

The National Women's Health Resource Center
(The NWHRC)

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This not-for-profit organization, formed in 1988, has dedicated itself to providing information that will help women make informed decisions about their health. The NWHRC provides a wide range of services which include: the National Women's Health Report, an award-winning newsletter; books and booklets – some of which are free*; and a comprehensive website wherein visitors can find information on a variety of health topics, access state-by-state listings of women-friendly clinics and health departments, and more. Visitors to their site will also find an invitation to call and talk with a staff person who can help them learn about key matters to discuss with their physicians.

Because their focus is on women's health and well being, the issues they address extend beyond the medical to, for instance, matters of healthy lifestyle. Recognizing that women do not exist in a vacuum, they also address other issues that may affect a woman's health and well-being. These include topics such as family and men's health. To learn more about the NWHRC, its services and free publications, visit their website at <http://www.healthywomen.org/> or call them toll-free at 877-986-9472.

* Free NWHRC publications include:

Making the Cramp Connection: A Personal Pain Assessment Tool

Autoimmune Diseases in Women

Family Self-Care Handbook

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