This course has four major topic areas. The initial focus will be on normal female development throughout the life cycle. Then common health problems will be discussed including: sexually transmitted disease, pelvic inflammatory disease, toxic shock syndrome, urinary infections, cancer, infertility, stress, addictions, depression, anorexia, bulimia, and agoraphobia. The third section includes caring for ourselves: diet, exercise, awareness of occupational and environmental hazards, alternatives to traditional health and ways to become an educated user of the Health Care System. Finally, a historical perspective describing how women, healers and midwifes for centuries, were ousted by male "experts" provides a clear rationale for reclaiming women's role and skills in health care.

Requirements:

1 Take-home Exam 30%
Tutorial Participation/Presentation 30%
Individual Project 40%

Required Reading:
