Most women initially discuss health-related matters with a medical practitioner in a primary care setting, whether they have specific concerns or are seeking advice and guidance. This practical and comprehensive guide will help primary care practitioners to deliver holistic women's health care to patients throughout different life stages. Contraceptive choices, infertility, pregnancy, and menopause are covered, along with specific diseases such as ovarian cysts, breast conditions, and ovarian cancer. All of the authors are GPs, consultants and nurses with experience of the requirements to