

raleigh gynecology and wellness

Raleigh Gynecology and Wellness: Your Guide to Comprehensive Women's Health

Are you searching for exceptional gynecological care in the heart of Raleigh? Finding the right provider can feel overwhelming, but it shouldn't be. This comprehensive guide dives deep into the world of Raleigh gynecology and wellness, helping you understand what to look for in a practice and empowering you to make informed decisions about your health. We'll explore the vital services offered, the importance of preventative care, and what sets a truly exceptional gynecologist apart. Whether you're a new resident in Raleigh, searching for a new doctor, or simply want to enhance your understanding of women's health, this post is your ultimate resource.

Understanding the Scope of Raleigh Gynecology and Wellness

Raleigh boasts a vibrant and diverse healthcare landscape, offering numerous options for women's health. But what exactly constitutes comprehensive gynecology and wellness? It's more than just annual checkups. A truly holistic approach encompasses a wide range of services designed to support your physical, mental, and emotional well-being throughout all stages of life, from adolescence to menopause and beyond. This includes:

Preventative Care: Annual well-woman exams are the cornerstone of preventative care. These visits involve screenings for cervical cancer (Pap smears), sexually transmitted infections (STIs), and breast exams. Early detection is key to successful treatment and maintaining optimal health. Your doctor will also discuss your family history and personal risk factors to develop a personalized preventative care plan.

Reproductive Health: This encompasses a broad spectrum of services, including birth control counseling and prescription, fertility assessments, pregnancy care (often in conjunction with an obstetrician), and management of conditions like PCOS (polycystic ovary syndrome) and endometriosis.

Menopause Management: The transition into menopause can bring about a variety of physical and emotional changes. A skilled gynecologist can help navigate these challenges, providing hormone replacement therapy (HRT) if necessary, and addressing symptoms such as hot flashes, night sweats, and vaginal dryness.

Sexual Health: Open and honest communication with your gynecologist is crucial for addressing concerns about sexual health. This includes discussing STIs, sexual dysfunction, and other reproductive concerns.

Infertility Treatment: Many Raleigh gynecology practices offer a range of infertility treatments or can refer you to specialists if necessary.

Pelvic Floor Health: Issues like urinary incontinence and pelvic organ prolapse are often addressed by gynecologists, potentially involving physical therapy or other specialized treatments.

Choosing the Right Raleigh Gynecology and Wellness Practice

Finding the right fit is paramount. Consider the following factors when making your decision:

Physician Expertise and Experience: Look for board-certified gynecologists with extensive experience and a strong reputation within the community. Check online reviews and testimonials to gauge the experiences of other patients.

Practice Philosophy: Does the practice emphasize a patient-centered approach? Do they offer convenient appointment scheduling and readily accessible communication channels?

Insurance Coverage: Ensure the practice accepts your insurance plan to avoid unexpected financial burdens.

Location and Accessibility: Choose a location that is convenient and easily accessible for you, considering factors like parking and public transportation.

Services Offered: Does the practice offer the full range of services you require, or do they specialize in certain areas?

Comfort and Trust: A crucial factor is your comfort level with the physician and staff. A positive and trusting relationship is essential for open communication about your health concerns.

The Benefits of Regular Gynecological Checkups in Raleigh

Regular visits to your gynecologist are not just about addressing problems; they're about proactive health management. The benefits are numerous:

Early Disease Detection: Regular screenings allow for the early detection of potential health issues, increasing the likelihood of successful treatment and improved outcomes.

Preventative Care: Through education and counseling, your doctor can help you make informed decisions about your health, including lifestyle choices that impact your reproductive and overall well-being.

Peace of Mind: Knowing you're taking proactive steps to maintain your health can provide significant peace of mind.

Personalized Care: Your gynecologist will create a personalized care plan based on your individual needs and risk factors.

Finding Resources and Information for Raleigh Gynecology and Wellness

Beyond this guide, there are numerous resources to aid your search:

Online Reviews: Sites like Healthgrades, Yelp, and Zocdoc offer patient reviews and ratings, providing insights into the experiences of others.

Physician Finder Tools: Many insurance companies and healthcare organizations provide online physician finder tools that allow you to search for gynecologists based on your insurance coverage and location.

Word-of-Mouth Recommendations: Ask friends, family, and colleagues for recommendations. Personal referrals can be invaluable.

Conclusion

Choosing the right Raleigh gynecology and wellness practice is a crucial step in prioritizing your health. By carefully considering the factors discussed above and engaging in proactive self-care, you can ensure you receive the highest quality care and maintain optimal well-being throughout your life. Remember, your health is your wealth, and investing in preventative care is an investment in your future.

FAQs:

1. Do I need a referral to see a gynecologist in Raleigh? Generally, you do not need a referral to see a gynecologist, especially for preventative care. However, this may depend on your specific insurance plan, so it's best to check with your provider.
1. How often should I have a well-woman exam? The recommended frequency varies depending on your age and individual health factors, but annual checkups are generally recommended for most women of reproductive age.
1. What should I bring to my first appointment? Bring your insurance card, a list of your current medications, and any relevant medical history information.
1. What if I'm experiencing a medical emergency? For urgent medical situations, contact your doctor's office or go directly to the nearest emergency room.
1. Are there any financial assistance programs available for gynecological care? Many clinics offer payment plans or work with financial assistance programs. Contact your chosen practice to discuss options.

raleigh gynecology and wellness: Preparing for an Endometrial Biopsy Lorene M. Kimzey, 1989

raleigh gynecology and wellness: Natural & Safe: The Handbook Malteser Arbeitsgruppe NFP, 2019-06-10 Sensiplan is a fertility awareness-based method of family planning, known also as natural family planning (NFP). Originally developed in Germany over a period of decades by the Arbeitsgruppe NFP (NFP Working Group) at the international aid agency Malteser International, and with help from the German Ministry of Health. Natural & Safe: The Handbook describes the method and its applications in detail and is an important Sensiplan resource. It is designed to work in conjunction with Natural & Safe: The Workbook, a practice manual that provides practice charts, case examples, and specific instruction for using the method throughout various phases of life. Both volumes are translated now for the first time in English.

raleigh gynecology and wellness: Hot Pants Lisa Vinebaum, Isabelle Gauthier, 2015-06-22 Hot Pants, long an underground classic, offers great basic sexual health information along with tried and true herbal treatments for common gynecological problems. Patriarchy sucks, the authors begin. It's robbed us of our autonomy and much of our history. We believe it's integral for women to be aware and in control of our own bodies. In that spirit, diagrams and herbal remedies teach you how to diagnose and heal many basic problems, including bladder infections, inducing your period, easing cramps and PMS, aphrodisiacs, and dealing with pregnancy. You'll learn herbal remedies to ease every stage of your menstrual cycle. This book deserves a place next to your copy of Our Bodies, Ourselves.

raleigh gynecology and wellness: The Hormone Cure Sara Gottfried, 2014-03-11 A Harvard physician's method to improve physical and mental health by optimizing the hormones in the 30s, 40s, and beyond.

raleigh gynecology and wellness: Emergency Medical Services Jane H. Brice, Theodore R. Delbridge, J. Brent Myers, 2021-08-12 The two-volume Emergency Medical Services: Clinical Practice and Systems Oversight delivers a thorough foundation upon which to succeed as an EMS medical director and prepare for the NAEMSP National EMS Medical Directors Course and Practicum. Focusing on EMS in the 'real world', the book offers specific management tools that will be useful in the reader's own local EMS system and provides contextual understanding of how EMS functions within the broader emergency care system at a state, local, and national level. The two volumes offer the core knowledge trainees will need to successfully complete their training and begin their career as EMS physicians, regardless of the EMS systems in use in their areas. A companion website rounds out the book's offerings with audio and video clips of EMS best practice in action. Readers will also benefit from the inclusion of: A thorough introduction to the history of EMS An exploration of EMS airway management, including procedures and challenges, as well as how to manage ventilation, oxygenation, and breathing in patients, including cases of respiratory distress Practical discussions of medical problems, including the challenges posed by the undifferentiated patient, altered mental status, cardiac arrest and dysrhythmias, seizures, stroke, and allergic reactions An examination of EMS systems, structure, and leadership

raleigh gynecology and wellness: Challenges and Successes in Reducing Health Disparities Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Health Disparities, 2008-06-13 In early 2007, the Institute of Medicine convened the Roundtable on Health Disparities to increase the visibility of racial and ethnic health disparities as a national problem, to further the development of programs and strategies to reduce disparities, to foster the emergence of leadership on this issue, and to track promising activities and developments in health care that could lead to dramatically reducing or eliminating disparities. The Roundtable's first workshop, Challenges and Successes in Reducing Health Disparities, was held in St. Louis, Missouri, on July 31, 2007, and examined (1) the importance of differences in life expectancy within the United States, (2) the reasons for those differences, and (3) the implications of this information for programs and policy makers.

raleigh gynecology and wellness: Principles and Practice of College Health John A.

Vaughn, Anthony J. Viera, 2020-12-04 This unique and comprehensive title offers state-of-the-art guidance on all of the clinical principles and practices needed in providing optimal health and well-being services for college students. Designed for college health professionals and administrators, this highly practical title is comprised of 24 chapters organized in three sections: Common Clinical Problems in College Health, Organizational and Administrative Considerations for College Health, and Population and Public Health Management on a College Campus. Section I topics include travel health services, tuberculosis, eating disorders in college health, and attention deficit hyperactivity disorder among college students, along with several other chapters. Subsequent chapters in Section II then delve into topics such as supporting the health and well-being of a diverse student population, student veterans, health science students, student safety in the clinical setting, and campus management of infectious disease outbreaks, among other topics. The book concludes with organizational considerations such as unique issues in the practice of medicine in the institutional context, situating healthcare within the broader context of wellness on campus, organizational structures of student health, funding student health services, and delivery of innovative healthcare services in college health. Developed by a renowned, multidisciplinary authorship of leaders in college health theory and practice, and coinciding with the founding of the American College Health Association 100 years ago, Principles and Practice of College Health will be of great interest to college health and well-being professionals as well as college administrators.

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raleigh gynecology and wellness: Lawn Boy Jonathan Evison, 2019-03-19 Recipient of the 2019 Alex Award "Mike Muñoz Is a Holden Caulfield for a New Millennium--a '10th-generation peasant with a Mexican last name, raised by a single mom on an Indian reservation' . . . Evison, as in his previous four novels, has a light touch and humorously guides the reader, this time through the minefield that is working-class America." --The New York Times Book Review For Mike Muñoz, life has been a whole lot of waiting for something to happen. Not too many years out of high school and still doing menial work--and just fired from his latest gig as a lawn boy on a landscaping crew--he's smart enough to know that he's got to be the one to shake things up if he's ever going to change his life. But how? He's not qualified for much of anything. He has no particular talents, although he is stellar at handling a lawn mower and wielding clipping shears. But now that career seems to be behind him. So what's next for Mike Muñoz? In this funny, biting, touching, and ultimately inspiring novel, bestselling author Jonathan Evison takes the reader into the heart and mind of a young man determined to achieve the American dream of happiness and prosperity--who just so happens to find himself along the way.

raleigh gynecology and wellness: Unequal Treatment Institute of Medicine, Board on Health Sciences Policy, Committee on Understanding and Eliminating Racial and Ethnic Disparities in Health Care, 2009-02-06 Racial and ethnic disparities in health care are known to reflect access to care and other issues that arise from differing socioeconomic conditions. There is, however, increasing evidence that even after such differences are accounted for, race and ethnicity remain significant predictors of the quality of health care received. In Unequal Treatment, a panel of experts documents this evidence and explores how persons of color experience the health care environment. The book examines how disparities in treatment may arise in health care systems and

looks at aspects of the clinical encounter that may contribute to such disparities. Patients' and providers' attitudes, expectations, and behavior are analyzed. How to intervene? Unequal Treatment offers recommendations for improvements in medical care financing, allocation of care, availability of language translation, community-based care, and other arenas. The committee highlights the potential of cross-cultural education to improve provider-patient communication and offers a detailed look at how to integrate cross-cultural learning within the health professions. The book concludes with recommendations for data collection and research initiatives. Unequal Treatment will be vitally important to health care policymakers, administrators, providers, educators, and students as well as advocates for people of color.

raleigh gynecology and wellness: Insiders' Guide® to Raleigh, Durham & Chapel Hill Amber Nimocks, 2010-07-01 A first edition, Insiders' Guide to Raleigh, Durham & Chapel Hill is the essential source for in-depth travel and relocation information to what is one of the fastest growing regions in the United States. Written by a local (and true insider), this guide offers a personal and practical perspective of the Raleigh, Durham, and Chapel Hill area.

raleigh gynecology and wellness: Creating Community-Responsive Physicians Sarena D. Seifer, Kris Hermanns, Judy Lewis, 2023-07-03 Eighth in AAHE's Service-Learning in the Disciplines Series, this volume shows how service-learning is not only a strategy for preparing community-responsive and competent health physicians, but also for fostering citizenship and changing the relationship between communities and medical schools. This very useful book provides readers with a valuable source of information and inspiration to develop and expand service-learning across the continuum of medical education.

raleigh gynecology and wellness: *Emergency Medical Services* David Cone, Jane H. Brice, Theodore R. Delbridge, J. Brent Myers, 2015-01-21 Emergency Medical Services: Clinical Practice and Systems Oversight is the official textbook of the National Association of EMS Physicians™ (NAEMSPTM) National EMS Medical Directors Course and Practicum™. Now paired with a companion website featuring self-assessment exercises, audio and video clips of EMS best practices in action, and more, this essential study aid guides students through the core knowledge they need to successfully complete their training and begin their careers as EMS physicians. Emergency Medical Services: Clinical Practice and Systems Oversight consists of: Volume 1: Clinical Aspects of EMS Volume 2: Medical Oversight of EMS Companion website featuring supportive self-assessment exercises, audio and video clips

raleigh gynecology and wellness: *Implementing High-Quality Primary Care* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Implementing High-Quality Primary Care, 2021-06-30 High-quality primary care is the foundation of the health care system. It provides continuous, person-centered, relationship-based care that considers the needs and preferences of individuals, families, and communities. Without access to high-quality primary care, minor health problems can spiral into chronic disease, chronic disease management becomes difficult and uncoordinated, visits to emergency departments increase, preventive care lags, and health care spending soars to unsustainable levels. Unequal access to primary care remains a concern, and the COVID-19 pandemic amplified pervasive economic, mental health, and social health disparities that ubiquitous, high-quality primary care might have reduced. Primary care is the only health care component where an increased supply is associated with better population health and more equitable outcomes. For this reason, primary care is a common good, which makes the strength and quality of the country's primary care services a public concern. Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care puts forth an evidence-based plan with actionable objectives and recommendations for implementing high-quality primary care in the United States. The implementation plan of this report balances national needs for scalable solutions while allowing for adaptations to meet local needs.

raleigh gynecology and wellness: *Next Medicine* Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700,

the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In *Next Medicine*, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

raleigh gynecology and wellness: Geriatric Urology, An Issue of Clinics in Geriatric Medicine Tomas L Griebeling, 2015-12-11 This issue of *Clinics in Geriatric Medicine* is devoted to Geriatric Urology. Guest Editor Tomas L. Griebeling, MD, MPH has assembled a group of expert authors to review the following topics: Non-Surgical Treatment of Urinary Incontinence in Elderly Women; Outcomes of Surgery for Stress Urinary Incontinence in Older Women; Evaluation and Management of Pelvic Organ Prolapse in Elderly Women; Underactive Bladder in Older Adults; Translational Research and Voiding Dysfunction in Older Adults; Functional Brain Imaging and Voiding Dysfunction in Older Adults; The Role of Urodynamics in Elderly Patients; Associations Between Voiding Symptoms and Sexual Health in Older Adults; Asymptomatic Bacteriuria and Urinary Tract Infections in Older Adults; Comorbidity and Surgical Risk in Older Urologic Patients; Small Renal Masses in Older Adults; Prostate Cancer in Elderly Men: Active Surveillance and Other Considerations; Late Onset Hypogonadism and Testosterone Replacement in Elderly Men; and Contemporary Chemotherapy for Urologic Malignancies in Geriatric Patients.

raleigh gynecology and wellness: Everything You Need to Know to Have a Healthy Twin Pregnancy Gila Leiter, Rachel Kranz, 2013-07-31 Twins...triplets...quads...finally! The book that answers all your questions about multiple birth--written by a doctor who is a mother of twins herself Over ten years ago when Dr. Gila Leiter, herself an OB/GYN, was pregnant with twins, the book she desperately needed wasn't available. Now it is: *Everything You Need to Know to Have a Healthy Twin Pregnancy*. Taking you step-by-step through the processes of pregnancy and birth, Dr. Leiter shares her professional and personal expertise, providing answers to all your questions, plus practical know-how, psychological support, and extensive resources for this most joyous--and overwhelming--experience, whether you're having two babies...or four! Learn: The latest in fertility treatments and reproductive technology, and the probable outcome What to expect, trimester by trimester Concrete suggestions for working through your hopes, fears, and fantasies Who should seek genetic counseling How to avoid preterm labor and premature delivery--and what to do if it's unavoidable Recommended vitamins and minerals--plus do's and don'ts All about medications: what you can take, can't take, must take What you should know if you're going to have a C-section Specific ideas for nurturing yourself and reducing stress The birthing process and what to expect in the delivery room Twelve questions to ask the doctor you're considering choosing for your pediatrician What it's like to bring babies home--and what you'll need to manage your new family And much more

raleigh gynecology and wellness: Vulvovaginal Dermatology, an Issue of Dermatologic Clinics Libby Edwards, 2010 Guest Editor Dr. Libby Edwards has gathered a team of expert

contributors to pen articles on a challenging area of Dermatology: Vulvar Disease. This issue of Dermatologic Clinics includes articles on Vulvodynia, Pigmented Diseases, Contact Dermatitis, Vulvar Ulcers, Hidradenitis Suppurativum, Desquamative Inflammatory Vaginitis, Histology of the Vulva, Vulvar Pruritus and LSC, Vulvar Erosions, Lichen Planus, Lichen Sclerosus, Vulvar Paget's Disease, and Vulvar Edema.

raleigh gynecology and wellness: Reclaiming Our Ancient Wisdom Catherine Marie Jeunet, 2017-08-14 A guide for practiced herbalists and midwives to better serve their communities. Beautifully illustrated with botanical drawings from Gerard's Herbal and other early texts. The time is now for us to learn from forgotten knowledge and keep ourselves and the people around us healthy and fully in charge of their own reproductive health and rights.

raleigh gynecology and wellness: Physician Assistant: A Guide to Clinical Practice Ruth Ballweg, Darwin L. Brown, Daniel T. Vetrosky, Tamara S Ritsema, 2017-02-20 Entering its 6th edition, Physician Assistant: A Guide to Clinical Practice is the only text that covers all aspects of the physician assistant profession, the PA curriculum, and the PA's role in clinical practice. It is designed as a highly visual and practical resource to be used across the spectrum of lifelong learning, enabling students and practicing PAs to thrive in a rapidly changing health care system. - Teaches how to prepare for each core clinical rotation and common electives, as well as how to work with atypical patient populations such as homeless patients and patients with disabilities. - A succinct, bulleted writing style; convenient tables; practical case studies; and clinical application questions throughout enable you to master key concepts and clinical applications. - Helps you master all the core competencies needed for certification or recertification. - Addresses all six Physician Assistant Competencies, as well as providing guidance for the newly graduated PA entering practice. - Includes quick-use resources, such as objectives and key points sections for each chapter, tip boxes with useful advice, abundant tables and images, and 134 updated case studies. - Features chapters for the 7 core clinical rotations and 5 common electives, with key guidance on how to prepare effectively and what to expect. - Provides updated health policy information, expanded information about international programs, cultural competencies, and pearls and pitfalls on working internationally as a PA. - Outlines the basic principles of Interprofessional Education – an important new trend in medical education nationally. - New chapters cover: Maximizing Your Education, Future of the Profession, Principles of PA Education, Managing Stress and Burnout, and many other topics. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, and references from the book on a variety of devices.

raleigh gynecology and wellness: The Uterine Health Companion Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women's sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy—the highest rate in the world. In The Uterine Health Companion, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. The Uterine Health Companion demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote

uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health: Women's Health category, 2011 International Book Awards

raleigh gynecology and wellness: Hope for the Caregiver Peter Rosenberger, 2015-10-15 There are 65.7 million caregivers in America, making up 29 percent of the U.S. adult population. Where does the caregiver turn when dealing with their own need for encouragement and renewal?

raleigh gynecology and wellness: The Health Benefits of Smoking Cessation United States. Public Health Service. Office of the Surgeon General, 1990

raleigh gynecology and wellness: Sex Rx Lauren F. Streicher, 2015-01-27 Are you missing a vibrant, exciting sex life? Do you avoid sex because it is uncomfortable? Or even painful? Are you coping with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Yes, anyone can love sex again, or love sex more, with Sex Rx. For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication. Sex Rx offers a wealth of knowledge along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

raleigh gynecology and wellness: Women's Health Care in Advanced Practice Nursing Catherine Ingram Fogel, PhD, RNC, FAAN, Nancy Fugate Woods, PhD, RN, FAAN, 2008-06-23 Designated a Doody's Core Title! [A] comprehensive resource oriented to advanced nursing students, but one that also will interest women wishing to learn more about their health....The volume also covers nutrition, exercise, sexuality, infertility...and other chronic illnesses and disabilities. A wonderful resource. Summing up: Highly recommended. --Choice This book is the ideal tool to help graduate level nursing students expand their understanding of women's health care and wellness issues. For easy reference, Women's Health Care in Advanced Practice Nursing is organized into four parts: Women and Their Lives, covering connections between women's lives and their health Frameworks for Practice, addressing health care practice with women Health Promotion, covering ways for women to promote their health and prevent many chronic diseases Threats to Health and Health Problems, addressing problems unique to women, diseases more prevalent in women, and those in which there are different risk factors Key features include: The most recently available data on selected social characteristics of women with a focus on changing population demographics Separate chapters on health issues of adolescent/young adult, midlife, and older women Chapters on preconceptional and prenatal care Chapters covering cardiovascular disease, chronic disease, sexually transmitted infections and other common infections, HIV/AIDS, and women with disabilities Lesbian health care content, which is integrated throughout

raleigh gynecology and wellness: All Boys Aren't Blue George M. Johnson, 2020-04-28 In a series of personal essays, prominent journalist and LGBTQIA+ activist George M. Johnson's All Boys Aren't Blue explores their childhood, adolescence, and college years in New Jersey and Virginia. A New York Times Bestseller! Good Morning America, NBC Nightly News, Today Show, and MSNBC feature stories From the memories of getting his teeth kicked out by bullies at age five, to flea marketing with his loving grandmother, to his first sexual relationships, this young-adult memoir weaves together the trials and triumphs faced by Black queer boys. Both a primer for teens eager to

be allies as well as a reassuring testimony for young queer men of color, *All Boys Aren't Blue* covers topics such as gender identity, toxic masculinity, brotherhood, family, structural marginalization, consent, and Black joy. Johnson's emotionally frank style of writing will appeal directly to young adults. (Johnson used he/him pronouns at the time of publication.) Velshi Banned Book Club Indie Bestseller Teen Vogue Recommended Read BuzzFeed Recommended Read People Magazine Best Book of the Summer A New York Library Best Book of 2020 A Chicago Public Library Best Book of 2020 ... and more!

raleigh gynecology and wellness: Breastfeeding and Human Lactation Karen Wambach, Becky Spencer, 2019-10-01 Breastfeeding and Human Lactation, Sixth Edition is the ultimate reference for the latest clinical techniques and research findings that direct evidence-based clinical practice for lactation consultants and specialists. It contains everything a nurse, lactation consultant, midwife, women's health nurse practitioner, physician assistant, or Ob/Gyn needs to know about the subject. Topics include placing breastfeeding in its historical context, workplace-related issues, anatomical and biological imperatives of lactation, the prenatal and perinatal periods and concerns during the postpartum period, the mother's health, sociocultural issues, and more vital information.

raleigh gynecology and wellness: Body on Fire Monica Aggarwal MD, Jyothi Rao, MD, 2020-08-19 Inflammation is the body's natural response to injury or illness, but long-term inflammation can silently turn on us, becoming a danger to our health. This guide explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease. Fortunately, there are natural solutions to keep chronic inflammation in check. Our food choices can make a crucial difference. Learn how to design an anti-inflammatory diet based on health-protective plant-based foods with high concentrations of phytochemicals and other essential inflammation-fighting nutrients. Then enjoy a few delicious, easy-to-prepare recipes that reveal how to incorporate a wide variety of these power-packed foods into everyday dishes.

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raleigh gynecology and wellness: Health and Wellness Calvin Ellison, 2006-08 You should live forever and never be sick. That was God's original plan for man. Sickness, disease, poverty and death were never intended to be in the vocabulary or experience of any human being. It was only after the fall of man that these enemies of God gained entrance into the human arena. It is the purpose of this book to help you have good health success from a holistic, biblical viewpoint. It is chocked full of ideas, information, and illustrations. There are charts and lists, a bibliography and an index. There is even a section for you to keep a journal so so that these dynamic principles can become a practical part of your personal health plan.

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raleigh gynecology and wellness: Vaginal Hysterectomy Shirish S Sheth, John Studd, 2001-11-08 In recent years advances in laparoscopic technologies have led to renewed interest in the vaginal approach to hysterectomy, which has many proven benefits for patients. This volume, dedicated to explaining and promoting the vaginal route of hysterectomy, is written and edited by an international team of experts and provides a much-needed source of up-to-date information and instruction. Importantly, the authors caution that laparoscopic technology can provide a valuable source of assistance for the gynaecological surgeon in certain circumstances, though only in a percentage of cases. This book, beautifully illustrated with line drawings and full-colour photographs, contains step-by-step surgical techniques, enabling the surgeon to gain confidence and experience so that gradually more challenging operations can be managed successfully via the

vaginal route. Acknowledged authorities from around the world take the reader through the indications and contra-indications for the vaginal approach, explain crucial preoperative assessment procedures, and offer an evidence-based elucidation of the 'why', 'when' and 'how' of vaginal hysterectomy. Specific topics considered here include: the nulliparous patient, uterine fibroids, debulking, the use of gonadotrophin-releasing hormone agonists, oophorectomy and prophylactic oophorectomy, adnexectomy for adnexal pathology, genital prolapse, the place of sacrospinous colpopexy, urethral sphincter incompetence, hormone replacement therapy, and the psychological and sexual outcomes of hysterectomy. In addition, the authors set forth the arguments for and against vaginal hysterectomy, abdominal hysterectomy, laparoscopic assistance, and transcervical resection of the endometrium. Combined with a full review of the potential complications, morbidity and mortality associated with the vaginal approach, this book provides the reader with a well-balanced, thorough and considered appraisal of vaginal hysterectomy. As the incidence of hysterectomy worldwide continues to rise, Vaginal Hysterectomy will be an indispensable reference for practising gynaecologists, surgeons, consultants and postgraduates.

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