

**Health Reference Series**

*First Edition*

**The  
Healthy Heart  
SOURCEBOOK  
for Women**

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*Basic Consumer Health Information about Cardiac Issues Specific to Women, Including Facts about Major Risk Factors and Prevention, Treatment and Control Strategies, and Important Dietary Issues; Along with a Special Section Regarding the Pros and Cons of Hormone Replacement Therapy and Its Impact on Heart Health, and Additional Help, Including Recipes, a Glossary, and a Directory of Resources*

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*Edited by  
Dawn D. Matthews*

# Healthy Heart Sourcebook For Women Bas

**James Chambers**



## **Healthy Heart Sourcebook For Women Bas:**

**Healthy Heart Sourcebook for Women** Dawn D. Matthews,2000 Healthy Heart Sourcebook for Women tells readers why they should be concerned about heart health and what to do to prevent heart disease It discusses the controversy surrounding hormone replacement therapy HRT as it relates to heart disease and breast cancer It includes a section on dietary issues and cardiac health along with some sample heart healthy recipes A glossary of important terms and a resource section provide additional help and information BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

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**Osteoporosis Sourcebook, 2nd Ed.** James Chambers,2019-03-01 Provides information about the risk factors of osteoporosis along with answers to questions about calcium intake and supplements and other dietary needs hormone replacement therapies the drugs used to treat osteoporosis and surgical options

**Cardiovascular Disorders Sourcebook, 7th Ed.** James Chambers,2019-05-01 Basic consumer health information about risk factors symptoms diagnosis and treatment of heart and vascular diseases along with prevention strategies and concerns specific to men women children and minority populations Includes index glossary of related terms and directory of resources

**Physical Rehabilitation, Medicine and Therapy Sourcebook, 1st Ed.** James Chambers,2020-01-01 Consumer health information about physical rehabilitation focus areas of physical rehabilitation treatment plans and physical modalities Includes index glossary of related terms and other resources

*Women's Health Concerns Sourcebook* Sandra J. Judd,2009 Women s Health Sourcebook Third Edition provides up to date information on the issues and trends in women s health and health conditions of special concern to women including breast and gynecological concerns sexual and reproductive concerns ovarian cancer and other cancers affecting women and chronic conditions such as autoimmune disease diabetes cardiovascular disorders mental health concerns and thyroid disorders Guidelines for maintaining wellness and information about the screenings checkups and vaccinations recommended for women are also included along with a glossary of re

**Caregiving Sourcebook, 1st Ed.** James Chambers,2021-03-01 Consumer health information about caregiving and the types of caregivers with information Includes index glossary of related terms and other resources

*Stroke Sourcebook, 5th Ed.* James Chambers,2020-06-01 Stroke Sourcebook Fifth Edition provides detailed information about stroke its causes and types such as Ischemic hemorrhagic and recurrent stroke

**Eating Disorders Sourcebook, 5th Ed.** James Chambers,2019-02-01 Offers information on anorexia and bulimia nervosa binge eating disorder and other eating disorders Explains the risk factors for developing eating disorders and the adverse effects and methods used to prevent diagnose and treat these disorders

*Cardiovascular Diseases and Disorders Sourcebook* National Institutes of Health (U.S.),1995 Basic

Information about Cardiovascular Diseases and Disorders Featuring Facts about the Cardiovascular System Demographic and Statistical Data Descriptions of Pharmacological and Surgical Interventions Lifestyle Modifications and a Special Section Focusing on Heart Disorders in Children [Arthritis Sourcebook, Sixth Edition](#) James Chambers,2022-03-01 Consumer health information about symptoms diagnosis and treatment for major forms of arthritis along with self care tips and coping strategies Includes index glossary of related terms and other resources **Childhood Diseases and Disorders Sourcebook, 5th Ed.** James Chambers,2019-10-01 Provides basic consumer health information about the physical and mental health of preadolescent children including common illnesses and injuries disease prevention and screening and wellness promotion Includes index glossary of related terms and other resources [Cardiovascular Diseases and Disorders Sourcebook](#) Sandra J. Judd,2005 Basic Consumer Health Information about Heart and Vascular Diseases and Disorders Such as Angina Heart Attacks Arrhythmias Cardiomyopathy Valve Disease Atherosclerosis and Aneurysms with Information about Managing Cardiovascular Risk Factors and Maintaining Heart Health Medications and Procedures Used to Treat Cardiovascular Disorders and Concerns of Special Significance to Women Along with Reports on Current Research Initiatives a Glossary of Related Medical Terms and a Directory of Sources for Further Help and Information **Diet and Nutrition Sourcebook, 6th Ed.** James Chambers,2021-06-01 Consumer health information about dietary guidelines and eating plans for children adults and seniors weight control and related medical concerns Includes index glossary of related terms and other resources **Fitness and Exercise Sourcebook, 6th Ed.** James Chambers,2019-09-01 Provides basic consumer health information about the elements of physical fitness along with the various types of exercises tips for starting and maintaining an exercise program and strategies for avoiding injuries Includes index glossary of related terms and other resources **The Consumer Health Information Source Book** Alan M. Rees,1994 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it [Endocrine and Metabolic Disorders Sourcebook, 4th. Ed.](#) James Chambers,2019-11-01 Provides basic consumer health information about diagnosis and treatment of endocrine system and metabolic function disorders Includes index online access glossary of related terms and other resources [History of Vegetarianism and Veganism Worldwide \(1970-2022\)](#) William Shurtleff; Akiko Aoyagi,2022-03-10 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 48 photographs and illustrations mostly color Free of charge in digital PDF format **Luther on Women** Susan C. Karant-Nunn,Merry E. Wiesner,2003-03-13 Martin Luther contributed extensively to the sixteenth century debate

about women with his writings on women and related subjects such as marriage the family and sexuality In this volume Merry Wiesner Hanks and Susan Karant Nunn bring together a vast selection of these works translating many into English for the first time They include sermons lectures pamphlets polemic writings letters and some informal table talk recorded by his followers The book is arranged into chapters on Biblical women marriage sexuality childbirth and witchcraft as well as on Luther s relations with his wife and other contemporary women The editors both internationally known scholars on Reformation and women provide a general introduction to each chapter and Luther s own colourful words fuel both sides of the debate about whether the Protestant Reformation was beneficial or detrimental to women This collection will make a wide range of Luther s works accessible to English speaking scholars students and general readers

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