DEPARTMENT OF GENDER AND WOMEN’S STUDIES  
WS103: WOMEN & THEIR BODIES IN HEALTH & DISEASE  
Fall, 2008  
Nancy Worcester, Ph.D., Professor in Gender and Women’s Studies

Time: M & W 11:00-11:50am + discussion  
Place: B10 Ingraham Hall  
Credit: 3, Natural Science, Elementary Level

Office hours: I will hold office hours on Mondays 2:15-5:15 & Wednesdays 1:00-2:00 in 104 Ingraham. These office hours are for you. Please call (608/265-9050) or drop in to have conversations with me. Please use my voice mail (608/265-9050) rather than email for communicating with me. Thanks. I check my voice mail much more regularly than my email.

Teaching Assistants and Discussion Sections:  
Annie Kaatz = W12:05 (307*) + W1:20 (304*) + W2:25 (306*) + W3:30 (319*) *=freshmen only  

Your TA is your discussion section facilitator & guide to learning the material of the course. The TA also has the task of assessing your work and assigning a grade, in consultation with the professor. Final responsibility for all aspects of the course rests with the professor who supervises the TAs. If you have a problem about a discussion section or grading, first speak to your TA. If the problem is not resolved, speak to Nancy Worcester. If the problem is still not resolved, speak to Julie D’Acci, Chair of Women’s Studies.

Course description:  
This course covers basic facts about the structure and functioning of the female body. Particular attention is paid to adjustments the body makes during normal physiological events (menstruation, sexuality, reproduction, and menopause) and during disease processes. We will explore women’s mental and physical health issues in relation to women’s lives and women’s roles in society. The relationships of women (as consumers, practitioners, and activists) to the health system and the achievements and limitations of women’s health movements will studied. A goal of the course is to work on an anti-oppressions, cross cultural perspective on all topics covered.

Required Books:  
Three books are required for the course and an additional book is strongly recommended. ALL books are available at A Room of One’s Own Bookstore, 307 W Johnson Street, 257-7888.

Required:  

Recommended:  

Suggested web-sites:  
www.nwinn.org = National Women’s Health Network web-site

Note to students with disabilities: Nancy wishes to fully include persons with disabilities or special needs in the course. By September 17, please identify (in writing) any special accommodations you need in the curriculum, instructions, or assessments for the course for you to fully participate. Confidentiality will be maintained.
WS103 - INFORMATION ABOUT COURSE EVALUATIONS, DEADLINES & EXTRA CREDIT

Course evaluations:
- Paper(s)*: 24% of final grade
- Three exams (22% each): 66% of final grade
- Discussion attendance & participation: 10% of final grade

Discussion section: Your active role in preparing for and participating in discussion section is an important part of your work for WS103. The assumption is that every student will attend their weekly discussion and share responsibility for the quality of the discussion. Students start the semester with an A for discussion but discussion section grades are lowered if students miss discussions or are not fully prepared and participating. (Note: Active listening is as important as other forms of participation.)

*WS103 paper(s): You will have a three page paper to write specifically for WS103. Detailed guidelines will be available early in the semester. Your paper is due on Monday, November 3, at 1:00am in lecture. A hard copy of your paper must be handed in. To be fair to all 400 students, each WS103 paper must be written specifically to fit guidelines for this semester. Any paper that does not match this semester’s guidelines or looks inappropriately similar to another paper will be given a 0.

Your paper will be graded and handed back to you in discussion section on November 19/20. The paper you hand in on November 3 is worth 12% of your final grade. If you are happy with your grade for the November 3rd paper, you can have that paper count for 24% of your final grade. If you would like to improve your grade, you are encouraged to rewrite your paper, using your TA’s comments, and hand in an improved version on Wednesday, December 3. If you have improved your paper for December 3, the second version of your paper will be worth 12% of your final grade.

Summary of deadlines:
- M. September 29 = Exam 1, in class
- M. October 20 = Exam 2, in class
- M. November 3 = Paper is due at 11:00am, in lecture.
- W. December 3 = Paper 2 (2nd version if you choose to improve your grade) is due at 11:00am, in lecture.
- M. December 8 = Last time extra credit can be handed in. It is due at 11:00am, in lecture.
- M. December 15 = 12:25-2:25 = Final exam, location to be announced

Optional Exam Reviews:
For exam 1 = Thursday, September 25, 5:30-6:30pm, location to be announced
For exam 2 = Thursday, October 16, 5:30-6:30pm, location to be announced

EXTRA CREDIT OPTIONS
WS103 offers the following extra credit options to give you alternative ways to demonstrate that you are thinking and learning.

Except for the final extra credit, all extra credit must be handed in in discussion section the week the topic is being covered in class or within one week of public events. YOU CAN HAND IN A MAXIMUM OF ONE EXTRA CREDIT A WEEK and a MAXIMUM OF 7 EXTRA CREDITS FOR THE SEMESTER. The final deadline for any extra credit is Monday, December 8, 11:50 in lecture. You must hand in hard copies. NO EMAILS WILL BE ACCEPTED. Each extra credit must be 2 pages, typed, double spaced. Each high quality extra credit is worth 5 points towards the maximum of 1000 points possible to earn for WS103 through requirements stated above for exams, papers, and discussions. (No credit is given for low quality extra credit work.)

Extra credit options:
1. Analysis papers: You can earn extra credit by writing a 2 page analysis of WS103 required and suggested readings and, with your TA’s permission, you can also write up analysis papers on speakers, events, and performances related to WS103. Your analysis paper should demonstrate a sophisticated understanding of the issues being discussed.
2. Reactions to Course Lectures: You can earn 5 points for writing a thoughtful two page reaction paper to a lecture given in WS103. (You can do this twice to receive a maximum of 10 points in this way.) Your lecture reaction pages should demonstrate that you read all the material assigned for the topic. You are especially encouraged to suggest ways the lecture could have included more examples of “good news” and activism, been more inclusive of different groups of women, or could have been used to demonstrate a women’s health theme. You are encouraged to attach a copy of articles related to your topic, with full citations.
3. Activism: You can receive 5 points for writing a 2 page paper on your activism related to WS103. Speak to your TA about activism you would like to do. This activism could include writing a letter to an editor of newspapers or magazines. A copy of your letter should be handed in the week you write it.
4. Special WS103 sessions: Several informal films and talk events are offered by the WS103 teaching team to complement the course. You can earn extra credit by attending any/all of these events and handing in a 2 page analysis of the film or talk:
   - Friday, September 12, 11:00-1:00 = Showing of Michael Moore’s SICKO film about the US health system. Location to be announced.
   - The SICKO video will also be put on reserve so students can watch it and earn extra credit for an analysis page handed in before November 4, Election Day!
   - Friday, October 31, 11:00-11:50 = “Violence” discussion with Hannah Nyala West. Location to be announced.
   - Friday, December 5, 11:00-11:50 = “Women & Alcohol” discussion with Sue Pastor. Location to be announced.
**WS103 FALL 2008 SYLLABUS & READINGS**

Classes will be planned, presented, and graded with the assumption that you have done the assigned readings before class, with the exception of assignments for the first day of class which must be read before the second class. Your discussion grade will be influenced by evidence that you have thought about readings before class. Readings marked “Sloane” are from Biology of Women. Readings marked “Rights” are from Undivided Rights: Women of Color Organizing for Reproductive Justice. Readings marked “W/W” are from Worcester and Whatley’s Women’s Health: Readings on Social, Economic, and Political Issues. Suggested readings marked “OBOS” are from Our Bodies, Ourselves: New Edition for a New Era.

You are strongly encouraged to read the Introductions and think about Worksheets for all chapters in Worcester/Whatley (W/W.) This will definitely help you prepare for lectures, discussion sections, and exams.

Hand-outs, videos, and video clips will be used to enhance learning during many lectures. You are expected to be at all lectures to get hand-outs and view videos. (Please note: it is NOT possible to supply extra hand-outs or loan videos, so you are responsible to have a “buddy” take notes or copy hand-outs for you if you miss a lecture.)

**SYLLABUS**

**September 3**

**Introduction to WS103**

**required:** Read the syllabus and plan your deadlines accordingly!

*"If Men Could Menstruate" W/W p. 195-196*

You MUST attend your assigned discussion section this week to keep your place in WS103!

**September 8**

**Women & The Health Care System/Women’s Health as a Reflection of Women’s Roles in Society: THEMES TO WATCH FOR IN WS103**

**required:**

- "Sexism in Women’s Medical Care" (A CLASSICI) W/W pp. 4-8
- "PRO and CON of A Women's Health Specialty" W/W pp. 8-18
- "A Case for Gender Sensitivity" W/W pp. 18-20
- "The Women’s Health Movement" W/W pp. 46-52
- "Crossing Cultural Borders" W/W pp. 52-56
- "Tales Out of Medical School" W/W pp. 56-59
- "Women in Medicine" W/W pp. 60-62
- "What Impact? Women Physicians" W/W pp. 62-64
- "Hazards of Hearth & Home" W/W pp. 137-149

**suggested:**

- "Women & Heart Disease" W/W pp. 587-595
- "Women & Their Health" Sloane, Chapter 1
- "Women’s Health Events - 20th Century" W/W pp. 41-46
- "Women in Medicine" W/W pp. 60-62
- "Women’s Occupational Health" W/W pp. 149-152
- "Complementary Health Practices" OBOS, Chapter 5
- "Environmental & Occupational Health" OBOS, Chapter 7
- "Politics of Health" OBOS, Chapter 25

**September 10**

**“Women Are Sick & Tired of Being Sick & Tired.” Inequalities in Women’s Health and Access to the Health Care System**

**required:** Choose one of these four chapters to read:

- "African American Women” Rights, Chapter 3
- "Native American Women Resist Genocide” Rights, Chapter 6
- "Organizing by Asian & Pacific Islander Women” Rights, Chapter 9
- "Latinas Organizing” Rights, Chapter 12
- "Health Care Meltdown" W/W pp. 65-69
- "Health Disparities in the United States” W/W pp. 92-95
- "Health at the Margins" W/W pp. 105-107
- "Disability & the Medical System” W/W pp. 128-129

For Exam 1 - Memorize three facts about inequalities in women’s health from the September 10th required readings. For exam 1, be prepared to give the 3 facts, their source, and why you chose those facts as being useful in describing inequalities.

**suggested:**

- "Minority Women & Advocacy for Women’s Health” W/W pp. 99-104
- "Under the Shadow of Tuskegee” W/W pp. 108-113
- "Acculturation & Gender in Latina Health” W/W pp. 115-120
September 15  \textbf{Anatomy of the Female Reproductive System}

\textbf{required:}  
- "Reproductive Anatomy" Sloane pp. 30-58  
- "The Truth About Your Clitoris" W/W pp. 387-389  
- "Kegel Exercises" W/W p. 432 & Sloane p. 55  

\textbf{suggested:}  
- "Pelvic Girdle" Sloane pp. 21-30  
- OBOS pp. 227-240  

September 17 \textbf{The Gynecological Exam & Learning the Skills to Bring Together Scientific, Social, Economic, and Political Issues}

\textbf{required:}  
- "Gynecological Exam" Sloane, Chapter 8  
- "How to Tell Your Doctor" (A CLASSIC!) W/W pp. 24-28  
- "The Gyne Exam" W/W pp. 28-31  
- "Cadavers, Dolls - Pelvic Rehearsal" W/W pp. 31-40  

September 22 \textbf{Biological Basis of Sex Differences}

Guest speaker = Mariamne H. Whatley, Professor in Women’s Studies & Curriculum and Instruction, Associate Dean in the School of Education, and co-editor of WS103 textbook

\textbf{required}  
- "Basis of Biological Differences" Sloane pp. 145-165  
- "Male & Female Hormones" W/W pp. 153-154  
- "Intersexuals: Exploding Binary Sex System" W/W pp. 155-158  

\textbf{suggested}  
- "Basis of Biological Differences" Sloane pp. 119-145  
- "Male Reproductive Tract" Sloane pp. 58-61  
- "Biological Contributions to Health" W/W pp. 20-24  
- "U.S. Genital Cutting" W/W pp. 158-168  

September 24 \textbf{Images of Women as a Mental and Physical Health Issue}

Lecture will include the video "Still Killing Us Softly 3."

\textbf{required}  
- reread "Hazards of Hearth and Home" W/W pp. 137-149  
- "The Picture of Health" W/W pp. 169-178  
- "Women and Mental Health" W/W pp. 227-232  
- "Theory of Women Smoking" & "How Societies Benefit" W/W pp. 303-305  

\textbf{suggested}  
- "Cosmetics" Sloane Chapter 16  
- "Co-dependency: A Feminist Critique" W/W pp/ 239-243  

September 29 \textbf{EXAM 1 (in class)}

This exam will cover all lectures, discussion sections, hand-outs and readings assigned through September 24/25.

October 1 \textbf{The Medicalization and Marketing of Women’s Health}

\textbf{required}  
- "Manufacturing Need" W/W pp. 180-182  
- "AMSA’s PharmFree Campaign" W/W pp. 182-183  
- "Prescription Drug Ads" W/W p. 184  
- "How To Read a Drug Ad" W/W pp. 185-187  
- "Six Steps Toward a Better Future" W/W pp. 553  

\textbf{suggested}  
- Write up what you learn at the PharmedOut website http://www.pharmedout.org/
October 6  
**Issues Related to Menstruation**

Lecture will include the film “Period: The End of Menstruation.”

**required:**
- “Menstrual Problems” Sloane Chapter 4
- “Menarche and (Hetero) Sexualization” W/W pp. 196-205
- “Don’t Just Go with the Flow” W/W pp. 212-216
- “The Selling of PMS” W/W pp. 217-220

October 8  
**The Endocrine System, Sex Hormones, and The Menstrual Cycle**

**required:**
- “Menstrual Cycle/Hormonal Interrelationships” Sloane pp. 63-82
- reread “Male and Female Hormones” W/W pp. 153-154
- “Female Adolescence” W/W pp. 206-212

October 13  
**The Menstrual Cycle Demystified**

**required:**
- “Hormones & Monthly Cycles” Sloane pp. 82-88

**suggested:**
- “Constructions of Female Bodily Fluids” W/W pp. 511-516
- OBOS pp. 240-258

October 15  
**Demystifying the Science of Pregnancy, Lactation, and Childbirth: Informed Decision-Making vs. Medicalization**

**required:**
- “Mother’s Milk Project” Rights, Chapter 7
- “Cultural Warping of Childbirth” W/W pp. 479-485
- “Midwifery Care” W/W pp. 485-488
- “Cesarean Sections” W/W pp. 488-489
- “Midwifery Facts” W/W p. 489
- “Socioeconomic Factors & Maternal Mortality” W/W pp. 490-492
- “Formula for Profit” W/W pp. 498-503

**suggested:**
- “Pregnancy, Labor & Delivery” Sloane Chapter 11
- “Postpartum Depression” W/W pp. 495-497
- “TV to Real Life” W/W pp. 503-504
- “Breast-feeding Among New Immigrants” W/W pp. 505-510
- “Constructions of Bodily Fluids” W/W 511-516
- “Pregnancy” & “Childbirth” OBOS Chapters 21 & 22

October 20  
**EXAM 2 (in class)**

This exam will cover all lectures, discussion sections, hand-outs and assigned readings for October 1-October 15/16.

October 22  
**Childbirth: Informed Decision-Making vs. Medicalization**

Lecture will include clips from childbirth films.

Reread readings assigned for October 15.

October 27  
**Violence Against Women as a Mental and Physical Health Issue**

**required:**
- “Continuum of Family Violence” W/W p. 258
- “Power & Control” and “Equality” Wheels W/W pp. 259-260
- “Adolescent Battered Women” W/W pp. 261-264
- “Role Health Workers Can Play” W/W pp. 264-267
- “Medical Power & Control & Advocacy” W/W p. 268

**suggested:**
- “Feminist Practice with Child Sexual Assault” W/W pp. 233-238
- “Women’s Use of Force” W/W pp. 286-296
- “Violence” OBOS Chapter 8
October 29  

Violence Against Women as a Case Study of Different Issues for Different Groups of Women

required:  
“Battered Women of Color” W/W pp. 269-274  
“Anishinabe Values” W/W pp. 275-276  
“Same-Sex Battering” W/W pp. 276-281  
“Trans & Intersex DV” W/W pp. 281-285

November 3

PAPER IS DUE IN LECTURE AT 11:00

Anti-Oppression Issues & Unlearning Oppressions as a Part of Work for a Healthier Society (Understanding Institutional Oppression as Power and Control)

required:  
“Age, Race, & Class” W/W pp. 79-83  
“No Hierarchy of Oppression” W/W pp. 83-84  
“Unlearning Racism” W/W p. 84  
“White Privilege” W/W pp. 85-87

suggested:  
“Does Racism Harm Health?” W/W pp. 88-92  
“Cultural Humility” W/W pp. 95-99  
“Strained Class Windows” W/W pp. 125-127  
“Simply Friend or Foe?” (Disability) W/W pp. 130-131

November 5

Reproductive Rights/Reproductive Freedom and Organizing for Reproductive Justice

required:  
“Women of Color & Reproductive Justice” Rights, Chapter 1  
“Political Context of Women of Color Organizing” Rights, Chapter 2  
Read one of these chapters from Rights: Chapter 4, 6, 10, 11, 13 or 14  
“Reproductive Issues Are Essential for Asian Americans” W/W pp. 438-440  
“Will the ‘Real’ Mother Stand Up?” W/W pp. 440-449  
“Abortion Fact Sheets” W/W pp. 456-458  
“Bad Baby Blues” (Disability) W/W pp. 458-461

suggested:  
“For Native Women...” W/W p. 436  
“Latinas for Reproductive Choice” W/W pp. 437-438

November 10

Controlling Fertility: Conception, Infertility, Reproductive Technology, and Childbearing Loss

required:  
“Getting Pregnant” Sloane pp. 314-321  
“Infertility” Sloane Chapter 12  
“Endometriosis” Sloane pp. 105-108  
“Fibroids” Sloane pp. 292-294  
“Discovering You Are Infertile” W/W pp. 461-466  
“Update to Infertility” W/W pp. 466-467  
“Miscarriage” W/W pp. 493-495

suggested:  
“Market for Woman’s Eggs” W/W pp. 468-470  
“Father Knows Best” W/W pp. 471-474  
“Childbearing Loss” & “Infertility & Assisted Reproduction” OBOS Chapters 24 & 25

November 12

Controlling Fertility: Contraception, Plan B, and RU-486

Guest speaker = Ronna Popkin, Outreach Coordinator for the Alliance of State (Cancer) Pain Initiatives, Women’s Studies Lecturer and former WS103 Lecturer & TA & Family Planning Educator

required:  
“Contraception” Sloane Chapter 13  
“Contraceptive Methods for Men” W/W p. 454

suggested:  
“Contraceptive Jelly on Toast” W/W pp. 449-451  
“The Pill May Not Mix Well with Other Drugs” W/W pp. 452-453  
“Considering Parenting,” “Birth Control,” “Unexpected Pregnancy” and “Abortion” OBOS Chapters 17, 18, 19, & 20
November 17  Sexuality & Health

Guest speaker = Sue Pastor, Prevention and Wellness Specialist, University Health Services, former WS103 Lecturer and TA

required: reread “The Truth About Your Clitoris” W/W pp. 387-389
“Good Girl” W/W pp. 389-399
“Orgasm Gap” W/W pp. 399-411

suggested: “Female Sexuality” Sloane Chapter 6
“Women’s Liberation is Coming” W/W pp. 412-413
“Forbidden Fruit” (Disability) W/W pp. 426-428
“Need for Intimacy” (Older Women) W/W pp. 428-429
“With or Without the Dam Thing” (Safer Sex) W/W pp. 605-609
“Relationships with Men” & “Sexuality” OBOS Chapters 10 & 12

November 19  LBTO Issues & Health

required: “Do Ask, Do Tell” W/W pp. 416-419
“Health Care Without Shame” W/W pp. 420-422
“Trans Health Crisis” W/W pp. 423-426
“New Politics of Sexuality” W/W pp. 414-416
reread “Trans & Intersex DV” W/W pp. 281-285

suggested: “Gender Identity & Sexual Orientation” & “Relationships with Women” OBOS Chapters 9 & 11

November 24  Infectious Diseases, the Immune System, and Diseases of Sexual & Reproductive Organs. Case Study: The Politics of HIV/AIDS

Guest speaker = Marianne H. Whatley (see September 22)

required: “Gynecological Difficulties” Sloane pp. 251-280
“Asian & Pacific Islander Women” W/W pp. 121-122
“What to Ask Your Gynecologist” W/W pp. 599-602
“Waging War on STDs” W/W pp. 602-604
“Women & the Risks & Burdens of HIV” W/W pp. 609-611

suggested: “With or Without the Dam Thing” (Safer Sex) W/W pp. 605-609
“Safer Sex,” “STIs” & “HIV & AIDS” OBOS Chapters 14, 15 & 16

November 26  The Pill as Symbolic of Many WS103 Issues

The PBS “The Pill” video will be shown during this class.

required: “History of Reproductive Oppression” Rights, pp. 218-221
“Oral Contraceptives” Sloane pp. 420 + 422-439

suggested: “The Pill” video on www.pbs.org (under science and nature: health & medicine)

THANKSGIVING WEEK = DISCUSSION SECTIONS DO NOT MEET THIS WEEK.

December 1  Nutrition, Energy Metabolism & Body Image: Special Issues for Women

required: “Nourishing Ourselves” W/W pp. 326-336

suggested: “Our Health in Our Hands” Sloane Chapter 17
“Eating Well” OBOS Chapter 2
December 3  
PAPER ("VERSION 2") IS DUE IN LECTURE AT 11:00

Body Image, Fatphobia & Eating Problems

required:  "Getting Rid of Excess Weight" & "Weight Loss Through Exercise" Sloane pp. 604-609
          "Fatphobia" W/W pp. 336-338
          "Mental Health & Dieting" W/W pp. 338-340
          "Fat Can Be Fit" W/W pp. 341-344
          "Weight & Health" W/W pp. 345-346
          "I'm Not Fat, I'm Latina" W/W p. 347
          "A Way Outa No Way" W/W pp. 348-360

suggested: "Women's Tattooing" & "Body Art" W/W pp. 362-375 & 376-380
          "Body Image" & "Our Bodies in Motion" OBOS Chapters 1 & 4

December 8  
LAST TIME EXTRA CREDIT CAN BE HANDED IN: Your last extra credit must be
handed in by 11:00am, in lecture. (Note: This is the ONLY extra credit that should be handed in at lecture.
All other extra credits should be handed to your TA in discussion section.)

All the Issues Are Connected! Case Studies: The Medicalization of Menopause and The
Politics of Breast Cancer

required:  reread "Sexism in Women's Medical Care" W/W pp. 4-8
          reread "The Selling of PMS" W/W pp. 217-220
          "Now The Truth Is Known" W/W pp. 550-551
          "HRT: Overview" W/W pp. 551-552
          "Hormone Therapy" W/W p. 553
          "Phytoestrogens" W/W pp. 554-556
          "Breast Cancer: The Environmental Connection" W/W pp. 571-576
          "Breast Cancer & Women of Color" W/W pp. 577-580

December 10  
Activism and Visions for a Healthier Future: Building on WS103

required:  reread "Health Care Meltdown" W/W pp. 65-69
          "Tell Us About Your Activism" W/W pp. 249-250

suggested:  "Organizing for Change" OBOS Chapter 32

December 15  
FINAL EXAM  = 12:25-2:25, location to be announced

Please note that NO final WS103 exams can be given before this official exam time.

The final exam will cover all lectures, discussion sections, hand-outs and readings assigned from October 22-
December 10/11.
SOME THEMES TO WATCH FOR IN WS103

1. WAYS THE ROLES OF WOMEN IN THE HEALTH SYSTEM REFLECT THE ROLES OF WOMEN IN SOCIETY.

   - health system = reflection of society
   - health system = 75% women, hospitals = 85% women, 1/7 employed women work in health system, but who has status and makes decisions?

2. WHY WOMEN CALL UPON THE HEALTH SYSTEM MORE THAN MEN
   and HOW THIS RELATES TO WOMEN’S ROLES AND STATUS IN SOCIETY

   - over age 75, there are 2 women/1 man
   - mothering, care giving roles
   - women have routine care related to menstruation, fertility/infertility, pregnancy, childbirth, cancer prevention, and menopause (Men are more likely to use medical services in emergencies)
   - different women have different health issues & different access to health systems (see September 10 readings)
   - “Hazards of Hearth & Home” & “Crossing Borders” = global issues

3. WAYS THE HEALTH SYSTEM IS MALE DEFINED AND WOMEN GET VIEWED AS “OTHER”

   - diseases & medical services are often male defined
   - in 1990, National Institutes of Health (NIH) spent only 13% of budget on women’s health research
   - good news! NIH Office of Women’s Health was established in 1990, studies must now include or justify exclusion
   - understand how doctors are socialized - read “Sexism in Women’s Medical Care” (1979 classic), “Tales Out of Medical School,” “Women in Medicine,” & “What Impact Have Women Physicians Had?”

4. THE MEDICAL MODEL WHICH WORKS WELL FOR DISEASES & ACCIDENTS IS NOT WHAT WOMEN (or men) WANT FOR ROUTINE AND PREVENTATIVE CARE

   - think ~ how most women’s health issues will be approached differently in WS103 from a consumer perspective than from a medical view
   - women have 2.5 times more surgery than men, cosmetic surgery = fastest medical growth area!, i.e. major new area = explantation (removal of breast implants!)

5. WOMEN’S HEALTH MOVEMENTS HAVE BEEN KEY, VISIBLE PARTS OF THE WOMEN’S MOVEMENTS & SOCIAL CHANGE ACTIVISM FOR A MORE EQUAL SOCIETY

   - “Gender Sensitivity” = new framework
   - KNOWLEDGE IS POWER! The “politics of information” has been a key issue for women’s movements
   - “Women’s Health Events” & “Women’s Health Movement” = summary of history of women’s health events & movements & new challenges
   - “PRO & CON of Women’s Health” = how women’s health issues are causing debates in medicine
INEQUALITIES IMPACT

- ACCESS TO DETERMINANTS OF HEALTH

- ACCESS TO HEALTH CARE SYSTEM

- APPROPRIATENESS OF INTERACTIONS WITH HEALTH SYSTEM

- APPROPRIATE INCLUSION IN RESEARCH STUDIES & ANALYSES

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<th>A few comparisons of USA White &amp; Black Women</th>
<th>White</th>
<th>Black</th>
<th>Difference or Ratio</th>
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<tbody>
<tr>
<td>Life expectancy at birth</td>
<td>80.0</td>
<td>74.8</td>
<td>-5.2</td>
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<tr>
<td>Homicide /100,000 (ages 15-24)</td>
<td>3.2</td>
<td>13.3</td>
<td>4.2</td>
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<td>HIV (ages 25-44)</td>
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<td>Maternal mortality/ 100,000</td>
<td>4.2</td>
<td>16.1</td>
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<td>2.0</td>
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ANATOMY & GYNECOLOGICAL EXAM KEY WORDS

COSMETIC SURGERY IN THE NEWS:
Vaginoplasty = tightening of vaginal muscles
Labiaplasty = reduction of the labia minor
Hymenoplasty = surgery to “reconnect the skin membrane that once covered the opening to the vagina”

ANATOMY KEY WORDS = Know the definition and key issues for each of the terms on the anatomy drawings on this hand-out and these key words:

♀ = biological symbol for woman, ♂ = biological symbol for man
vulva
outer lips = labia majora = major lips
inner lips = labia minora = minor lips
sebum
clitoris (glans, shaft)
myotonia & vasocongestion
urethra
cystitis
E. coli (bacteria)
vaginal epithelium
glycogen in cells → lactobacilli → lactic acid
pheromones
hymen
pubococcygeus (pelvic floor) muscles & Kegel exercises
uterus = womb
endometrium
cervix and os (internal os & external os) of the endocervical (cervical) canal
ovaries (endocrine glands) produce ova (eggs) & sex hormones (estrogens, progesterone, & androgens)
fallopian tubes = oviducts = egg tubes
fimbria
cilia

FROM YOUR READING ON THE BREASTS:
- Know the breasts contain fat, connective tissue, and the mammary glands.
- Be able to compare the amount of mammary gland tissue in small and large breasted women.
- Be able to identify factors which account for the differences in sizes and shapes of different women.
- Be able to label the nipple and the areola of the breast.

FROM YOUR READINGS ON GYNECOLOGICAL EXAMS:
- Be able to define a speculum, the bimanual examination, rectovaginal examinations, and the role of self exams.
- Know the essentials of a good gynecological exam, what an active/activated patient is, how medical schools are trying to improve gynecological exams, and what both consumers and health practitioners can do to make for positive interactions.
- Think about the ways you could use the gynecological exam as a “teaching example” to teach someone about the “themes in women’s health” we are discussing in WS103.