

Learn more about Hysterectomy

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Websites

eyesontheprize.org/FAQ/after/exercise.html *Eyes on the Prize* is a non-profit corporation with a mission of providing information and emotional support from the survivor's perspective to women with gynecologic cancers, their families, friends, and health care providers. This link contains information, including pictures, on post-hysterectomy abdominal exercises.

healthywomen.org *Healthy Women* is an independent health information source for women. Through its wide array of online and print publications, it provides health information that is original, objective, reviewed by medical experts, and reflective of the advances in evidence-based health research. Enter "hysterectomy" in the search box for information on this topic.

medlineplus.gov *Medline Plus*, A resource from the National Library of Medicine. Enter "hysterectomy" in the search box to find links to reputable information, including videos and tutorials.

nwhn.org/hysterectomy The *National Women's Health Network* offers Fact Sheets on various aspects of hysterectomy.

Local resources

aurora.org Enter "hysterectomy" in the search box to explore Aurora Health Care's website for information on hysterectomy.

Books

The Essential Guide to Hysterectomy: Advice from a Gynecologist on Your Choices Before, During, and After Surgery by Lauren F. Streicher, MD. M Evans & Company, 2nd edition, 2013, , ISBN 978-1590772119, 480 pages, \$22.95. Gynecologist and leading women's health expert Dr. Lauren Streicher reveals what your doctor isn't telling you, sharing information on robotic hysterectomy and why it is becoming so popular, new non-surgical ways to control heavy bleeding, and the latest on hormone therapy, including bioidentical hormones.

In My Own Words: Women's Experience of Hysterectomy: Personal and Moving Stories from Women the World Over by Linda Parkinson-Hardman, The Hysterectomy Association, 2013, ISBN 978-0953244560, 174 pages, \$15.00. In addition to providing good quality, impartial information, The Hysterectomy Association's book of real-life stories help women feel less isolated.

Not Your Mother's Hysterectomy: A Transformation in Women's Health Care by Lynn D. Kowalski, M.D., Writers of the Round Table Press, 2014, ISBN 978-1939418487, 168 pages, \$21.99. Dr. Lynn Kowalski, an experienced gynecologic oncologist, has performed thousands of hysterectomies for over 15 years and specializes in minimally invasive surgery. She shares her detailed knowledge, laid out in plain language, along with her thoughtful insights and patient stories, to provide the essential information you need to become an educated and empowered patient.

Recover Quickly From Surgery: The 2014 Essential Guide for Reducing Your Pain, Swelling, and Recovery Time Naturally by Valerie Girard and Michelle Gysan, PanHarmonic Press, 2014, ISBN 978-0989882101, 180 pages, \$16.95. This 2014 clinically-researched guide covers every aspect of preparing and recovering faster from surgery naturally with less pain and swelling. Dr. Girard, a chiropractor for nearly thirty years, has successfully counseled hundreds of patients to prepare for surgery by adhering to a specific diet and nutritional protocols that can decrease swelling, pain and recovery time. A quick, informative, and easy read.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.