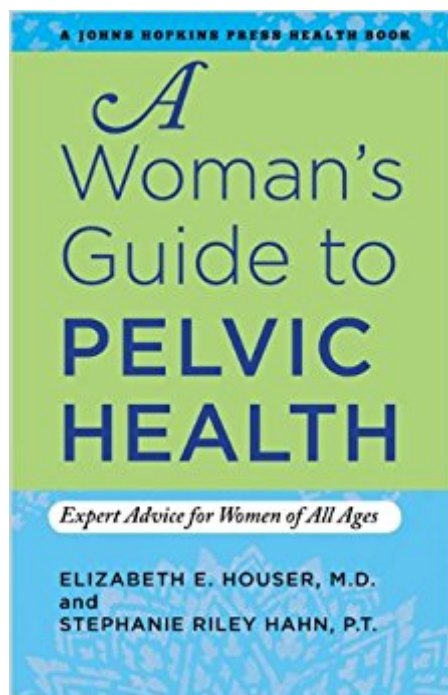




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# A Woman's Guide To Pelvic Health: Expert Advice For Women Of All Ages (A Johns Hopkins Press Health Book)



## Synopsis

In *A Woman'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

"The compassionate, practical information packed in this book will help you start jogging down that road to a healthier, drier you." (from the Foreword, by Jill Grimes, M.D., author of *Seductive Delusions: How Everyday People Catch STDs*) "The authors combine an upbeat, positive tone with detailed, understandable descriptions of pelvic floor disorders and treatment options. Highly recommended for any woman suffering from one of these disorders." (Library Journal)

Elizabeth E. Houser, M.D., is a urologist in Austin, Texas. Stephanie Riley Hahn, P.T., is a physical

therapist in Austin, Texas.

Learning things I never knew about how complex and fragile the body can be. Great suggestions for preventative care.

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.

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!

My doctor recommended the Physical Therapist that wrote the book. No time for reading but will get to it soon. Shirley Walker

not enough on prolapse. good for bladder issues

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.

I learned a lot from this book. I would advise every woman to read it.

Very informative book.

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