

Women's Issues

Including Sexuality, Body Image, Health and Parenting

August 2008

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

[« View Other Topics](#)

Books

101 Tips for a Healthy Pregnancy With Diabetes / Patti B. Geil, Laura B. Hieronymus. Alexandria, VA: American Diabetes Association, 2003. ISBN: 1-58040-130-9.

Challenged by Amputation: Embracing a New Life / Carol S. Wallace. Carmichael, CA: Inclusion Concepts, c1995. ISBN 0-9646639-0-2. This book can aid a patient during the process of adjusting to an amputation. It not only dedicates chapters to important issues that come up after the actual surgery, such as sexuality and relationships, but it also prepares the patient for an amputation ahead of time.

Disability & the Art of Kissing: Questions and Answers on the True Nature of Intimacy / Gary Karp. 2nd ed. San Rafael, CA: Life on Wheels Press, 2006. Sexual intimacy and the ability to love and be loved are indeed not only possible in the context of a disability, but also unique insights may be discovered into the real meaning of loving and relationship. Written in brief chapters, "The Art of Kissing" is a guide to this innate part of our humanity, in a supportive voice that at the same time recognizes the reality of loss and change.

The Disabled Woman's Guide to Pregnancy and Birth / Judith Rogers. 2nd ed. New York, N.Y.: Demos, c2006. ISBN: 1-932603-08-5. *The Disabled Woman's Guide to Pregnancy and Birth* is a comprehensive guide based on the real-life experiences of women with disabilities who have chosen to have children. Empathetic, balanced, and practical, it is the only book that answers critical questions and provides guidance for the woman with a disability facing one of the biggest challenges of her life. Includes information specifically about women with limb differences.

Enabling Romance: A Guide to Love, Sex, and Relationships for People With Disabilities (And the People Who Care About Them) / Ken Kroll & Erica Levy Klein; illustrations by Mark Langeneckert. Horsham, PA: No Limits Communications, c2001. ISBN 0-9712842-0-2. This book is an illustrated guide to

Topics:

Books

ACA Articles: Including *inMotion* Articles

Videos

Web sites



Library OPAC

Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.



intimacy and sexual expression for the more than 56 million Americans with disabilities. Written by a husband and wife team, one of whom has a disability, this book celebrates the desire for love and intimacy.

Exercise for People with Disabilities: Getting Started on Your Fitness Plan / Katherine Froehlich ... [et. al]. Lawrence, KS: University of Kansas, Research and Training Center on Independent Living, 2001. This manual provides information about why physical activity is important for people who experience disabilities, commonly experienced barriers to activity and how you can overcome them, things to consider when establishing an activity program, ways to start an activity program and keep on track, locations of fitness programs, equipment, and videos. Access manual online at: www.rtcil.org/products/RTCIL%20publications/Health%20Issues/Exercise%20for%20People%20with%20Disabilities.pdf

Life on Wheels: For the Active Wheelchair User / Gary Karp. Beijing; Sebastopol, CA: O'Reilly, c1999. ISBN 1-56592-253-0. This book talks about most of the issues that come up when becoming a wheelchair user. The topics include rehabilitation, medical concerns, staying healthy, the experience of disability, wheelchair selection, home access, intimacy, sex and having children. The book also includes resources and a very good bibliography.

Poster Child: A Memoir / Emily Rapp. 1st U.S. ed. New York: Bloomsbury: Distributed to the trade by Holzbrinck Publishers, 2007. This is the memoir of a woman who had her leg amputated above the knee as a child. She became the poster child for the March of Dimes and helped raise money for "flawed" children such as herself. Her account is of a child and young adult struggling with and finally accepting her self-image and self-identity.

The Novel Approach to Sexuality and Disability / by Georgie Maxfield. Sparks, Nev.: Northern Nevada Amputee Support Group, c1996. In this work of fiction, Glory Fields and friends explore disability and its effects on sexual relationships from the bizarre to daily living.

One-Handed in a Two-Handed World: The Step-by-Step Guide to Managing Single-Handedly / Tommye-Karen Mayer. ISBN 0-9652805-1-9. This book provides hands-on advice on almost any aspect of mastering everyday life single handedly. The topics include personal care, dressing, eating, dining out, cooking, cleaning up, office work, traveling, household repairs, outside home, leisure activities, sports, and sexuality.

The Ultimate Guide to Sex and Disability: For All of Us Who Live With Disabilities, Chronic Pain, and Illness / by Miriam Kaufman, Cory Silverberg, and Fran Odette; illustrated by Fiona Smyth. 1st ed. San Francisco: Cleis Press, c2003. ISBN 1-57344-176-7. This book discusses myths about disability and sexuality, desire and self-esteem, sexual anatomy and sexual response, communication, technique and much more. Includes information for amputees.

[Back to Top](#)

ACA Articles: Including *inMotion* Articles

Altered States: Our Body Image, Relationships and Sexuality / Sandra Houston. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, January / February 2005. A psychologist who is an amputee and specializes in marriage and sex therapy discusses how body image and self-perception impacts relationships with others, especially intimate relationships.

http://www.amputee-coalition.org/inmotion/jan_feb_06/altered_states.html

http://www.amputee-coalition.org/inmotion/jan_feb_06/altered_states.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jan_feb_06/altered_states.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jan_feb_06/altered_states.pdf

Alternatives: Life Without Artificial Limbs: Relationships: The Perfect Match / Jan Garrett. Knoxville, TN: Amputee Coalition of America, 1998. Article from *inMotion*, November / December 1998. Jan Garrett, JD, discusses how the support of her family was a solid foundation for future relationships.
http://www.amputee-coalition.org/inmotion/nov_dec_98/altern.html

Bridging the Gap Between Venus & Mars / Charlene Whelan. Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, May / June 2007. This article contemplates the physical and emotional similarities and differences between men and women. Understanding one another's emotional expression, body image, and concept of normality, we can begin to bridge the gap.
http://www.amputee-coalition.org/inmotion/may_jun_07/venus_mars.html
http://www.amputee-coalition.org/inmotion/may_jun_07/venus_mars.pdf

Cyber Dating / Bill Dupes. Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, May / June 2007. The cyberspace community facilitates an embarrassment-free opportunity for people with disabilities to express themselves, make friends, and hopefully find a partner for life.
http://www.amputee-coalition.org/inmotion/may_jun_07/cyberdating.html
http://www.amputee-coalition.org/inmotion/may_jun_07/cyberdating.pdf

Disability Doesn't Mean Vulnerability / Ray Couch III. Knoxville, TN: Amputee Coalition of America, 1997. Article from *inMotion*, April / May 1997. For many Americans living with a disability, learning some form of personal protection as well as how to escape a hazardous situation is an important aspect of independence and mobility. There are, however, four simple principles that will aid everyone: awareness, avoidance, escaping, and safety.
http://www.amputee-coalition.org/inmotion/apr_may_97/def.html

Having a Baby: How Pregnancy Affects Women with Limb Loss / Sarah Pedersen. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, September / October 2003. This article looks at the special issues and concerns of expectant mothers who are amputees.
http://www.amputee-coalition.org/inmotion/sep_oct_03/baby.html
http://www.amputee-coalition.org/inmotion/sep_oct_03/baby.pdf

If She Can Do It, You Can Do It: One Woman's Story About Being an Amputee Who Trains With Weights / Original article by Scott McNutt. Easy Read translation by Health Literacy Consulting. Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, March / April 2007. Christie Hagedorn has a message for anyone, amputee or not, who thinks training with weights is an impossible goal: If she can do it, you can too!
http://www.amputee-coalition.org/easyread/inmotion/mar_apr_07/if_she_can_do_it.html
http://www.amputee-coalition.org/easyread/inmotion/mar_apr_07/if_she_can_do_it.pdf

Important Health Screenings for Women / Christina Skoski, MD. Knoxville, TN: Amputee Coalition of America, 2008. Article from *inMotion*, March / April 2008. Dr. Skoski outlines recommended medical screenings for women at different stages of life. She writes, "You should never forget that you are a woman first and an amputee second."
http://www.amputee-coalition.org/inmotion/mar_apr_08/women_health_screenings.html
http://www.amputee-coalition.org/inmotion/mar_apr_08/women_health_screenings.pdf

Living With Diabetes: Dieting? Do It Deliciously / Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, May / June 2001. This article talks about the importance of a healthy diet in relation to controlling diabetes and includes dessert recipes.
http://www.amputee-coalition.org/inmotion/may_jun_01/diabetes.html
http://www.amputee-coalition.org/inmotion/may_jun_01/diabetes.pdf

***Osteoporosis: The Silent Disease** / Christina Skoski, MD. Knoxville, TN: Amputee Coalition of America, 2008. *inMotion*, May / June 2008. Dr. Skoski discusses the risk factors of developing osteoporosis and the prevention and treatment of the disease.

Parenting: Family Ties / Zahra Meghani. Knoxville, TN: Amputee Coalition of America, 2000. Article from *inMotion*, September / October 2000. This article looks at Barbara Wilkinson, a single parent and below-knee amputee. She talks about parenting, her amputation, and her efforts to find peer support after the amputation.

http://www.amputee-coalition.org/inmotion/sep_oct_00/parent.html

Pedicures: Hazardous to Your Feet? / Neil M. Scheffler. Knoxville, TN: Amputee Coalition of America, 2008. Article from *inMotion*, July / August 2008. Podiatrist Neil Scheffler talks about the risks of pedicures and how to identify a safe and clean manicurist and salon.

http://www.amputee-coalition.org/inmotion/jul_aug_08/pedicure.html

http://www.amputee-coalition.org/inmotion/jul_aug_08/pedicure.pdf

Pregnancy After Amputation / Zahra Meghani. Knoxville, TN: Amputee Coalition of America, 2000. Article from *inMotion*, August / September 2000. This story is about two women who refused to let their radical amputations stop them from experiencing the joys of motherhood.

http://www.amputee-coalition.org/inmotion/jul_aug_00/preg.html

Ready for Love / Jeremiah Pérez. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, January / February 2006. Stephanie Bastos discusses her dating experiences as a woman with a below-knee amputation during her teens and twenties.

www.amputee-coalition.org/inmotion/jan_feb_06/ready_for_love.html

www.amputee-coalition.org/inmotion/jan_feb_06/ready_for_love.pdf

Spanish: www.amputee-coalition.org/spanish/inmotion/jan_feb_06/ready_for_love.html

Spanish: www.amputee-coalition.org/spanish/inmotion/jan_feb_06/ready_for_love.pdf

Towards Reaching "Normalcy" - Does It Really Matter? / Donna R. Walton, EdD. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, July / August 2006. Dr. Walton describes her own quest to be "normal" and walk without a limp, despite her high-level, above-knee amputation. She describes meeting another woman with the same feelings. After years of coping with their own gaits, they both came to the same conclusion to not let their limps define who they are. After all, their limp is "normal" to them.

http://www.amputee-coalition.org/inmotion/jul_aug_06/reaching_normalcy.html

http://www.amputee-coalition.org/inmotion/jul_aug_06/reaching_normalcy.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jul_aug_06/reaching_normalcy.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jul_aug_06/reaching_normalcy.pdf

***Transitioning to Acceptance** / Judy Squier. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, March / April 2006. Judy Squier writes about her 50-year journey with prostheses as a bilateral above-knee amputee. As she reflects on the guilt of her prostheses staying in the closet and her preference for a manual wheelchair, she is beginning to accept that what worked for her as a teenager may not work for her now.

***What You Should Know About Choosing a Safe and Successful Weight Loss Program** / Amputee Coalition of America. Knoxville, TN: Amputee Coalition of America, 2008. Article from *inMotion*, March / April 2008. This article includes tips to help you discuss weight loss with your doctor and lists the strengths and weaknesses of popular commercial weight-loss programs.

When a Parent Loses a Limb: Helping Children Cope / Pat Isenberg. Knoxville, TN: Amputee Coalition of America, 2001. Article from *inMotion*, May / June 2001. A list of tips on how to help a child to adjust to a parent with limb loss.

http://www.amputee-coalition.org/inmotion/may_jun_01/parent.html

http://www.amputee-coalition.org/inmotion/may_jun_01/parent.pdf

***When the Shoe Fits - or Doesn't: Assessing Your Career Choices After Amputation** / Shannon Taylor. Knoxville, TN: Amputee Coalition of America, 2008. *inMotion*, May / June 2008. This author suggests that amputees seeking a job perform a thorough self-assessment to find a job that fits their needs.

Yoga for Everyone / Kellye Campbell, MN, ARNP. Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, March / April 2007. This article looks at the health benefits of yoga for amputees. An attached article, "Practice with Care" by Tom Bayless, talks about how to start a yoga program safely.

http://www.amputee-coalition.org/inmotion/mar_apr_07/yoga.html

http://www.amputee-coalition.org/inmotion/mar_apr_07/yoga.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/mar_apr_07/yoga.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/mar_apr_07/yoga.pdf

**These articles are available on request by calling 888/AMP-KNOW (267-5669).*

[Back to Top](#)

Videos

Child Care with Bilateral Transradial Amputations. Chicago, IL: Rehabilitation Institute of Chicago, 1995. VHS. Jeff Gaines, a bilateral below-elbow amputee, demonstrates how he is completely independent in caring for his young children. He uses both body-powered and externally powered prostheses to prepare baby bottles, feed the baby, take off the baby's jacket, change diapers, and place the baby in stroller and car seat. Although Jeff learned to take care of his baby with the body-powered prosthesis and split hooks he was initially fitted with, he prefers his myoelectric prosthesis for these activities and now uses his myoelectrics full time.

Don't Fix Me, I'm Not Broken / Simcoe Communications. Roseville, CA: Simcoe Communications, c1990. VHS. Born without arms, Stacey McInroe Connor demonstrates her natural ability to use her feet as a "ninety-nine and a half percent independent" person. Her independence evolved once the rehabilitation community focused on what she did have and recognized her wish not to use prostheses. From dressing to driving, Stacey's abilities are inspirational!

Fitness for All / with Bonnie St. John Deane and Jon Giese. Appleton, WI: Inspirational Springs, c1998. VHS. A workout video for lower-limb amputees and people with leg and ankle injuries.

[Back to Top](#)

Web sites

Center for Research on Women With Disabilities (CROWD). Houston, TX : Baylor College of Medicine, 1999-. The Center for Research on Women with Disabilities (CROWD) is a research center that focuses on issues related to health, aging, civil rights, abuse, and independent living. CROWD's purpose is to promote, develop and disseminate information to expand the life choices of women with disabilities so that they may fully participate in community life. More specifically, researchers develop and evaluate models for

interventions to address specific problems affecting women with disabilities. View online educational pamphlets on weight management, physical activity, depression, stress and smoking, <http://www.bcm.edu/crowd/>

Moving Right Along: Past Amputation, Back to Life [Blog] / A humorous and down-to-earth blog by a woman named Sara. Her bio says that she “is a happy, ordinary, middle-aged, suburban woman who paints odd pictures, gardens in a straw hat, is owned by a cat, lives with the love of her life, and walks a little funny because she has a fake leg. [She] started this Web site because there is more to life than what we lose, and we need to let each other know what's possible, even if it's only a happy, ordinary life.”
<http://movingrightalong.typepad.com>

Orchid: Health and Wellness for Women With Disabilities. Chapel Hill, NC: North Carolina Office on Disability and Health, 2001. The goal of this online publication is to encourage all women with disabilities to be as healthy as possible. Physical health and wellness topics are covered, as well as topics such as relationships, gardening and travel. This publication is also available in print and in Spanish.
<http://www.fpg.unc.edu/~ncodh/orchid>

Parents With Disabilities Online / Trish Day. Sponsored by Colorado Cross Disability Coalition. This site provides information, support and resources to parents with disabilities.
<http://www.disabledparents.net/index.html>

[Back to Top](#)

Last updated: 08/20/2008



© Copyrighted by the [Amputee Coalition of America](#). All trademarks and service marks contained herein are property of their respective owners. Local reproduction for use by ACA constituents is permitted as long as this copyright information is included. Organizations or individuals wishing to reprint this article in other publications, including other World Wide Web sites must [contact](#) the Amputee Coalition of America for permission to do so.

Amputee Coalition of America · 900 East Hill Avenue, Suite 205 · Knoxville, Tennessee 37915
Toll-Free: 1-888/AMP-KNOW · TTY: 865/525-4512 · Knoxville: 865/524-8772 · Fax: 865/525-7917