Women’s Health Issues
Focus on Pregnancy

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“For American women, being healthy is far more than getting a good checkup or being disease-free. Being healthy means both physical and emotional wellness and having a healthy family.”
—National Women’s Health Resource Center

WOMEN'S HEALTH

The scope of health promotion for women’s health encompasses care for problems seen most commonly in women, although men may have some similar issues. Common health concerns for women include unhealthy lifestyle habits, incontinence, pelvic/vaginal pain, prenatal and postpartum care, osteoporosis, and breast cancer. Although women’s health issues often center on reproductive health, the top 5 medical conditions affecting adult women are heart disease, breast cancer, osteoporosis, depression, and autoimmune diseases. These health problems span multiple body systems and may limit activities, affecting women’s personal and professional roles in life. Using the World Health Organization model, health care professionals can identify common health concerns, determine activity limitations, explore environmental and personal factors contributing to these health issues, and determine appropriate resources for their management.

This chapter focuses on common women’s health conditions, with an emphasis on their prevention, screening, and management. Specific topics include issues facing the female athlete, pregnancy, and changes occurring during perimenopause, menopause, and postmenopause.

SCREENING FOR WOMEN'S HEALTH ISSUES

Health care professionals need to explore each individual’s medical history and familiarity with preventive care, comparing results with national data for respective ethnic populations. Cultural, psychosocial, and environmental factors vary across groups and can guide appropriate