

## **Secrets of Women's Healthy Ageing Living Better, Living Longer**

by Cassandra Szoeké

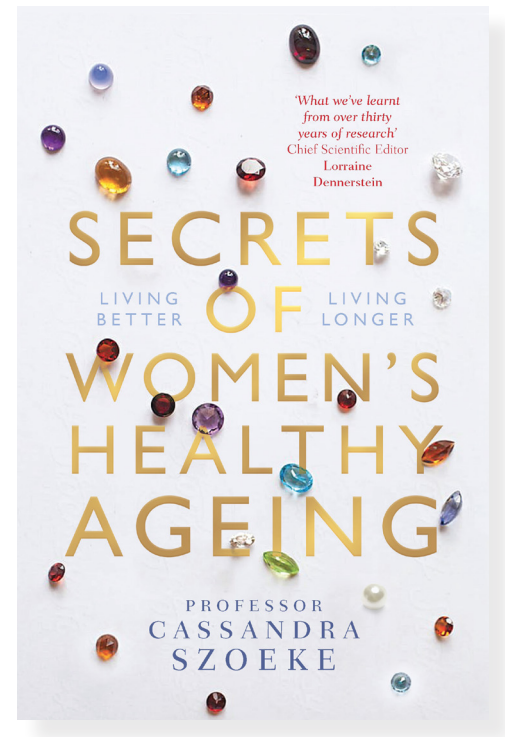
### **The research-based approach to ageing well**

*Secrets of Women's Healthy Ageing* draws on the findings of a unique study that has focused on the health of more than four hundred women in their mid-to-late lives. Over the past thirty years a team of international investigators has compiled a remarkable amount of data, aiming to raise awareness of modifiable risk factors in women's health.

Their findings cover brain, heart and gut health, diet, sleep, exercise, and the benefits of socialising. But importantly, they highlight how the results relate directly to women's wellbeing. In *Secrets of Women's Healthy Ageing* Cassandra Szoeké shares the wisdom revealed by this comprehensive study, showing how to promote overall wellness and providing the key ingredients for living a long and healthy life.

### **Key findings include:**

- Dementia and hormone replacement therapy: the brand new research indicating the interplay between hormone levels and dementia in women
- Health from the head down: just how important mental health is to women's overall wellbeing in mid-to-late life
- Incidental exercise and moving everyday: the one thing that women can do to improve their brains, bones, hearts—everything
- Gender bias: how the absence of women from drug trials and research has impacted the treatment of women in the healthcare system



**Cassandra Szoeké** will be available for interviews.

For more information please contact:  
**Sarah Valle** at MUP  
on 0437 437 869  
or [valle.s@unimelb.edu.au](mailto:valle.s@unimelb.edu.au)

**ISBN: 9780522877236**

**RRP Paperback: \$32.99**  
**RRP eBook: \$20.99**

**IMPRINT: Melbourne University Press**



**Cassandra Szoeké**—professor of medicine, doctor, scientist and clinical researcher—is an expert in women's health. She is director of the Women's Healthy Ageing Project at the University of Melbourne and has published hundreds of academic and clinical publications.

CONNECT WITH US

