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# CONDENSATION OF Women in Medicine

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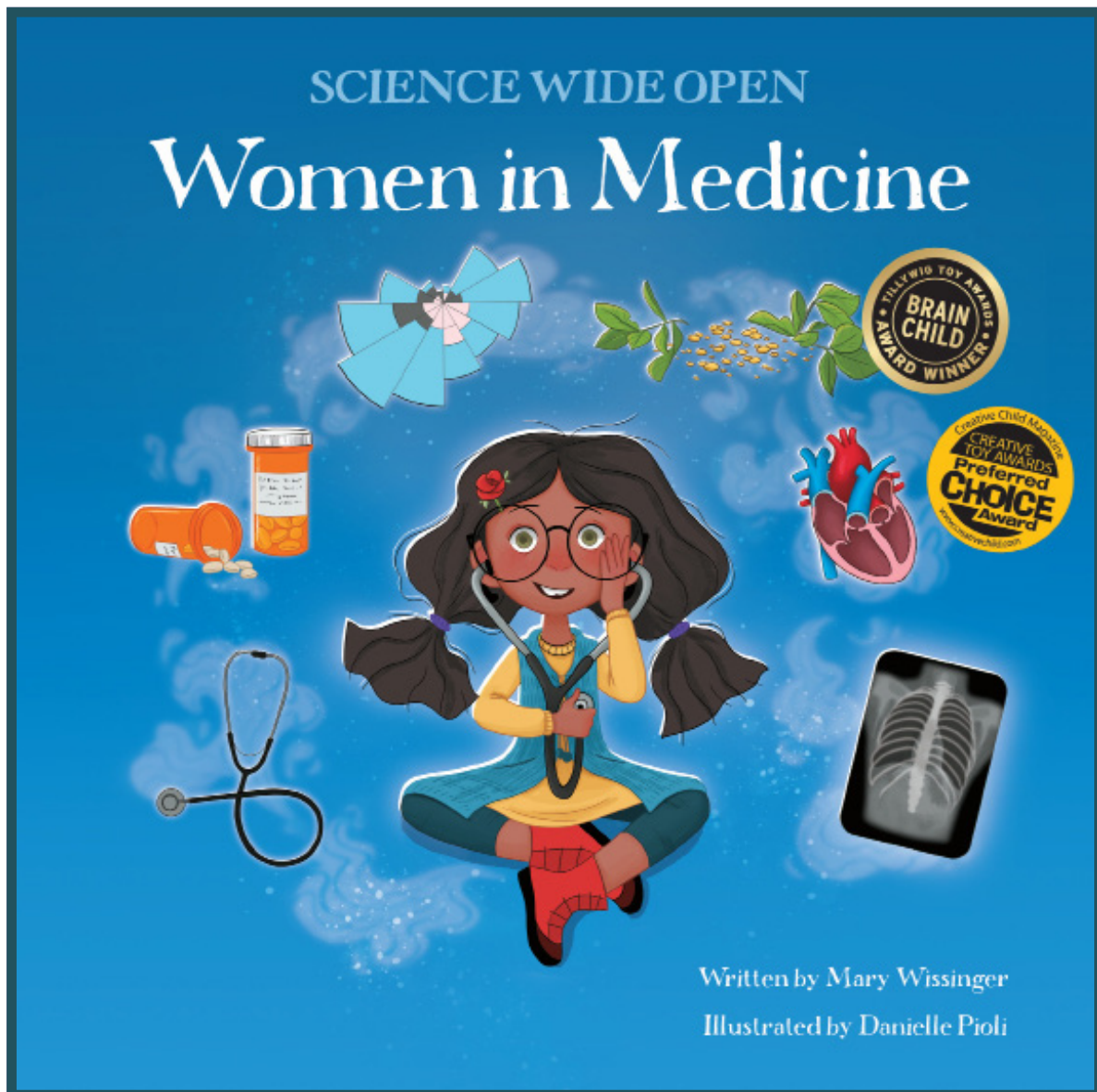
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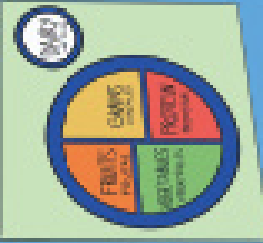
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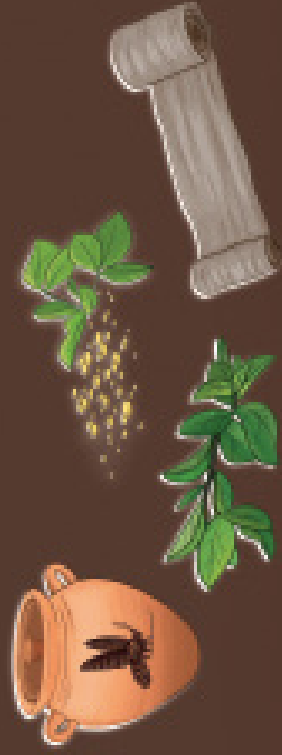




WASH YOUR HANDS  
LAVATE LAS MANOS



THE HUMAN SKELETON  
EL ESQUELETO HUMANO



Peseshet and her doctors didn't have modern medicines or technology like ours, so they had to be very creative. Doctors of the time used fabric for bandages and made medicines with materials such as honey, coal, and plants. They set broken bones, healed wounds, and helped people with all kinds of health issues.

Peseshet  
(PEH-suh-sheh)  
Egypt, around 2500 BCE





But sometimes people were sick for years before the disease was diagnosed. Dr. Angella kept working and created the world's first test for sickle cell disease.

At last, treatment could start at birth, immediately helping the 1,000 children worldwide who are born with the disease each day. Even though there is no cure, Dr. Angella's test and treatments help people with sickle cell disease live full lives.



## What is a cure?



Sweet Wormwood

Inventing a medicine takes lots of experimentation. Tu Youyou searched ancient Chinese medical texts looking for herbal recipes that might cure malaria. She discovered a plant extract called artemisinin after years of research and experiments.

Using creativity and simple equipment, she and her team used artemisinin to create a medicine to fight malaria. Tu Youyou volunteered as the first test subject. She was awarded a Nobel Prize for her world-changing work, and her medicine has saved over two hundred million lives.



**Wow! What else have women discovered?**

Florence Nightingale  
(FLOR-<sup>ə</sup>-nu, NITE-<sup>ˈ</sup>nɪŋ-<sup>g</sup>əl)  
England, 1820–1910



Some of the biggest improvements in medicine have happened because one person paid attention.

When Florence Nightingale first started her career as a nurse, she noticed that dirty conditions in hospitals seemed to be making patients worse. She began with simple steps like providing clean water and healthy food. She opened the windows for sunlight and fresh air. Patients began to improve more quickly.



Caring for others is a journey that can go many different ways. One of the first steps is taking care of yourself. so you have the energy and ability to care for others. Healthcare workers also ask lots of questions and pay attention to how people are feeling.



Your journey might take you to places you'd never expect: to new discoveries, cures for illnesses, or even careers that haven't been invented yet!



But it can start with small actions, and by remembering that we are all connected. Curiosity and caring can change the world, one person at a time.

## Glossary

**BLALOCK-THOMAS-TAUSSIG SHUNT OPERATION:** A surgical procedure used to increase blood flow to the lungs by bypassing the pulmonary artery when it is stable about pulmonary atresia.

**CORI CYCLE:** The process of the muscles and liver working together to use and store energy.

**CURE:** A medical treatment that can make someone healthy, including medicine, surgery, physical therapy, and more.

**DIABETES:** A condition in which the body doesn't produce enough insulin, doesn't produce any insulin, or struggles to use insulin. These problems change how the body turns sugar from food into energy.

**DIAGNOSIS:** To find and categorize the reason a person feels unwell.

**DOCTOR:** A person who has trained for many years to check patients for health problems, make diagnoses, select the best treatments, and provide care.

**FETUS:** The unborn offspring of a human or other mammal that has been developed for more than eight weeks.

**GLUCOSE:** A natural sugar that is a source of energy for living things.

**GLYCOGEN:** The form in which bodies store glucose, mainly in the liver or muscles.

**HEALTHCARE:** Any jobs or services related to helping people feel well.

**HEARTBEAT:** The sound of heart valves opening and closing.

**HEART VALVE:** A structure in the heart that opens and closes to allow the blood to move in only one direction.

**HEEL STICK BLOOD TEST:** A blood test given to newborn babies, which involves pricking the heel of the foot to take a small blood sample. The sample is checked for a condition that needs treatment right away, such as a sickle cell disease. The test is also called the newborn screen or the state screen.

**INSULIN:** A hormone that regulates the amount of glucose in the blood.

**LACTATE:** A substance made by the muscles of the body as they turn sugar into energy.

**MALABARA:** A disease that affects blood cells, passed through the type of infected mosquitoes.

**MEDICINE:** The field of science that deals with the prevention or cure of disease. This word also describes any substance that helps a person feel better.

**MIDWIFE:** A professional trained to assist women during pregnancy and childbirth.

**PEDIATRIC CARDIOLOGY:** A field of medicine that specializes in diagnosing and treating heart problems in children.

**PHARMACOLOGY:** The study of medicine and how they affect the body.

**SICKLE CELL DISEASE:** A disease that can change the shape of red blood cells or cause a shortage of red blood cells.

**ULTRASOUND:** The use of sound waves to produce pictures of the inside of the body.

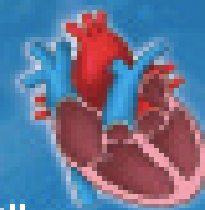
**UMBILICAL CORD:** A natural tube that lets a developing baby receive nutrition from the mother's body before it is born. The cord must be cut after birth, and the spot where it was attached becomes the baby's belly button.



The fifth book in the award-winning Science Wide Open series!



## How does the body work?



Learn about healthcare from women throughout history who have used their skills and observations to advance the field of medicine. Their achievements, including a cure for malaria and a lifesaving heart surgery, will show young scientists the incredible power of curiosity and caring.

"I learn something new every time I read a book in the Science Wide Open series. *Women in Medicine* is full of inspiring stories about pioneering women in healthcare. I recommend it for all the curious kids in your life!"

—Cameron Clay, Ph.D., Department of Developmental Neurobiology,  
St. Jude Children's Research Hospital, Memphis, TN

"This book celebrates the advanced accomplishments of women in medicine in a way that is both understandable and captivating. I humbly recommend it to anyone interested in the field of medicine!"

—Doreen Filinger, D.O., M.D., Pediatric Endocrinology  
Fellow Physician, UPMC Children's Hospital of Pittsburgh,  
Pittsburgh, PA

Ages 7-10  
Teacher's Guide available

