

OUR BODIES, OURSELVES

PREGNANCY AND BIRTH



The Boston Women's Health Book Collective



Our Bodies Ourselves Pregnancy And Birth

Wendy Kline



Our Bodies Ourselves Pregnancy And Birth:

Our Bodies, Ourselves: Pregnancy and Birth Boston Women's Health Book Collective, Judy Norsigian, 2008-03-04 The trusted editors of *Our Bodies Ourselves* called a feminist classic by The New York Times present a comprehensive guide to pregnancy and childbirth from prenatal care and emotional well being to how to handle the pain of childbirth. Pregnancy and birth are as ordinary and extraordinary as breathing, thinking or loving. But as soon as you announce you're expecting, you may be bombarded with advice from every angle: well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn't do, and it's easy to feel overwhelmed by their conflicting recommendations. *Our Bodies Ourselves: Pregnancy and Birth* will help you sort fact from fiction, giving you the most accurate research up to date information and the firsthand experiences of numerous women who have been exactly where you are today. You'll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about: Choosing a good health care provider, Selecting a place of birth, Understanding prenatal testing, Coping with labor pain, Speeding your physical recovery, Adjusting to life as a new mother. *Our Bodies Ourselves: Pregnancy and Birth* is an essential resource for women that will guide you through the many decisions ahead.

Our Bodies, Ourselves Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 Hailed by The New York Times as a feminist classic and America's bestselling book on women's health, the comprehensive guide to all aspects of women's health and sexuality including menopause, birth control, childbirth, sexual health, sexual orientation, gender identity, mental health, and general well-being. Six years after the 2005 overhaul of this classic guide to women's health, the 2011 edition focuses on what *Our Bodies Ourselves* does best: provide information on women's reproductive health and sexuality, practical information on how to find and access health information and resources, stories and information to educate women about health care injustices and inspire them to work collectively to address them. This new edition of *Our Bodies Ourselves* includes the latest vital information on changes in the health care system, especially how health care reform affects women and how to get the care you need. Safer sex, how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner. Environmental health risks including minimizing exposure to everyday pollutants that endanger reproductive health. Body image, resisting negative media stereotypes and embracing healthier approaches to looking and feeling good. Local and global activism using social media and organizing tactics to build community and advocate for policies that improve women's lives. As well as crucial information about gender identity, sexual orientation, birth control, abortion, pregnancy and birth, perimenopause and sexuality and sexual health as we age. Together with its companion website OurBodiesOurselves.org, *Our Bodies Ourselves* is a one-stop resource for women of all generations.

Our Bodies, Ourselves Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 THE BESTSELLING WOMEN'S HEALTH CLASSIC INFORMING AND INSPIRING WOMEN ACROSS

GENERATIONS Hailed by The New York Times as a feminist classic this comprehensive guide to all aspects of women's sexuality and reproductive health including menopause birth control childbirth sexual health sexual orientation gender identity mental health and overall wellbeing changed the women's health movement around the world and remains as important and relevant as ever Providing detailed and empowering information on women's reproductive health and sexuality this latest edition of *Our Bodies Ourselves* shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them Including the latest vital information on Changes in the health care system especially how health care reform affects women and how to get the care you need Safer sex how to engage in pleasurable satisfying sexual experiences while protecting your health and the health of your partner Environmental health risks including minimizing exposure to everyday pollutants that endanger reproductive health Body image resisting negative media stereotypes and embracing healthier approaches to looking and feeling good Local and global activism using social media and organizing tactics to build community and advocate for policies that improve women's lives As well as crucial information about gender identity sexual orientation birth control abortion pregnancy and birth perimenopause and sexuality and sexual health as we age Together with its companion website OurBodiesOurselves.org *Our Bodies Ourselves* is a one stop resource that belongs on the bookshelves of women of all ages

Bodies of Knowledge Wendy Kline, 2010-10-15 Throughout the 1970s 1980s women argued that unless they gained information about their own bodies there would be no equality Wendy Kline considers the ways in which ordinary women worked to position the female body at the centre of women's liberation *Criminal Justice Responses to Maternal Filicide* Emma Milne, 2021-08-27 Milne provides a comprehensive analysis of conviction outcomes through court transcripts of 14 criminal cases in England and Wales during 2010 to 2019 Drawing on feminist theories of responsabilisation and gendered harm she critically reflects on the gendered nature of criminal justice's responses to suspected infanticide

Prenatal and Postnatal Care Karen Trister Grace, Cindy L. Farley, Noelene K. Jeffers, Tanya Tringali, 2023-10-23 Prenatal and Postnatal Care Situate pregnancy in the emotional and physical life of the whole person with this bestselling guide Prenatal and postnatal care are important and dynamic areas in healthcare research and practice The needs of the childbearing person before and after birth are complex and intensely personal combining significant physiological impact with broader emotional needs In order to supply optimal care providers must account not only for physiological factors but also for cultural social experiential and psychological ones Prenatal and Postnatal Care takes a holistic person centered approach to prenatal and postnatal care Emphasizing the pregnant person and their unique needs this book presents prenatal and postnatal care as foundational care for a healthy start to family life This accessible comprehensive book provides unique knowledge and skills to practitioners so that they can make a positive difference to the people they serve Readers of the third edition of Prenatal and Postnatal Care will also find New chapters covering health equity ethics in

perinatal care exercise and more All chapters updated to reflect evidence concerning health disparities and inequities Concrete ways for clinicians to disrupt the systems of harm and exclusion that can mediate care at every level Prenatal and Postnatal Care is essential for midwives nurse practitioners physician assistants and other healthcare providers who work with childbearing people *Natural Hospital Birth* Cynthia Gabriel, 2017-08 Offers expectant mothers seeking natural childbirth in a hospital a detailed look at pregnancy and labor explaining how to create a mutually supportive relationship among birth care providers and make informed choices *El Libro Esencial para Madres Lactantes* Kathleen Huggins, 2010-09-17 The best selling classic and go to guide to breastfeeding by Kathleen Huggins RN in Spanish Aunque la lactancia es un proceso natural por antonomasia no resulta del todo intuitiva para las madres o los bebés La edición del 25 aniversario de este libro clásico es una más completa que las anteriores Contiene Guías de cuidados para la solución de dificultades un nuevo capítulo dedicado exclusivamente a los extractores de leche y la extracción nuevas tablas de crecimiento específicamente para bebés amamantados y un apéndice actualizado sobre la seguridad de distintos medicamentos Durante la lactancia Empezando con la preparación Durante el embarazo hasta llegar al destete El libro esencial para madres lactantes te enseña todo lo que necesita saber sobre cómo amamantar a tu bebé **Nursing Mother's Companion - 6th Edition** Kathleen Huggins, 2010-09-17 Breastfeeding is natural but it is not entirely instinctive for either mothers or babies The Nursing Mother's Companion has been among the best selling books on breastfeeding for 25 years and is respected and recommended by professionals and well loved by new parents for its encouraging and accessible style Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully from the first week through the toddler years or somewhere in between This fully updated and extensively revised edition provides new information on topics such as Nursing after a cesarean How to resume breastfeeding after weaning relactation Nursing a near term 3 to 5 weeks premature baby Treating postpartum headaches and nausea Nutritional supplements to alleviate postpartum depression Sharing a baby with baby co sleeping and the risk of SIDS Introducing solid foods Expressing storing and feeding breast milk Reviews of breast pumps Readers will also find Huggins's indispensable problem solving survival guides set off by colored bands on the pages for quick reference as well as appendices on determining baby's milk needs in the first six weeks and the safety of various drugs during breast feeding Now more than ever The Nursing Mother's Companion is the go to guide every new mother should have at hand **Women's Health in Primary Care - E-Book** Lisa Ferguson, Susan M. Kendig, Sarah B. Freeman, Kelly Ellington, 2023-04-29 American Journal of Nursing AJN Book of the Year Awards 1st Place in Adult Primary Care 2023 Featuring a holistic woman centered focus and uniquely organized for consistency with the AWHONN NPHW Guidelines for Practice and Education this completely new textbook for primary care Nurse Practitioners Physician Assistants and other primary care practitioners responsible for women's health provides a strong evidence based clinical foundation for primary care of women Coverage includes

foundational concepts in women's health well woman care throughout the lifespan and primary care management of common conditions affecting women UNIQUE Holistic woman centered approach to women's health for primary care addresses the full breadth of foundational women's health content for primary care including foundational concepts well woman care throughout the lifespan and primary care management of common conditions affecting women UNIQUE Evidence based content organized by the latest AWHONN NPWH and national well woman guidelines features a rigorous basis in the latest research and national and international clinical guidelines for women's health Strong emphasis on patient diversity interprofessional collaboration and clinical integration examines LGBTQ issues global health underserved populations and coordination of care across a continuum of services including preventive outpatient inpatient acute hospital care and post acute care including skilled nursing rehabilitation home health services and palliative care Key Points at the end of each chapter summarize take home points Not to Be Missed boxes call attention to red flags that should not be missed e.g. signs of human trafficking breast lumps low back pain in pregnancy and the need for HIV counseling testing Patient Centered Care boxes demonstrate how to tailor care to patients in special populations or situations such as LGBTQ clients those with disabilities older women military veterans people of various racial and ethnic groups religious cultural variations etc Safety Alert boxes call attention to special precautions to protect patients and ensure their safety Clinical Survival Tip boxes cover topics that you need to know when immersed into a clinical setting Full color design and illustrations facilitate learning

Pregnancy, Childbirth, and the Newborn Janet Walley, Penny Simkin, Ann Keppler, Janelle Durham, April Bolding, 2016-03-29 If you only buy one pregnancy book this should be the one It's the most complete It covers all aspects of childbearing from conception through early infancy and tells you what to expect It offers detailed information suggestions on decisions to make and advice on steps to take to have a safe and satisfying experience The Award Winning Resource Recommended by Experts Loved by Parents Parents love this book because it puts them in control by explaining a wide range of options information and questions to ask so parents can find what works best for their health situation personal goals and priorities Experts love this book because it's based on the latest medical research and recommendations from leading health organizations It's practical rooted in the real life experiences of new families The five authors bring a combined total of 150 years of experience working with expectant and new families as educators nurses counselors doulas physical therapists and lactation consultants They have attended hundreds of births heard thousands of birth stories and assisted innumerable new parents in adapting to their new lives Not only that the authors have a combined total of 12 children and 12 grandchildren All of this experience allows them to write with compassion understanding and wisdom based on what really works in the real world of parenting The companion website offers even more details on select subjects including lists of all the best resources on each topic and worksheets to guide parents decision making process The website also includes a bonus chapter on pre conception which provides ways to improve your health and fertility before pregnancy begins *Social Injustice and Public*

Health Barry S. Levy, Victor W. Sidel, 2013-09-19 This second edition of *Social Injustice and Public Health* is a comprehensive up to date evidence based resource on the relationship of social injustice to many aspects of public health With contributions from leading experts in public health medicine health social sciences and other fields this integrated book documents the adverse effects of social injustice on health and makes recommendations on what needs to be done to reduce social injustice and thereby improve the public's health *Social Injustice and Public Health* is divided into four parts The nature of social injustice and its impact on public health How the health of specific population groups is affected by social injustice How social injustice adversely affects medical care infectious and chronic non communicable disease nutrition mental health violence environmental and occupational health oral health and aspects of international health What needs to be done such as addressing social injustice in a human rights context promoting social justice through public health policies and programs strengthening communities and promoting equitable and sustainable human development With 78 contributors who are experts in their respective subject areas this textbook is ideal for students and practitioners in public health medicine nursing and other health sciences It is the definitive resource for anyone seeking to better understand the social determinants of health and how to address them to reduce social injustice and improve the public's health

Mothers in the Jewish Cultural Imagination Marjorie Lehman, Jane L. Kanarek, Simon J. Bronner, 2017-08-01 Most Jews will feel intimately familiar with and attached to the figure of the Jewish mother yet few have questioned representations of mothers and motherhood in Jewish culture This volume aims to fill this gap by bringing to the fore the vast network of symbols and images which Jews have associated with mothers from the Bible to the modern period It demonstrates the complex ways in which the Jewish mother has been used to construct and frame Jewish religion and culture

Cut It Out Theresa Morris, 2016-11 Of comparative developed countries only Brazil and Italy have higher c section rates c sections occur in only 19 percent of births in France seventeen percent of births in Japan and sixteen percent of births in Finland How did this happen Here the author challenges most existing explanations of the unprecedented rise in c section rates which locate the cause of this trend in physicians practicing defensive medicine women choosing c sections for scheduling reasons or women's poor health and older ages The explanation of the c section epidemic is more complicated taking into account the power and structure of legal political medical and professional organizations gendered ideas that devalue women hospital organizational structures and protocols and professional standards in the medical and insurance communities

American Women of Science since 1900 Tiffany K. Wayne, 2010-10-11 A comprehensive examination of American women scientists across the sciences throughout the 20th century providing a rich historical context for understanding their achievements and the way they changed the practice of science Much more than a Who's Who this exhaustive two volume encyclopedia examines the significant achievements of 20th century American women across the sciences in light of the historical and cultural factors that affected their education employment and research opportunities With coverage that includes a number of scientists

working today the encyclopedia shows just how much the sciences have evolved as a professional option for women from the dawn of the 20th century to the present American Women of Science since 1900 focuses on 500 of the 20th century's most notable American women scientists many overlooked undervalued or simply not well known In addition it offers individual features on 50 different scientific disciplines Women in Astronomy etc as well as essays on balancing career and family girls and science education and other sociocultural topics Readers will encounter some extraordinary scientific minds at work getting a sense of the obstacles they faced as the scientific community faced the questions of feminism and gender confronting the nation as a whole

Prenatal and Postnatal Care Robin G. Jordan, Cindy L. Farley, Karen Trister Grace, 2018-04-03 Prenatal and Postnatal Care The second edition of the comprehensive and award winning text on prenatal and postnatal care The updated edition of Prenatal and Postnatal Care offers a comprehensive text for the care of the woman during the childbearing year The expert author team presents information needed to master foundational knowledge in anatomy physiology psychology culture the structure of preconception prenatal and postnatal care as well as the management of common health problems This edition has been revised throughout and contains six new chapters on the following topics prenatal ultrasound triage of the pregnant woman assisting women to develop confidence for physiologic birth pregnancy after infertility oral health and issues around diversity and inclusion in prenatal and postnatal care Additional highlights include new and updated content on pregnant women in the workplace prenatal genetic testing trauma informed care and transgender pregnancy care The second edition also includes commonly used complementary therapies and offers more detailed information on shared decision making and planning for birth Prenatal and Postnatal Care Provides expanded faculty resources with case studies and test questions for each chapter Offers a comprehensive text that covers essential aspects of prenatal and postnatal care of the childbearing woman Builds on the edition that won the Book of the Year award from the American College of Nurse Midwives ACNM in 2015 This revised authoritative text is an ideal resource for midwifery nurse practitioner and physician assistant students and healthcare providers working with pregnant and postpartum women

Natural Hospital Birth 2nd Edition Cynthia Gabriel, 2018-05-15 Many mothers to be find themselves torn between choosing a natural childbirth with minimal medical intervention and the peace of mind offered by instant access to life saving technology that only a hospital can provide Cynthia Gabriel a doula who has attended hundreds of births and who advises hospitals on how to facilitate low intervention childbirths knows that new moms can have both In this fully updated edition of her popular and pioneering book Natural Hospital Birth Gabriel gives moms as well as partners and even medical personnel concise and reassuring guidance on how to have as natural a birth as possible in a hospital setting Gabriel shows expectant mothers how to avoid unnecessary medical interventions how to take the initiative and consciously prepare for the kind of birth they want and how to prepare a birth plan to share with doctors and nurses at the hospital

GIRL Karen Rayne, 2017-07-18 Welcoming and inclusive of all self identified girls GIRL Love Sex Romance and Being You is an

uncensored unbiased and fantastically relevant guide jam packed with what you want and need to know A growing up guide for the 21st century GIRL covers what everyone is talking about healthy sexuality loving relationships and gender fluidity as well as thornier subjects such as STIs consent and sexual assault Plus you ll find self reflection quizzes cool resources and must read real life stories from girls like you

[Our Bodies, Ourselves and the Work of Writing](#) Susan Wells,2010-01-21 Our Bodies Ourselves first published by a mainstream press in 1973 is now in its eighth major edition It has been translated into twenty nine languages has generated a number of related projects and with over four million copies sold is as popular as ever This study tells the story of the first two decades of the pioneering best seller a collectively produced guide to women s health from its earliest most experimental and revolutionary years when it sought to construct a new female public sphere to its 1984 revision when some of the problems it first posed were resolved and the book took the form it has held to this day Wells undertakes a rhetorical and sociological analysis of the best seller and of the work of the Boston Women s Health Book Collective that produced it In the 1960s and 1970s as social movements were on the rise and many women entered higher education new writing practices came into existence In the pages of Our Bodies Ourselves matters that had been private became public Readers encouraged to trust their own experiences began to participate in a conversation about health and medicine The writers of Our Bodies Ourselves researched medical texts and presented them in colloquial language Drafting and revising in groups they invented new ways of organizing the task of writing Above all they presented medical information by telling stories We learn here how these stories were organized and how the writers drew readers into investigating both their own bodies and the global organization of medical care Extensive archival research and interviews with the members of the authorial collective shed light on a grassroots undertaking that revolutionized the writing of health books and forever changed the relationship between health experts and ordinary women

The Divided States Laura J. Beard,Ricia Anne Chansky,2023-01-10 What is an American identity The tension between populism and pluralism between homogeneity and heterogeneity has marked the United States since its inception In The Divided States leading scholars and critics argue that the US is and has always been a site where multiple national identities intersect in productive and challenging ways Scrutinizing conflicting nationalisms and national identities the authors ask Whose stories get told and whose do not Who or what promotes the idea of a unified national identity in the United States How is the notion of a unified national identity disrupted What myths and stories bind the US together How representative are these stories What are the counternarratives And if the idea of national homogeneity is a fallacy what does tie us together as a nation Working across auto biography studies American studies and human geography all of which deal with the current interest in competing narratives alternative facts and accountability the essays engage in and contribute to critical conversations in classrooms scholarship and the public sphere The authors draw from a variety of fields including anthropology class analysis critical race theory diasporic refugee and immigration studies disability studies gender studies graphic and comix studies Indigenous studies

linguistics literary studies sociology and visual culture And the genres under scrutiny include diary epistolary communication digital narratives graphic narratives literary narratives medical narratives memoir oral history and testimony This fresh and theoretically engaged volume will be relevant to anyone interested in the multiplicity of voices that make up the US national narrative

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