

I. COURSE INFORMATION

- A. Allied Health NHA 145 Hot Topics in Women's Health
- B. 1 credit hour
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course identifies eight major health concerns of women and offers an in depth exploration and discussion of each topic.

III. LEARNING OUTCOMES

- A. Discuss the incidence and impact of cardiovascular disease among today's women
- B. Identify the prevalence and impact of osteoporosis on women today
- C. Discuss the six major types of cancer affecting women
- D. Discuss personal and professional issues associated with PMS
- E. Explore the ramifications of menopause problems
- F. Explore the latest conclusions regarding the use of hormone replacement therapy
- G. Identify the major herbs used by women to prevent or treat today's health problems
- H. Identify the latest prevention methods that health care professionals can use in their personal lives and professional practices to prevent cardiovascular disease, six types of cancer, osteoporosis, PMS, and problems with menopause

IV. MAJOR CONTENT AREAS

- A. Women and disease
- B. Breast cancer
- C. Inflammatory breasts
- D. PMS and osteoporosis
- E. Ovarian cancer
- F. Colorectal cancer
- G. COPD, Alzheimer and diabetes
- H. Pelvic floor disorder

V. ASSIGNMENTS (may include but are not limited to)

- A. Reading assignments
- B. Quizzes
- C. Final exam

VI. EVALUATION METHODS (may include but are not limited to)

- A. Quizzes
- B. Final exam