

Where Women Have No Doctor

A health guide for women

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Berkeley, California, USA
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Published by:
Hesperian Health Guides
1919 Addison St., #304
Berkeley, California 94704 • USA
hesperian@hesperian.org • www.hesperian.org

Copyright © 1997, 2020 by Hesperian
First edition: June 1997
Eighth updated printing: July 2020
ISBN: 978-0-942364-25-5

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THIS REVISED EDITION CAN BE IMPROVED WITH YOUR HELP.

If you are a community health worker, doctor, mother, or anyone with ideas or suggestions for ways this book could be changed to better meet the needs of your community, please write to Hesperian at the above address. Thank you for your help.

This book was printed by BR Printers, San Jose, California, USA.

Library of Congress Cataloging-in-Publication Data

The Library of Congress has already cataloged the 10-digit ISBN as follows:

Where women have no doctor : a health guide for women / by A. August Burns ... [et al.] ; edited by Sandy Niemann, assistant editor, Elena Metcalf.

p. cm.

Includes bibliographical references and index.

ISBN 0-942364-25-2 (pbk. : alk. paper)

I. Women--Health and hygiene. 2. Women's health services.

3. Community health aides. 4. Medicine, Popular. I. Burns, A.

August (Arlene August), 1952- . II. Niemann, Sandy.

RA564.85.W46 1997

97-19421

613'.04244--dc21

CIP

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Project coordinator: Jane Maxwell

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Design and production:

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Book format: Laughing Bear Associates,

Montpelier, Vermont

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The artists deserve special mention. The skill and sensitivity with which they have so gracefully illustrated this book give it a quality that we hope will allow women all over the world to feel connected with each other. The artists are:

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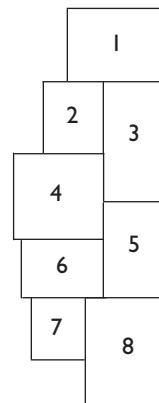
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Thanks

It is impossible to adequately thank all the people who made *Where Women Have No Doctor* a reality. This book started as a good idea shared by a small group of women and ended up as a remarkable international collaboration spanning 5 continents. Now we find ourselves wanting to thank everyone who helped, but simply listing their names does not do justice to the tremendous and generous contributions so many have made: from the groups of women who met early on to discuss topics related to women's health care, and who later reviewed chapters we wrote based on what they told us; to others who sent us original materials or reviewed (often several times) different sections of the book; to others who wrote drafts of chapters; to the specialists in women's health care who reviewed parts of or the entire manuscript; and to the artists—women from 23 countries—whose illustrations reflect just how diverse a project this was. We thank you all, for through your combined efforts, this book now rightfully belongs to any woman who reads or uses it.

Wholehearted thanks to the following friends of Hesperian for their work on writing specific chapters, or for contributing the time or ideas that helped complete them:

Abortion: Judith Winkler of IPAS, and Judith Tyson, **Breastfeeding:** Felicity Savage King, Helen Armstrong, Judy Canahuati, and Nikki Lee, **Female Genital Cutting:** Jane Kiragu, Leah Muuya, Joyce Ikiara, the women of Mandaeleo Ya Wanawake, Nahid Toubia and Zeinab Eyega of Rainbo, Grace Ebum Delano, Abdel Hadi El-Tahir, and Inman Abubakr Osman, **Mental Health:** Carlos Beristain, **Pregnancy:** Suellen Miller, **Rape and Violence:** Elizabeth Shrader Cox, **Sex Workers:** Eka Esu-Williams, **Women with Disabilities:** Judith Rogers, Pramila Balasundaram, and Msindo Mwinyipembe

Coordination: 2006 reprint, Pam Fadem; 2010 reprint, Jane Maxwell; 2014 reprint, Kathleen Vickery; 2018–2020 reprints, Todd Jailer

Support for the 2010, 2012, 2014, 2018, 2019 and 2020 updates and reprints from Scilla Bennett, Jean Box, Iñaki Fernández de Retana, Jacob Goolkasian, Shu Ping Guan, Zena Herman, Todd Jailer, Susan McCallister, Kathleen Tandy, Dorothy Tegeler, Kathleen Vickery, and Sarah Wallis. Advice from Maggie Bangser, Alan Berkman, Kathy DeRiemer, Madelyn Hamilton, Erin Harr-Yee, Ellen Israel, José Jerinomo, Brian Linde, Jonathan Mermin, Syema Muzaffar, Melanie Pena, Tin Tin Sint, Melissa Smith, Linda Spangler, Susan Sykes, Fiona Thomson, Lorna Thornton, Elliot Trester, Denise Tukenmez, Marco Vitoria, Curt Wands-Bourdoiseau, Beverly Winikoff, and Susan Yanow; all were extremely helpful, as were the 4 authors.

In addition, we are deeply indebted to Deborah Bickel, Sara Boore, Heidi Broner, Regina Doyle, Susan Fawcus, Blanca Figueroa, Saja Greenwood, May Haddad, Richard Laing, Lonny Shavelson, Richard Steen, and Deborah Wachtel for their constant availability and selfless efforts. It's hard to imagine what we would have done without them.

Thanks also to the following groups of women in different countries who contributed so much of their time, hearts, and minds to review these materials and enrich the book: in Bangladesh: The Asia Foundation; in Botswana: Thuso Rehabilitation Centre, Maun; in Brazil: the Association of Community Health Workers of Canal do Anil, and the health educators of Itaguaí; in Cyprus, Egypt, Jordan, Lebanon, Palestine, Syria, and Yemen: the many groups of women who are members of the Arab Resource Collective; in El Salvador: the women of Morazán and Chalatenango; in Ethiopia: the groups of women who met in Addis Ababa; in Ghana: The Association of Disabled Women, Dorma Ahenkro, the schoolgirls of Wa, and the women of Korle Bu; in Honduras: the women of Urraco Pueblo; in India: CHETNA, SEWA, Streehitakarini, the women of Bilaspur, Madhya Pradesh, and the exiled women of Tibet; in Kenya: Mandaeleo Ya Wanawake—from the districts of Machakos, Kitui, Kerugoya, and Murang'a—the Dagoretti Clinic Community Health Workers, the Mwakimai Self Help Group of Kisi, Crescent Medical Aid, the women of Population and Health Services (PHS) of Nairobi, and the women of VOWRI, Nairobi; in Mexico: the women of Ajoya, and the community health promoters of Oaxaca; in Nigeria: the Nigeria Youth AIDS Programme; in Papua New Guinea: the East Sepik Women and Children's Health Project; in the Philippines: GABRIELA, HASIK, LIKKHAN, REACHOUT, and the People's Organizations for Social Transformation; in Sierra Leone: the women of Matatie Village; in the Solomon Islands: the women of Gizo; in Uganda: the Kyakabadiima Women's Group, and WARAIDS; and in Zimbabwe: the Women's Action Group.

And heartfelt gratitude to the countless others who gave so freely of their time and talents, especially:

Hilary Abell	Fred Arradondo	Marge Berer	Verna Brooks	Amal Charles
Jane Adair	Rosita Arvigo	Denise Bergez	Mary Ann Buckley	Andrew Chetley
Niki Adams	Leonida Atieno	Stephen Bezruchka	Sandra Tebben	Casmir Chipere
Christine Adebajo	Kathy Attawell	Pushpa Bhatt	Buffington	Lynne Coen
Vida Affum	Nancy Aunapu	Amie Bishop	Sharon Burnstien	Louise Cohen
Stella Yaa Agyeiwaa	Elizabeth de Avila	Edith Mukisa Bitwayiki	Mary Ann Burris	Mark Connolly
Baldredeen Ahmed	Enoch Kafi Awity	Michael Blake	Elizabeth Bukusi	Karen Cooke
Felicia Aldrich	Marie Christine N. Bantug	Paulina Abrefa Boateng	Elliot Burg	Kristin Cooney
Bhim Kumari Ale	David Barabe	Simone Bodemo	May Florence Cadiente	Chris Costa
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Adrienne Aron	Medea Benjamin	Paula Brentlinger	Barbara Chang	Marjorie Cristol

Bonnie Cummings	Kathleen Haley	Peter Linde	Elizabeth Ngugi	Marianne Stone-Jimenez
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Grace Eburn Delano	Richard Harvey	NP Luo	Mary Ellen Padorski	Linda Teitjen
David de Leeuw	Fauzia Muthoni Hassan	Esther Galima Mabry	Lauri Paolinetti	Judith Timyan
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Lorraine Dennerstein	N.S. Hema	Rebecca Magalhães	Laddawan Passar	Nhumev Tropp
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Steven A. Esrey	Zoe Kopp	Tewabetch Mengistu	Kama Rogo	Vivienne Wee
Clive Evian	Anna Kretsinger	Tasibete Meone	Nancy Russel	Ellen Weis
Zeinib Eyega	Diana Kuderna	Sharon Metcalf	Carolyn Ryan	Rachel West
Melissa Farley	Anuradha Kumar	Ann Miley	Mira Sadgopal	Eve Whang
Betty Farrell	Dyanne Ladine	Jan Miller	Valdete Sala	Kate White
Anibal Faundes	Martín Lamarque	Kathy Miller	Estelle Schneider	Wil Whittington
Sharon Fonn	Joellen Lambiotte	Donald Minkler	Kimberly Schultz	Laura Wick
Claudia Ford	Kathleen Lankasky	Eric Mintz	Miriam N. Senkumba	Pawana Wienrawee
Diane Jinto Forte	Lin Zap-Chew	Barbara Mintzes	Violet Senna	Christine van Wijk
Daphne Fresle	Hannah Larbie	Linda Mirabele	Shalini Shah	Everjoice Win
Anita Gáind	BA Laris	Nanette Miranda	Nicolas Sheon	Kathryn Wirogura
Loren Galvão	Laura Laski	David Modersbach	Mira Shiva	Erin Harr'Yee
Monica Gandhi	Carolyn Lee	Rahmat Mohammad	Kathy Simpson	Irene Yen
Sabry Khaill Ghobrial	Jessica Lee	Gail Montano	Mohindra Singh	Rokeya Zaman
Gayle Gibbons	Pam Tau Lee	Maristela G. Monteiro	Elise Smith	Marcie Zellner
Marta Ginebreda	Susan Lee	Mona Moore	Stephan Solter	Kaining Zhang
Lynn Gordon	Felicia Lester	David Morley	Cathy Solter	Lisa Ziebel
Nora Groce	Abby Levine	Sam Muziki	Barbara de Souza	Margot Zimmerman
Gretchen Gross	Candace Lew	Arthur Naiman	Judith Standly	
Dora Gutierrez	Cindy Lewis	Meira Neggaz	Fatima Jubran Stengel	
Ane Haaland	Sun Li	Nancy Newton	Kay Stone	

The following persons and groups kindly gave us permission to use their artwork: Family Care International for numerous drawings by Regina Doyle from their book *Healthy Women, Healthy Mothers: An Information Guide*; Macmillan Press Ltd., for Janie Hampton's drawing on page 60 from *Healthy Living, Healthy Loving*; the Environmental and Development Agency, New Town, South Africa, for the drawing on page 395 from their magazine, *New Ground*; Honto Press for Akiko Aoyagi Shurtleff's drawing on page 411 from *Culinary Treasures of Japan*; the Movimento de Mulheres Trabalhadoras Rurais do Nordeste for the drawing on page 17 from *O Que É Gênero?*; and the Colectivo de Mujeres de Matagalpa and the Centro de Mujeres de Masaya for the drawing on page 338 from their manual *¡Más allá de las lágrimas!*. And thanks to *Connexions* magazine for the story on page 339.

We also thank the following foundations and individuals for their generosity in financially supporting the project: Catalyst Foundation; Conservation, Food and Health Foundation; C.S. Fund; Domitila Barrios de Chungara Fund; Ford Foundation; Greenville Foundation; John D. and Catherine T. MacArthur Foundation; Norwegian Agency for Development Cooperation; David and Lucile Packard Foundation; San Carlos Foundation; Swedish International Development Cooperation Agency; Kathryn and Robert Schauer; and Margaret Schink. Thanks also to the many individuals who made contributions to match a Catalyst Foundation grant. Finally, a special thanks to Luella and Keith McFarland for their early support and encouragement, and to Davida Coady for believing in this project and pushing it forward during a particularly difficult time.



About this Book

This book was written to help women care for their own health, and to help community health workers or others meet women's health needs. We have tried to include information that will be useful for those with no formal training in health care skills, and for those who do have some training.

Although this book covers a wide range of women's health problems, it does not cover many problems that commonly affect both women and men, such as malaria, parasites, intestinal problems, and other diseases. For information on these kinds of problems, see **Where There Is No Doctor** or another general medical book.

Sometimes the information in this book will not be enough to enable you to solve a health problem. When this happens, get more help. Depending on the problem, we may suggest that you:

- **see a health worker.** This means that a trained health worker should be able to help you solve the problem.
- **get medical help.** This means you need to go to a clinic that has trained medical people or a doctor, or a laboratory where basic tests are done.
- **go to a hospital.** This means you need to see a doctor at a hospital that is equipped for emergencies, for surgery, or for special tests.

If you need to get help immediately, this picture will also appear.



How to Use this Book

Finding information in the book

To find a topic you want to know about, you can use either the list of Contents or the Index.

The Contents, at the front of the book, lists the chapters in the order in which they appear. There is also a list of contents at the beginning of every chapter. Each topic on this list appears on the numbered page listed as a large heading (words in big, dark letters).

The Index at the back of the book lists all the important topics covered in the book, in the order of the alphabet (a, b, c, d...).

To find information about the medicines used in this book, look in the **Medicines Pages** toward the back of the book. Page 485 gives more information about using medicines and the **Medicines Pages** section.

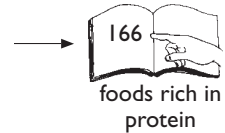
If you do not understand the meanings of some of the words used in this book, you may find them in the **List of Difficult Words** that starts on page 548. The first time these words appear in a chapter, they are *printed in slanted letters, like this*. You can also look up the word in the index to see if it is explained in another part of the book.

Many chapters end with a section called 'Working for Change'. These sections give suggestions for working to improve women's health in your community.

Finding information on a page

To find information on a page, first look over the whole page. You will see that the page is divided into 2 parts: a large, main column and a small column on the outside of the page. The main column gives most of the information about a topic. The small column has additional information that can help you better understand the topic.

Whenever you see a picture of a book in the small column, this means more information about a topic can be found in another part of the book. The words under the book say what the topic is. The page number on the book says where that topic can be found. If there are several topics, the book is shown once and the topics and their page numbers are listed below.



What the different things on a page mean:

Most pages have several **headings**. The headings in the small column give the general topic that is being discussed on that page. The headings in the main column give more specific topics.

72 Pregnancy and Childbirth

Risks and Danger Signs during Pregnancy

WOMEN WHO HAVE EXTRA RISKS

Women with any of the following problems can have more dangerous pregnancies and births. They should plan to go to a health center or hospital for birth, and they may need more prenatal care during pregnancy.

High blood pressure, a sign of pre-eclampsia

Blood pressure of 140/90 or higher can be a sign of a serious problem called pre-eclampsia (toxemia). Pre-eclampsia can lead to seizures, and both you and the baby can die.

Signs of pre-eclampsia

- blood pressure 140/90 or higher (see page 532 for how to take blood pressure)
- severe headache
- severe pain high in the stomach
- protein in the urine
- swollen face or swelling all over in the morning
- dizziness
- blurred vision

What to do:

- Find someone who can check your blood pressure or check for protein in the urine. Go to a health center or hospital if necessary.
- Rest as often as possible, lying down on your left side.
- Try to eat more foods with a lot of protein every day.
- Plan to have the birth in a health center or hospital.

TRANSPORT!

IMPORTANT If a woman has high blood pressure and any of the other signs of pre-eclampsia, she needs medical help fast. If she is already having seizures, see page 87.

foods rich in protein

Some pages also contain **medicine boxes**, which look like this:

These boxes tell you the amount of medicine to give, how often to give it, and for how long. Sometimes we recommend medicines without putting them in a box. In either case, **look up each medicine in the Medicines Pages before using it.**

Medicine for Breast Infection		
Medicine	How much to take	When and how to take
dicloxacillin	500 mg	4 times a day for 7 days.
If you cannot find this or are allergic to penicillin, take:		Take at least 30 minutes before food.
erythromycin	500 mg	4 times a day for 7 days.

Important: If a breast infection is not treated early, it will get worse. The hot and painful swelling will feel as if it is filled with liquid (abscess). If this happens, follow the treatment described here AND see a health worker who has been trained to drain an abscess using sterile equipment.

Contents

Thanks

How to use this book

Chapter 1: Women's Health Is a Community Issue	1
What is women's health?	1
Women are more at risk for disease	2
Causes of poor health in women	6
Working for change.....	12
Chapter 2: Solving Health Problems	18
Juanita's story	20
What is the best treatment?.....	22
Working for change.....	26
To the health worker	30
Chapter 3: The Medical System	32
The medical system	34
How to get better care	36
If you need to go to the hospital	38
Working for change.....	40
Chapter 4: Understanding Our Bodies	42
A woman's reproductive system	44
A man's reproductive system	46
How a woman's body changes.....	47
Monthly bleeding	48
Chapter 5: Health Concerns of Girls	52
Changes in your body (puberty).....	54
Changes that can lead to a better life.....	56
Deciding if you are ready for sex.....	59
Pressured or forced sex	62
Getting help from adults.....	65
Chapter 6: Pregnancy and Childbirth	66
Staying healthy during pregnancy.....	68
Common problems of pregnancy.....	69
Risks and danger signs	72
Prenatal care.....	76
Preparing for labor and birth.....	78
Giving birth.....	80
Difficult births.....	88
Danger signs for the baby at birth.....	94
Caring for the mother and baby	95
Women who need more support.....	98
To the father.....	100
Working for change.....	101
Chapter 7: Breastfeeding	104
Why breast is best.....	105
Why other feeding can be harmful.....	106
HIV and breastfeeding.....	106
How to breastfeed.....	107
Advice for the mother.....	109
When the mother works	111
Removing milk by hand.....	112
Common concerns and problems.....	114
Special situations	118
Babies with special needs	118
When the mother is sick.....	120
When a woman becomes pregnant.....	120
Working for change.....	121
Chapter 8: Growing Older	122
The end of monthly bleeding	124
Taking care of your health.....	126
Sexual relations.....	128
Common health problems with aging.....	129
Working for change.....	136
Chapter 9: Women with Disabilities	138
Self-esteem.....	140
Taking care of your health.....	141
Sexuality and sexual health	144
Personal safety.....	146
Working for change.....	147

Chapter 10: Staying Healthy	148
Cleanliness	150
Community sanitation	151
Special needs of women	158
Working for change	163
Chapter 11: Eating for Good Health	164
Main foods and helper foods.....	166
Eating better for less money.....	170
Harmful ideas about eating.....	171
Poor nutrition can cause disease	172
Ways to work toward better nutrition	176
Chapter 12: Sexual Health	180
Sex and gender roles.....	182
How gender affects sexual health.....	184
How to improve your sexual health.....	186
Working for change.....	194
Chapter 13: Family Planning	196
Benefits of family planning.....	197
Choosing to use family planning.....	199
Choosing a family planning method	200
Barrier methods of family planning.....	202
Hormonal methods.....	207
The IUD	216
Natural methods of family planning	218
Traditional and home methods.....	222
Permanent methods	223
Emergency methods.....	224
Choosing the best method.....	226
Working for change.....	227
Chapter 14: Infertility	228
What is infertility?	230
What causes infertility?.....	230
Dangers at work or at home that can hurt fertility.....	232
What to do for infertility	233
Losing a pregnancy.....	234
Living with infertility.....	236
Working for change.....	237
Chapter 15: Abortion and Complications of Abortion	238
Why some women have abortions	239
Safe and unsafe abortion	241
Deciding about an abortion.....	243
Safe methods of abortion.....	244
What to expect from safe abortion	248
What to expect after an abortion.....	249
Family planning after abortion	250
Complications of abortion.....	251
Preventing unsafe abortion.....	259
Chapter 16: Sexually Transmitted Infections (STIs) and Other Infections of the Genitals	260
Why STIs are a serious problem for women.....	262
How to know if you are at risk for an STI.....	263
What to do if you have signs of an STI	263
Taking medicines to treat STIs.....	264
Abnormal discharge.....	265
Growths (warts) on the genitals.....	269
Sores on the genitals	270
Complications of STIs (PID).....	274
Other STIs (HIV infection and Hepatitis B).....	277
How to feel better.....	278
Working for change.....	279
Chapter 17: HIV and AIDS	282
What are HIV and AIDS?	284
Why HIV and AIDS are different for women	286
Preventing HIV	286
The HIV test.....	288
Living positively with HIV infection.....	290
Pregnancy, childbirth, breastfeeding	292
Care for persons with HIV or AIDS.....	294
Staying healthy as long as possible	296
Common medical problems.....	297
Caring for someone near death	309
Working for change.....	309

Chapter 18: Violence Against Women	312
The story of Laura and Luis.....	314
Why does a man hurt a woman?.....	316
Kinds of violence.....	317
Warning signs.....	318
The cycle of violence.....	319
Harmful effects of violence.....	320
Why women stay.....	321
What to do.....	322
Working for change.....	323
To the health worker.....	325
Chapter 19: Rape and Sexual Assault	326
Kinds of rape and sexual assault.....	328
How to avoid rape.....	330
Self defense for women.....	332
If you are sexually assaulted.....	333
What to do if you have been raped.....	334
Health problems of rape.....	336
Working for change.....	338
Chapter 20: Sex Workers	340
Why women become sex workers.....	342
Health problems of sex workers.....	344
STIs, including HIV infection.....	344
Pregnancy.....	345
Violence.....	345
How to protect yourself from STIs.....	346
Working for change.....	348
Negotiating condom use.....	348
Chapter 21: Pain in the Lower Abdomen	352
Sudden, severe pain.....	354
Kinds of pain in the abdomen.....	354
Questions about pain in the abdomen.....	357
Chapter 22: Abnormal Bleeding from the Vagina	358
Problems with monthly bleeding.....	360
Bleeding during pregnancy or after childbirth.....	362
Bleeding after an abortion or miscarriage.....	363
Bleeding after sex.....	363
Bleeding after menopause.....	363
Chapter 23: Problems of the Urine System	364
Infections of the urine system.....	366
Blood in the urine.....	369
Need to pass urine often.....	370
Leaking urine.....	370
When you have problems passing urine or stool.....	372
Chapter 24: Cancer and Growths	374
Cancer.....	376
Problems of the cervix.....	377
Problems of the womb.....	380
Problems of the breasts.....	382
Problems of the ovaries.....	383
Other common cancers.....	384
When cancer cannot be cured.....	385
Working for change.....	385
Chapter 25: Tuberculosis	386
What is TB?.....	388
How TB is spread.....	388
How to know if a person has TB.....	389
How to treat TB.....	389
Preventing TB.....	391
Working for change.....	391

Chapter 26: Work.....	392
Cooking fires and smoke.....	394
Lifting and carrying heavy loads.....	398
Work with water.....	401
Work with chemicals.....	402
Sitting or standing for a long time.....	404
Repeating the same movement.....	405
Crafts.....	406
Unsafe working conditions.....	406
Sexual harassment.....	407
Migration.....	408
Workers in the informal sector.....	409
Working for change.....	410
Chapter 27: Mental Health	412
Self-esteem.....	414
Common causes of mental health problems in women.....	416
Common mental health problems for women	419
Helping yourself and helping others	422
Mental illness (psychosis)	432
Ways to improve your community's mental health	433
Chapter 28: Alcohol and Other Drugs.....	434
Use and misuse of alcohol and drugs.....	436
Problems from alcohol and drugs.....	438
Overcoming problems with alcohol and drugs.....	440
Problems from tobacco.....	443
Living with someone who has a drinking or drug problem.....	444
Preventing drug and alcohol abuse.....	445
Chapter 29: Refugees and Displaced Women.....	446
Flight and arrival	448
Basic needs	448
Reproductive health	452
Mental health	454
Women as leaders.....	456
Chapter 30: Female Genital Cutting	458
Types of female cutting.....	460
Health problems from cutting.....	460
What to do for health problems.....	461
Working for change.....	466
Chapter 31: Use of Medicines in Women's Health	468
Deciding to use medicine	470
How to use medicine safely	472
Using the medicines in this book.....	473
Kinds of medicines.....	480
Medicines that can save a woman's life.....	484
Medicines Pages	485
Health Care Skills	525
Preventing infection.....	525
How to take temperature, pulse, respiration, and blood pressure.....	530
How to examine the abdomen	534
How to examine a woman's genitals.....	535
Caring for burns	538
How to give fluids to treat shock.....	540
How to give an injection.....	542
Acupressure massage.....	546
Vocabulary: List of difficult words	548
Where to get more information	561
Index	565