



Smart Life @ 40 Plus

Olyai Roza, Ramavath Krishna Kavita

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The book “Smart Life @ 40 Plus” provides an update on advances made in the management of women’s health and lays significant emphasis on preventive care. This book is a superb contribution to the promotion of women’s health-topics; include all major pertinent issues related to the preventive health of women in this important age category. The suggested measures will help women to achieve and maintain sound health with confidence for the rest of their lives. This book that tackles every need of women from healthy living by proper eating, sleeping and exercise to the public health aspects of screening to management of medical problems of incontinence, utero-vaginal prolapse and the issues related to menopause. The book provides the information on issues related to general health that gets affected with age such as diabetes, heart disease and cancer. Every woman can get their perfect health by following the advice provided. This book will be impressive because of its sheer size and the opportunity to get to know new details about health and health maintenance. Practitioners and women of substance will be happily surprised by the book’s depth of detail in every chapter and yet its simple smart ways of dealing with the complexities the subject necessarily must have. This book is highly recommended reading for healthcare professionals and women—a true compendium rich with valuable information. This book will definitely be useful not only to the clinicians but to undergraduate and postgraduate students, all public health specialists and NGOs.

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