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**BLACK WOMEN'S
GUIDE TO A
HEALTHY HEART**



ANNE TAYLOR, M.D.
AND THE ASSOCIATION OF BLACK CARDIOLOGISTS

African American Womens Guide To A Healthy Heart

Hope Landrine, Elizabeth A. Klonoff



African American Womens Guide To A Healthy Heart:

The African-American Woman's Guide to a Healthy Heart Anne L. Taylor, 2004 This important and informative work addresses the causes behind cardiovascular health disparities between black women and their white counterparts including poor diet inadequate access to quality healthcare and infrequent visits to the physician More than simply diagnosing the problem however this guide empowers black women to take the necessary steps toward lowering their risk of heart attack and stroke enables them to work more effectively with health care professionals and informs them about risk factors and how to negotiate the health care system A comprehensive list of resources is also provided

The African-American Woman's Guide to a Healthy Heart, 2004 Ebony, 2005-02 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

A Woman's Guide to a Healthy Heart Carol Simontacchi, Frances Fitzgerald, 2004 Often thought of as a men's disease heart disease is the leading cause of death among women and one of the most often misdiagnosed This important book provides women with much needed advice on reducing treating and preventing heart ailments naturally In detail the authors explore the causes and effects of cardiovascular disease as well as the latest heart medication and surgeries They also offer specific food and exercise recommendations designed to promote heart health

Ebony, 2004-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

Ebony, 2005-02 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

African American Women's Health and Social Issues Catherine Fisher Collins, 2006-07-30 Written by a team of experts that includes doctors nurses social workers psychologists and chemists this handbook focuses on the diseases that pose the greatest threat to African American women today Topics include African American women and heart disease sickle cell breast cancer diabetes HIV and AIDS as well as mental illness Social issues that affect health are also examined including poverty homelessness stress racism sexism and treatment disparities Two thirds of the chapters are all new with fresh topics and information and the remaining chapters have been completely updated

Black Women's Health Hope Landrine, Elizabeth A. Klonoff, 2014-10-13 In this special issue top researchers from a diversity of disciplines provide an overview of and insights into the major social cultural and structural variables that play a role in Black women's poor health and differential morbidity and mortality The articles focus on the major threats to Black women's health such as diabetes obesity cancer violence and AIDS and utilize a wide range of qualitative and quantitative methods from medicine psychology sociology and feminist analysis Among the articles are An examination of the role of Black women's cultural and ethnomedical beliefs in their use of cancer screening by Laurie

Hoffman Goetz and Sherry Mills of the National Cancer Institute An empirical analysis of Black women s utilization of health services entailing more than 18 000 women by Lonnie Snowden and his colleagues at the University of California Berkeley Center for Mental Health Services Research A comprehensive review and empirical analysis of the role of violence in Black women s health by Nancy Felipe Russo Arizona State University Mary Koss University of Arizona and Gwen Keita APA Office on Women An empirical investigation of the role of social and contextual variables in HIV risk among low income Black women by Kathleen Sikkema Timothy Heckman and Jeffrey Kelly of the Center for AIDS Intervention Research Medical College of Wisconsin Other articles include comprehensive and critical analyses and reviews of diabetes breast cancer risk perceptions and obesity among Black women as well as analyses of Black women s exclusion from research in medicine women s health health psychology and behavioral medicine The first issue of any psychology journal to be devoted to the health of Black women this special issue is a step in the direction of redressing the long overdue neglect of Black women s health It provides a cogent overview of the state of Black women s health numerous empirical investigations and clear suggestions for future research

Her Healthy Heart Linda Ojeda, Ph.D.,1998-08-14 More women between the ages of 44 and 65 die of heart disease than from all types of cancer combined Her Healthy Heart provides detailed information on how women can reduce their risk of heart disease by making changes in diet increasing physical activity and managing stress

Fuel your quest for knowledge with is thought-provoking masterpiece, Explore **African American Womens Guide To A Healthy Heart** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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African American Womens Guide To A Healthy Heart Introduction

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