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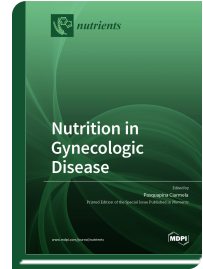
Nutrition in Gynecologic Disease

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From puberty through to the menopause, a woman's reproductive organs undergo constant change due to the processes of the ovarian and menstrual cycle, pregnancy and aging.

Unfortunately, the organs of the female reproductive system may often be affected by disease and injury. Many women suffer from gynecologic disorders, such as polycystic ovary syndrome (PCOS), endometriosis, uterine fibroids, vaginitis, and menstrual disorders.

Epidemiological studies show that lifestyle, diet and nutritional habits can be important risk factors in the context of gynecological diseases.

This book gathers the latest knowledge regarding nutrition therapy for the treatment of gynecological diseases, which will offer valuable insights into how diet as a whole, nutraceuticals, nutrients, dietary patterns, phytochemicals and specific dietary components can serve as preventive and/or therapeutic compounds.



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