

## FROM THE EDITORS

### Women: Healthy for a Lifetime

When women make up half the human race, does it really make sense to isolate “women’s health” from health in general? Is what’s left over automatically “men’s health” by default, or is there a gender-neutral category, too? During the many months of preparation that went into this issue, the editors had plenty of time to ponder those questions. Comfortingly, we also had a steady stream of expert advice and evidence confirming our decision to focus on this important, timely topic.

Just as we were going to press, for example, headlines proclaimed “Women More Sensitive to Pain but Cope Better than Men.” Researchers at Ohio University documented that although women’s experience of pain was often worse, their emotional recovery was quicker. Then came news that women and men respond oppositely to some experimental painkillers. These discoveries underscored how subtle differences between the sexes can weigh powerfully on health and happiness.

Viewed as a class, women run medical risks and face challenges to mental and physical well-being that men seldom, if ever, do. We’ve tried to make sure that any

woman (or anyone who cares about women) looking for truthful answers about how to prevent or overcome those problems will find them in the pages ahead. To help readers find themselves and their health concerns more easily, we’ve segmented the contents by age—some advice is obviously more relevant at 16 than at 60. But don’t feel excluded: most readers will find it makes sense to read every article for a lifetime perspective.

The guiding geniuses of this issue are editors Sasha Nemecek, Carol Ezzell and Kristin Leutwyler as well as photo editor Bridget Gerety, to whom all credit is due. My thanks also go out to the many experts whose help inspired and informed us at every step.



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415 Madison Avenue • New York, NY 10017-1111

(212) 754-0550

PRINTED IN U.S.A.