - HIV infection and, 141–142
 - mental health and, 214
 - stroke and, 41
- Dry mouth, 299
- Dry skin, 229, 307–308
- DVT. *See* Deep vein thrombosis
- Dysmenorrhea, 156

- Dyspareunia, 158
Dysthymia, 214
- Ear health. *See* Hearing loss
Eating disorders, 214
ECG. *See* Electrocardiography
Echinacea, 371
Echocardiography, 30, 414
Ectopic pregnancies, 161, 171
Eczema, 309
Elder abuse, 243
Electrocardiography, 30, 281, 414
Electroencephalography, 414
Emergencies, 396–397
Emergency contraception, 163
Emphysema, 284
End-of-life issues, 231
Endocrine system, 388
Endometrial cancer, 58
Endometrial hyperplasia, 158
Endometriosis, 158
Endorphins, 355
Energy medicine, 372–373
Environmental health
 autoimmune diseases and, 85–86
 breastfeeding and, 202
 indoor air, 400–401
 lead, 402
 mercury, 402–403
 outdoor air, 400
 pesticides, 403
 pregnancy and, 170
 respiratory diseases and, 287
 water quality, 401
EPA. *See* U.S. Environmental Protection Agency
Epilepsy, 228
Episiotomy, 182
EPT. *See* Expedited partner therapy
Erythrocyte sedimentation rate, 91
ESR. *See* Erythrocyte sedimentation rate
Estrogen
 cancer and, 54
 gallstones and, 268
 heart disease and, 28
Ethnic factors
 autoimmune diseases and, 85–86
 chronic disease and, 227
 hypertension and, 20
 mental health and, 212–213
 sexually transmitted infections and, 121
 stroke and, 39
 violence and, 235
Evacuations, 396–397
Exercise stress test, 414
Expedited partner therapy, 133
Eye problems
 aging and, 230
 screening for, 417
- Fallen bladder, 257
Fallopian tube, 154
Falls prevention, 226
Family health history
 autoimmune diseases and, 84–86
 cancer and, 52–53, 408
 genetic risk factors, 11–12, 408–409
 heart disease and, 26
 high risk factors, 418–421
 immunizations, 418–421
 importance of, 11–12
 screenings, 418–421
 sickle cell disease and, 110, 408
 stroke and, 39–40
 tests, 418–421
Family planning, 163
Family therapy, 217
Fats, 321, 324–325
FDA. *See* U.S. Food and Drug Administration
Fecal occult blood test, 62, 414, 416
Female athlete triad, 156
Female condoms, 131, 140, 163
Fertility
 blood disorders and, 114–115
 cancer treatment impact, 64
Fetal problems, 178
Fiber, 323
Fibromyalgia, 94, 358–359
Fifth disease, 179
Fitness. *See also* Physical activity
 amount of physical activity needed, 339
 balance activities, 341
 case story, 348
 doctor approval, 339
 getting started, 347
 health problems and, 342–344
 information resources, 349
 menopause and, 346–347
 pregnancy and, 346
 safety tips, 347
 strength-training activities, 340
 stretching activities, 341
 types of, 337–338, 339
Flexible sigmoidoscopy, 62, 416
Fluorescent antinuclear antibody, 91
Fluoride, 295
FM. *See* Fibromyalgia
FOBT. *See* Fecal occult blood test
Folic acid
 heart disease and, 28–29
 nutrition and, 325
 pregnancy and, 170
Food-borne illnesses
 pregnancy and, 174
- Free clinics, 434
Fruits, 320
- GAD. *See* Generalized anxiety disorder
Gallstones, 268, 274
Gastroesophageal reflux disease, 269–270, 274
Gastrointestinal system, 387
Gated single photon emission computed tomography, 30
Generalized anxiety disorder, 213
Genetic counseling, 409
Genetic mutations
 cancer and, 52–53
Genetic risk factors, 11–12, 408–409.
 See also Family health history
Genital herpes, 123
Genital warts, 126
GERD. *See* Gastroesophageal reflux disease
Gestational diabetes, 71, 178, 180, 184
Ginger, 372
Gingivitis, 296
Ginseng, 371
Glossary, 437
Glucose tolerance tests, 72
Gluten-free diets, 272–273
Gonorrhea, 124
Government programs, 432–435
Grains, 319
Graves' disease, 87, 93
Group health insurance, 435
Group therapy, 217
Guided imagery, 356
Gum diseases
 aging and, 228
 risk calculators, 426
 risk factors, 296
- HAART. *See* Highly active antiretroviral therapy
Hair health
 caring for hair, 305–306, 310–311
 case story, 314
 common conditions, 309
 hair loss, 311
 hirsutism, 311
 information resources, 315
 polycystic ovary syndrome and, 311
 trichotillomania, 312
Hair removal, 312
Halitosis, 298
Hashimoto's thyroiditis, 87, 92
HBV. *See* Hepatitis B
HDL. *See* High-density lipoproteins
Head lice, 309
Health behaviors, 10–11, 221–223
Health insurance, 432–435

- Health Insurance Portability and Accountability Act, 435
- Health resources. *See* Information resources
- Health risk factors, 10–12. *See also* Family health history; specific diseases
- Health scams, 222
- Hearing loss
 - aging and, 230
 - screening for, 417
- Heart attack
 - defined, 16
 - warning signs, 17
- Heart chambers, 16
- Heart disease
 - aging and, 228
 - arrhythmia, 32–33
 - cardiac arrest, 33
 - case story, 34
 - coronary artery disease, 15–16
 - dental work and, 301
 - diabetes and, 21, 72, 74
 - diagnosis of, 30, 416
 - diet and, 24–25
 - fitness and, 342
 - heart attack warning signs, 17
 - heart failure, 32
 - how the heart works, 16
 - information resources, 35
 - living with heart disease, 33
 - prevention of, 28–29
 - questions for health professionals, 29
 - risk calculators, 426
 - risk factors, 18–28
 - stroke risk and, 40
 - treatment, 30–32
- Heart failure, 32
- Helicobacter pylori* bacteria, 56
- Hemophilia, 107
- Hemorrhagic stroke, 38
- Henna, 312
- Hepatitis A, 270
- Hepatitis B, 55–56, 125, 178, 270
- Hepatitis C, 55–56, 270
- Herbal medicines, 376
- Herpes simplex virus type 1, 298
- Herpes zoster vaccines, 417
- High blood pressure
 - aging and, 228
 - heart disease and, 20–21
 - pregnancy and, 178
 - stroke and, 40
- High-density lipoproteins
 - heart disease and, 18–19
 - stroke and, 40
- Highly active antiretroviral therapy, 146
- HIPAA. *See* Health Insurance Portability and Accountability Act
- Hirsutism, 311
- HIV. *See* Human immunodeficiency virus
- HMBANA. *See* Human Milk Banking Association of North America
- Hodgkin lymphoma, 59
- Homeopathy, 377–378
- Hormone therapy, 63. *See also* Menopausal hormone therapy
- HPV. *See* Human papillomavirus
- HSV-1. *See* Herpes simplex virus type 1
- Human immunodeficiency virus. *See also* Acquired immunodeficiency syndrome
 - aging and, 228
 - case story, 150
 - diagnosis of, 142–143
 - difference from AIDS, 139
 - government resources, 434–435
 - information resources, 151
 - oral health and, 299
 - pregnancy and, 150
 - prevention of, 140, 143
 - psychosocial issues, 148
 - research concerning, 148–149
 - risk factors, 144
 - symptoms of, 144–145
 - transmission of, 140–142
 - treatment of, 146–147
 - types of tests, 143
- Human Milk Banking Association of North America, 196
- Human papillomavirus, 55, 126
- Human papillomavirus vaccine, 134, 164, 417
- Hyperemesis gravidarum, 179
- Hypertension
 - aging and, 228
 - heart disease and, 20–21
 - pregnancy and, 178
 - stroke and, 40
- Hypnosis, 375–376
- Hypoglycemia, 76
- Hysterectomies, 160, 225
- IBCLC. *See* International Board Certified Lactation Consultant
- IBD. *See* Inflammatory bowel disease
- IBS. *See* Irritable bowel syndrome
- IC. *See* Interstitial cystitis
- Illegal drug use
 - HIV infection and, 141–142
 - mental health and, 214
 - stroke and, 41
- Immunizations, 202, 416–421
- Impetigo, 309
- Implantable rods, 161
- Incontinence, 229
- Indoor air, 400–401
- Induced labor, 182
- Infections
 - cancer and, 55–56
- Infertility
 - autoimmune diseases and, 94
 - risk factors, 171
 - treatment, 171
- Inflammatory bowel disease, 271–272, 275
- Influenza
 - aging and, 230
 - prevention of, 289
 - vaccines, 417
- Information resources
 - aging, 233
 - autoimmune diseases, 100–101
 - blood disorders, 117
 - breastfeeding, 205
 - cancer, 67
 - children's health, 429–431
 - complementary and alternative medicine, 380
 - digestive health, 277
 - disease risk calculators, 426
 - fitness, 349
 - general health, 424–425
 - hair health, 315
 - health insurance, 432–435
 - heart disease, 35
 - kidney health, 263
 - men's health, 427–428
 - mental health, 219
 - nutrition, 335
 - oral health, 303
 - pain, 364
 - pregnancy, 185
 - reproductive health, 166
 - respiratory health, 291
 - sexually transmitted infections, 137
 - skin health, 315
 - stroke, 48
 - type 2 diabetes, 80
 - urinary health, 263
 - violence, 249
- Inherited risk factors. *See* Family health history
- Injection drug use
 - HIV infection and, 141–142
- Insulin-dependent diabetes, 70
- Insulin resistance, 70
- Insurance resources, 432–435
- International Board Certified Lactation Consultant, 191
- Interstitial cystitis, 257–258
- Intimate partner violence
 - forms of, 238–239
 - pregnancy and, 240
 - prevention of, 240
 - risk factors, 241
 - safety plans, 241–242
 - warning signs, 240–241
- Intracerebral hemorrhage, 38, 44
- Intrauterine devices, 161
- IPV. *See* Intimate partner violence
- Iron, 326
- Iron deficiency anemia, 112
- Irritable bowel syndrome, 267, 274

- Ischemic stroke, 37–38, 43–44
 Isotretinoin, 307
 Itching skin, 229
 IUDs. *See* Intrauterine devices
- Juvenile diabetes, *See* Type 1 diabetes
- Kava, 371
 Kegel exercises, 181, 256
 Kidney health. *See also* Urologic health
 chronic kidney disease, 260–261
 how women's urinary systems work, 251
 information resources, 263
 treating kidney problems, 252
- La Leche League, 191
 Labor and delivery, 181–182
 Lactation consultants, 191
 Lactational amenorrhea method, 201
 Lactose intolerance, 173, 269
 LAM. *See* Lactational amenorrhea method
 Laparoscopy, 415
 LDL. *See* Low-density lipoproteins
 Lead, 402
 Leukemia
 development of, 51
 risk factors, 58
 symptoms, 58
 Life energy therapies, 372–373
 Lipoproteins, 18–19
 Listeria, 174
 Liver cancer, 58
 Lochia, 182
 Low-density lipoproteins
 diet and, 25
 heart disease and, 18–19
 stroke and, 40
 Low-income households
 heart disease and, 27
 Lung cancer
 diagnosis of, 287
 differences between men and women, 285
 risk factors, 59
 symptoms of, 59, 287
 treatment of, 286–287
 Lung disease. *See* Respiratory health
 Lupus, 84, 90, 93
 Lymphangiomyomatosis, 281
 Lymphoma
 AIDS-related, 146
 development of, 51
 risk factors and symptoms, 59
- Magnetic resonance imaging, 43, 415
 Magnetic therapy, 372
- Major depressive disorder, 214
 Makeup, 312
 Male condoms, 130, 140, 162
 Mammograms, 62, 164, 415–416
 Massage, 374–375
 MCI. *See* Mild cognitive impairment
 Meats, 320
 Mechanical Embolus Removal for Cerebral Ischemia system, 44
 Medicaid, 433
 Medical history, 415
 Medicare, 78, 432–433
 Melanoma, 60
 Meningococcal vaccines, 417
 Menopausal hormone therapy
 benefits and risks of, 224
 bone health and, 226
 cancer and, 54
 heart disease and, 28
 stroke and, 41
 Menopause
 complementary and alternative medicine, 370–371
 coping with symptoms, 224–225
 depression and, 210
 heart disease and, 26
 hormone therapy, 28, 41, 54
 hysterectomy and, 225
 physical activity and, 346–347
 premature, 157
 stroke and, 39, 41
 Menorrhagia, 156
 Men's health resources, 427–428
 Menstrual cycles, 155–157, 210
 Mental health. *See also* Stress
 alcohol drinking and, 211
 case story, 218
 causes of mental illness, 212
 factors affecting, 207–208
 fitness and, 345
 getting help, 216–217
 groups affected by mental illness, 212–213
 hormones and, 210
 information resources, 219
 mental illness stigma, 216
 pregnancy and, 215
 screening, 416
 stress and, 208–210
 suicide prevention, 216
 taking care of, 210–212
 treating mental illness, 217
 types of mental disorders, 213–216
 violence and, 236
 women and, 213
 MERCI. *See* Mechanical Embolus Removal for Cerebral Ischemia system
 Mercury, 174, 402–403
 Metabolic syndrome, 23, 71
 Metals
 cancer and, 55
- Methadone, 354
 MG. *See* Myasthenia gravis
 MHT. *See* Menopausal hormone therapy
 Microbicides, 149
 Migraine headache, 357
 Mild cognitive impairment, 227
 Milk and milk products, 320
 Milk intolerance. *See* Lactose intolerance
 Mind-body medicine, 375–376
 Minerals, 326–327
 Mini-strokes, 38–39
 Minority women. *See* Ethnic factors
 Miscarriage, 179
 Mole exams, 417
 Mood disorders, 213–214
 Morning-after pill, 163
 Movement/art/music therapy, 217
 Moxibustion, 376, 377
 MRI. *See* Magnetic resonance imaging
 Multiple sclerosis, 84, 87, 93
 Myasthenia gravis, 88, 93
 Myelodysplastic syndromes, 114
 Myeloma, 59
 Myeloproliferative diseases, 114
 MyPyramid food guidance system, 318
- Nail health, 307
 National Suicide Prevention Lifeline, 216
 Natural family planning, 163
 Nerve stimulation therapy, 355
 Nervous system, 388
 Neurologic system, 388
 Nitrates, 31
 Nitroglycerin, 31
 Non-Hodgkin lymphoma, 59
 Nonsteroidal anti-inflammatory drugs, 353
 NSAIDs. *See* Nonsteroidal anti-inflammatory drugs
 Nurse consultations, 392–393
 Nutrients, 319
 Nutrition
 alcoholic beverages, 327
 breastfeeding and, 199–200, 202
 calories, 318
 carbohydrates, 323
 case story, 334
 changing habits, 321–322
 dietary supplements, 327
 eating away from home, 331–332
 fats, 321, 324–325
 fruits, 320
 gluten-free diets, 273
 grains, 319
 A Healthier You, 318
 healthy aging and, 221–222
 healthy eating plan, 317–318
 heart-healthy diet, 24–25

- improving food choices, 323, 333
 - information resources, 35
 - maintaining a healthy weight, 329
 - meats, 320
 - milk and milk products, 320
 - minerals, 326–327
 - nutrients, 319
 - nutrition facts labels, 328–329
 - oral health and, 294
 - personalized recommendations, 318
 - pregnancy and, 173
 - proteins, 320, 324
 - quick reference to basics, 323–327
 - research concerning, 332
 - salt, 321, 327
 - serving sizes, 330
 - sugars, 321
 - vegetables, 319
 - vitamins, 325–327
- Obesity. *See also* Nutrition
- case story, 334
 - fitness and, 342
 - heart disease and, 22–23
 - stroke and, 40
- Obsessive-compulsive disorder, 213
- Occupational therapy, 45
- OCD. *See* Obsessive-compulsive disorder
- Omega-3 fatty acids, 24–25
- Oophoritis, 94
- Opioids, 353–354
- Oral cancer, 59, 297, 302
- Oral candidiasis, 299
- Oral contraception. *See* Birth control pills/patch
- Oral health
- burning mouth, 297
 - canker sores, 297
 - case story, 302
 - cavities, 295–296
 - chemotherapy and, 299
 - cold sores, 298
 - cosmetic issues, 301
 - disease risk calculators, 426
 - gum diseases, 296
 - halitosis, 298
 - healthy lifestyle and, 293–294
 - heart disease and dental work, 301
 - HIV/AIDS and, 299
 - information resources, 303
 - low-cost dental services, 301
 - oral cancer, 297, 302
 - oral exams, 294, 417
 - oral hygiene, 293
 - osteonecrosis, 298
 - pregnancy and, 300–301
 - radiation treatment and, 299
 - taste disorders, 298
 - teeth, 295
 - thrush, 299
- tooth arrangement, 300
 - tooth loss, 300
 - types of oral health care providers, 294
 - xerostomia, 299
- Orthodontics, 300
- Osteoarthritis, 360
- Osteonecrosis, 298
- Osteopathy, 374
- Osteoporosis
- aging and, 225–226
 - autoimmune diseases and, 94–95
 - celiac disease and, 272
 - fitness and, 344
 - risk calculator, 426
- OTC. *See* Over-the-counter medicines
- Outdoor air quality, 400
- Ovarian cancer, 53, 60
- Ovarian cysts, 158
- Ovaries, 154
- Over-the-counter medicines, 399
- Overweight. *See also* Nutrition
- fitness and, 342
 - heart disease and, 22–23
- Oxygen supplementation, 285
- Oxytocin, 188
- Pain
- aging and, 229
 - case story, 363
 - causes of, 361
 - chronic pain, 351–352
 - chronic pain disorders, 356–360
 - diagnosis of, 352–353
 - getting help, 362
 - information resources, 364
 - injury-related pain, 360–361
 - management of, 353
 - medicines, 353–354
 - pain intensity scales, 352–353
 - therapies, 355–356
- Painful bladder syndrome, 257–258
- Painful sexual intercourse, 158
- Pancreatic cancer, 60
- Panic attacks
- respiratory diseases and, 289
- Pap tests, 62, 164, 415–416
- Parvovirus B19, 179
- PBS. *See* Painful bladder syndrome
- PCOS. *See* Polycystic ovary syndrome
- PE. *See* Pulmonary embolism
- Pelvic exams, 164, 415–416
- Pelvic floor problems, 158
- Pelvic inflammatory disease, 129
- Pelvic pain, 159
- Perfusion imaging, 30
- Periodontitis, 296, 426
- Permanent makeup, 312
- Personality disorders, 215–216
- Pesticides, 403
- PET scans. *See* Positron emission tomography
- Pharyngeal cancer, 59
- Phenylalanine, 173
- Phobias, 213
- Physical activity. *See also* Fitness
- healthy aging and, 221
 - heart disease and, 23
 - pregnancy and, 174, 346
 - respiratory diseases and, 288–289
- Physical exams, 415–416
- Physical therapy, 45, 355
- Physician consultations, 392–393
- PID. *See* Pelvic inflammatory disease
- Piercings, 313
- Pigment disorders, 309
- Pimples, 307
- Pirbuterol, 283
- Placental abruption, 179
- Placental previa, 179
- Plaque
- heart disease and, 16
 - stroke and, 40
- Plasma, 103
- Plasma glucose tests, 72
- Platelets, 103
- PMDD. *See* Premenstrual dysphoric disorder
- PMS. *See* Premenstrual syndrome
- Pneumocystis pneumonia, 145
- Pneumonia
- aging and, 230
 - prevention of, 289
 - vaccines, 417
- POF. *See* Premature ovarian failure
- Polycystic ovary syndrome, 159, 311
- Positron emission tomography, 415
- Postpartum depression, 210, 215, 218
- Posttraumatic stress disorder, 209, 212, 213
- Potassium, 327
- Preeclampsia, 179, 283, 346
- Pregnancy. *See also* Breastfeeding;
- Reproductive health
 - asthma and, 283–284
 - autoimmune diseases and, 84, 92–94
 - birth preparation, 180
 - blood disorders and, 105, 114–115
 - body changes, 175–177
 - breastfeeding and, 202–203
 - case story, 184
 - complications, 177–180
 - delivery, 181–182
 - depression and, 178, 183, 215, 218
 - digestive system problems and, 266, 271
 - ectopic, 161, 171
 - gestational diabetes, 71
 - high-risk, 173
 - HIV infection and, 142
 - infertility, 171
 - inflammatory bowel disease and, 271
 - information resources, 185

- intimate partner violence and, 240
 - labor, 181–182
 - multiples, 177
 - newborn care, 182
 - nutrition, 173
 - oral health and, 300–301
 - physical activity, 174, 346
 - planned pregnancies, 170
 - preconception health, 169–170
 - prenatal care, 171–173
 - preventing food-borne illness, 174
 - preventing unintended pregnancy, 161–163
 - recovering from birth, 182–183
 - seatbelt safety, 174
 - sexual activity, 174
 - sexually transmitted infections and, 128–129
 - stages of, 172
 - stroke and, 41
 - unplanned pregnancies, 170
- Prehypertension, 20
- Premature menopause, 157
- Premature ovarian failure, 94, 156–157
- Premenstrual dysphoric disorder, 214
- Premenstrual syndrome, 156, 214
- Prenatal care, 171–173
- Prescription drug assistance, 434
- Preterm labor, 179
- Primary biliary cirrhosis, 273
- Progesterone
 - cancer and, 54
 - GERD and, 270
- Progesterin
 - cancer and, 54
 - heart disease and, 28
- Progressive muscle relaxation, 356
- Prostaglandin, 156
- Proteins, 320, 324
- Pseudobulbar affect, 45
- Psoriasis, 309
- Psychoanalysis, 217
- Psychological therapy, 356
- Psychotherapy, 45, 217
- PTSD. *See* Posttraumatic stress disorder
- Pubic lice, 125
- Pulmonary arterial hypertension, 281
- Pulmonary embolism, 108
- Pulmonary function tests, 280
- Pulmonary rehabilitation, 285
-
- Qi energy, 373
-
- Race. *See* Ethnic factors
- Radiation therapy
 - oral health and, 299
 - side effects of, 63
- Radon
 - cancer and, 54
- Rectal exams, 417
-
- Red blood cells, 103
- Red clover, 371
- Reiki, 373
- Renal system, 390
- Reproductive health. *See also*
 - Breastfeeding; Pregnancy; Sexually transmitted infections
 - breast health, 160
 - caring for, 153
 - checkups, 164, 416
 - disorder symptoms, 158–159
 - hysterectomies, 160
 - information resources, 166
 - menstrual cycle, 155–157
 - preventing unintended pregnancy, 161–163
 - reproductive organs, 154–155
 - uterine fibroids, 165
- Reproductive system, 389
- Research volunteers, 410–411
- Resources. *See* Information resources
- Respiratory health
 - asthma, 281–284, 286
 - case story, 290
 - chronic bronchitis, 284
 - chronic obstructive pulmonary disease, 284–286
 - diagnosis of respiratory disease, 280–281
 - emphysema, 284
 - how the respiratory system works, 279
 - information resources, 291
 - lung cancer, 285–287
 - preventing respiratory disease, 287–289
 - rare lung diseases, 281
 - sleep apnea, 287
 - symptoms of respiratory disease, 280
- Respiratory system, 389
- RF. *See* Rheumatoid factor
- Rheumatoid arthritis, 84, 88, 93
- Rheumatoid factor, 91
- RICE treatment, 360
- Risk factors, 10–12. *See also* Family
 - health history; specific diseases
- Rosacea, 309
-
- SAD. *See* Seasonal affective disorder
- Safety-net facilities, 434
- Salt, 321, 327
- SANE. *See* Sexual Assault Nurse Examiner
- Sarcoidosis, 281
- Saturated fats, 325
- Scabies, 309
- Scams, 222
- SCHIP. *See* State Children’s Health Insurance Program
- Schizophrenia, 214
- Scleroderma, 89, 93
- Screening tests, 414–421. *See also*
 - specific disease
- Sealants, 295
- Seasonal affective disorder, 214
- Second opinions, 394–395
- Secondhand smoke, 54
- Self-esteem, 210–211
- Senility, 226–227
- Sensitive skin, 307
- Sexual Assault Nurse Examiner, 244
- Sexual problems
 - aging and, 231
 - urologic health and, 261
- Sexual violence, 242–245
- Sexually transmitted infections
 - breastfeeding and, 129
 - case story, 136
 - dangers of, 121
 - emotional effects, 135
 - health impact of, 128
 - information resources, 137
 - informing partners, 133
 - pregnancy and, 128–129
 - protection from, 129–132
 - screening, 164, 416
 - sexual responsibility, 134–135
 - transmission of, 119–120
 - treatment of, 128, 133
 - types of, 122–128
- Shingles, 230, 310, 417
- Sickle cell disease, 110, 113, 408
- Sigmoidoscopy, 415
- Single photon emission computed tomography, 30
- Sjögren’s syndrome, 89, 93
- Skeletal system, 388
- Skin cancer, 60
- Skin health
 - age spots, 306
 - aging and, 229
 - caring for skin, 305–306
 - cellulite, 308
 - common conditions, 308–310
 - cosmetic practices, 312–313
 - dry skin, 307–308
 - information resources, 315
 - mole exams, 417
 - pimples, 307
 - rashes, 306
 - sensitive skin, 307
 - stretch marks, 308
- Skin patch. *See* Birth control pills/patch
- Sleep apnea, 24–25, 283, 287
- Sleep deprivation
 - heart disease and, 27–28
- Sleep problems
 - aging and, 231
- Smoking
 - breastfeeding and, 201–202
 - cancer and, 52
 - fitness and, 345
 - healthy aging and, 222
 - heart disease and, 21

- oral health and, 293–294
- pregnancy and, 170
- respiratory diseases and, 287–288
- stroke and, 40
- Snoring, 24–25
- Social anxiety disorder, 213
- Sodium, 321, 327
- Soy, 371
- SPECT. *See* Single photon emission computed tomography
- Speech therapy
 - stroke and, 45
- Spermicides, 163
- Sphincter muscles, 251
- Spirometry, 415
- Sponges, 163
- Squamous cell cancer, 60
- St. John's wort, 370
- Stalking, 245–247
- State Children's Health Insurance Program, 433
- Stents, 31, 39
- Sterilization surgery, 161
- STIs. *See* Sexually transmitted infections
- Strength-training activities, 340
- Stress. *See also* Mental health
 - caregivers and, 406–407
 - heart disease and, 26–27
 - mental health and, 208–210
 - pregnancy and, 170
 - respiratory diseases and, 289
- Stress urinary incontinence, 262
- Stretch marks, 308
- Stretching activities, 341
- Stroke
 - aging and, 229
 - case story, 47
 - choosing a hospital, 43
 - diagnosis of, 43
 - effects of, 44–45
 - fitness and, 343
 - information resources, 48
 - mini-strokes, 38–39
 - prevention of, 42
 - risk calculator, 426
 - risk factors, 39–42
 - stroke centers, 43
 - symptoms of, 37
 - therapies for, 45–46
 - treatment, 43–44
 - types of, 37–38
- Subarachnoid hemorrhage, 38, 42
- Substance abuse/addiction
 - HIV infection and, 141–142
 - mental health and, 214
 - stroke and, 41
- Sudden cardiac arrest, 33
- Sugars, 321
- SUI. *See* Stress urinary incontinence
- Suicide prevention, 216
- Sunlight
 - cancer and, 53–54
 - skin health and, 306
- Sunscreen, 306
- Surgical sterilization implants, 161
- Syphilis, 127
- Systemic lupus erythematosus, 84, 90, 93
- t-PA. *See* Tissue plasminogen activator
- Tamoxifen, 53
- Taste disorders, 298
- Tattoos, 312
- Teeth whitening, 301
- Temporary insurance, 435
- Temporomandibular joint disorders, 358
- Tension headache, 356
- Tetanus-diphtheria booster vaccine, 417
- Thalassemia, 113
- Therapeutic Lifestyle Changes, 25
- Therapeutic touch, 373
- Thrombocytopenia, 107
- Thrombolytic agents, 31
- Thrombophilia
 - causes of, 107–109
 - diagnosis of, 108
 - fertility issues, 115
 - pregnancy and, 115
 - symptoms of, 108–109
 - treatment of, 108–109
- Thrush, 299
- Thyroid cancer, 61
- Thyroid tests, 416
- Thyroiditis, 84
- TIA. *See* Transient ischemic attack
- Tissue plasminogen activator, 43–44
- TLC. *See* Therapeutic Lifestyle Changes
- TMJ. *See* Temporomandibular joint disorders
- Tobacco use. *See* Smoking
- Tongue studs, 301
- Toxoplasmosis, 146, 174
- Traditional Chinese medicine, 376–377
- Transient ischemic attack, 38–39
- Trichomoniasis, 128
- Trichotillomania, 312
- Triglycerides, 18–19
- Tubal pregnancies, 161
- Tuberculosis, 146
- Tumors. *See* Cancer
- Type 1 diabetes, 70
- Type 2 diabetes. *See also* Gestational diabetes
 - aging and, 228
 - blood glucose levels and, 72–76
 - body parts affected by, 72
 - case story, 79
 - cause of, 69–70
 - checkups, 77
 - diagnosis of, 72, 416
 - emotional effects, 78
 - fitness and, 343
 - health effects of, 72
 - health factors, 73–74
 - heart disease and, 21, 72, 74
 - hypertension and, 20–21
 - information resources, 80
 - management of, 74–75
 - paying for care, 78
 - pregnancy and, 173
 - prevention of, 71
 - risk calculator, 426
 - risk factors, 70–71
 - stroke and, 41
 - tracking health status, 76–78
 - treatment of, 75
 - warning signs, 72
- UI. *See* Urinary incontinence
- Ulcerative colitis, 271, 276
- Ultrasound, 415
- Ultraviolet rays
 - cancer and, 53–54
- Unsaturated fats, 324
- Ureters, 251
- Urethra, 251
- Urinary incontinence, 254–255, 262
- Urinary stones, 259–260
- Urinary system, 390
- Urinary tract infections, 180, 252–253
- Urologic health. *See also* Kidney health
 - case story, 262
 - cystocele, 257
 - how women's urinary systems work, 251
 - information resources, 263
 - interstitial cystitis, 257–258
 - keeping a bladder diary, 252
 - Kegel exercises, 256
 - painful bladder syndrome, 257–258
 - sexual relations and, 261
 - symptoms of urologic problems, 252
 - treating urologic problems, 252
 - urinary incontinence, 254–255, 262
 - urinary stones, 259–260
 - urinary tract infections, 252–253
- U.S. Department of Agriculture, 318
- U.S. Department of Health and Human Services, 318
- U.S. Environmental Protection Agency, 400, 403
- U.S. Food and Drug Administration, 368, 370
- USDA. *See* U.S. Department of Agriculture
- Uterine fibroids, 156, 159, 165, 180
- Uterus, 154
- UTIs. *See* Urinary tract infections
- Vaccines, 202, 416–421
- Vagina, 155
- Vaginal births, 182
- Vaginal ring, 162

Vaginitis, 159
Vasectomies, 161
Vegetables, 319
Vegetarian diets
 pregnancy and, 173
Ventricles, 16
Ventricular fibrillations, 33
Violence
 case story, 248
 children and, 238
 cycle of, 242
 elder abuse, 243
 forms of, 236, 238–247
 impact of, 235–238
 information resources, 249
 intimate partner violence, 238–242
 sexual violence, 242–245
 stalking, 245–247
 women at risk, 235
Vitamin D supplements, 202
Vitamins, 325–327
Vitiligo, 84, 310
Volunteers, research, 410–411
von Willebrand disease, 106
Vulva, 155
Vulvodynia, 159
Water quality, 401
White blood cells, 103
Whole grains, 319
Xerosis, 307
Xerostomia, 299