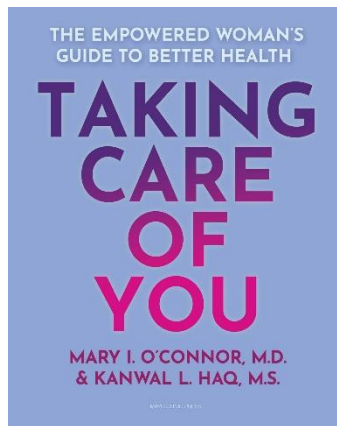




Mayo Clinic Press

Contact: Jacqui Daniels  
McCartin | Daniels PR  
702-450-6464 / [JDaniels6464@gmail.com](mailto:JDaniels6464@gmail.com)

**A practical and extensive resource guide for women who want to understand and take charge of their own health and healthcare, presented in short, focused, easy-to-read chapters.**



# **TAKING CARE OF YOU**

## **THE EMPOWERED WOMAN'S GUIDE TO BETTER HEALTH**

**by Mary I. O'Connor, M.D. &  
Kanwal L. Haq, M.S.**

Women do not always receive the same healthcare as men. In fact, for too long medicine has not recognized that numerous health conditions such as heart disease, mental health, stroke, stress, and more, impact women differently than men. Orthopedic surgeon Mary I. O'Connor and medical anthropologist Kanwal L. Haq want to change that by empowering women with knowledge about the current landscape of women's health, and how to be actively engaged with their healthcare team.

In a groundbreaking publication, **TAKING CARE OF YOU: *The Empowered Woman's Guide to Better Health*** (Mayo Clinic Press/Trade paperback \$40.00/October 4, 2022), O'Connor and Haq have enlisted 111 leading women physicians and health experts from all across the country to create a practical resource guide for women to improve their health and obtain better healthcare.

**TAKING CARE OF YOU** is refreshingly supportive and jargon-free, with colorful illustrations to help the reader better understand what can often be dense medical information. Its unique approach includes three main sections:

1. **WOMEN AND THE CURRENT HEALTH LANDSCAPE** which includes topics like what exactly is “women’s health”, how to find the right healthcare team, how to use the internet for medical information, when to go to urgent care versus the emergency department, and much more.
2. **COMMON CLINICAL CONDITIONS IMPACTING WOMEN** which focuses on 55 non-reproductive clinical conditions that impact women more than men, or differently than men. Each chapter is divided into subsections that explain: what is the condition, whether it can be prevented, how it is treated, why it matters to women, questions to ask your healthcare team, and pearls of wisdom from the expert(s).
3. **TAKING CARE OF YOU** focuses on activities women can do every day-like nutrition, sleep, exercise-and how to effectively engage in these pillars of health in order to take better care of themselves.

**TAKING CARE OF YOU** is an easy-to-use and accessible guide to be shared between mother and daughter, sister, aunt, and grandmother---an essential resource for every woman, and those who love her.

---

#### **ABOUT THE AUTHORS:**

**Mary I. O'Connor, M.D.** is an orthopedic surgeon, health equity leader, healthcare entrepreneur, and former U.S. Olympic athlete (Women’s Rowing, 1980). She is co-founder and Chief Medical Officer of Vori Health, a spine and orthopedic telemedicine company on a mission to empower all people to better health. After a distinguished career at Mayo Clinic where Dr. O’Connor was awarded Professor Emerita status, she went on to lead the Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Health and was Professor of Orthopaedics and Rehabilitation at Yale School of Medicine. A passionate advocate for health equity, Dr. O’Connor has led the national non-profit coalition, Movement is Life, since its inception in 2010 in its efforts to eliminate musculoskeletal health disparities. A graduate of Yale University, Dr. O’Connor obtained her medical degree from Drexel University College of Medicine and completed her orthopedic residency and fellowship at Mayo Clinic in Rochester, MN. She can be found on Twitter at <https://twitter.com/MaryOConnorMD> or LinkedIn: <https://www.linkedin.com/in/maryoconnormd/>

**Kanwal L Haq, M.S.** is a medical anthropologist, community organizer, and non-profit consultant. She currently leads the NYC women’s health programs at the Arnhold Institute for Global Health at Mount Sinai’s Icahn School of Medicine. An applied-research scientist dedicated to education and health equity, Kanwal utilizes community-based participatory research and implementation science to build more effective, efficient and equitable systems of care for women across the world. Her desire to bridge the gap between academic knowledge and community resources served as the catalyst for “Taking Care of You”. Prior to joining Mount Sinai, Kanwal worked at Yale School of Medicine and completed fellowships at the United Nations, Americorps, and the University Teaching Hospital (CHUK) in Kigali, Rwanda. Kanwal completed her B.S. in biological sciences from the University of Missouri and her M.S. in medical anthropology from the Boston University School of Medicine. She can be found on Twitter at <https://twitter.com/kanwallhaq> or LinkedIn at: <https://www.linkedin.com/in/kanwallhaq/>

#### **TAKING CARE OF YOU**

**The Empowered Woman's Guide to Better Health**  
**by Mary I. O'Connor, M.D. and Kanwal L. Haq, M.S.**

Mayo Clinic Press

On Sale Date: October 4, 2022 / \$40.00

Trade Paperback / 480 pages

ISBN-13: 978-1945564147

**TAKING CARE OF YOU on Social Media:** @womenshealthbook

Linked In: <https://www.linkedin.com/company/womenshealthbook>

Instagram: <https://www.instagram.com/womenshealthbook/>

Facebook: <https://www.facebook.com/womenshealthbook>