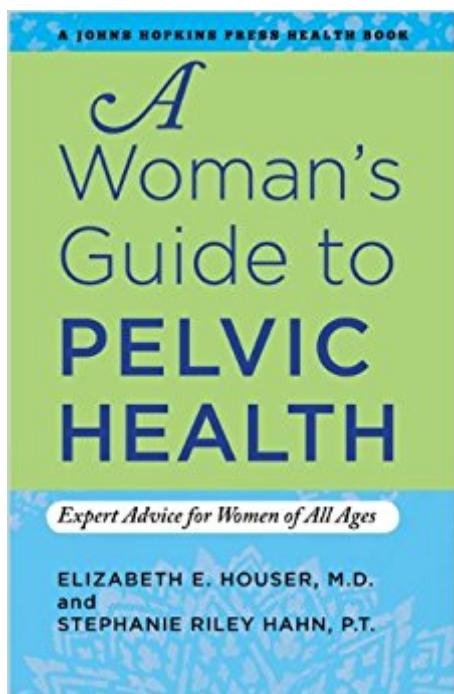


The book was found

# 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

Series: A Johns Hopkins Press Health Book

Paperback: 224 pages

Publisher: Johns Hopkins University Press; 1 edition (October 9, 2012)

Language: English

ISBN-10: 1421406926

ISBN-13: 978-1421406923

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 11 customer reviews

Best Sellers Rank: #424,324 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs #1079 in Books > Health, Fitness & Dieting > Women's Health > General

## 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.

[Download to continue reading...](#)

A Woman's Guide to Pelvic Health: Expert Advice for Women of All Ages (A Johns Hopkins Press Health Book) The Guide to Living with HIV Infection: Developed at the Johns Hopkins AIDS Clinic (A Johns Hopkins Press Health Book) Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Johns Hopkins Patient Guide To Colon And Rectal Cancer (Johns Hopkins Patients' Guide) Johns Hopkins Patients' Guide To Brain Cancer (Johns Hopkins Medicine) Johns Hopkins Patients' Guide To Leukemia (Johns Hopkins Medicine) Johns Hopkins Patients' Guide To Lymphoma (Johns Hopkins Medicine) Johns Hopkins Medical Guide to Health After 50 (John Hopkins Medical Guide to Health After 50) Vaginal Surgery for the Urologist: Female Pelvic Surgery

Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series)  
The Eye Book: A Complete Guide to Eye Disorders and Health (A Johns Hopkins Press Health Book)  
Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke (A Johns Hopkins Press Health Book)  
The Foot Book: A Complete Guide to Healthy Feet (A Johns Hopkins Press Health Book)  
The 36-Hour Day, sixth edition: The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss (A Johns Hopkins Press Health Book)  
Food Allergies: A Complete Guide for Eating When Your Life Depends on It (A Johns Hopkins Press Health Book)  
The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss (A Johns Hopkins Press Health Book)  
The 36-Hour Day, fifth edition: The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss (A Johns Hopkins Press Health Book)  
The 36-Hour Day, sixth edition, large print: The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss (A Johns Hopkins Press Health Book)  
Living with Cancer: A Step-by-Step Guide for Coping Medically and Emotionally with a Serious Diagnosis (A Johns Hopkins Press Health Book)  
Confronting Chronic Pain: A Pain Doctor's Guide to Relief (A Johns Hopkins Press Health Book)  
Hepatitis C: A Complete Guide for Patients and Families (A Johns Hopkins Press Health Book)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)