

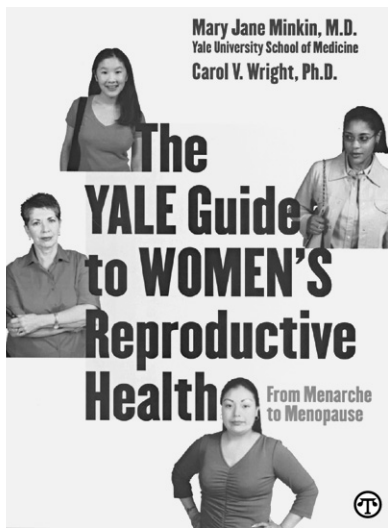
Women's Reproductive Health: New Book by Yale Ob/Gyn Answers Questions, Debunks Myths

(NAPSA)—Dr. Mary Jane Minkin has always been passionate about women's health—ever since becoming the second female resident in obstetrics and gynecology at the Yale University School of Medicine. After 25 years as a practicing gynecologist, this professor, columnist for *Prevention* magazine and pioneer in women's health, has published a new definitive guide to help set the record straight about many of the common myths and misconceptions about reproductive health.

In *The Yale Guide to Women's Reproductive Health: From Menarche to Menopause*, Dr. Minkin covers important health issues from the teen years up to middle age, and addresses countless myths and misconceptions she has encountered in her practice. **Some of those myths include:**

- **Many women think their periods get easier to manage as they get older.** "Not always the case," says Dr. Minkin. "In the years leading up to menopause, it's common for women's periods to become erratic and sometimes very heavy—a condition called menorrhagia." But women don't have to suffer with the inconveniences of heavy periods. Hormone treatment or birth control pills can be used to reduce menstrual flow. For women who prefer not to take this medication or cannot tolerate it, a one-time treatment called endometrial ablation, which uses a balloon-like device filled with hot water to treat the lining of the uterus, helps alleviate heavy bleeding.

- **Fibroids lead to cancer.** "Not true," says Dr. Minkin. "Fibroids are rarely cancerous, but they can be problematic, causing pelvic pain and discomfort. They also can be a cause of heavy periods." Today there are several options for treating fibroids, many which allow women to preserve their uterus and avoid hysterectomy.



- **Women are responsible for most fertility problems.** "Incorrect," says Dr. Minkin. "Research shows that when fertility problems arise, men and women are almost equally responsible." There are, however, new medications and treatment options that doctors can use to help determine and correct the problem.

Other chapters of the book review contraception, diseases and disorders of the female reproductive system, breast health, fertility and infertility, problems associated with pregnancy (including testing, miscarriage, and ectopic pregnancy), sex in our society, and lifestyle issues. The book's question-and-answer format makes it easy for readers to find specific information about women's health.

Dr. Minkin says, "I want women to have accurate and reliable information about the changes their bodies experience during the reproductive years. Women should use this book of knowledge as a stepping stone to talking with their doctor."

The Yale Guide to Women's Reproductive Health is now available at bookstores nationwide and through www.amazon.com.