



The V Book: A Doctor's Guide to Complete Vulvovaginal Health (Paperback)

By Elizabeth Stewart, Paula Spencer

Random House USA Inc, United States, 2002. Paperback. Condition: New. New edition. Language: English . Brand New Book. The Groundbreaking Guide Every Woman Needs With The V Book, women will learn everything they need to know about the basics of vulvovaginal--or V - health, an essential yet often overlooked area of women s health. Dr. Elizabeth G. Stewart, the nation s foremost expert in vulvovaginal care and sexual-pain disorders, answers the questions about the all too common V ailments that women are embarrassed to discuss even with their doctors. Drawing upon the latest medical research and two decades of experience treating thousands of women in her specialized gynecological practice, Dr. Stewart has compiled a wealth of information and advice. This comprehensive and authoritative guide for women of all ages includes: - How your vulvovaginal concerns change throughout the life cycle, from your teens through menopause and beyond - How to pick a good gynecologist, and how to ask the right questions - Dos and don ts of V hygiene--and why sometimes less is better - The safest use of tampons, pads, and pantliners - How to handle common symptoms, such as redness, itching, dryness, and discharge - Which medical tests you...



 [READ ONLINE](#)
[2.76 MB]

Reviews

This publication will never be effortless to begin on studying but extremely entertaining to learn. It is probably the most incredible publication i have go through. I realized this ebook from my i and dad suggested this publication to learn.

-- Austin O'Connell

Very helpful to any or all category of men and women. It is definitely simplified but unexpected situations within the 50 % of your publication. I am very easily could possibly get a pleasure of reading a composed ebook.

-- Dr. Therese Hartmann Sr.