

ur medicine gender wellness obstetrics gynecology

UR Medicine Gender Wellness Obstetrics & Gynecology: Your Comprehensive Guide to Holistic Women's Health

Are you searching for exceptional women's healthcare that goes beyond the typical annual exam? Do you want a team that understands the unique complexities of your gender and its impact on your overall well-being? Then you've come to the right place. This comprehensive guide dives deep into UR Medicine's Gender Wellness Obstetrics & Gynecology services, exploring the holistic approach they offer and how it can empower you to live your healthiest life. We'll cover everything from routine care to specialized services, helping you understand why UR Medicine is a leader in women's health.

Understanding UR Medicine's Approach to Gender Wellness

UR Medicine isn't just about treating symptoms; it's about understanding the whole person. Their Gender Wellness Obstetrics & Gynecology program recognizes that women's health is multifaceted, influenced by factors like genetics, lifestyle, environment, and social determinants of health. This holistic perspective ensures a more personalized and effective approach to your care. They strive to create a supportive and inclusive environment where you feel comfortable discussing all aspects of your health, without judgment.

Comprehensive Obstetrics Services: From Pregnancy to Postpartum

UR Medicine offers a complete range of obstetrics services, starting with preconception counseling to help you prepare for a healthy pregnancy. Their skilled team of obstetricians provides comprehensive prenatal care, including regular checkups, advanced diagnostic testing, and management of high-risk pregnancies. They offer a variety of birthing options, catering to your preferences and needs. Postpartum care is equally important, and UR Medicine provides ongoing support to ensure both your physical and emotional well-being following delivery. They address common postpartum concerns and offer resources to help navigate this significant life transition.

Expert Gynecological Care Tailored to Your Needs

UR Medicine's gynecological services cover a wide spectrum of women's health needs, from routine well-woman exams and screenings to the diagnosis and treatment of various gynecological conditions. This includes:

Annual Wellness Exams: These crucial visits help monitor your reproductive health, detect potential problems early, and provide personalized preventative care.

Family Planning: UR Medicine offers comprehensive family planning services, including

counseling, contraception options, and infertility treatments.

Menopause Management: Navigating the complexities of menopause can be challenging. UR Medicine provides expert guidance and treatment options to manage the symptoms and improve your quality of life during this transition.

Diagnosis and Treatment of Gynecological Conditions: From endometriosis and uterine fibroids to ovarian cysts and infections, UR Medicine's skilled physicians utilize advanced diagnostic tools and treatment modalities to provide effective and compassionate care.

Beyond the Basics: Specialized Services for Enhanced Well-being

UR Medicine's commitment to gender wellness extends beyond routine care. They offer specialized services designed to address specific health concerns and improve overall well-being, including:

Reproductive Endocrinology and Infertility: For couples struggling with infertility, UR Medicine offers advanced fertility treatments and compassionate support.

Pelvic Floor Dysfunction: They provide comprehensive evaluation and treatment for conditions like urinary incontinence, pelvic organ prolapse, and painful intercourse.

Sexual Health Services: Open communication about sexual health is crucial. UR Medicine offers a safe and supportive environment to discuss concerns and receive appropriate care.

Choosing UR Medicine for Your Gender Wellness Journey

Selecting the right healthcare provider is a significant decision. UR Medicine distinguishes itself through:

Experienced and Compassionate Care Team: Their team consists of highly skilled physicians, nurses, and support staff dedicated to providing personalized and compassionate care.

State-of-the-Art Facilities: They utilize the latest technology and advancements in women's health to ensure the highest quality of care.

Holistic Approach: UR Medicine prioritizes a holistic approach, considering your physical, emotional, and mental well-being.

Patient-Centered Care: Your needs and preferences are at the heart of their care philosophy.

Conclusion:

UR Medicine Gender Wellness Obstetrics & Gynecology offers a comprehensive and personalized approach to women's health. Their commitment to holistic care, expert physicians, and state-of-the-art facilities make them an ideal choice for women seeking exceptional healthcare throughout all stages of life. Taking proactive steps to prioritize your health is an investment in your well-being, and UR Medicine is here to support you on your journey.

Frequently Asked Questions (FAQs):

1. What insurance plans does UR Medicine accept? UR Medicine accepts a wide range

of insurance plans. It's best to contact their billing department directly to verify your specific coverage.

1. How do I schedule an appointment? You can schedule an appointment by calling their scheduling line or booking online through their patient portal. Specific contact information can be found on their website.
1. What is the difference between an obstetrician and a gynecologist? Obstetricians specialize in pregnancy, childbirth, and postpartum care. Gynecologists specialize in the female reproductive system and its health concerns throughout a woman's life. Many physicians are both obstetricians and gynecologists (OB/GYNs).
1. Does UR Medicine offer telehealth appointments? Check their website for updated information on telehealth availability. Many healthcare providers now offer virtual appointments for certain types of consultations.
1. What should I bring to my first appointment? Bring your insurance card, a list of current medications, and any relevant medical history information. Your physician will provide a more specific list of what to bring closer to your appointment date.

ur medicine gender wellness obstetrics gynecology: Neurological Diseases and Pregnancy
Emma Ciafaloni, Lorelei L. Thornburg, Cheryl D. Bushnell, 2018 For a woman of reproductive age, any medical appointment is a pre-conception visit and an opportunity to address pre-existing conditions that affect pregnancy and the maternal-fetal dyad. However, many neurologic conditions are rarely seen in pregnancy, and limited experience and knowledge may prevent the team from developing a shared approach to these complex conditions during pregnancy. Neurological Diseases and Pregnancy: A Coordinated Care Model for Best Management brings together experts across the disciplines of maternal fetal medicine, neurology, obstetrics, family planning, genetics, anesthesia, psychiatry, neurosurgery, and lactation to provide a multi-disciplinary, comprehensive, protocol-driven guide on best care for patients with neurologic disease before, during and after pregnancy. Each chapter provides a detailed care map on each unique disorder, and discusses the use of neurological medications during pregnancy and in lactation. Through this multi-disciplinary approach clinicians can navigate the complexities of preconception and pregnancy care, and help to optimize outcomes for the mother-infant dyad. Beyond pregnancy care, this volume further serves as a resource on best care for the life-course of women affected by neurologic disease including pre-pregnancy planning, genetic counseling, contraception, and sexuality in neurologic disease, as well as post-partum depression and menopausal neurologic changes.

ur medicine gender wellness obstetrics gynecology: Global Perspectives on Women's Sexual and Reproductive Health Across the Lifecourse Shonali Choudhury, Jennifer Toller Erausquin, Mellissa Withers, 2017-09-19 This expansive survey spotlights pervasive issues affecting girls' and women's sexual and reproductive health across the lifecourse. Research from diverse countries around the world analyzes the complex relationships among biological, psychological, sociocultural, and economic issues—particularly in terms of inequities—as they shape women's lives. Major challenges and possibilities for intervention are examined in their national context and with their global implications, including child marriage/motherhood, reproductive care and access, fertility, childbearing, contraception, abortion, HIV/STIs, gender-based violence, sexual pleasure, and menopause. In these forceful dispatches, a consistent human rights perspective emphasizes women's control, autonomy, and agency in all stages of their lives. A sampling of topics covered: Girl child marriage: a persistent global women's health and human rights violation Investigating challenges and resilience among women living with obstetric fistula in Kenya A qualitative exploration of mainstream and social media reflections on abortion A continuum of severity of sexual intimate partner violence among black women in the United States Economic empowerment to improve sexual and reproductive health among women and girls Summarizing an interdisciplinary field on research and practical levels, *Global Perspectives on Women's Sexual and Reproductive Health Across the Lifecourse* will be an invaluable text for undergraduate and graduate courses in a wide range of fields, including public health, global health, women's studies, sociology, anthropology, gender studies, and human rights.

ur medicine gender wellness obstetrics gynecology: Bariatric Endoscopy Christopher C. Thompson, 2013-02-06 To date, diet programs and medical therapies for the treatment of obesity have had limited success. Bariatric surgery, however, provides a means of effective weight loss for many of those with morbid obesity. Most of these weight loss procedures are performed with a variety of techniques that continue to evolve. Each technique is associated with unique challenges and complications and it is important for the clinician to be knowledgeable about the endoscopic management of these patients. Additionally, as endoscopic technology evolves it may offer more than just the diagnosis and treatment of complications. Endoscopic therapy may soon allow less invasive bariatric revision procedures as well as a variety of primary obesity therapies for various patient populations. *Bariatric Endoscopy* reviews the management of obesity, normal post-surgical anatomy, endoscopic and medical management of post-surgical complications, and future endoscopic therapies for obesity management. Organized into five sections, the volume covers an obesity overview, traditional therapy, endoscopy and the bariatric patient, medical management of post-surgical complications, and the future role of endoscopy in obesity management. Detailed illustrations are also provided for surgical procedures, complications and obesity management chapters. Authored by authorities in the field, *Bariatric Endoscopy* is an indispensable tool for the gastroenterologist or surgical endoscopist as they care for patients with complicated bariatric issues.

ur medicine gender wellness obstetrics gynecology: *Advanced Endourology* Stephen Y. Nakada, Margaret S. Pearle, 2007-11-05 Leading national and international urologists in the field of endourology describe standard and advanced endoscopic procedures for treating upper-tract pathology. The authors provide step-by-step instructions for the latest endoscopic procedures, ranging from upper urinary tract calculi and strictures to urothelial cancer. *Advanced Endourology: The Complete Clinical Guide* offers practicing urologists and urology residents not only a comprehensive, illustrated guide to endourological techniques-particularly the more advanced procedures-but also a practical means to expand the range and scope of the procedures they perform.

ur medicine gender wellness obstetrics gynecology: *You-Ology* Trish Hutchison, Kathryn Lowe, Melisa Holmes, 2022-03-15 A new kind of puberty guide, *You-ology* embraces an inclusive gender-affirming approach that normalizes puberty for all kids. Kids may not know where to go to get accurate information about how they and their peers are changing. *Traditional puberty*

education--splitting up kids according to assumed gender identity--only contributes to a sense of isolation and often does not include all kids' experience of puberty, fostering shame and secrecy in cisgender kids, alienating kids who may be gender diverse, and leaving kids with questions about how puberty will affect their friends and classmates. In addition to discussing puberty in cisgender kids, *You-ology* speaks to kids who are gender diverse and intersex, who will see themselves reflected in these gender-affirming pages. Colorful illustrations keep the tone upbeat and engaging, while short stories featuring a cast of diverse characters add relatability and humor. For curious kids and parents looking to talk about puberty in an inclusive way, *You-ology* offers fact-based, age-appropriate, and body positive information about the physical, social, and emotional changes ahead for all kids.

ur medicine gender wellness obstetrics gynecology: Gynecology for the Primary Care Physician Thomas Stovall, Frank Ling, B. Zite Nikki, Alice W. Chuang, Todd T. Tillmanns, 2007-11-08 With contributions by numerous experts

ur medicine gender wellness obstetrics gynecology: General Gynecology Andrew I. Sokol, Eric R. Sokol, 2007-01-01 *The Requisites in Obstetrics and Gynecology* is a series of volumes that offers a concise overview of the field of obstetrics and gynecology in the following areas: High Risk Obstetrics, General Gynecology, Gynecologic Oncology, and Reproductive Endocrinology and Infertility. Each volume contains the core material that is fundamental to each area and includes a presentation that allows the user to absorb the information quickly and thoroughly. This volume is devoted to General Gynecology, which covers care of the female patient outside of pregnancy or during the initial weeks of pregnancy. Topics include gynecologic imaging, family planning, congenital and developmental abnormalities, abnormal uterine bleeding, and pelvic floor disorders.

ur medicine gender wellness obstetrics gynecology: 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

ur medicine gender wellness obstetrics gynecology: GUYnecology Rene Almeling, 2020-08-25 What is healthy sperm or the male biological clock? This book details why we don't talk about men's reproductive health and how this lack shapes reproductive politics today. For more than a century, the medical profession has made enormous efforts to understand and treat women's

reproductive bodies. But only recently have researchers begun to ask basic questions about how men's health matters for reproductive outcomes, from miscarriage to childhood illness. What explains this gap in knowledge, and what are its consequences? Rene Almeling examines the production, circulation, and reception of biomedical knowledge about men's reproductive health. From a failed nineteenth-century effort to launch a medical specialty called andrology to the contemporary science of paternal effects, there has been a lack of attention to the importance of men's age, health, and exposures. Analyzing historical documents, media messages, and qualitative interviews, *GYNecology* demonstrates how this non-knowledge shapes reproductive politics today.

ur medicine gender wellness obstetrics gynecology: The Ultimate Guide To Choosing a Medical Specialty Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

ur medicine gender wellness obstetrics gynecology: Female Pelvic Reconstructive Surgery Stuart L. Stanton, Philippe Zimmern, 2002-09-24 The interest in pelvic floor reconstruction has grown rapidly in recent years. The collaboration between urologists, gynaecologists and colorectal surgeons has also increased. The book covers the surgical anatomy, urinary and faecal incontinence and their treatment, prolapse surgery, fistulae and post-operative management. *Female Pelvic Reconstructive Surgery* is a multi-disciplinary book edited by Stuart L Stanton, Urogynaecologist, and Phillipe Zimmern, Urologist, with contributions by internationally known and experienced clinicians. The book is well illustrated, up to date and authoritative.

ur medicine gender wellness obstetrics gynecology: Psychology and Geriatrics Benjamin A. Bensadon, 2015-04-16 *Psychology and Geriatrics* demonstrates the value of integrating psychological knowledge and insight with medical training and geriatric care. Leading physician and geropsychologist contributors come together to share their collective wisdom about topics that are as emotionally uncomfortable as they are universally relevant. As the world struggles to respond to unprecedented gains in life expectancy and an explosion of new retirees living with chronic health conditions, this collaboration could not be more timely. This exceptional resource is, itself, evidence that physicians and psychologists can work together to optimize truly patient-centered geriatric care. Here at last is a scientifically rigorous, evidence-based response to the aging mind and body from those most expertly trained. - Illustrates why and how psychologists must assume a more integrated role in meeting the health care needs of older patients - Confronts emotionally laden topics such as cognitively impaired driving, caregiver burden, end-of-life communication, suicide, and systemic issues such as bias, payment, and the culture of medicine - Challenges decades-long barriers to integration, from both physician and psychologist perspectives, suggesting how they can finally be overcome - Provides an innovative, practical response to academic medicine's growing emphasis on psychological and behavioral science - Demonstrates how health care reform creates a behavioral health niche that clinical psychologists are uniquely qualified to fill

ur medicine gender wellness obstetrics gynecology: Medical Bondage Deirdre Cooper Owens, 2017-11-15 The accomplishments of pioneering doctors such as John Peter Mettauer, James Marion Sims, and Nathan Bozeman are well documented. It is also no secret that these nineteenth-century gynecologists performed experimental caesarean sections, ovariectomies, and obstetric fistula repairs primarily on poor and powerless women. *Medical Bondage* breaks new ground by exploring how and why physicians denied these women their full humanity yet valued them as "medical superbodies" highly suited for medical experimentation. In *Medical Bondage*, Cooper Owens examines a wide range of scientific literature and less formal communications in which gynecologists created and disseminated medical fictions about their patients, such as their

belief that black enslaved women could withstand pain better than white “ladies.” Even as they were advancing medicine, these doctors were legitimizing, for decades to come, groundless theories related to whiteness and blackness, men and women, and the inferiority of other races or nationalities. *Medical Bondage* moves between southern plantations and northern urban centers to reveal how nineteenth-century American ideas about race, health, and status influenced doctor-patient relationships in sites of healing like slave cabins, medical colleges, and hospitals. It also retells the story of black enslaved women and of Irish immigrant women from the perspective of these exploited groups and thus restores for us a picture of their lives.

ur medicine gender wellness obstetrics gynecology: *Women's Health Vagina University* Editors of Women's Health Maga, Sheila Curry Oakes, 2018-05-15 Class is in session! From IUDs to UTIs, periods to pregnancy, and menstrual cups to cervical caps, Women's Health Vagina University teaches the modern woman everything you need to know about your most intimate parts—even if you are uncomfortable saying vagina out loud. Women's Health Vagina University challenges stigmas directed at women's bodies and sexuality, offers advice and support, and explains how your vagina's health can impact your overall health. It also includes: • A quick overview of all things anatomical and biological that you learned in health class in middle school. The birds and the bees haven't changed, but even the teacher's pet can use a refresher! • Information on choosing the right gynecologist, birth control, period solution, and anything else a woman might have to choose in any circumstance. It is her right, after all. • Eye-opening and entertaining facts about the history of women's healthcare and vagina-related issues all over the world. • Straightforward guide to all the signs and symptoms that show up when there is something wrong down there and a trip to the OB-GYN is just what the doctor ordered. • Body- and sex-positive discussions about consent, pleasure in its many forms, and achieving the all-important O in a world filled with stereotypes and misinformation. • Myth-busting truth-bombs that separate the cold, hard facts from the old wives tales, distortions, and misleading political rhetoric. Women's Health Vagina University aims to dispel the myths, unpack the lies, explain laws, and define words that confuse and limit women, and empower you to take full control of your health, your bodies, and your futures.

ur medicine gender wellness obstetrics gynecology: *From Preconception to Postpartum* Stavros Sifakis, Nikos Vrachnis, 2012-03-23 Obstetrics is evolving rapidly and finds itself today at the forefront of numerous developments. Providing selected updates on contemporary issues of basic research and clinical practice, as well as dealing with preconception, pregnancy, labor and postpartum, the present book guides the reader through the tough and complex decisions in the clinical management. Furthermore, it deepens the scientific understanding in the pathogenetic mechanisms implicated in pregnancy and motivates further research by providing evidence of the current knowledge and future perspectives in this field. Written by an international panel of distinguished authors who have produced stimulating articles, the multidisciplinary readers will find this book a valuable tool in the understanding of the maternal, placental and fetal interactions which are crucial for a successful pregnancy outcome.

ur medicine gender wellness obstetrics gynecology: *The Gospel of Wellness* Rina Raphael, 2022-09-20 “Next-level revelatory. —Sarah Knight, New York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck* “Excellent...Rina really knows her shit...I'm so thankful for this book.” —Jameela Jamil, actress and host of *I Weigh* Journalist Rina Raphael looks at the explosion of the wellness industry: how it stems from legitimate complaints, how seductive marketing targets hopeful consumers—and why women are opening up their wallets like never before. Wellness promises women the one thing they desperately desire: control. Women are pursuing their health like never before. Whether it's juicing, biohacking, clutching crystals, or sipping collagen, today there is something for everyone, as the wellness industry has grown from modest roots into a \$4.4 trillion entity and a full-blown movement promising health and vitality in the most fashionable package. But why suddenly are we all feeling so unwell? The truth is that deep within the underbelly of self-care—hidden beneath layers of clever marketing—wellness beckons with a far stronger, more seductive message than health alone. It promises women the one thing

they desperately desire: control. Vividly told and deeply reported, *The Gospel of Wellness* reveals how this obsession is a direct result of women feeling dismissed, mistreated, and overburdened. Women are told they can manage the chaos ruling their life by following a laid-out plan: eat right, exercise, meditate, then buy or do all this stuff. And while wellness may have sprung from good intentions, we are now relentlessly flooded with exploitative offerings, questionable ideas, and a mounting pressure to stay devoted to the divine doctrine of wellness. What happens when the cure becomes as bad as the disease? With a critical eye, humor, and empathy, wellness industry journalist Rina Raphael examines how women have been led down a kale-covered path promising nothing short of salvation. She knows: Raphael was once a disciple herself—trying everything from “clean eating” to electric shock workouts—until her own awakening to the troubling consequences. Balancing the good with the bad, *The Gospel of Wellness* is a clear-eyed exploration of what wellness can actually offer us, knocking down the false idols and commandments that have taken hold and ultimately showing how we might shape a better future for the movement—and for our well-being.

ur medicine gender wellness obstetrics gynecology: Research on Women's Health , 1997

ur medicine gender wellness obstetrics gynecology: Textbook of Women's Reproductive Mental Health Lucy A. Hutner, M.D., Lisa A. Catapano, M.D., Ph.D., Sarah M. Nagle-Yang, M.D., Katherine E. Williams, M.D., Lauren M. Osborne, M.D. , 2021-12-07 More women (47.6%) receive mental health services compared with men (34.8%). Women are twice as likely as men to develop major depressive disorder. Furthermore, 10%-15% of women experience depression during the perinatal period, which makes depression one of the most common complications of childbirth (Gaynes et al. 2005). These statistics illustrate that psychiatric disorders in women are common during the reproductive years and that the hormonal fluctuations associated with the reproductive life cycle contribute to the etiology of mental illness in women. Medical practitioners in all fields will encounter female patients with mental illness across the lifespan, particularly major depressive and anxiety disorders. Consequently, there is a great imperative for high-quality educational materials that increase the competency of providers. This outstanding work is divided into two parts. Part I provides a comprehensive overview of the reproductive life cycle and covers mental health concerns across the lifespan, including the relationship between gynecological and sexual health and mental health as well as infertility, the premenstrual period, and perimenopause. Part II is devoted to the perinatal period and offers a conceptual framework for a clinical approach to the pregnant and postpartum patient, followed by evidence-based reviews of the management of psychiatric disorders (by diagnostic category), as well as covering stress in pregnancy, infant mental health, and legal/forensic issues. Critical summaries of the epidemiology, risk factors, screening methods, and clinical features are presented. This book must be required reading for all faculty and trainees who will care for women--

ur medicine gender wellness obstetrics gynecology: **Medical Complications in**

Pregnancy Sabrina D. Craigo, Emily R. Baker, 2005-08-11 Perfect for providing expert care for disorders created or affected by pregnancy. Each disorder-focused chapter opens with a high-yield “pathway” summarizing the best course of action as determined by scientific studies. Useful illustrative case studies, tips, clinical forms, and patient education information are included.

ur medicine gender wellness obstetrics gynecology: *M-Boldened* Caroline Harris,

2020-10-09 It's time to change the global menopause conversation. Let's stop talking just in terms of the stereotyped sweaty, hot-flush beleaguered female, the infertile crone or the wise woman - the reality of the menopause experience is so diverse and deserves to be heard. *M-Boldened: Menopause Conversations We All Need to Have* is a book about menopause unlike any other. Its contributors, speaking from many different walks of life, open up the conversation in new and profound ways for people across the globe. Recognising menopause as a human rights issue that affects everyone everywhere, these 21 chapters cover an astounding range of perspectives, from harrowing experiences of surgical menopause, the impact on relationships and hormonal realities of transitioning, to revelations of shocking neglect in the UK criminal justice system and compelling chapters on menopause as a time of activism, rage, reawakening, transformation and realising your

own power. The honesty, intimacy and passion shared in these pages will make you see menopause in a whole new light. Each chapter shapes a much-needed courageous conversation about how we can and should view menopause and midlife. Read on to be part of the new conversation.

ur medicine gender wellness obstetrics gynecology: The Vagina Bible Dr. Jen Gunter, 2019-08-27 Instant New York Times, USA Today, and Publishers Weekly bestseller! Boston Globe bestseller #1 Canadian Bestseller OB/GYN, The New York Times columnist, host of the show *Jensplaining*, and internationally bestselling author Dr. Jen Gunter now delivers the definitive book on vaginal health, answering the questions you've always had but were afraid to ask—or couldn't find the right answers to. She has been called Twitter's resident gynecologist, the Internet's OB/GYN, and one of the fiercest advocates for women's health...and she's here to give you the straight talk on the topics she knows best. Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing, contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed—whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? OB-GYN Jen Gunter, an expert on women's health—and the internet's most popular go-to doc—comes to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming, vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about: • The vaginal microbiome • Genital hygiene, lubricants, and hormone myths and fallacies • How diet impacts vaginal health • Stem cells and the vagina • Cosmetic vaginal surgery • What changes to expect during pregnancy and after childbirth • What changes to expect through menopause • How medicine fails women by dismissing symptoms Plus: • Thongs vs. lace: the best underwear for vaginal health • How to select a tampon • The full glory of the clitoris and the myth of the G Spot . . . And so much more. Whether you're a twenty-six-year-old worried that her labia are "uncool" or a sixty-six-year-old dealing with painful sex, this comprehensive guide is sure to become a lifelong trusted resource.

ur medicine gender wellness obstetrics gynecology: Disease Control Priorities, Third Edition (Volume 2) Robert Black, Ramanan Laxminarayan, Marleen Temmerman, Neff Walker, 2016-04-11 The evaluation of reproductive, maternal, newborn, and child health (RMNCH) by the Disease Control Priorities, Third Edition (DCP3) focuses on maternal conditions, childhood illness, and malnutrition. Specifically, the chapters address acute illness and undernutrition in children, principally under age 5. It also covers maternal mortality, morbidity, stillbirth, and influences to pregnancy and pre-pregnancy. Volume 3 focuses on developments since the publication of DCP2 and will also include the transition to older childhood, in particular, the overlap and commonality with the child development volume. The DCP3 evaluation of these conditions produced three key findings: 1. There is significant difficulty in measuring the burden of key conditions such as unintended pregnancy, unsafe abortion, nonsexually transmitted infections, infertility, and violence against women. 2. Investments in the continuum of care can have significant returns for improved and equitable access, health, poverty, and health systems. 3. There is a large difference in how RMNCH conditions affect different income groups; investments in RMNCH can lessen the disparity in terms of both health and financial risk.

ur medicine gender wellness obstetrics gynecology: Beyond the Pill Jolene Brighten, 2019-01-29 All women need to read this book.—Dave Asprey, author of *The Bulletproof Diet* Groundbreaking solutions for the common hormonal struggles women face both on and off birth control.—Amy Medling, founder of PCOS Diva and author of *Healing PCOS* A natural, effective program for restoring hormone balance, normalizing your period, and reversing the harmful side effects of 'The Pill'—for the millions of women who take it for acne, PMS, menstrual cramps, PCOS, Endometriosis, and many more reasons other than contraception. Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it

for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book *Beyond the Pill*, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, *Beyond the Pill* is an actionable plan for taking control, and will help readers: Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, *Beyond the Pill* is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

ur medicine gender wellness obstetrics gynecology: Female Pelvic Medicine Kathleen C. Kobashi, Steven D. Wexner, 2021-04-13 This book is designed as a guide for management of advanced clinical scenarios encountered by the contemporary pelvic floor surgeon. It is organized by pelvic floor disorder (PFD) and covers the evaluation and treatment of urinary incontinence, fecal incontinence, and pelvic organ prolapse. Opening chapters in each section cover the fundamentals of proper and comprehensive assessment of patient PFDs, as well as the treatment options that are available for each disorder. The book then focuses on more complex and challenging situations that are becoming more frequently encountered as the number of patients being treated for PFD increases and the length of patient follow-up grows. Each chapter finally includes an expert commentary to address these new scenarios and offers a shifted approach from that required for treatment-naïve patients. *Female Pelvic Medicine: Challenging Cases with Expert Commentary* teaches the reader how to approach the most difficult of clinical situations in a multidisciplinary fashion.

ur medicine gender wellness obstetrics gynecology: Sex- and Gender-Based Women's Health Sarah A. Tilstra, Deborah Kwolek, Julie L. Mitchell, Brigid M. Dolan, Michael P. Carson, 2021-01-19 This book provides primary care clinicians, researchers, and educators with a guide that helps facilitate comprehensive, evidenced-based healthcare of women and gender diverse populations. Many primary care training programs in the United States lack formalized training in women's health, or if they do, the allotted time for teaching is sparse. This book addresses this learning gap with a solid framework for any program or individual interested in learning about or teaching women's health. It can serve as a quick in-the-clinic reference between patients, or be used to steer curricular efforts in medical training programs, particularly tailored to internal medicine, family medicine, gynecology, nursing, and advanced practice provider programs. Organized to cover essential topics in women's health and gender based care, this text is divided into eight sections: Foundations of Women's Health and Gender Based Medicine, Gynecologic Health and Disease, Breast Health and Disease, Common Medical Conditions, Chronic Pain Disorders, Mental Health and Trauma, Care of Selected Populations (care of female veterans and gender diverse patients), and Obstetric Medicine. Using the Maintenance of Certification (MOC) and American Board of Internal Medicine blueprints for examination development, authors provide evidence-based reviews with several challenge questions and annotated answers at the end of each chapter. The epidemiology, pathophysiology, evaluation, diagnosis, treatment, and prognosis of all disease processes are

detailed in each chapter. Learning objectives, summary points, certain exam techniques, clinical pearls, diagrams, and images are added to enhance reader's engagement and understanding of the material. Written by experts in the field, Sex and Gender-Based Women's Health is designed to guide all providers, regardless of training discipline or seniority, through comprehensive outpatient women's health and gender diverse care.

ur medicine gender wellness obstetrics gynecology: *What Do I Say?* James R. Woods, Fay A. Rozovsky, 2003-04-17 *What Do I Say? Communicating Intended or Unanticipated Outcomes in Obstetrics* will help physicians and other health care professionals improve their communication skills with patients and their family members. Written by James R. Woods, a perinatologist, and Fay A. Rozovsky, an attorney, risk management consultant, and authority on informed consent, *What Do I Say?* explores how to explain risk to patients, how to obtain patient consent, and how to talk with patients when adverse events occur. *What Do I Say?* is a comprehensive book that Explains consent as a foundation of the caregiver-patient relationship Explains the legal context for disclosing bad news Outlines the practical issues associated with OB consent In addition to the information, research, and practical advice contained in this helpful volume, *What Do I Say?* is filled with useful case examples that can prepare physicians and other health care professionals for handling communications in potentially high-risk situations.

ur medicine gender wellness obstetrics gynecology: *Pain and Prejudice* Gabrielle Jackson, 2021-03-08 "[A] powerful account of the sexism cooked into medical care ... will motivate readers to advocate for themselves."—Publishers Weekly *STARRED* Review A groundbreaking and feminist work of investigative reporting: Explains why women experience healthcare differently than men Shares the author's journey of fighting for an endometriosis diagnosis In *Pain and Prejudice*, acclaimed investigative reporter Gabrielle Jackson takes readers behind the scenes of doctor's offices, pharmaceutical companies, and research labs to show that—at nearly every level of healthcare—men's health claims are treated as default, whereas women's are often viewed as atypical, exaggerated, and even completely fabricated. The impacts of this bias? Women are losing time, money, and their lives trying to navigate a healthcare system designed for men. Almost all medical research today is performed on men or male mice, making most treatments tailored to male bodies only. Even conditions that are overwhelmingly more common in women, such as chronic pain, are researched on mostly male bodies. Doctors and researchers who do specialize in women's healthcare are penalized financially, as procedures performed on men pay higher. Meanwhile, women are reporting feeling ignored and dismissed at their doctor's offices on a regular basis. Jackson interweaves these and more stunning revelations in the book with her own story of suffering from endometriosis, a condition that affects up to 20% of American women but is poorly understood and frequently misdiagnosed. She also includes an up-to-the-minute epilogue on the ways that Covid-19 are impacting women in different and sometimes more long-lasting ways than men. A rich combination of journalism and personal narrative, *Pain and Prejudice* reveals a dangerously flawed system and offers solutions for a safer, more equitable future.

ur medicine gender wellness obstetrics gynecology: *The Primary Care Consultant* Larry C. James, Raymond A. Folen, 2005-01-01 Given the dramatic changes in health care and technology over the past decade, this book is not intended to be a restatement of the many well-established and now considered traditional tasks that health psychologists engage in. Rather, by highlighting innovative DoD and other programs, we offer new ways of thinking about health psychology that may serve as a guide for the future. The first chapter in this book, for example, provides a new conceptual model and practical primer for the delivery of services in a primary care setting. Imbedded in this and other chapters are paradigm shifts the reader is encouraged to make. The hallowed 50-minute therapy hour, for example, is replaced with an effective 15- to 30-minute session that complements the primary care physician. Where appropriate, authors provide the reader with helpful hints on how to make the transition to these new models a smooth one. In most training programs, it is the psychosocial aspects of the biopsychosocial model that are emphasized. Unfortunately, the biological aspect invariably gets short shrift. Psychological assessment in primary

care and other medical settings demands a greater emphasis on medical history, medical assessment, and medical symptomology, and the authors of chapter 2 address this often missing link. In keeping with the expanding themes of the first two chapters, the third chapter further extends the influence of primary care psychologists through the use of telehealth, with specific attention to the clinical, ethical, and technical issues that emerge with the use of this technology. Next the book presents interventions and treatment models specific to the adult primary care setting. Chapter 4 addresses the importance of a multidisciplinary primary care approach in the treatment of pain management, and this is followed by chapters on treating cardiovascular disease, HIV/AIDS, diab++

ur medicine gender wellness obstetrics gynecology: Taking Action Against Clinician Burnout National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

ur medicine gender wellness obstetrics gynecology: Medical Problems During Pregnancy Carolyn Bernstein, Tamara C. Takoudes, 2017-01-16 This comprehensive, case-based title takes a practical approach to treating the pregnant patient by illustrating common and less common issues that arise during pregnancy. Outlining how difficult it often is to discern normal changes from pathological changes in the pregnant patient, Medical Problems During Pregnancy addresses not only this core dilemma but also a full array of specific, challenging issues to consider when pregnant patients present with conditions like epilepsy, hypertension, cardiac arrhythmias and renal disease – disorders requiring medication despite some risks. Although standard best practices generally determine medication use, the practicality of medication at various stages of pregnancy is highly variable. Medical Problems During Pregnancy outlines key points to consider when prescribing medication and additionally offers a range of practical suggestions that can greatly improve the physician-patient interaction. A unique and invaluable addition to the literature, Medical Problems During Pregnancy will be of great interest to practicing obstetricians, primary care clinicians, family practice physicians, nurse practitioners, and other allied health professionals.

ur medicine gender wellness obstetrics gynecology: Radical Transformational Leadership Monica Sharma, 2017-11-21 Monica Sharma describes how we can source our inner capacities and wisdom to manifest change that embodies universal values such as dignity, compassion, fairness, and courage. Drawing on more than twenty years of work for the United Nations and elsewhere, she presents a radical new approach to transformational leadership, one that creates systems of change where everyone can engage—not just analysts and policy-makers. Demonstrating that we all can be architects of a new humanity, Monica demystifies policy-making, planning, and implementation so that everyone can play an informed and strategic part in eradicating the world's most intractable problems. Using real-life examples from around the world, she shows how our innate characteristics of universal compassion, equity impulse, and human capability can create new patterns that effectively address major challenges such as gross inequality, unbridled hate, conflicts based on social identity, and the never-enough mindset of greed. Written in a straightforward, accessible style, Radical Transformational Leadership outlines a

path-breaking paradigm shift that is already generating equitable and sustainable results across the globe. Winner of the Nautilus Gold Award for Business and Leadership

ur medicine gender wellness obstetrics gynecology: Atlas of Pelvic Anatomy and Gynecologic Surgery E-Book Michael S. Baggish, Mickey M. Karram, 2020-10-01 Combining detailed descriptions of pelvic anatomy with easy-to-follow instructions for gynecologic procedures, *Atlas of Pelvic Anatomy and Gynecologic Surgery*, 5th Edition, is a comprehensive, up-to-date atlas that reflects current practices in this fast-changing field. Pelvic anatomy and surgical operations are depicted through full-color anatomic drawings, correlative surgical artwork with step-by-step photographs, and computer-assisted hybrid photo illustrations. Complete coverage of both conventional and endoscopic surgeries helps you master the full spectrum of surgical procedures. - Covers all frequently performed gynecologic operations including laparotomy, laparoscopic, robotic, hysteroscopic, vaginal, vulvar, and cystoscopic procedures. - Includes expanded sections on gender reassignment surgery and vulvar and cervical surgery, as well as a new chapter devoted to laparoscopic techniques. - Contains a revised anatomic section with updated figures, plus high-quality artwork and clinical photographs throughout—now entirely in full color. - Features numerous videos of surgeries and cadaver dissection. - Ideal for practicing obstetricians-gynecologists, obstetrics-gynecology residents, general surgeons, subspecialists, nurses, and medical students with an interest in gynecology. - Enhanced eBook version included with purchase, which allows you to access all of the text, figures, and references from the book on a variety of devices.

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ur medicine gender wellness obstetrics gynecology: Adult Transgender Care Michael R. Kauth, Jillian C. Shipherd, 2017-10-12 *Adult Transgender Care* provides an overview of transgender health and offers a comprehensive approach to training mental health professionals in transgender care. The book takes an interdisciplinary approach to transgender care, emphasizing the complementary contributions of psychiatry, psychology, and social work in providing transgender care within an integrated treatment team. Included in this text are overviews of how to conceptualize and provide treatment with complex and difficult clinical presentations and considerations for understanding how to address system-level challenges to treatment. *Adult Transgender Care* meets a unique need by providing detailed information, clinical interventions, case studies, and resources for mental health professionals on transgender care.

ur medicine gender wellness obstetrics gynecology: Utilizing Problem-Based Learning in Anesthesiology Careers Stacey Watt, Patricia Fogarty Mack, 2021-05-04 The evolution of medical education has stretched far beyond the historic “see one, do one and teach one” model of learning. Problem-Based Learning has emerged within medical education as an incredibly effective method of medical instruction. It is used to teach students how to think critically, formulate solutions and utilize the group learning environment to accelerate understanding at a pace that far exceeds that of didactic lectures. This book will help the reader harness the power of active learning through Problem-Based Learning, providing an understanding of how to conduct an outstanding Problem-Based-Learning session and properly prepare for it.

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ur medicine gender wellness obstetrics gynecology: Obstetric and Gynecologic Ultrasound Karen L. Reuter, T. Kemi Babagbemi, 2007 Part of the popular Case Review series, this outstanding

Board review book presents over 200 unknown cases-complete with over 350 state-of-the-art images, questions, answers, commentary, references, and more-to enhance your imaging interpretation skills in obstetric and gynecologic ultrasound. Discussions incorporate the most recent knowledge from OB/GYN ultrasound literature, providing an excellent review for both residents and practitioners. Follows the format of the Boards, and offers case studies similar to those likely to be found on exams, for a realistic preparation for the test-taking experience. Presents cases in 3 overall categories-from least to most difficult-to build your skills in a cumulative way. Offers cross references to *Ultrasound: The Requisites*, 2nd Edition so it's easy to find in-depth information on any subject. Features over 350 state-of-the-art images-many of them new to this edition-that capture the full range of imaging findings in obstetric in gynecologic ultrasound. Places an increased emphasis on differential diagnosis, to help you distinguish specific diseases and disorders from others that have a similar sonographic presentation. Includes new coverage of abnormal IUD location . chorioangioma of the placenta . invasive molar pregnancy . fetal tachycardia causing non-immune fetal hydrops . vasa previa . fetal arachnoid cyst . amniotic sheet and amniotic band syndrome . postmenopausal ovarian cyst . autosomal recessive polycystic renal disease in the fetus . bladder flap hematoma . and more. Groups cases by topic for a more efficient, targeted review of information.

ur medicine gender wellness obstetrics gynecology: Heart Smart for Women Jennifer H. Mieres MD, Stacey Rosen, Sotiria Everett Edd Rd, 2018-01-23 Heart Smart for Women, Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living equips women of all ages with a comprehensive program for heart-healthy living. This book is a call to action for women everywhere and the message is a positive one: Heart disease is preventable! Leading cardiologists, Drs. Jennifer Mieres and Stacey Rosen simplify complex medical content with clear illustrations, real patient stories, and a practical step by step approach to living your most heart healthy life. Good health is not a given. It is something we must work for by taking control of our lives and putting ourselves first. More than 90 percent of all women have one or more risk factors of heart disease, and more than 44 million women living in the United States about a third of the female population suffer from some form of it. However, every one has the opportunity to live well and conquer it. Heart Smart for Women offers a complete roadmap for women of all ages on their journey to heart-healthy living. It details the workings of the healthy heart and the diseased heart, and provides the necessary vocabulary for ensuring that women are equipped to have meaningful communication with their physicians. The book includes an assessment of personal risk factors, a clear, step by step program to begin or advance an exercise routine, ways to ensure that your kitchen and pantry are stocked with heart healthy foods, tips for dining at home and in restaurants and suggestions for how to form and maintain a true partnership with your doctor.

ur medicine gender wellness obstetrics gynecology: Womancode Alisa Vitti, 2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

ur medicine gender wellness obstetrics gynecology: Gynecologic Imaging John Cunningham Anderson, 1999 Addresses the needs of the radiologist and gynaecologist for a comprehensive, one-stop source, providing information and guidance on all the imaging and interventional

modalities available in an important sub-specialty area of both radiology and gynaecology. all imaging modalities available are discussed and integrated into each chapter covers both diagnostic and interventional procedures authors reflect the spectrum of expertise needed to understand gynaecological imaging cover both the normal and abnormal appearances congenital, benign and malignant conditions of each anatomical component fully discussed includes chapters on screening for ovarian and endometrial malignancy several chapters devoted to the pelvis, in children and in, postpartum and postmenopausal women fully illustrated, with over 1000 half-tones and line-drawings and 50 colour illustrations

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