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FOR IMMEDIATE RELEASE

GETTING TO THE ROOT OF AN EMBARRASSING WOMEN'S HEALTH ISSUE

UNWANTED HAIR AND HIRSUTISM: A BOOK FOR WOMEN: by Alison Amoroso M.Ed.
ISBN 9781426922183

Millions of women struggle with unwanted hair, which is frequently related to a hormonal condition known as hirsutism. In other cases, unwanted hair can emerge as hormonal levels shift, or when normal hair growth in women is considered “unwanted” by cultural beauty standards. *Unwanted Hair and Hirsutism* explores this serious problem for women, which has too often been cast aside as a “beauty issue.” Here, author Alison Amoroso defines the differences between “unwanted hair” and the medical problem of hirsutism. All available treatments and hair removal techniques are explored, including risks and benefits of each. Useful charts and illustrations, combined with accessible language, make this book a treasure trove for women of all ages who may be silently plagued by this health problem.

About the Author

Alison Amoroso has been writing and editing women’s health information for over twenty years. She contributed to the latest edition of *Our Bodies, Ourselves* and writes and edits articles about inspiring women and public policy. She cofounded and edited the original *Teen Voices* magazine, a groundbreaking popular and educational magazine by, for, and about teenage girls. Previously a sexual abuse therapist and child abuse social worker, Alison brings her training and experience to her writing and activism. She has served on the boards of many nonprofits that seek to enhance the quality of life for women and girls, ranging from labor, peace, and violence prevention to media and democracy. A collection of her work is housed at the Duke Special Collections Library. Alison holds a B.S. in psychology from Duke University and a M.Ed. from Harvard Graduate School of Education. She lives in Atlanta with her husband, daughter, and mastiff.

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