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This book provides basic information to help women with disabilities stay healthy, and will also help those who assist women with disabilities to provide good care. You can help us improve this health guide. So, if you are a woman with a disability, a caregiver, or anyone with ideas or suggestions about how to improve this book and the health of women with disabilities, please write to us. We would like to hear about your experiences and practices.

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First edition: February 2007
Printed in the USA
ISBN: 978-0-942364-50-7 paper

Library of Congress Cataloging-in-Publication Data
Maxwell, Jane, 1941-
A health handbook for women with disabilities / Jane Maxwell, Julia Watts Belser, and Darlena David.
p. cm.
Includes index.
ISBN 0-942364-50-3
RA654.88.M39 2006
613'.04244--dc22 2006049246

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Cover photo locations and photographers (left to right, counter-clockwise):  
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World Bank/Cambodia, Masaru Goto  
Mexico, Suzanne C. Levine  
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We thank the following organizations for permission to use their illustrations:  
*Breast Health Access for Women with Disabilities* at the Alta Bates Summit Medical Center (for a drawing on page 130); Pearl S. Buck International, Vietnam (for sign language drawings on pages 369-370); Sahaya International, USA (for sign language illustrations drawn from photographs in *The Kenyan’s Deaf Peer Education Manual*, on pages 369-370); and Jun Hui Yang (for Chinese Sign Language illustrations on pages 369-370).
THANKS

It is impossible to adequately thank all the people who helped make *A Health Handbook for Women with Disabilities* a reality. It started 10 years ago as a good idea shared by 2 women, and grew into a remarkable international collaboration between women with disabilities and their friends in more than 40 countries.

Listing a person’s name does not begin to say how much her efforts and ideas helped create this book. Every staff member, intern, and volunteer here at Hesperian also helped bring this book into the world, including those who raise funds, manage finances, publicize our materials, and pack and ship them around the world.

Along with our tireless medical editors, we called on a few reviewers over and over again, and they deserve a special mention and our sincerest thanks: Naomy Ruth Esiaba, Kathy Martinez, Gail McSweeney, Janet Price, Judith Rogers, Andrea Shettle, Ekaete Judith Umoh, and Veda Zachariah.

Many thanks to the following groups of people with disabilities who contributed so much of their hearts, time, and personal experience to help us make sure the material in this book would be useful to women with disabilities all over the world:

**Afghanistan:** the National Association of Women with Disabilities of Afghanistan (NAWDA)

**Cambodia:** the Women with Disabilities Committee of the Disability Action Council

**China:** MSI Professional Services

**Colombia:** the Colombian Association for Disabled Peoples (ASCOPAR)

**El Salvador:** La Asociación Cooperativa de Grupo Independiente Pro Rehabilitación Integral (ACOGIPRI)

**Fiji:** the Support Group for Women with Disabilities

**Finland:** the Abilis Foundation, and The National Council on Disability

**Republic of Georgia:** the Gori Disabled Club

**India:** the Amar Jyoti Charitable Trust, Blind People Association, Catholic Relief Services (CRS), Disabled People’s International, Humane Trust, and Sanjeevini Trust

**Jamaica:** Combined Disabilities Association

**Kenya:** The Bob Segero Memorial Project, and Hope

**Laos:** the Lao Disabled People’s Association, and the Lao Disabled Women Development Center

**Lebanon:** the Arab Organization of Disabled People, and the National Association for the rights of Disabled People Lebanon (NARD)

**Lesotho:** the Lesotho National Federation of Organizations of Disabled

**Mauritius:** the Association of Women with Disability

**Nepal:** the Nepal Disabled Women Society, and Rural Health Education Services Trust (RHEST)

**Nigeria:** the Family-Centered Initiative for Challenged Persons (FACICP)

**Palau:** the Organization of People with Disabilities (Omekasang)

**Philippines:** Differently Abled Women’s Network (DAWN), Disabled People’s International, Humane Trust, and SANJEEVINI Trust

**Spain:** the National Federation of Organizations of Disabled

**South Korea:**

Korean Differently Abled Women United

**Tanzania:** The National Council for People with Disabilities

**Thailand:** Disabled People’s International-Asia Pacific

**Trinidad/Tobago:** the Tobago School for the Deaf, Speech and Language Impaired

**Uganda:** the Disabled Women’s Network and Resource Organisation (DWNRO), Mobility Appliances by Disabled Women Entrepreneurs (MADE), and the National Union of Disabled Persons of Uganda

**USA:** Mobility International USA (MIUSA), Through the Looking Glass, Women Pushing Forward, and the World Institute on Disability (WID)

**Vietnam:** the Vietnam Veterans of America Foundation

**Yemen:** the Arab Human Rights Foundation

**Zimbabwe:** Disabled Women Africa (DIWA), the National Council on Disabled Persons of Zimbabwe, the Southern Africa Federation of the Disabled (SAFOD), and Women with Disabilities Development (ZWIDE)
Our heartfelt gratitude to everyone who gave so generously of their time and knowledge. Your commitment to health care for women with disabilities brought this book into the world.

We also want to thank and remember the following women who contributed so much, not only to this book, but to the community of women with disabilities around the world. Sadly, they died before the book was published: Hellen Winifred Akot, Tanis Doe, Ana Malena Alvarado, Connie Panzarini, Nanette Tver, Barbara Waxman-Fiduccia, and Sandra Welner.

We also thank the following foundations and individuals for their generosity in financially supporting this project: Alexandra Fund; Chaim Tovim Tzedakah Fund of the Shefa Fund; Christopher Reeve Paralysis Foundation; Displaced Children and Orphans Fund/Leahy War Victims Fund, U.S. Agency for International Development (under terms of JHPIEGO contract no. 06-TSC-022); Flora Family Foundation; Ford Foundation; Global Fund for Women; James R. Dougherty Jr. Foundation; Jennifer Kern; Kadoorie Charitable Foundation; Margaret Schink; Marguerite Craig; Marij Greenhut; May and Stanley Smith Charitable Trust; Norwegian-Dutch Trust Fund for Gender Mainstreaming/World Bank; Swedish International Development Agency; and the West Foundation.

We also thank the following women who contributed so much, but did not live to see the publication of this book.

Caroline Agwanda
Fatuma Akan
Firoz Ali
Janet Connatser
Allem
Eric Anderson
Soc Balingit
Florence Baingana
Monica Bartley
Denise Bergez
Rosangela Berman-Bieler
Kim Best
Bimala Sharma
Bhandari
Michael Blake
Cheri Blauwert
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Claire Borkert
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Arlene Calinao
Cynthia
Carmichael
Susan Canas
Silvia Casey
Phonesavanh
Chandavong
Sivila Chanpheng
Sujith J. Chandy
Gladys Charowa
Farai Cherera
Rosemary Ciotti
Alicia Contreras
Ann Cupola
Freeman
John Day
Kathryn Day
Roshni Devi
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Shalini Eddens
Sana Ali El-Saadi
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Nancy Ferreyra
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Lee Gallery
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Eileen Girón Batres
Nora Groce
Heba Haggard
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Sari Heifetz
Karen Heinicke-Motsch
Taija Heinonen
Susan Heller
Kevin Henderson
Judith Heumann
Rachael Holloway
Rob Horvath
Ralf Hotchkiss
Honora Hunter
Venus Ilagan
Namita Jacob
Lisa Jensen
Usha Jesudasan
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Rachel Kachaje
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Jackie
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Anne Leitch
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Lennis Geraldo
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Musakanya
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Sucheta Narang
Kanika Sophak
Nguon
Papa Djibril Niang
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Corbett O’Toole
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Ottenheimer
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Penumaka
KP Perkins
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Allison Phillips
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Jureeratana
Pongpaew
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“Mai” Tanatikom
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Tumukunde
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James Ullman
Nance Upham
Aruna Uprey
Elizabeth Valitchka
Koen Van Rompay
Jyoti Chandulal
Vidhani
Zainab K. Wabede
Jessica Mak Wei-E
Ann Whitfield
Amy Wilson
Dayna Wolfe
Lin Yan

We also thank the following women who contributed so much, not only to this book, but to the community of women with disabilities around the world. Sadly, they died before the book was published: Hellen Winifred Akot, Tanis Doe, Ana Malena Alvarado, Connie Panzarini, Nanette Tver, Barbara Waxman-Fiduccia, and Sandra Welner.

We also thank the following foundations and individuals for their generosity in financially supporting this project: Alexandra Fund; Chaim Tovim Tzedakah Fund of the Shefa Fund; Christopher Reeve Paralysis Foundation; Displaced Children and Orphans Fund/Leahy War Victims Fund, U.S. Agency for International Development (under terms of JHPIEGO contract no. 06-TSC-022); Flora Family Foundation; Ford Foundation; Global Fund for Women; James R. Dougherty Jr. Foundation; Jennifer Kern; Kadoorie Charitable Foundation; Margaret Schink; Marguerite Craig; Marij Greenhut; May and Stanley Smith Charitable Trust; Norwegian-Dutch Trust Fund for Gender Mainstreaming/World Bank; Swedish International Development Agency; and the West Foundation.
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