

Current Clinical Neurology
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Hrayr Attarian
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Sleep Disorders in Women

A Guide to Practical Management

Third Edition

 Humana Press

Attarian | Viola-Saltzman

Third
Edition

Sleep Disorders in Women
A Guide to Practical Management



Sleep Disorders In Women A Guide To Practical Management Current Clinical Neurology

Michael Hoelscher



Sleep Disorders In Women A Guide To Practical Management Current Clinical Neurology:

Sleep Disorders in Women, 2020 In its 2nd Edition this book covers sleep disorders in women at all stages of life exploring the impact of each reproductive and endocrine stage on both normal sleep and sleep disorders Includes guidance for physicians on detecting and treating disorders *Sleep Disorders in Women* Hrayr P. Attarian, Mari Viola-Saltzman, 2013-03-13 In *Sleep Disorders in Women A Guide to Practical Management* 2nd Edition a multidisciplinary panel of eminent researchers and practicing clinicians comprehensively updates the multifaceted aspects of sleep disorders in women at different stages of life illuminating the unique impact that each reproductive and endocrine stage has on both normal sleep and sleep disorders This title not only introduces primary care physicians and health care providers to the discipline of sleep disorders in women it also will appeal to a broader set of specialists as it summarizes the latest cutting edge research and presents it in a succinct and clinically relevant manner The goal of this book is to help physicians recognize the symptom patterns of sleep disorders in their female patients guide them in diagnosing and treating these patients in a timely fashion and help in the elimination of gender bias in sleep medicine research and care An invaluable addition to the literature *Sleep Disorders in Women A Guide to Practical Management* 2nd Edition again fills an important niche by being an accessible comprehensive multidisciplinary review on sleep disorders in women *Sleep Disorders in Women: From Menarche Through Pregnancy to Menopause* Hrayr P. Attarian, 2007-11-10 Increasing attention is currently being directed to a variety of health disorders that are either unique to or more common among women than men This volume adds sleep disorders to the list of those in which important gender differences have been neglected *Sleep Disorders in Women A Guide to Practical Management* explores the reasons for gender bias in this area of research and provides a comprehensive and in depth review of what is currently known and what still remains to be studied concerning this important topic As several contributors to this volume indicate numerous misconceptions exist due not surprisingly to a shortage of reliable data in the field As an example obstructive sleep apnea OSA is typically thought to be far more common in men than in women However as contributors to this volume carefully document the prevalence of OSA in women varies considerably depending on the specific female population that is studied It is low in premenopausal women higher in postmenopausal women particularly high in women with polycystic ovary syndrome and of uncertain prevalence in pregnancy This exemplifies the fact that as women move through varying hormonal environments including puberty the menstrual cycle use of oral contraceptives pregnancy the postpartum period and menopause their risk for a variety of sleep disorders varies considerably As pointed out in Dr **Sleep Disorders in Women** Hrayr Attarian, Mari Viola-Saltzman, 2020-04-14 This book provides a thorough multidisciplinary review of the latest research and clinical approaches in the field of sleep disorders It illustrates the variance of complications symptoms and issues sleep disorders cause during different stages of a woman's life This updated comprehensive edition begins with an overview of sleep disorders in women followed by a section dedicated to

examining sleep disorders in women during adolescence Subsequent chapters then focus on treating pregnant women with sleep disorders which include conditions such as restless legs syndrome that arise during the gestational period as well as those like narcolepsy whose management offers unique challenges during pregnancy and lactation The book concludes with information on the specific issues caused by sleep disorders faced by women during and after menopause Sleep Disorders in Women 3rd Edition serves as an important addition to the literature and is an invaluable resource for neurologists sleep medicine specialists OB GYNs internal medicine physicians family practitioners psychiatrists nurse practitioners and physician assistants

Global Emergency of Mental Disorders Jahangir Moini,Justin Koenitzer,Anthony LoGalbo,2021-05-18 Global Emergency of Mental Disorders is a comprehensive yet easy to read overview of the neurodevelopmental basis of multiple mental disorders and their accompanying consequences including addiction suicide and homelessness Compared to other references that examine the treatment of psychiatric disorders this book uniquely focuses on their neurodevelopment It is designed for neuroscience psychiatry psychology students and various other clinical professions With chapters on anxiety depression schizophrenia and others this volume provides information about incidence prevalence and mortality rates in addition to developmental origins With millions worldwide affected this book will be an invaluable resource Explores psychiatric disorders from a neurodevelopmental perspective Covers multiple disorders including anxiety depression and obsessive compulsive disorder Examines the brain mechanisms that underly disorders Addresses the opioid epidemic and suicide Reviews special patient populations by gender and age

Stroke Recovery with Cellular Therapies Sean I. Savitz,Daniel M. Rosenbaum,2007-12-26 As the leading cause of adult disability stroke poses substantial economic and psychological burdens to populations around the world Against this dismal backdrop several novel neurorestorative approaches are being investigated as adjunctive treatments to physiotherapy Stroke Recovery with Cellular Therapies discusses the promising investigations around the world on cell based therapies to enhance recovery from stroke Throughout this groundbreaking text chapters detail the potential benefits of various types of cells and approaches for ischemic and hemorrhagic stroke and all studies rely upon traditional histological and functional outcomes Among the topics detailed in this volume are transplanting immortalized neural stem cells transplantation of bone marrow stromal cells adipose derived stem cells endogenous neural stem cells in tissue remodeling and an investigation into the ethics of stem cell research This text provides an overview of the field stimulates ideas for further research and will help serve as a foundation for cell based therapies to move forward as a viable approach for stroke recovery in the future

Understanding Sleep and Dreaming William H. Moorcroft,2013-03-25 An updated edition of Moorcroft s 2003 volume this new work reflects recent scientific advances in the area of sleep and disorders As in the previous book Understanding Sleep and Dreaming this new edition serves as a compact overview for now sleep experts covering physiological sleep mechanisms brain function psychological ramifications of sleep dimensions of dreaming and clinical disorders associated with sleep It is accessibly written with

specialty boxed material that enhances the text. It also offers a good foundation for those who will continue sleep studies while at the same time offering enough information for those who will apply this knowledge in other ways such as clinicians, private practices or researchers. It is an excellent text for courses on sleep at the undergraduate and graduate levels. The section on sleep labs will show how computers have replaced former models of data collection and storage. Includes the new area of the genetics of sleep. Add a new box on teen sleep. Insert a new box on the emerging information about how technology use affects sleep. Emphasize the controversy over rampant, wide spread sleep deprivation and include a new box covering the connection between sleep loss and weight gain. Additional inclusions might incorporate current hot topics such as the effect of shift work on sleep, sleep problems in adolescents and nightmare treatment for people suffering from PTSD.

The Doula Guide to Birth Ananda Lowe, Rachel Zimmerman, 2009-05-19 Here is your guide to the fastest growing trend in childbirth: a tradition as old as motherhood itself. Doulas or professional labor assistants have led thousands of expectant women through the birthing process in a way that's safe and meaningful and that creates the birth and postbirth experience all mothers long for. What exactly do doulas do? How to find one that suits you. What are the trade secrets only doulas know but every woman should be aware of even if you don't have a doula. In *The Doula Guide to Birth* senior level doula Ananda Lowe and award winning health reporter Rachel Zimmerman have written a most comprehensive book that draws on the wisdom of these skilled experts whose experience with doctors, midwives, nurses and hospitals makes them invaluable advocates before, during and after birth. Labor techniques anyone can use. Pain medication: do you don't you and when? What dads and loved ones need and can do best. When should you really go to the hospital in labor? How to prepare for unexpected medical procedures including cesareans and epidural. Postpartum: what it's really like. A clip out chart of labor techniques, birth plan worksheets and much more. Combining science with warmth and support as well as the inspirational stories of dozens of mothers and their partners you'll find the doula viewpoint on every major pregnancy and delivery issue making this one of the most important childbirth books you'll ever read and recommend.

Diagnostic Criteria in Neurology Alan J. Lerner, 2007-11-09 A compendium of the latest published diagnostic criteria for a diverse group of neurological conditions. The criteria cover a wide spectrum of neurological conditions whose diagnosis does not depend solely on histopathology: e.g. brain tumors including cerebrovascular diseases, dementias and behavioral disorders, demyelinating disorders and disorders of consciousness and brain death. Standardized criteria are also provided for epilepsy, genetic syndromes, headache, immune based disorders, infectious diseases, movement disorders, neuromuscular disorders and sleep disorders. A dazzling array of tables summarizes useful information on both common and uncommon neurological conditions including many genetic and pediatric neurological disorders. Innovative and authoritative. *Diagnostic Criteria in Neurology* begins to do for neurology what the DSM Diagnostic and Statistical Manual did for psychiatry.

Essentials of Mental Health Jahangir Moini, Anthony LoGalbo, Amparo Gutierrez, Patrick J. Aragon, 2024-10-30 *Essentials of Mental Health* is an authoritative guide designed to

provide comprehensive mental health knowledge that caters to professionals and students alike The book reviews major mental disorders including mood anxiety and personality disorders as well as conditions like schizophrenia and sleep wake disorders Each disorder has specific symptoms diagnostic criteria and case studies to illustrate real world applications Special populations such as older adults women children and cultural minorities are given focused attention underscoring unique mental health challenges and considerations The book concludes with a comprehensive section on treatment options ranging from hospital psychiatry to community based services and psychotherapy techniques It is a well rounded resource that equips readers with the latest insights and practical tools for effective mental health care and intervention Discusses the epidemiology of mental health conditions Written in an easy to read format with focus boxes for easy comprehension Includes case studies for all listed major mental disorders

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