CONTENTS

LIST OF ILLUSTRATIONS vii

PREFACE xi

1 Your Reproductive System and How It Works 1
2 You and Your Gynecologist 12
3 Menstruation: Problems and Possible Solutions 30
4 Premenstrual Syndrome 60
5 Contraceptive Choices and Responsibilities 71
6 Vaginitis and Urinary Tract Infections 139
7  Sexually Transmitted Diseases  154
8  Fibroids and Endometriosis  194
9  Cervical, Ovarian, and Endometrial Cancer  223
10  Breast Health  249
11  Planning for Pregnancy  279
12  Fertility and Infertility  298
13  Abortion, Miscarriage, and Ectopic Pregnancy  328
14  Sex and Society  361
15  Lifestyle Issues  378

AFTERWORD  391
GLOSSARY  395
RESOURCES  412
INDEX  433