



Women's SelfCareNavigator Indexes of topics, version 1.0  
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**I. BODY AREA/GENERAL INDEX**

CHEST  
CIRCULATORY  
GENITAL OR URINARY  
PREGNANCY-RELATED  
SEXUALLY TRANSMITTED INFECTIONS  
SKIN

**II. BODY AREA/GENERAL INDEX W/TOPIC TITLES**

**CHEST**  
BREAST LUMP  
FIBROCYSTIC BREAST DISEASE (FIBROCYSTIC BREAST CHANGES)

**CIRCULATORY**  
VARICOSE VEINS

**GENITAL OR URINARY**  
ABNORMAL (DYSFUNCTIONAL) UTERINE BLEEDING  
CHRONIC PELVIC PAIN  
EMERGENCY CONTRACEPTION, "MORNING-AFTER PILL"  
INTRAUTERINE DEVICE  
MENSTRUAL CRAMPS (DYSMENORRHEA)  
MENOPAUSE  
PREMENSTRUAL SYNDROME  
UTERINE FIBROIDS  
VAGINAL DISCHARGE

**PREGNANCY-RELATED**  
BACK PAIN DURING PREGNANCY  
EXERCISE DURING PREGNANCY  
HEADACHE DURING PREGNANCY  
HEMORRHOIDS DURING PREGNANCY  
NAUSEA AND VOMITING DURING PREGNANCY

NUTRITION DURING PREGNANCY  
POSTPARTUM DEPRESSION  
TRAUMA DURING PREGNANCY  
TRAVEL DURING PREGNANCY

**SKIN**

ACNE

**SEXUALLY TRANSMITTED INFECTIONS**

AIDS/HIV  
GENITAL HERPES  
HUMAN PAPILLOMA VIRUS

***III. ALPHABETICAL INDEX (WITH TOPIC TITLES IN BOLD)***

**ABNORMAL (DYSFUNCTIONAL) UTERINE BLEEDING**

**ACNE**

**ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)/HUMAN  
IMMUNODEFICIENCY SYNDROME (HIV)**

**AIDS/HIV**

**BACK PAIN DURING PREGNANCY**

BIRTH CONTROL  
**emergency contraception, morning-after pill  
intrauterine device (IUD)**

**BLEEDING, ABNORMAL (DYSFUNCTIONAL) UTERINE**

**BREAST LUMP**

BREASTS  
**breast lump  
fibrocystic breast disease (fibrocystic breast changes)**

**CHRONIC PELVIC PAIN**

CIRCULATORY SYSTEM  
**hemorrhoids during pregnancy  
varicose veins**

CLUSTER HEADACHE  
**headache during pregnancy**

CONTRACEPTION

**emergency contraception, morning-after pill  
interuterine device (IUD)**

**CRAMPS, MENSTRUAL (DYSMENORRHEA)**

DEPRESSION

**postpartum depression (PPD)**

DIET

**nutrition during pregnancy**

**DISCHARGE, VAGINAL**

**DYSFUNCTIONAL (ABNORMAL) UTERINE BLEEDING**

**DYSMENORRHEA (MENSTRUAL CRAMPS)**

**EMERGENCY CONTRACEPTION, THE “MORNING-AFTER PILL”**

**EXERCISE DURING PREGNANCY**

**FIBROCYSTIC BREAST DISEASE (FIBROCYSTIC BREAST CHANGES)**

**FIBROIDS, UTERINE**

GASTROINTESTINAL SYSTEM

**hemorrhoids during pregnancy  
nausea and vomiting during pregnancy**

**GENITAL HERPES**

GENITAL WARTS

**human papilloma virus**

GENITOURINARY SYSTEM

**abnormal (dysfunctional) uterine bleeding  
chronic pelvic pain  
genital herpes  
HIV/AIDS  
human papilloma virus (HPV)  
menopause  
menstrual cramps  
premenstrual syndrome  
uterine fibroids  
vaginal discharge**

**HEADACHE DURING PREGNANCY**

**HEMORRHOIDS DURING PREGNANCY**

**HERPES, GENITAL**

**HIV/AIDS**

**HPV (HUMAN PAPILLOMA VIRUS)**

**HUMAN IMMUNODEFICIENCY SYNDROME (HIV)  
ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)**

**HUMAN PAPILLOMA VIRUS (HPV)**

**INTRAUTERINE DEVICE (IUD)**

**IUD (intrauterine device)**

**MENTAL HEALTH  
postpartum depression**

**MENOPAUSE**

**MENSTRUAL CRAMPS (DYSMENORRHEA)**

**MENSTRUATION  
abnormal (dysfunctional) uterine bleeding  
menopause  
menstrual cramps (dysmenorrhea)  
premenstrual syndrome (PMS)**

**MIGRAINE HEADACHE  
headache during pregnancy**

**MORNING-AFTER PILL  
emergency contraception, morning-after pill**

**MORNING SICKNESS  
nausea and vomiting during pregnancy**

**NAUSEA AND VOMITING DURING PREGNANCY**

**NUTRITION DURING PREGNANCY**

## **POSTPARTUM DEPRESSION (PPD)**

### **PREGNANCY**

- back pain during pregnancy**
- headache during pregnancy**
- hemorrhoids during pregnancy**
- nausea and vomiting during pregnancy**
- nutrition during pregnancy**
- postpartum depression**
- trauma during pregnancy**
- travel during pregnancy**

## **PREMENSTRUAL SYNDROME (PMS)**

**PMS (premenstrual syndrome)**

### **SEXUALLY TRANSMITTED INFECTIONS**

- genital herpes**
- HIV/AIDS**
- human papilloma virus (HPV)**

### **SKIN**

- acne**

### **TENSION HEADACHE**

- back pain during pregnancy**
- headache during pregnancy**
- hemorrhoids during pregnancy**
- nausea and vomiting during pregnancy**
- nutrition during pregnancy**
- postpartum depression**
- trauma during pregnancy**
- travel during pregnancy**

## **TRAUMA DURING PREGNANCY**

## **TRAVEL DURING PREGNANCY**

## **UTERINE BLEEDING, ABNORMAL (DYSFUNCTIONAL)**

## **UTERINE FIBROIDS**

## **VAGINAL DISCHARGE**

## **VAGINAL INFECTION**

**vaginal discharge**

VAGINITIS

**vaginal discharge**

**VARICOSE VEINS**

VEINS

**hemorrhoids during pregnancy**

**varicose veins**