



WOMEN'S HEALTH

Helping Women Understand Their Bodies

(NAPSA)—For most women, the inner workings of the body remain one of life's greater mysteries...a subject best left to doctors and other healthcare providers.

After all, how many women want to wade through a 600-page medical reference? Or tackle paragraph after paragraph of word-heavy text?

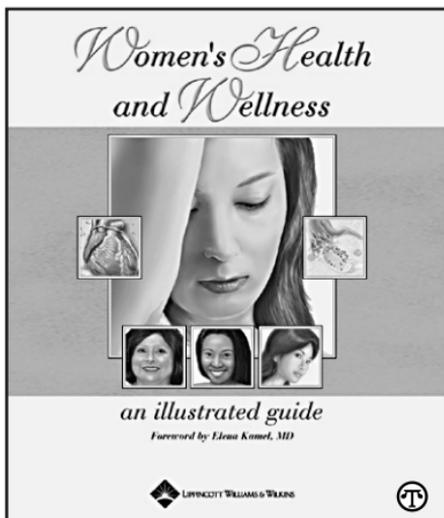
But thanks to Anatomical Chart Company—the folks whose familiar illustrations adorn your doctor's walls—understanding women's health issues has just become a whole lot easier. Now, consumers can own—or give as the ultimate practical gift—an up-to-date, user-friendly medical reference that's informative, accessible and easy to understand.

That book is *Women's Health and Wellness: An Illustrated Guide* (Lippincott Williams & Wilkins, \$24.95). It's about women, for women—and relies primarily upon meticulously illustrated images—not words—to convey key concepts.

"The goal," says co-creator Lesley Weeks Ochoa, product development manager at Anatomical Chart Company, "is to make health issues more understandable and to facilitate communication between women and their physicians."

That's why the company, which has been creating its famous anatomical charts for more than 30 years, gathered a team of medical illustrators, health writers, and outside medical experts to create this first-of-its kind illustrated guide.

The 144-page book features more than 100 full-color illustrations, providing an at-a-glance understanding of all major women's health issues—including cardio-



A new illustrated medical reference makes women's health issues easier to understand.

vascular disease, cancers, osteoporosis, irritable bowel syndrome, menopause and stress and panic disorders. In addition, it addresses healthy lifestyle factors such as diet, nutrition and smoking. And it contains a comprehensive list of additional online health information resources.

The information comes from such sources as the National Women's Health Information Center and the U.S. Department of Health and Human Services' National Institutes of Health. Furthermore, it is grounded in gender-based biology.

For example, women display different heart attack symptoms than men do. They react differently to medications—even aspirin. They are two-and-a-half times more likely to develop an autoimmune disease such as diabetes, multiple sclerosis or rheumatoid arthritis.

This book is available at bookstores, by calling 1-800-ANATOMY or by visiting www.anatomical.com.