

► 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