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progesterone. However, some women go through menopause early due to:

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in that healthy 76 percent.

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health care, including birth control,
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This important book is a guide to understanding cancer and its causes. Dr. Elizabeth Whelan, a nationally known consumer advocate, explains in

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layperson's terms what the average consumer can do to reduce the risks of contracting this most feared of diseases. For decades, Americans have assumed that cancer strikes in wholly unpredictable ways and that it is simply a matter of fate that one person is afflicted with the disease

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while another is not. Yet Whelan points to research showing that when it comes to cancer risks, we largely determine our own fates. Science has made great strides in recent years toward understanding the causes of this complex illness. As a result Whelan believes that we now have the

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knowledge to significantly reduce the incidence of cancer nationwide. But how does the average person interpret the confusing array of warnings and suspicions regarding cancer risks, which are reported almost daily in the news media? Whelan goes to great lengths to separate the unproven

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hypothetical causes of cancer from reliable scientific findings. Above all, tobacco in all its forms and uses is the main culprit: estimates now attribute some 40 percent of cancer incidence to exposure to tobacco. Whelan also discusses other contributing factors such as diet, alcohol, radioactivity,

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average reader in mind. This book is a must for all public libraries, and libraries at the high school and college level. It should be recommended supplemental reading for high school and college students taking courses in the health sciences and will be of reference help to teachers preparing

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to-understand format. The book addresses the physical and mental demands of the game, including the differences between boys' and girls' games and the differences in the levels of play in youth, college, and professional leagues; nutrition fundamentals, including food, drink,

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and vitamin supplements; physiology
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This guidebook also contains full-color charts and diagrams to help readers understand their bodies and offers information not found in other women's health resources, such as how to teach women to read a Prescription Drug Label, explore insurance options,

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live your entire life without it, and your chances of dying from it decrease from 50 percent to a strikingly low 8 percent. The key to preventing heart disease is embracing a heart-healthy lifestyle—and the sooner, the better. In this groundbreaking book, the American Heart Association shows

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you how even the smallest changes can make a big difference over time to protect the health of your heart. The Complete Guide to Women's Heart Health explains how gradual and sustainable shifts in your routine, such as using just a little more than one percent of your time each week to

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exercise or losing just 10 percent of your body weight, can have a far-reaching impact on your health. With specific pointers on diet, exercise, and health care, this book shows you how to get past the common obstacles as well as how to make taking care of your heart easy and attainable for the

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busy life you lead, at every age. In chapters targeted for every decade of a woman's life from her 20s to her 70s and beyond, the American Heart Association gives women age-appropriate advice on healthy lifestyle choices and heart-health care. Additional information addressing

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