

## DR. JANET HORN & DR. ROBIN MILLER OFFER READERS THE ADVICE YOUR GIRLFRIEND WOULD GIVE YOU IF SHE WERE A DOCTOR...



PHOTO BY JUNE CHAPLIN

About the Authors

**JANET HORN, MD**, is board-certified in internal medicine and infectious diseases, with training in obstetrics and gynecology. Much of her career was spent in solo private medical practice. For many years, she was a full-time faculty member at the Johns Hopkins University School of Medicine. Dr. Horn has authored many medical journal articles and several medical textbook chapters. Currently, she divides her time between medical writing and practicing medicine at the Shepherd's Clinic, which serves the uninsured.

Dr. Horn has been recognized by Baltimore Magazine and The Consumer's Guide to Top Doctors as one of the top doctors in Baltimore and in the United States. The Maryland Daily Record named her one of the top 100 women in Maryland in 1999. Visit her at: [www.smartwomanshealth.com](http://www.smartwomanshealth.com)

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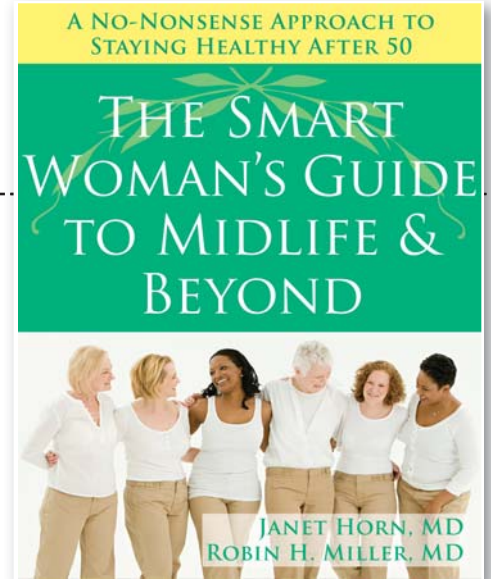
*"Let us be right up front as you start reading. This book is not about becoming young again. Don't get us wrong, we loved our younger years. We had great times back then. But even if we could be young again, that would mean we wouldn't get to enjoy the benefits and wisdom that all our years have given us, or the confidence that comes only with experience. We want to feel good at the age we are now. And we want to continue to feel good as we grow older."*

So begins the comprehensive guide to staying healthy after 50 by Dr. Janet Horn and Dr. Robin Miller, friends who met on the first day of their fellowships at the Johns Hopkins Hospital in 1983. They now have thriving careers in medicine, and have concentrated on the health needs of women of their generation—the baby boomers.

In an effort to meet the needs of their patients and other women over fifty who are concerned with maintaining a healthy lifestyle as they enter middle age, Drs. Horn and Miller have written ***The Smart Woman's Guide to Midlife & Beyond*** (New Harbinger; \$19.95). Their personal experiences, as well as those of their patients, have allowed the authors to choose the most relevant and practical information for their generation and to provide scientifically-based medical information that is understandable, current, and useful.

Humorous and informal, ***The Smart Woman's Guide to Midlife & Beyond*** covers important topics such as:

- How to care for aging body parts – including, but not limited to, the heart, lungs, skin, brain, gastrointestinal system, urinary system, and the joints, muscles and bones
- The most common cancers in women of this age group
- Vitamins, Herbs, Acupuncture and other treatments from the field of Complementary and Alternative Medicine
- Research studies and recommendations for specific ethnic groups and lifestyles
- And much, much more!



FOR AN INTERVIEW REQUEST or MORE INFORMATION CONTACT:  
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THE SMART WOMAN'S GUIDE TO MIDLIFE & BEYOND  
A No-Nonsense Approach to Staying Healthy After 50  
by Janet Horn, MD, and Robin H. Miller, MD  
September 1, 2008 / 978-1-57224-556-3 / \$18.95 / 7.25 x 9 / 264 pages

# The Smart Woman's Guide to Midlife & Beyond

*A No-Nonsense Approach To Staying Healthy After 50*

JANET HORN, MD & ROBIN H. MILLER, MD

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**Robin H. Miller, MD**, is a board-certified internist and integrative medicine specialist who trained with Dr. Andrew Weil at the University of Arizona. She is founder and medical director of Triune Integrative Medicine, an innovative medical clinic in Medford, OR. Dr. Miller is also clinical assistant professor of medical informatics at the Oregon Health and Science University in Portland, OR. She is author of *Kids Ask the Doctor*.

Dr. Miller is an award-winning medical correspondent for KOBI, the NBC affiliate in southern Oregon and northern California, and can be seen on the Patient Channel on MSNBC.com. She writes a medical column for the *Daily Courier* in Grants Pass, OR, and a quarterly column for *Ashland Magazine*. Visit her online at:

[www.smartwomanshealth.com](http://www.smartwomanshealth.com)

## Praise

*"The Smart Woman's Guide to Midlife and Beyond is a complete, holistic, and state-of-the-art road map for any woman who is motivated to become a more effective steward of her health. The authors' relaxed, personal, and insightful style makes critical health information accessible. This book is a must-have for any woman inspired to improve her health trajectory."*

— **Mark C. Pettus MD, FACP**, medical director of the Kripalu Institute for Integrated Healing and author of *It's All in Your Head*

*"There is no doubt that women past the age of fifty have different health issues than younger women—a fact often overlooked by many physicians. As a result, these women need to have knowledge about their maturing bodies. Drs. Horn and Miller explore the full spectrum of the mature woman in a candid, conversational manner that integrates the body, mind and spirit. A much needed book."*

— **Kevin Soden, MD**, author and host for the Retirement Living TV network

*"I have often wished that I had a doctor in my family to ask advice. If you have shared this desire, you'll love this book. It's a practical insider's guide to what maturing women need to be thinking about, and it's written as a concerned friend would discuss it with you. Drs. Horn and Miller have superb training and years of practical experience caring for women patients. It shows on every page of this excellent book."*

— **Judge Glenda Hatchett**, star of the nationally syndicated television program *Judge Hatchett*

*"More than no-nonsense, the authors' approach is accessible and even entertaining, these are the doctor girlfriends you want to call because they know everything about the area of your concern—not only from practicing their profession but also from their own personal experiences."*

— **Robin Wolaner**, founder and CEO of TeeBeeDee, [www.tbd.com](http://www.tbd.com), an online network for people over forty, and founder of *Parenting* magazine

*"This is the girlfriends' guide to taking charge of your health. And these girlfriends are doctors. A winning combination!"*

— **Ari Brown, MD**, pediatrician and author of *Baby 411*

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# The Smart Woman's Guide to Midlife & Beyond

*A No-Nonsense Approach To Staying Healthy After 50*

JANET HORN, MD & ROBIN H. MILLER, MD

## Excerpt

### How to Take Care of Your Uterus Now That You Don't Need It

By now, you've seen (and probably knew before) that each organ system of the body has at least one unique function that it performs beautifully, until diseased or damaged, of course, and that no other organ system can perform. So why even talk about the reproductive system since we know that at our age we really don't need it? In fact, what's there to discuss besides menopausal symptoms? As it turns out, quite a lot.

Even though the reproductive tract is no longer functional in the creation of another human being, medical science is not entirely convinced that parts of that system, like the ovaries, do not have other functions. Further, those organs are still present in our bodies and can become damaged or diseased. Just by their location in our lower abdominal cavity, also known as the pelvis, and the fact that they are close to our bowel and bladder, the uterus and ovaries can make their presence known. For instance, ovaries can twist and cause pain. Those common benign growths in the uterus, called fibroids, can grow, causing pain and bleeding.

In addition, that entire area of our body is not as nonfunctional as you might think. Did you know that many postmenopausal women continue having sex well into their eighth decade?! (Of course you know this. We have our tongues embedded in our cheeks here.) This was confirmed by a recent study of sexuality among older adults in the U.S. (Lindau et al. 2007). Also, did you know that older adults with health problems are less sexually active? (We could've told the researchers that!) And, were you aware that the declining sexual activity in some older women does not always have to do with cooling passions, but instead is due to an acute shortage of older men? (We could've told the researchers that too!) This "new" information is another reason that you need to read this chapter.

The aging reproductive tract was never even an issue for women before and during the nineteenth century because their life spans usually did not exceed their reproductive years. Our grandmothers and great-grandmothers never had to think about this area of the body—and didn't, or at least they never talked about it—after their childbearing years. So continuing to take care of our reproductive organs is a new issue thanks to the privilege of living longer. In this chapter, we cover all of these issues as well as the topics of the hysterectomy and sexually transmitted infections. The symptoms and treatment of menopause and the issue of sexuality after menopause are discussed in chapter 10. Care of the breasts is discussed in chapter 15, and cancers of the reproductive organs and breast are discussed in chapter 12.

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