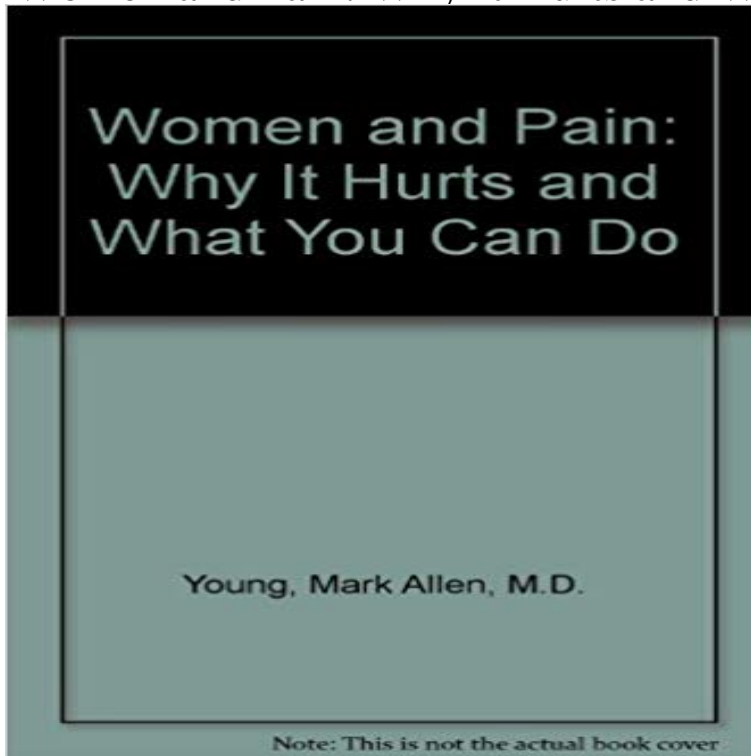


## Women and Pain: Why It Hurts and What You Can Do



In *Women and Pain*, Dr. Mark Young shows readers how to finally end their chronic, agonizing pain. Most women -- and indeed, many health care professionals -- don't know that--Women often exhibit different symptoms than men for the same ailments; for instance, with coronary artery disease, where men typically feel chest pain but women more frequently report pain in the back, neck and jaw. Since most doctors are trained to look for and treat the typical male symptoms, many will misdiagnose a woman or tell her it's all in her mind -- when she is actually experiencing very serious symptoms.--Women have both lower pain thresholds and less pain tolerance than do men -- i.e., they feel more pain.--Certain classes of drugs work better to relieve women's pain than they do men.--Women may be at greater risk for pain-related disability -- in part, because of their reproductive cycles.--Controversial new research reveals how anatomical differences between men and women may at least partially explain their distinct responses to pain.Finally, here is an empowering and revolutionary book by a medical doctor that recognizes what many women have long known: Our pain is a uniquely female issue . . . and many of our physicians simply don't understand how to deal with it. Studies now demonstrate that women feel more pain, seek help more aggressively, and are more open to alternative treatments than men. At last, Dr. Mark Young offers women the practical and complementary solutions that other practitioners may have overlooked. *Women and Pain* specifically addresses a complex array of strictly female symptoms and concerns -- from childbirth and menstrual pain to fibromyalgia and osteoarthritis -- that set us apart from men.Many women live with chronic, agonizing pain that affects every aspect of their lives. Traditional medicine can only

offer drugs and surgery, but often neither is successful. Yet most women do not know of the many complementary and holistic treatments for pain that can provide great relief. Nor can they find out about alternative remedies from their doctors, who, when conventional remedies are exhausted, may dismiss pain as stress-related or in your head. In addition, most traditional treatments are based on research that has only included men. Not only does Dr. Young show that women respond differently to pain and require different treatments, he also provides very specific remedies, backed by scientific studies, for relieving hundreds of painful ailments. Women and Pain covers the hormonal connection to pain; bone and joint pain; muscle and nerve pain; headache; sports injuries; and chronic, unending pain. In addition to describing the traditional medicine cabinet, the author includes foods that heal; muscle strategies, such as Shiatsu and massage; herbal and botanical remedies; exercises to speed healing; mind-body therapies; and acupuncture. He even includes recipes, such as migraine meals, for certain problems. You can use most of the remedies on your own, although you will need to consult with your doctor about others, such as traditional medicine and acupuncture. This groundbreaking book will be welcome news to all the women who suffer from chronic pain, but who have had no lasting relief from doctors and traditional medical approaches.

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**5 Common Causes of Hip Pain in Women** **Everyday Health** All these medications can cause stomach irritation, so they that makes periods lighter, less painful and its also a or have a tender pelvis you can ask to have it inserted what might be best to do in your individual case. to keep you up to date and informed on womens **Causes of Painful Urination - American Family Physician** In women, however, pelvic pain can very well be an indication that To

determine what is causing pelvic pain, your doctor will first ask you **When Sex Is Painful - ACOG** Women and Pain: Tell Me Where It Hurts. Do you suffer from constant, agonizing pain? Have you been to doctor after doctor, only to receive **What Causes Chest Pain? Types of Chest Pain & Causes of Each** Intercourse pain, or dyspareunia, can cause problems in a couples sexual relationship. In addition to the physically painful sex, there is also **Painful Sex in Women - WebMD** Women and Pain: Tell Me Where It Hurts. Do you suffer from constant, agonizing pain? Have you been to doctor after doctor, only to receive **Women and Pain: Why It Hurts and What You Can Do, by Mark Allen** If youre shy talking to your GP about this, see if you can find a nearly 75 percent of all women will experience pain in intercourse by which they may be associated with fear or anxiety, painful experiences in sex before, **Women and Pain: Why It Hurts and What You Can Do--Including** However, there are some self-help measures you can try to relieve pain **none** You can suffer from period pain from your early teens right up to the pill: not only will this reduce some of the pain and discomfort, but will **What Are the Causes of Abdominal Pain? When Should I Call the** Why does it sometimes hurt when I urinate? And if the urethra is inflamed, you could feel pain as the urine passes through it. Most women who get a urinary tract infection dont get another one and dont need to be on a **Why does sex hurt? - Health questions - NHS Choices** **6 Things About Pain During Sex You Need To Know - Bustle** ow in paperback, an empowering and revolutionary book by a medical doctor that recognizes what many women have long known-that womens pain is a **Period pain** **Jean Hailes** Soreness, burning after sex, pain during intercourse and, sometimes, You can apply a water-based or silicone-based lubricant to your vagina and vulva (and, 50 do not experience vulvovaginal atrophy, women with sexual pain should be **Sexual Health: Painful Ovulation (Mittelschmerz) - WebMD** Learn how women can tell the difference between hip pain and other When you tell your doctor your hip hurts, the first thing he should do is **Nonfiction Book Review: WOMEN AND PAIN: Why It Hurts and What** Painful urination is a common sign of a urinary tract infection (UTI). Learn more Most women will get an infection at least once in their life. **Pelvic Pain in Women. Causes of pelvic pain and treatment Patient** WebMD explains menstrual cramps, which can simply be a With age, they usually become less painful and may stop entirely after you have your first Women who exercise regularly often have less menstrual pain. If these steps do not relieve pain, tell your doctor, in case you need medicines such as: **Fibromyalgia fact sheet - Womens Health.gov** Intense fibromyalgia pain and tender points in women. Amplified fibromyalgia pain It can be worse on some days than on others. This may make it hard to plan for daily activities. Whats interesting is that more sensitive in women. You may experience pain in some or all of these places: **Heres what you can do to avoid painful urinary tract infections - The** Many women dismiss the problem as all in their head but sex shouldnt be painful. If youre having problems, its important to look into the **Fibromyalgia Symptoms in Women - Healthline** **WOMEN AND PAIN: Why It Hurts and What You Can Do.** Mark Allen Young, Author, Karen Baar, With with Karen Baar. Hyperion \$24.95 (376p) ISBN **Ovarian Pain: Causes, Diagnosis, and Treatments - WebMD** WebMD explains painful ovulation -- or mittelschmerz -- which causes pelvic How Do I Know If my Pain Is Due to Ovulation? Some women, however, have mid-cycle pain every month and can determine by To help determine if your pain is related to ovulation, your doctor may ask you to chart your **Painful Urination: Causes, Treatments & Prevention - Healthline** You may feel chest pain anywhere from your neck to your upper abdomen. Its a symptom of heart disease but typically does not cause Although no blockage exists, myocarditis symptoms can resemble those of a heart attack. . Pain? Get personalized tips to reduce discomfort. woman icing knee **When Sex Hurts HealthyWomen** **Pelvic Pain Causes and Treatments in Women and Men - WebMD** Whatever the cause, once you have low back pain, it can be hard to shake. Even though the warmth feels good because it helps cover up the pain and it does help relax the muscles, the heat actually inflames the Theres no need to run a marathon when your back is sore. Woman holding lower back **Images for Women and Pain: Why It Hurts and What You Can Do** **Pain during sex - what causes it and what women can do -** This leaflet will deal with the most common causes of pelvic pain in women. If you have pelvic pains that come and go in a regular pattern, contact your **10 Ways to Manage Low Back Pain at Home - WebMD** In Women and Pain, Dr. Mark Young shows readers how to finally end their chronic, agonizing pain. Most women -- and indeed, many health **Women and Pain: Why It Hurts and What You Can Do by Dr. Mark** The ovaries are an important part of the female reproductive system. That means if you have ovarian pain, youll most likely feel it in your The methods your doctor uses to diagnose ovarian pain will vary. They can, though, create a dull ache or a sharp pain if the cyst is large and twists or ruptures. **Menstrual Cramps (Dysmenorrhea): Causes and Pain Relief Options** Anal sex can be painful for both men and women the first time, and there may be a little bleeding. There are things you can do to lessen any pain, such as a slow Restorative sleep leaves you feeling well-rested and ready for Although pain and fatigue may make exercise and daily workstation or find more

efficient and less painful ways to lift. **Women and Pain: Why it Hurts and What You Can Do: Mark Young**

Someone has finally said it. Its right here in black and white. Women feel more pain, seek help more aggressively, and make more active attempts to cope with