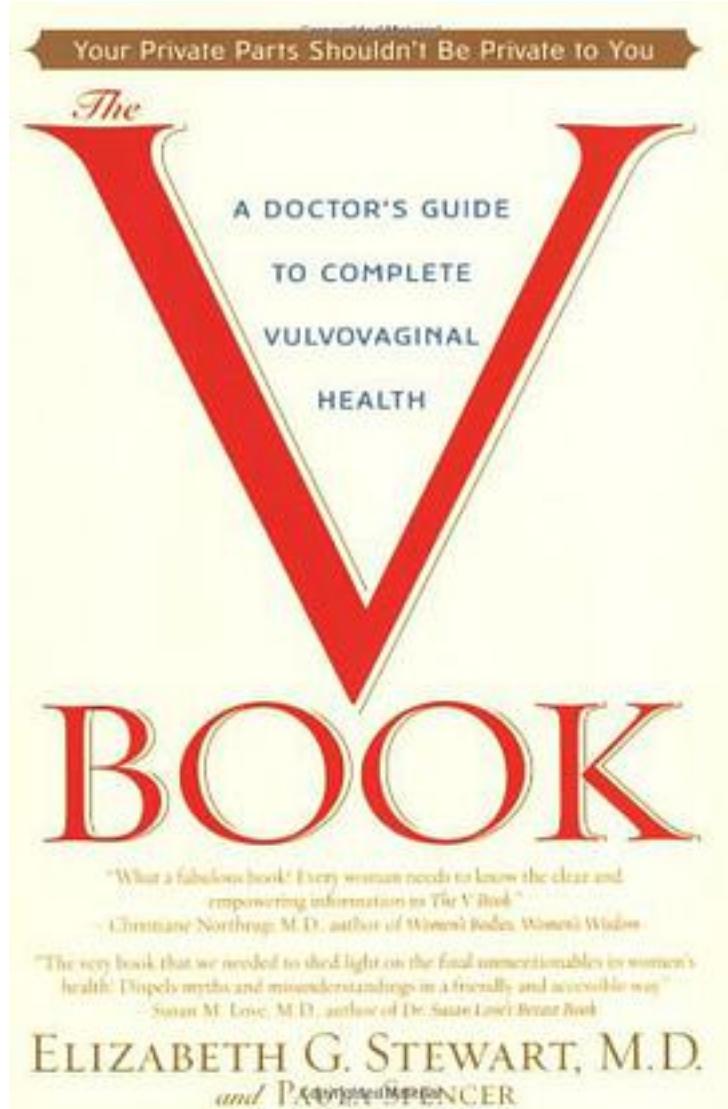


The V Book



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著者:Elizabeth G. Stewart

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The Groundbreaking Guide Every Woman Needs With The V Book, women will learn everything they need to know about the basics of vulvovaginal--or "V"--health, an essential yet often overlooked area of women's health. Dr. Elizabeth G. Stewart, the nation's foremost expert in vulvovaginal care and sexual-pain disorders, answers the questions about the all too common "V" ailments that women are embarrassed to discuss even with their doctors. Drawing upon the latest medical research and two decades of experience treating thousands of women in her specialized gynecological practice, Dr. Stewart has compiled a wealth of information and advice. This comprehensive and authoritative guide for women of all ages includes: * How your vulvovaginal concerns change throughout the life cycle, from your teens through menopause and beyond

- * How to pick a good gynecologist, and how to ask the right questions
- * Dos and don'ts of V hygiene--and why sometimes less is better
- * The safest use of tampons, pads, and pantiliners
- * How to handle common symptoms, such as redness, itching, dryness, and discharge
- * Which medical tests you should insist upon from your doctor
- * Tips for safe and pleasurable sex, and what to do when sexual intercourse is painful
- * The latest research on vulvodynia, the vaginal pain syndrome that won't go away
- * Diagnosing and treating yeast infections, allergies, and other ailments
- * What to do if your doctor detects cancer or precancer cells And much, much more... "What a fabulous book! Every woman needs to know the clear and empowering information in The V Book." --Christiane Northrup, M.D., author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause "The very book that we needed to shed light on the final unmentionables in women's health! The V Book dispels myths and misunderstandings in a friendly and accessible way and puts vital information in the hands of women who need it." --Susan M. Love, M.D., author of Dr. Susan Love's Breast Book and Dr. Susan Love's Hormone Book "Dr. Stewart is the right clinician to help advance our understanding of the health and problems of the vulva and vagina. I highly recommend The V Book for all women and all clinicians who care for women." --Robert L. Barbieri, M.D., Chairman, Department of Obstetrics and Gynecology, Brigham and Women's Hospital and Harvard Medical School

作者介绍:

伊丽莎白 · G. 斯图尔特 (Elizabeth G. Stewart)

美国哈佛大学医学院外阴阴道健康方面的专家，同时还是布莱根妇女医院的一名妇科专家。斯图尔特是一位有远见的外阴阴道方面的研究者及医师，极力向大众宣传外阴阴道健康的重要性，成就卓越。

宝拉 · 斯宾塞 (Paula Spencer)

《女性的一天》《健康及家庭》《父母杂志》《婴儿牙牙学语》《美国周刊》和其他杂志的健康专栏作家。另有《期待新生儿，你需要知道的一切》等四本著作。

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个人管理

评论

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书评

就当你从来没见过以下这些题目，准备来个小考吧。预备，开始：

一、你可以很自在、很大声地对医生说出“阴道”这个词吗？

二、下列哪种脱毛方法才能安全地使用在“三角地带”呢？剃刀、蜜蜡、化学药剂还是电解脱毛？三、如果卫生棉或是避孕套在阴道里不见了该怎么办？四、为...

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