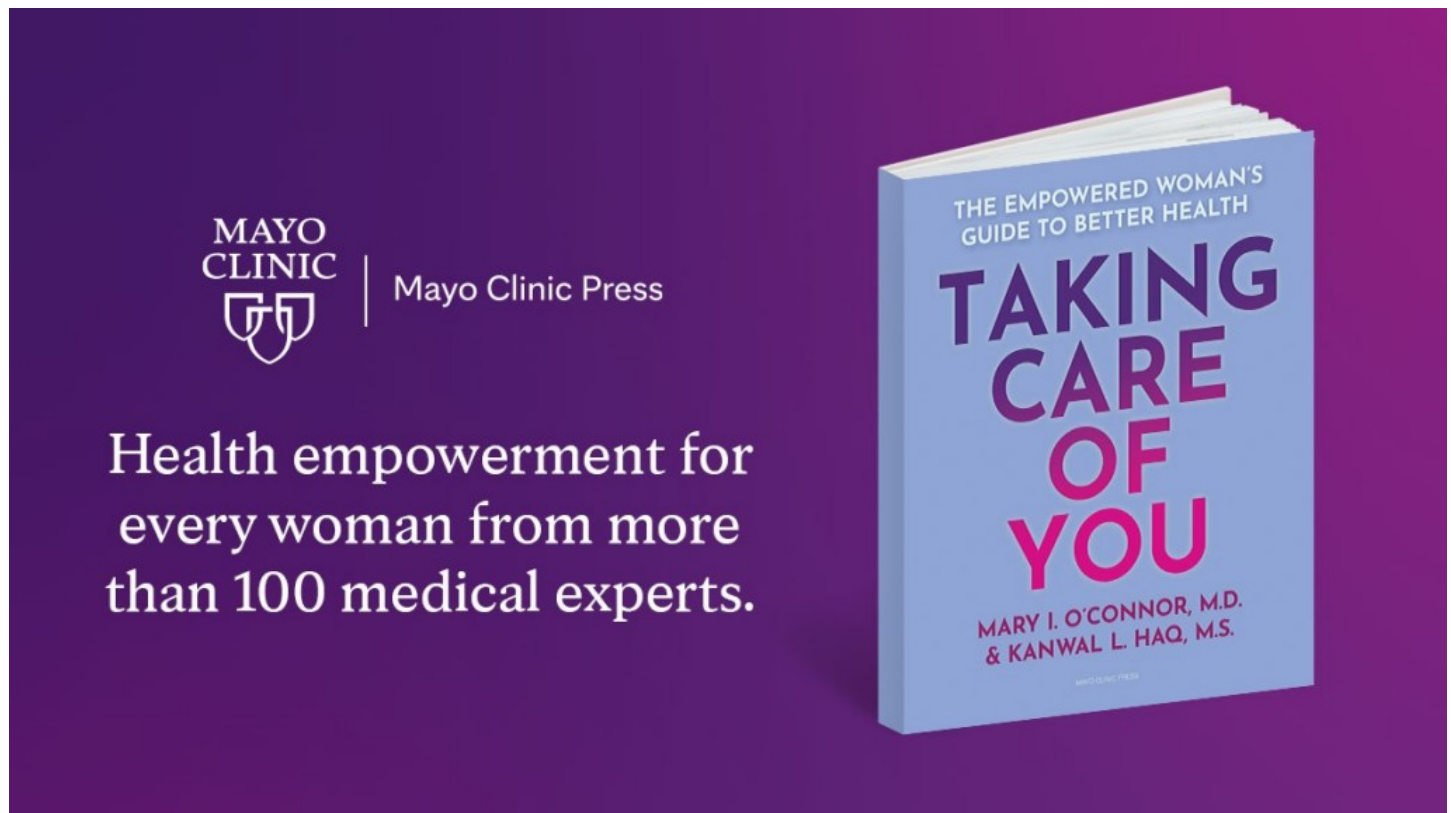


Empowering Women's Health: Unveiling "Taking Care of You" and the #1MillionMoreWomen Campaign



Los Angeles, California Jan 23, 2024 ([Issuewire.com](https://www.issuewire.com)) - Did you know that healthcare was not originally designed with women in mind, and it wasn't until 1993 that women and minorities were mandated to be part of clinical trials? Addressing this significant oversight, orthopedic surgeon Mary I. O'Connor and medical anthropologist Kanwal L. Haq proudly introduce "Taking Care of You"—a woman-centric anthology on modern health and healthcare.

Going beyond middle school, women often find themselves lacking essential health education, leaving them without crucial knowledge about their bodies. "Taking Care of You" strives to revolutionize this by engaging leading women physicians and health experts nationwide, offering an accessible, jargon-free "what-you-need-to-know" resource guide for women of all ages and life stages.

This book is not just a guide; it's a shared journey passed from daughter to mom, sister to aunt, and grandmother—an indispensable resource for every woman and those who care about her.

As part of the 1 Million More Campaign, Mary and Kanwal aspire to inspire #1MillionMoreWomen in 2024 to take control of their health and enhance healthcare for every woman. In collaboration with like-minded leaders, they are leading a robust educational campaign, spreading awareness about the existing gaps in women's health.

The heart of this campaign lies in the voices of women. "Taking Care of You" invites every woman to share their stories and ideas on www.1MillionMoreWomen.org, contributing to an agenda for

transformative change.



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Source : Dr. O'Connor and Kanwal L. Haq

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