

# Dr. Nieca Goldberg's Complete Guide to Women's Health



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If you're a woman over thirty-five, you probably have a lot of stress in your life—maybe even more than you realize. You're also likely low on energy, gaining weight, and not sleeping as well as you once did. The fact is: Your body is changing. A renowned physician and pioneer in women's heart health, Dr. Nieca Goldberg knows what you're going through. In this welcome book you'll find

- the normal physical changes you can expect to experience at age thirty-five and after
- treatments for over- and underactive thyroids and other hormone issues
- the signs, symptoms, and management of type 1 and type 2 diabetes
- facts on fertility, contraceptives, pregnancy, and menopause
- information on good breast health, including preventive breast-cancer measures

- a comprehensive heart-to-heart about your cardiovascular system
- dealing with GERD, stomach ulcers, gallstones, IBS, IBD, and colon cancer
- strategies for keeping bones strong, fending off arthritis, and coping with foot and back pain
- the importance of diagnosing sleep apnea and saying good night to insomnia
- revelations about the mind-body connection—countering stress and relieving depression
- the ins and outs of medical exams—what to ask, and when to change doctors

With warmth and encouragement, Dr. Nieca Goldberg gives you the solid information you need on the path to great health.

作者介绍:

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