

Index

The Index lists topics covered in the book in the order of the alphabet.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A

Abandonment, as emotional abuse, 292

Abdomen pain *see* **Pain**

Abortion

as choice of woman, 207
 deciding against, 210–211
 forced, 306
 illegal, 208
 natural family planning methods following, 200
 pregnancy after, 208
 pressure for, 209
 rape and, 302
 reasons for, 207
 safe, 208
 unsafe, 81, 208
also see **Miscarriage**

Abscess, breast infection and, 260, 262

Abuse of disabled girls and women

as even more likely, 287
 fault not the girl or woman's, 58, 298, 300, 309, 311
 harmful beliefs about, 287, 288, 289, 307, 312
 health workers alert to signs of, 326
 in institutions, 306–307
 overview, 289–290
 police, reporting to, 297
 prevention, 295–296, 311–312
 self-defense, 308–311
 support groups for, 26, 295–297, 312
 talking about it necessary, 187, 295, 300, 301, 305
 as trauma, 57
also see **Emotional abuse; Physical abuse; Rape; Sexual abuse; Violence against women**

Accessibility

beds in hospitals, 40
 doors, 39
 handrails, 38
 health center and hospital, suggestions for, 36–40
 ramps, 40, 123
 right to, 24, 33–34

toilets, 39, 40, 123
 working for change, 17–19, 21, 22–27, 34
also see **Barriers**

Acetaminophen (paracetamol), 350

Acupuncture, 180

Acyclovir, 333

Adaptive devices *see* **Equipment**

Adoption, 83

Adrenaline (epinephrine), 342

Aging *see* **Older women**

AIDS *see* **HIV/AIDS**

Alcohol

avoiding in pregnancy, 213, 215
 as cause of disability, 13
 hepatitis and avoidance of, 168
 infertility and, 82
 menopause and, 283
 no use on skin, 117
 trauma reactions and, 57

Allergic shock medicines

dexamethasone, 340
 epinephrine, 342

Allergies

antibiotics and, 330
 HIV and signs of, 175
 lubricants and, 192
 medicines and, 329
 penicillin, 163
 signs of, 329

Aloe, 230, 303

Alzheimer's disease, 281

Aminoglycosides, 331

Amoxicillin, 334

Ampicillin, 334

Amputations, women with

burping baby, 264
 nurturing confidence in, 20
 pregnancy and, 222
 prosthetics, lack of, 9, 11
 self-image, 53

Anal sex

as family planning method, 203
 lubricant for, 182
 safer sex and, 181, 182

Anemia (weak blood)

ART and, 360

diet to prevent, 87, 88
 early detection, 126
 folic acid deficiency and, 216
 heavy monthly bleeding and, 111
 pregnancy and, 215
 signs of, 87
 treatment of, 88

Anger

and caregivers, 317, 318, 319
 trauma and, 57
also see **Feelings**

Animal milk, 263–264

Antibiotics

allergies to, 330
 families of, 330–331
 substitution of, 330
 use only when necessary, 331
 yeast infections and, 111
also see **Medicines**

Antiretrovirals (ARV), 170, 176, 358
also see **ART**

Antiretroviral Therapy *see* **ART**

Anus, 78

bleeding from (hemorrhoids), 108
 discharge from, 160
 sexuality and, 145

Anxiety (feeling nervous or worried)

signs, 56
 stress and, 51

ART (antiretroviral therapy)

availability of, 176
 breastfeeding and, 262
 directions for use, 359–360
 overview, 170, 176, 358
 pregnancy and preventing passing to baby, 170, 233
 questions to consider, 358–359

Arthritis, women with

childbirth by, 213
 heat therapy and, 152
 medicine for, timing of, 152
 older women and, 279
 sexuality and, 150, 151, 152
 swimming as exercise, 90

ARV (anti-retrovirals), 170, 176, 358
also see **ART**

Aspirin, 335
ears ringing, or bruising easily, 120
taking separate from ibuprofen, 120

Assertiveness, self-defense and, 309, 311

Attitudes as barrier, 1–3
accessibility and, 9
disability as stigma, 300
as discrimination, 52
in family, 19–20
HIV/AIDS as stigma, 179
pregnancy and motherhood, 209–210, 219
rape as stigma, 299, 300, 305
sexuality and, 139
STIs and, 30
wheelchairs and, 9–10
also see **Attitudes of health workers, Harmful beliefs about disability; Working for change**

Attitudes of health workers, as barrier
accessibility, 9, 35
family planning, 186
HIV/AIDS, 174, 176
illnesses of disabled women, 2, 3
improvement of, 41–42
medical understanding of disability, 7
sexuality, 30–32, 176
sterilization, 204

Azithromycin, 335

B

Babies

bathing, 270
burping (wind), 264
care just after birth, 250–251
carrying and moving about with, 271–272
changing and dressing, 268
cleaning the baby, 269–270
comforting baby, 266–267
constipated, 270
cord care, 250
danger signs at birth, 246, 251
death of, 11, 261
diarrhea in, treatment of, 274
feeding 263–265
help needed for care of, 253–254
HIV/AIDS and, 261–262

holding during breastfeeding, 256–257
illnesses of, causing disabilities, 12
keeping up with, 273
mucus removal from, 246
oils or laxatives not given to, 270
oxygen during pregnancy, 227
pushing out, 246
rehydration drink for, 274
relationship with mother, 253–254, 266–267, 269
sex of, 212
sleeping with, 268
tetanus in, 251
thrush, 111, 260
toys for, homemade, 269
water safety, 275
in wrong position, 245
also see **Breastfeeding; Childbirth; Children; Family planning; Pregnancy**

Back pain *see* **Pain**

Bacterial vaginosis, 113–114, 162

Balance, older women and, 279, 280

Balls *see* **Testicles**

Bananas, potassium and, 274

Bandages, safe handling of, 179, 180

Barrier methods of family planning
comparison chart with other methods, 188
overview, 187
paralysis and choice of, 206

Barriers, 1–3
communication, lack of, 35
corruption, 35
to good health care, 1–3, 35
removal of, as right, 10
stigma as, 300
also see **Accessibility; Attitudes as barrier; Harmful beliefs about disability; Physical barriers; Poverty; Social barriers; Stigma**

BCA (bichloroacetic acid), 166, 354

BCG immunization, 276

Bedding
cleaning, hepatitis prevention and, 179
monthly bleeding and, 109

Bed nets, 178, 275

Beds

homemade, for pregnancy, 224
hospital, 40

Bed sores *see* **Pressure sores**

Begging, disabled women forced into, 15, 22

Benzathine penicillin, 336

Benzylpenicillin, 336

Bichloroacetic acid (BCA), 166, 354

Birth *see* **Childbirth; Labor**

Birth canal *see* **Vagina**

Birth control *see* **Family planning**

Bisacodyl suppositories, 107

Bladder control *see* **Urine passing**

Bladder infection
catheters and, 101, 119, 229
dysreflexia and, 105, 117, 119
pregnancy and, 230–231
prevention, 106, 231, 284
signs, 105
treatment, 105

Bleach, sanitizing with, 192

Bleeding
in brain, dysreflexia and, 118, 133, 239
feet and, 97
of hemorrhoids, 108
implants and, 199

Bleeding from vagina
after childbirth, 233, 247, 255
anemia during pregnancy, 215
anemia following childbirth, 87
during labor before baby is born, 246
during pregnancy, 220, 246
IUD insertion side effect, 195
miscarriage, 219
rape and, 303
tubal pregnancy, 220
unsafe abortion, 208
also see **Monthly bleeding**

Blindness
diet causing, 11
leprosy causing, 280

Blind women
arthritis and, 279
as athletes, 17
baby of, cleaning, 270
baby of, keeping close, 251, 268
baby of, keeping up with, 273
birthing positions and, 241
body image of, 53

- caregiving needs of, 121, 314
 communication, 35–37
 condoms, practice using, 190
 education requirements for, 22
 health exams and, 127, 138
 health worker helping, 43
 hearing loss and, 280
 infection, detection of, 96
 monthly bleeding and, 74, 109
 older women, 280
 sexuality and, 146, 156
 STI signs, checking for, 159
 touching, 43, 138
- Blood clots**
 hormonal methods of family planning and, 196, 197
 HRT and, 283
- Blood pressure, allergy to medicine and low**, 329
also see **High blood pressure**
- Blood transfusions**
 childbirth by women of short stature and, 213
 HIV and, 180
- Blood, weak** *see* **Anemia**
- Body fluids, safe handling of**, 179, 180
- Body image**
 family and community promotion of, 68
 improvement of, 53
- Bones** *see* **Weak bones**
- Bottle, breast milk removal with warm**, 258
- Bottle feeding, safety of**, 264
- Bowel program**
 arthritis and, 279
 childbirth and, 238, 239
 cleanliness and, 100, 106
 defined, 107
 hemorrhoids, 108, 230
 pregnancy and, 215, 224, 229–230
 sex and, 152
 suppositories for, 107
also see **Constipation; Stool**
- Boyfriends** *see* **Partners**
- Braille**
 education in, 22
 HIV test centers and, 172
- Brain damage**, oxytocin as source of, 13
- Brand name medicines**, 329
- Breast cancer, HRT and**, 283
- Breast exam**, 128–130
 preparation for, 127–128
- Breastfeeding**
 additional foods at six months old, 263, 265–266
 additional foods or liquids not recommended, 255, 261, 262
 antibiotics during, 261
 ART and, 262
 assistance with, 256
 benefits of, 255
 bleeding after labor stopped by, 247
 bra or wrap to assist, 257
 care of breasts during, 259–261, 262
 colostrum, 255
 as family planning method, 188, 199
 frequency of, 250
 by friends or relatives, 263
 HIV/AIDS and, 170, 199, 261–262
 hormonal family planning methods and, 198, 199, 356
 how to breastfeed, 255–257
 infection of breast (mastitis), 260–261, 262
 injectable and implant contraceptives safe during, 198, 199
 learning and understanding disabilities and, 254
 nipples sore or cracked, 259, 260, 261, 262
 pain medicines during, 261
 pain when first starting, 256
 penicillin allergy, 163
 removing milk by hand, 255, 257–258, 259
 signs baby has enough milk, 259
 to stop milk production, 249
 thrush, 260
 unable to breastfeed, 255, 257–258, 263–264
 weaning the baby, 262, 265–266
also see **Breastmilk**
- Breastmilk**
 colostrum, 255
 feeding with cup, 263
 pasteurizing, 262
 as perfect food for baby, 255, 261
 removing by hand, 257, 258
 storage of, 258–259
- Breast pump**, 257
- Breasts**
 illustrated, 73
 infection (mastitis), 260–261, 262
 painful or sore, breastfeeding and, 259
 painful or swollen, monthly bleeding and, 73, 110
 puberty, changes in, 72
 self-exam of, 129–130
 swelling of, hormonal methods of family planning and, 196
 uneven size or shape, 73
 yeast infection and breastfeeding, 260
also see **Lumps in breast**
- Breath and breathing**
 allergy to medicine and, 329
 anxiety and, 56
 baby's first, 247
 exercising and, 91
 of infant, danger signs and, 251
 labor and birth, 235, 236, 240
 lifting properly and use of, 90
 post-polio syndrome and, 279
 pregnancy and, 217, 221, 236
 pushing exercise and, 134
 relaxation exercise, 61
 stress and, 50
also see **Shortness of breath**
- Buffalo milk, feeding**, 263–264
- Buildings, improving access to**, 38–40
- Burning feeling on passing urine**, 105, 111, 159, 160
- Burning in feet or hands, ART and**, 360
- “But why...?” game**, 31–32

C

Caffeine drinks

- menopause and avoidance of, 283
 need for water not met by, 231

Calcium

- cleft palate and lack of, 11
 foods rich in, 86
 injectable contraceptives and need for, 198
 keeping bones strong with, 86
 muscle cramps and, 225

Cancer

- of cervix, HPV and, 165
 early detection, 126
 Kaposi's sarcoma, 175

nuclear accidents and, 12

Candida *see* **Yeast infection**

Canes and sticks

caregiver keeping track of, 314
 care of, 365
 finding when knocked away, 311
 homemade, 223, 365
 length of, 365
 older women beginning to use, 279
 self-defense with, 310–311

**Carbamazepine, oral
 contraceptives interacting
 with, 355**

Caregivers, support for, 313–326
 breaks and other benefits needed,
 122, 314, 315, 316, 324–325, 326
 feelings of caregivers, 317–318,
 319, 322–323, 326
 government advocacy by
 caregiver groups, 318
 paid personal assistants, 316
 receiving help from disabled
 woman, 320
 respect, 314
 self-care, 319–320
 support group for, 321–325
 training, 316

Caregiving

child feeding support, 266
 comforting the baby, 266, 267
 contractures, preventing, 94–95
 decisions about care, 314
 general needs for, 121
 health exam support, 127, 134, 137
 monthly bleeding cleanliness,
 109–110
 muscle stretching, 91
 older women, 281
 paid personal assistants, 316
 passing urine or stool, cleanliness
 and, 100, 109
 pregnancy, support for, 233
 pressure sore prevention, 114–117
 puberty support, 76–77
 relaxing spastic (tight) muscles, 92
 sex partners as caregivers, 148
 sexual health, support for, 150,
 155, 183
 sign language and, 369
also see **Abuse; Examination of
 self or with assistance;
 Family; Partners**

Carts *see* **Wheeled carts**

Catheters

arthritis and, 279
 bent or twisted, 106, 117, 238
 bladder infection treatment
 using, 119
 blocked, 119
 blood in, 109
 childbirth and, 238, 239
 cleanliness and, 102, 103, 104
 dysreflexia and, 102, 119
 fixed (Foley), 102, 229
 insertion of, 103–104
 loss of control of bladder with
 fixed, 229
 monthly bleeding and, 109
 overview, 102
 pelvic exam and, 130
 pregnancy and, 229, 231
 sex and, 152
 size, 102
 urinary infections, 101, 102, 104, 106
 urine bags, 130

Causes of disability, 10–14

accidents, 12–14
 folic acid deficiency, 216
 illness, 12
 inherited disabilities, 14, 212
 medicines and injections, 13
 poor access to health care, 12
 poverty and malnutrition, 10–11
 social, 7
 war, 11

CD4 count, 358

Cefixime, 337

Cephalosporins, 331

Cerebral palsy, women with

childbirth by, 213, 243
 communication requirements
 for, 36
 constipation and, 108
 hemorrhoids and, 108
 pelvic exam and spastic
 muscles, 134
 sexuality and, 150, 152
 stretching muscles, 91
 tight (spastic) muscles, 92, 134

Cervical cap *see* **Diaphragm and
 cervical cap**

Cervix

genital warts (HPV) and, 165
 illustrated, 79
 opening during labor, 236, 237
 sex and, 79

Chamomile, 168, 303

Chancroid, 164

Checkups *see* **Exams**

Chemicals

avoiding in pregnancy, 215
 as cause of disability, 13, 14
 infertility and, 82

Chest pain

Oral contraceptives and, 197
 panic attacks and, 56

Childbirth

baby in wrong position, 245
 bleeding after, anemia and, 87
 bleeding before, 246
 care for a new baby, 250–251
 care for a new mother, 249
 danger signs after, 247–248
 danger signs during, 245–247
 danger signs for baby, 246, 251
 depression or sadness
 following, 250
 early labor, sex during pregnancy
 and, 217
 epidural, 238, 239
 female genital cutting and, 245
 fever, 246
 genital herpes and, 165
 green or brown waters, 246
 in hospital, when needed, 165,
 208, 213, 233, 238, 239, 244
 long labor, 246
 natural family planning methods
 following, 200
 person to accompany woman,
 235, 236
 plan for, 214
 positions and chairs for, 240–242
 prior abortions and, 208
 pushing baby out, 246
 toxemia of pregnancy, 246–247
 vaginal delivery, 234, 242, 244
 working for change, 251
also see **Abortion; C-section;
 Family planning; Labor;
 Pregnancy**

Children

abuse of, 57
 as caregivers, 315
 cleanliness and, 275
 diarrhea in, treatment of, 274
 diet of, 265–266, 275
 early assistance for disabled, 21
 health of, protecting, 274–276
 illness in, seriousness of, 274
 injections in, causing disability, 13

- also see* **Babies; Childbirth; Family planning; Vaccinations**
- Chills**
breast infection (mastitis) and, 260
childbirth with fever and, 246
IUD and, 195
kidney infection and, 106
pressure sore infection and, 116
womb infection and, 248
- Chlamydia**
signs, 160
treatment, 161–162
- Ciprofloxacin**, 337
- Circumcised women** *see* **Female genital cutting**
- Circumcision**, 168, 180
- Clap** *see* **Gonorrhea**
- Cleanliness**
bleach, sanitizing with, 192
bottle feeding, 264
bowel program, 107
breastfeeding, 259
catheter insertion, 102, 103, 104
childbirth preparation, 237
cleaning and changing baby and, 269
condoms for women, reusing, 192
daily care, 96
feeding of baby, 263–265
hepatitis prevention, 168
HIV prevention, 110, 179–180
monthly bleeding, 106, 109–110
mouth and teeth, 98–99
neglect and, 293
passing urine and stool, 100, 106, 107
pressure sores, 115, 116, 117
sharp instruments that cut or pierce skin, 168, 179, 180
urinary infection prevention, 106, 231
- Cleft palate**, diet causing, 11
- Clindamycin**, 338
- Clitoris**, 78, 145, 146
- Clothing**
of baby, 268, 270
body image and, 53
handling for HIV and hepatitis, 179
menopause comfort and, 283
pregnancy and, 224
removal, adaptations to assist, 123
shoes and foot health, 97
socks and foot health, 97
underclothes, clean cotton, 113
- Clotrimazole**, 338
- Coconut water, potassium and**, 274
- Coffee** *see* **Caffeine drinks**
- Cold/ice therapy**
before stretching muscles, 91
breast infection (mastitis), 261
for hemorrhoids, 108
overview, 120
for painful joints in pregnancy, 228
for repetitive motion injuries, 93
- Cold temperature, dysreflexia and**, 117, 118
- Colostrum**, 255
- Coming-of-age ceremonies**, 77, 142, 155, 156
- Communication**
as accessibility issue, 23, 36–37
with neighbors, 64
self-defense methods, 308–309
sex needs and limitations, 147–149
simple, for women with learning disabilities, 36
also see **Sign language**
- Community**, 5–27
abuse prevention, 312
arranging for assistance, 122
creating picture of, 67
education promoted by, 22, 69
groups of women raising awareness in, 18–19
inclusion as strengthening of, 27
institutional abuse as issue of, 307
low status of women, 212
mental health promoted by, 68–69
miscarriage and, 219
older women active in, 285–286
pregnancy and, 209, 212
puberty support by, 76–77
sexual health support by, 139, 156, 183–184
stigma of HIV/AIDS and, 179
stigma of rape and, 299, 300, 305
toilet and latrine improvement, 123
women's health as issue of, 29
also see **Attitudes as barrier; Gender; Harmful beliefs about disability; Inclusion; Support groups; Working for change**
- Community health workers**
see **Health workers**
- Condoms for men**
comparison chart with other methods, 188
disposal of, 190
hepatitis prevention and, 168
illustrated, 80
lubricants to use with, 151, 152, 189
for oral sex, 181
overview, 189
practice putting on, 190
pregnancy and, 217
rape and use with partner following, 303
safer sex and, 181–182
sign language for, 370
social barriers to use of, 32, 189
STIs and HIV protection with, 181, 189, 285
also see **Condoms for women**
- Condoms for women**
cleaning for reuse, 192
comparison chart with other methods, 188
illustrated, 80
lubricants to use with, 192
STI and HIV protection with, 191
use of, 191–192
- Confidence**
need for, 54
nurturing, 20, 21
questions from disabled women and, 42
as self-defense, 309, 311
- Conjunctivitis (pinkeye)**, 99
- Constipation (difficulty passing stool)**
in baby, 270
dysreflexia and, 108, 117, 119
lack of water causing, 102, 108
laxatives, 108, 229, 270
lidocaine treatment for emergency, 119
pregnancy and, 229
prevention, 108
- Contraception** *see* **Family Planning**
- Contraceptive patch**, 196
- Contraceptive ring**, 196
- Contractions**
birth process, 237
changing position between, 240
dysreflexia and, 117
practice, 236
watching for signs of labor, 238

Contractures, 94–95*also see Spastic (tight) muscles***Convulsions**

dysreflexia and, 133, 239
 toxemia of pregnancy and, 232, 247
also see Epilepsy

Copper T *see* **IUDs****Cortisol**, 345**Cotrimoxazole**, 339**Coughing**

HIV/AIDS and, 169, 175
 with phlegm, pregnancy and, 227

Counseling

for abuse, 312
 as accessibility issue, 36
 for depression, 55

Counting days method, 201–202**Court, rape and going to**, 302, 304**Cow milk, feeding**, 263–264**Cramps**, 110**Cream contraceptive** *see*
Spermicides**Crutches**

homemade, 223
 muscle overuse and, 92
 older women and, 278, 279
 repetitive motion injuries, 93–94, 278
 self-defense with, 310–311
 sling for carrying baby, 271
 using properly, 94

C-section

avoiding, 242, 244
 genital herpes and, 165
 hospital delivery advised
 following, 244
 scar placement, 244

Cycle *see* **Monthly bleeding****D****D&C (dilation and curettage)**, 208**Daily activities**

care for baby and, 253
 decisions about care, 314
 exercise gotten through, 88
 older women seeking assistance
 for, 281
 pregnancy and, 223
 signs of mental illness interfering
 with, 59

Daily care

assistance with, need for, 121

attention to minor signs, 96

eyes, 99–100
 foot care, 96–98
 hair check, 96
 hand care, 96, 98
 monthly bleeding, 106, 109–110
 mouth and teeth, 98–99
 skin check, 96
*also see Bowel program;
 Caregiving; Urine passing*

Danger signs

abuse, 326
 AIDS, 169
 allergy to medicine, 329
 anemia, 87
 in babies, at birth, 246, 251
 bacterial vaginosis, 113
 bladder infection, 105
 bleeding after childbirth, 247
 bleeding during pregnancy, 220
 breast infection (mastitis), 260
 childbirth, after, 247–248
 childbirth, during, 245–247
 chlamydia, 160
 depression, 54, 282
 dysreflexia, 118
 foot infection, 97
 genital herpes, 165
 genital warts (HPV), 166
 gonorrhea, 160
 hepatitis, 167, 168
 implants, 199
 infection following rape, 303
 IUD problems, 195
 kidney infection, 106
 labor and, 245–247
 mental illness (psychosis), 59
 oral contraceptives, 197
 PID (pelvic inflammatory
 disease), 161
 pressure sores, 114
 STIs, 158–159
 stress, 50–51
 suicidal feelings, 55
 syphilis, 163
 toxemia of pregnancy, 232, 246
 trauma reaction, 57
 trichomonas, 159
 tubal pregnancy, 220
 womb infection, 248
 yeast infection, 111
*also see Emergency and
 urgent care; Side effects;
 specific signs*

Deafness, German measles and, 12**Deaf women**

arthritis and, 279
 baby of, keeping close, 251, 267
 caregiving needs of, 121, 314
 communication, 35–37, 64
 driving vehicles, 18
 education requirements for, 22
 eye impairments and, 280
 health exams and, 127, 138
 health worker helping, 43
 hearing aids, care of, 363–365
 interpreter for, 138
 learning ability of, 6
 older women, 280
 privacy with health workers and, 174
 rape, getting help after, 301
 sexuality and, 146, 156
also see Sign language

Death of baby

from diarrhea, 261
 with disabilities, 11

Dehydration drink, 274**Dementia**, 281**Depression**

abuse causing, 290–291
 after childbirth, 250
 exercise helping, 88
 older women and, 54, 55, 282
 prevention of, 282
 signs, 54, 282
 stress and, 51
 suicidal feelings, 55
also see Feelings

Devices *see* **Equipment****Diabetes**

early detection, 126
 infertility and, 82
 toxemia of pregnancy and, 232
 yeast infections and, 111

Diagnosis *see* **Danger signs;
 Exams and tests; specific signs****Diaper changing**, 269–270
 sleeping with baby and, 268**Diaphragm and cervical cap**

comparison chart with other
 methods, 188
 HIV/AIDS protection with, 193
 use of, 193

Diarrhea

ART and, 360
 baby deaths from, 261
 breastmilk as defense against, 255

- in children, treatment of, 274
HIV/AIDS and, 169, 175, 177
Oral contraceptives and, 197
- Diazepam**, 340
- Dicloxacillin**, 340
- Diet**
after childbirth, 249
as cause of disability, 10–11
constipation prevention, 108
healthy diet, 86–88
hepatitis and, 168
HIV/AIDS and, 176, 177–178
infertility and, 82
menopause and, 283
muscle cramps and, 225
for older babies, 265–266
in pregnancy, 215–217, 221, 222, 232
pregnancy, trying for, 213
pressure sore prevention and, 117
types of foods, 87
weak bones (osteoporosis)
prevention and, 86, 280
also see **Breastfeeding**
- Digital exam**, 131
- Disabilities**
defined, 6
medical understanding of, 7
as natural part of life, 7
also see **Barriers; Causes of disability; Harmful beliefs about disability**
- “Disability lens,”** 34
- Disabled women** *see* **Women with disabilities**
- Discharge from penis**, 160
- Discharge from vagina**
abnormal
bacterial vaginosis, 113
gonorrhea, 160
HIV/AIDS and, 169
IUD problems, 195
trichomonas, 159
womb infection, 248
yeast infection, 111
attention to minor signs, 96
changes in, 158
labor signs and, 237
normal, 111, 158
puberty and, 72, 74
sex and, 79, 145
- Discrimination** *see* **Attitudes as barrier; Harmful beliefs about disability**
- Disease** *see* **Illness; Prevention**
- Disinfecting equipment and tools**
baby bottles, 264
with bleach, 192
sharp instruments that cut or pierce skin, 168, 179, 180
also see **Cleanliness**
- Dizziness**
anemia, 87
tubal pregnancy, 220
- Doctors**
female, need for, 35
working for change in childbirth conditions, 251
also see **Health center; Health workers; Hospital**
- Doors, accessibility**, 39
- Down syndrome**
causes of, 12, 14
menopause and, 282
older women and, 281, 282
physical characteristics of, 14
- Dowry**, 144
- Doxycycline**, 341
- DPT vaccine**, 276
- Drawing and painting**
picture of community, 67
rape and abuse, talking about, 295, 300
in support groups, 66–67
trauma recovery and, 58
- Dressings, safe handling of**, 179, 180
- Drug resistance**
antibiotics, 327
ART, 359
- Drugs**
infertility and, 82
needle sharing, 180
trauma reactions and, 57
also see **Alcohol; Medicines; Tobacco**
- Dry sex**, 151, 182, 284
- Dysreflexia**, 117–119
causes of, 117, 132
childbirth and, 238–239, 240
as medical emergency, 118, 133, 239
pelvic exam and precautions against, 132–133
pregnancy and, 213
sex and, 153
signs, 118
treatment, 118–119
- E**
- Ear piercing**, 180
- Ears** *see* **Deaf women; Hearing impairments, women with**
- Eating** *see* **Diet**
- Education**
community ensuring, 22, 69
denied to girls and women, 22, 51, 52, 292
family promoting, 69
literacy classes, 18, 26
and partners, finding, 143
sexual health, 142, 156, 182–184, 204
on violence against women, 312
working for change, 22, 24
- Efavirenz**, 361
- Ejaculation**, 79, 82, 145, 203, 205
- Elders** *see* **Older women**
- Emergency methods of family planning**
IUD as, 205
overview, 205
rape and, 302
side effects of, 358
use of, 357–358
- Emotional abuse**
abandonment, 292
isolation, 292, 306
neglect, 293
overview, 290
as weakening woman, 291
also see **Abuse**
- Emotions** *see* **Feelings**
- Enemas, avoid during pregnancy**, 229
- Epidural**, 238, 239
- Epilepsy, women with**
baby safety, 272
Down syndrome, 281
gums swollen and sore, 98
hormonal methods of family planning, 196, 198
older women, 280, 281
pregnancy, 214, 231
also see **Convulsions**
- Epinephrine**, 342
- Equipment**
baby cushion, 272
barriers to protect baby, 272, 273
bed for baby in mother’s bed, 268
bed for pregnancy, 224
birthing chairs and stool, 241, 242

care of, 363–368
 changing table, 268
 clothing removal, 123, 268
 crutches and canes, making, 223
 handles for holding things, 98
 harness for older baby, 272
 hearing aids, 363–365
 sling to carry baby, 271–272
Velcro, 268, 270
 walker, making, 223
also see **Canes and sticks;**

Catheters; Crutches;
Mobility aids;
Prosthetics; Wheelchairs

Ergometrine maleate, 342

Erythromycin, 343

Estrogen

menopause and, 282, 284
 puberty and, 72
 weak bones (osteoporosis) and, 280
also see **Hormonal methods of**
family planning

Examination of self, or with
assistance

of breasts, 128–130
 in daily care, 96
 exams to do at home, 135
 of feet, 97
 pressure sore detection, 114, 117
 for STIs, 158–159

Exams and tests

of babies, for leprosy, 12
 breast exam, 128–130
 CD4 count, 358
 need for, 125–126
 other suggested exams to stay
 healthy, 135
 permission, asking for, 304
 preparation for, 127–128
 for STIs, 12, 164, 169
also see **Pelvic exam**

Excision *see* **Female genital cutting**

Exclusion, as harmful belief, 15
also see **Barriers; Harmful**
beliefs about disability

Exercise, 88–95

for caregivers, 319
 change position, 89, 278
 constipation prevention, 108
 lifting objects, 90
 menopause and, 283
 older women and, 278–279
 pain management with, 120
 post-polio syndrome and, 279

pregnancy and, 226, 227
 swimming, 90, 120, 227
 tight (spastic) muscles and, 92, 226

Exercises

for contractures, 94–95
 during labor, 243
 for joint overuse injuries, 93, 94
 pushing exercise for spastic
 muscles, 134
 relaxation, 61
 squeezing exercise, 101, 215, 229
 stretching muscles, 90–91

Eye patch, 100

Eyes

of baby, care for, 250
 blurred or double vision, 246
 blurred vision or seeing spots, 118
 care of, 99–100
 leprosy and problems with, 99–100
 older women and eyesight loss, 280

F

Factories, unsafe working
conditions, 13–14

also see **Work**

Fainting

allergy to medicine, 329
 anemia, 87
 panic attacks and fear of, 56
 tubal pregnancy, 220

Fallopian tubes

illustrated, 75
 monthly cycle and, 75, 79

Family

abuse prevention by, 311
 abuser protected by, 298
 adoption, 83
 attitudes as barriers in, 19–20
 breastfeeding support by, 256
 childbirth support by, 251
 child feeding support by, 266
 confidence nurtured in, 20
 early assistance to children, 21
 health exams support, 127, 137
 institutions, placement in, 306
 mental health promoted by, 68–69
 older women and need for
 support by, 281
 pregnancy, support for, 233
 puberty support by, 76–77
 rape, feelings about, 300, 304
 relationships with, nurturing of, 76

self-esteem of disabled women
 and, 52
 sexual health, support for, 150,
 155, 183
 sign language and, 369
 stigma of rape and, 300
 sudden disability affecting, 317–318
 support group for, 21
also see **Abuse; Babies;**
Caregiving; Children;
Mothers

Family planning

after pregnancy, 249
 barrier methods, 187, 189–195, 206
 benefits of, 185
 breastfeeding as, 188, 199
 comparison chart with other
 methods, 188
 effectiveness of, 187–188
 emergency methods, 205
 hormonal methods, 187, 196–199,
 206, 355–358
 intrauterine devices (IUDs), 187,
 195, 205, 206
 menopause and use of, 285
 natural methods, 187, 200–203
 paralysis and, 206
 permanent methods, 187, 203–205
 sign language for, 369
 working for change, 186, 205
also see **Abortion; Pregnancy;**
Safer sex; Sex; specific
methods

Farming, dangerous work
conditions, 13, 14

Feelings

body changes and, 76
 of caregivers, 317–318, 319,
 322–323, 326
 healthy ways to talk about, 318
 menopause and, 282, 283
 miscarriage and, 219
 monthly bleeding and, 110
 of partner, after rape, 305
 puberty and, 72
 rape and, 300, 301, 304, 305
 sadness after childbirth, 250
 sexual health and, 153–154
 suicidal, 55
 support groups recognizing, 66
also see **Communication;**
Mental health

Feet

care of, 96–98

swelling of, in pregnancy, 222, 232

Female condoms *see* **Condoms for women**

Female genital cutting

childbirth and, 245
hepatitis prevention, 168
pain during sex, 151
as practice, 245

Fertility awareness methods of family planning

comparison chart with other methods, 188
counting days method, 201–202
mucus method, 200–201

Fertilization, 75, 80, 187

Fever

ART and, 360
breast infection (mastitis) and, 260
chancroid and, 164
genital herpes and, 165
gonorrhea and, 160
hepatitis and, 167
HIV/AIDS and, 169, 174, 233
IUD and, 195
kidney infection and, 106
labor with, 246
pressure sore infection and, 116
syphilis and, 163
tetanus of newborn and, 251
womb infection and, 248

Fibroids, miscarriage and, 82

Fits *see* **Convulsions; Epilepsy**

Fixed (Foley) catheter, 102, 229

Foam contraceptive *see* **Spermicides**

Foley catheter, 102, 229

Folic acid (folate), 216
cleft palate and lack of, 11

Food *see* **Diet**

Formula

learning disabilities and preparation of, 254
malnutrition resulting from, 261
safety of feeding, 263–264

G

Games for recreation, 285

Gender

beauty standard and, 140
diet and, 51, 86
disability and, 315

education and, 22, 51, 52
opportunities and, 9, 51
social preference for boys, 212

Generic medicine names, 329

Genital herpes

as cause of birth defects, 12
pregnancy and, 165
signs, 165
in throat, condom to prevent, 181
treatment, 165

Genitals

defined, 77
illustrated, 78, 79, 146
men's, 79
overview, 78
tears and cuts in, rape and, 303
tears in, childbirth and, 249
washing of, 100, 103, 106, 109
also see **Reproductive system; STIs**

Genital warts (HPV), 165–167

cancer of the cervix and, 165
pregnancy and, 167
signs, 166
treatment, 166–167

Genian violet, 344

German measles (rubella), 12, 215, 276

Girls

as caregivers, 315
education denied to, 22, 51, 52, 292
food withheld from, 11, 86
low status of, 212
mental health of, 68–69
mothers supporting, 21
older women sharing experiences with, 286
resources denied to, 9, 19
self-esteem of, 51, 68–69, 141
sexuality education and, 142, 155, 156

also see **Abuse of disabled girls and women; Education; Puberty**

Giving birth *see* **Childbirth**

Glycerin suppositories, 107, 108

Goat milk, 263–264

Gonorrhea

signs, 160
in throat, condoms to prevent, 181
treatment, 161–162

Government policies and laws

abortion following rape, 302
abuse, teaching about, 312

for accessibility, 19, 23, 25
benefits for older persons with disabilities, 286

as economic barrier, 33
family planning and, 158
hearing aids and batteries, free, 364
HIV treatment, 176
paid personal assistants, 316
registration of births, 251
also see **Working for change**

Grief, miscarriage and, 219

Growths

genital warts, 165–167
pain during sex and, 151
also see **Cancer; Lumps**

H

Handles, making, 98

Handrails (or ropes), 38, 123

Hands

care of, 96
holding things, making handles for, 98
older women and, 279
also see **Cleanliness**

Hansen's disease *see* **Leprosy**

Harmful beliefs about disability

abuse, 287, 288, 289, 307, 312
beauty standard, 140
blaming the mother, 15
as bringing bad fortune, 140, 149, 292
court witnesses, 302
exclusion, 15
health problems caused by disability, 31, 32
HIV/AIDS, 15, 171, 299
sexuality, 31, 32, 140–141, 149, 157
STIs, 157
also see **Attitudes as barriers; Stigma**

Headaches

ART and, 360
depression and, 51, 54
genital herpes and, 165
hormonal methods of family planning and, 196
oral contraceptives and, 197
severe, pounding, 118
from stress, 51
toxemia of pregnancy and, 232, 246

Health center

abortion procedures in, 208

- accessibility suggestions, 36–40
 combining appointments, 36
 HIV testing, 172–173
 physical accessibility
 improvements, 38–40
 privacy and, 42, 294
 sign language capability in, 36–37
 sterilization procedures in, 203
 visit by support group, 47–48
also see **Exams and tests;**
Health workers; Hospital
- Health workers**
 abortion procedures by, 208
 abuse signs, watching for, 326
 caregivers supported by, 316, 326
 childbirth conditions, 251
 exams, guidelines for, 128, 137–138
 family planning needs and, 186, 205
 female, need for, 35
 helping women with particular
 disabilities, 43
 implants, placed or removed,
 198–199
 injectable contraceptives, 198
 IUD placement, 195
 learning from disabled women,
 34, 41–42, 326
 pregnancy support by, 233–234, 236
 privacy needs and, 42, 174, 184,
 198, 294
 providing care, 37
 puberty support by, 77
 rape, support for woman, 302, 304
 respect for disabled women, 42,
 174, 184
 sexual health support by, 156, 184
 sterilization by, 203, 204
also see **Attitudes of health**
workers, as barrier;
Midwives
- Hearing aids**, 363–365
- Hearing impairments, women with**
 baby of, keeping close, 251, 267
 health worker helping, 43, 138
 relationship with baby, 267
also see **Deaf women**
- Heartbeat, fast**
 allergy to medicine, 329
 anemia, 87
 anxiety, 56
 dysreflexia, 153
 stress, 50
- Heartbeat, of baby**, 217, 218
- Heart disease**
 hormonal methods of family
 planning and, 196
 HRT and, 283
 syphilis and, 163
- Heat therapy**
 for arthritis, 152
 back pain, 227
 before stretching muscles, 91
 breast infection (mastitis), 261
 childbirth and, 237, 243
 for monthly bleeding
 discomfort, 110
 for muscle cramps, 225, 243
 overview, 120
 for painful joints, 228
 pregnancy and, 226, 227, 228
 for spastic muscles, 92, 226
- Helper foods (high energy)**, 87
 first foods for baby and, 265, 266
- Helping relationships**, 62
also see **Support groups**
- Hemorrhage** *see* **Bleeding**
- Hemorrhoids**, 108
- Hepatitis**, 167–168
 hormonal methods of family
 planning and, 196
 injections spreading, 13
 prevention, 110, 168, 179
 signs, 167, 168
 vaccines for, 168
- HepB immunization**, 276
- Herbal remedies** *see* **Traditional medicines**
- Herpes** *see* **Genital herpes**
- Herpes zoster (shingles)**, 175
- Hib immunization**, 276
- High blood pressure**
 early detection, 126
 stress and, 50, 51
 toxemia and, 232, 246
also see **Dysreflexia**
- High dose pills**, 356
- Hips, uneven hip bones**, 79
- HIV/AIDS**, 169–179
 AIDS, described, 169
 breastfeeding and, 170, 199, 261–262
 care program for, 358
 as cause of birth defects, 12
 combination drugs best for, 328
 cotrimoxazole and, 177
 cough, 175
 counseling, 173
 diarrhea, 175
 diet and, 176, 177–178
 dry sex and, 151, 182, 284
 early detection, 126
 fever, 174, 233
 harmful beliefs about cause and
 cure, 15, 171, 299
 HIV, described, 169
 infections prevented with
 medicines, 177
 injections spreading, 13
 living positively with, 178
 monthly bleeding and
 caregivers, 110
 monthly bleeding, sex during, 182
 mouth and throat problems, 175
 nausea and vomiting, 175
 pregnancy and, 169, 170, 233
 prevention of, 110, 179–182
 prevention of, family planning
 methods and, 189, 191, 193, 203
 privacy and, 174
 rape and, 303
 safer sex, 180–182
 sign language for, 369, 370
 signs, 169
 skin rashes and itching, 175
 spread of, 170–171
 stigma and, 179
 test for, 172–173
 treatment, 176–178, 358–362
 tuberculosis (TB), 175, 177
 weight loss and malnutrition, 175
 women and girls more easily
 infected by, 80, 171
 working for change, 182–184
also see **ART (antiretroviral therapy)**
- Holding baby during breastfeeding**, 256–257
- Home**
 accidents as source of disability, 14
 older women and changes to,
 280, 286
 preventing HIV and hepatitis
 infection, 179–180
 services in, not institutions, 307
also see **Cleanliness; Equipment**
- Home remedies** *see* **Traditional medicines**
- Home visits**, 35
- Homosexuality**, 145, 147, 148

Honey and sugar, pressure sore treatment, 115

Hookworm

anemia and, 87
sandals or shoes, 275

Hormonal methods of family planning, 196–199

comparison chart with other methods, 188
implants, 198–199
injectable, 198
IUD, 195
menopause and switch from, 285
overview, 187, 196
paralysis and choice of, 206
progestin-only, required, 196, 198, 199, 206
side effects, 196, 198, 199, 356
also see **Oral contraceptives**

Hormone replacement therapy (HRT), 283

Hormones, puberty and, 72, 79

Hospital

abortion procedures in, 208
accessibility suggestions, 36–40
childbirth in, reasons for, 165, 208, 213, 233, 238, 239, 244
HIV testing, 172–173
mental health, 60
privacy and, 42, 294
sign language capability in, 36–37
sterilization procedures in, 203
also see **Doctors; Health workers; Institutions**

Hot flashes, 282, 283

Hot temperature, dysreflexia and, 117, 118

Hot water *see* **Heat therapy**

HPV *see* **Genital warts**

HRT (hormone replacement therapy), 283

Hunger, loss of appetite, 167

Husbands *see* **Partners**

Hydrocortisone (cortisol), 345

Hymen, 78

Hypertension *see* **High blood pressure**

I

Ibuprofen, 345
aspirin and, 120

Ice therapy *see* **Cold/ice therapy**

Illness

counting days method and, 201
infertility and, 82
also see **Danger signs; Prevention; STIs; specific illnesses and signs**

Immunization *see* **Vaccinations**

Impact of stool, 108

Impairment, 6

also see **Disability; Women with disabilities**

Implants

danger signs, 199
removal of, 199
use of, 198–199

Incest *see* **Sexual abuse**

Inclusion

communities strengthened by, 27
sexual health and, 142, 155, 156
support groups aiding, 67

Infections

after childbirth, prevention of, 249
attention to minor signs, 96
of breast (mastitis), 260–261, 262
feet and, 96, 97–98
of hands or wrists, 94
with HIV/AIDS, medicine to prevent, 177
implants and, 199
injections and, 13
of pressure sores, 116
rape and, 303
sign language for, 369
of womb, following childbirth, 248
yeast causing others, 111
also see **STIs; specific diseases**

Infertility, 81–82

Infibulation *see* **Female genital cutting**

Ingrown toenails, 97

Inherited disabilities, 14

Injectable contraceptives

breastfeeding safe with, 198
as progestin-only method, 198
use of, 198

Injections

as cause of disability, 13
HIV prevention and, 180
measurement of, 329
speeding results in emergencies, 330

unnecessary, 13

Injuries

internal, from abortion, 208
from pregnancy and childbirth, 247–249
from rape, 302–303
war creating, 11
also see **Female genital cutting; Violence against women**

Inner folds of the vulva, 78, 145

Insecticides *see* **Pesticides**

Inserts (suppositories), 107, 108

Institutions, abuse in, 306–307

Interactions of medicines, 328

oral contraceptives and, 355
also see **specific medicines**

Intercourse *see* **Sex**

Interpreter for deaf women

looking at deaf woman, 138
privacy and, 174

Intestinal problems, from stress, 51, 54

Intra-uterine devices *see* **IUDs**

Iron

for anemia (weak blood), 88
for pressure sore prevention, 117
sources of, 88

Isolation, 54
as abuse, 292

Itching

anus, 108
genitals, 111, 113, 159, 165, 166
nipples, 260
skin, HIV/AIDS and, 175

IUDs (intrauterine devices)

comparison chart with other methods, 188
danger signs, 195
as emergency method of family planning, 205
infertility and, 81
overview, 187
paralysis and choice of, 206
use of, 195

IUS (Intrauterine system), 195

J

Jaundice *see* **Hepatitis**

Jelly contraceptive *see* **Spermicides**

Jobs *see* **Work**

Joint pain and stiffness

caution on exercising, 92
 lack of exercise and, 88
 older women and, 278
 overuse injuries, 93–94
 pain management, 120
 pregnancy and pain in, 228
 sexuality and, 150, 151, 152
 treatment for, 120, 228

K**Kaposi's sarcoma**, 175**Kidney infection**

catheters and, 101, 102
 caution on pressing bladder to empty, 101
 signs, 106
 treatment, 106

Kidney problems, toxemia and, 232**L****Labia**, 78, 145**Labor**

birthing positions, 240–242
 bowel program and, 238, 239
 breathing during, 235, 236, 240
 danger signs during, 245–247
 dysreflexia and, 238–239, 240
 early, laxatives or purgatives causing, 229
 early, sex during pregnancy and, 217
 long, 246
 movement and walking during, 240
 muscle cramps and spasms, 240, 241, 243
 oxytocin overused in, 13
 signs of, 236–237
 things to do once started, 237
 urine passing and, 238, 239, 240
also see **Childbirth; Contractions**

Lamivudine, 361**Land mines**, treaty to outlaw, 11**Language**

health information in many, 36
 simple, for women with learning or understanding disabilities, 36
also see **Communication; Sign language**

Languages, *also see* **Sign language****Language, sexual abuse with**, 298**Laws** *see* **Government policies; Police; Working for change****Laxatives**

not given to baby, 270
 not used in pregnancy, 229
 use of, 108

Learning ability, of disabled women, 6**Learning and understanding disabilities, women with**

baby care and, 254
 childbirth and, 236
 communication with, 36
 diet causing, 11
 family planning choices for, 204
 health exams and, 127–128, 138
 health worker helping, 43, 236
 in institutions, 306
 monthly bleeding assistance for, 110
 sexual abuse of, 141, 156, 299
 sexuality and, 141, 156, 204
 sterilization of, 204

Legal issues *see* **Government policies and laws; Police; Working for change****Legs**

swelling, oral contraceptives and, 197
 swelling of, in pregnancy, 222, 232
 varicose veins, 196

Lemon juice

contraceptive sponge, 194
 iron released in, 88
 for thrush, 344

Leprosy (Hansen's disease)

arthritis and, 279
 blindness and, 280
 eye problems and, 99–100
 feet proection and, 98
 older women and, 279, 280
 testing babies for, 12

Leukemia, 12**Lice**, 275**Lidocaine**, 346**Lifting objects, how to**, 90, 320**Lips, vaginal** *see* **Vaginal folds****Liquids**

rehydration drink, 274
also see **Water**

Listening

to caregiver's needs, 326
 health workers and need for, 35, 41
 by loving partner, 143
 not listening to disabled women, 288, 302
 in support groups, 65, 323
 to women after abuse, 295, 300–301, 304
 to women after trauma, 59

Literacy, working for change in, 18, 26**Liver**

ART and problems of, 360
also see **Hepatitis**

Loop, the *see* **IUDs****Low back pain** *see* **Back pain****Low dose pills**, 355, 357**Lower belly pain** *see* **Abdomen pain****Lumps in breast**

in breast, 73
 breast self-exam and, 128–129
also see **Cancer; Growths**

Lymph nodes, swollen

in armpit, breastfeeding and, 260
 in groin, genital herpes and, 165

M**Macrolides**, 330**Malaria**

anemia and, 87
 early detection, 126
 infertility and, 82
 living with HIV/AIDS and, 178
 protection of children, 275

Malnutrition

formula feeding and, 261
 girls and women and, 86
 HIV/AIDS and, 175
 infertility and, 82

Marriage

arranged, 144, 155
 leaving, abuse and support for, 296–297
 stigma of rape and, 299
also see **Partners**

Massage

back pain, 227
 of breast in breastfeeding, 261
 for caregivers, 319
 for constipation, 108
 of gums, epilepsy and, 98

- no massage of pressure sores, 115
no massage of spastic muscles, 92, 134, 226
pain management with, 120
trauma recovery and, 58
- Mastitis**, 260–261, 262
- Masturbation**, 147, 181
- Measles**
as cause of disability, 12, 215
immunization, 12, 276
- Measuring medicines**, 329
- Mebendazole**, 346
- Medical abortion**, 208
- Medical system**
understanding of disability, 7
also see **Health center; Health workers; Hospital**
- Medicines**
for abortion, 208
for allergic shock, 329
allergy to, 329, 330
for bacterial vaginosis, 113, 162
for bladder infection, 105
for bleeding after childbirth, 247
breast infection (mastitis), 261
as cause of disability, 13
for chancroid, 164
for chlamydia, 161–162
combination medicines, 326
for depression, 55
diarrhea causing loss of medicine, 197
for dysreflexia, 119
for epilepsy, 214, 231
for eye infection, 99
forced, as abuse, 306
forms of, 330
generic names and brand names, 329
for genital herpes, 165
for genital warts (HPV), 166–167
for gonorrhea, 161–162
for heavy monthly bleeding, 111
for HIV/AIDS, 176–177, 358–362
home supply of, 121
interactions, 328
for joint overuse, 93
for kidney infection, 106
list of problems and medicines, 331–332
measuring amount to take, 329
for mental illness, 59
for monthly bleeding discomfort, 110
by mouth rather than injection, 328, 330
for pain management, 120
for PID (pelvic inflammatory disease), 162
for pinkeye (conjunctivitis), 99
pregnancy and, 13, 215
pregnancy, and medicines normally taken, 214, 231
pregnancy, for pain, 228
pregnancy, no laxatives or purgatives, 229
for pressure sores, 116
resistance to, 327
sign language for, 369
swallowing, 197, 205, 328
for swollen joints, 120
for syphilis, 163–164
taking all the medicine, 169, 327
taking too much, 327
for thrush (yeast), 260
for trichomonas, 160, 162
use only when necessary, 327, 331
vaginal insertion of, 205
vomiting up, 328
watch for side effects, 327
for womb infection, 248
for yeast infection, 112, 260
also see **Immunizations; Injections; Side effects; Traditional medicines and home remedies; specific medicines**
- Memory, loss of**, 281
- Men**
abuse prevention and education, 312
as caregivers, 315
determining sex of baby, 212
infertility in, 82
older, sexuality and, 284
reproductive systems of, 79
sexuality of, 145, 284
sterilization for, 205
also see **Partners; STIs**
- Meningitis**, as cause of disability, 12
- Menopause**, 282–285
pregnancy possible in transition, 285
sexual relations and, 284–285
weak bones (osteoporosis) and, 280
- Menstrual cycle**, 75
- Menstruation** *see* **Monthly bleeding**
- Mental confusion (Alzheimer’s disease, dementia, senility)**, 281
- Mental health**
common problems, 54–58
emotional abuse and, 291
family and community help, 68–69
if you think someone has a problem, 50
no quick solutions, 49
rape and, 305
self-esteem and, 62–65, 68–69
self-help, 60–65
serious mental illness, 59–60
stress, 50–54
support groups, 65–67
also see **Anxiety; Depression; Feelings; Self-esteem; Support groups; Trauma**
- Mental illness (psychosis)**, 59–60
syphilis and, 163
- Methylergonovine maleate**, 342
- Metronidazole**, 347
do not drink alcohol with, 113, 347
- Miconazole**, 347
- Midnight husbands**, 30, 144
- Midwives**
choice for, at childbirth, 213
disabled women educating, 41
learning disabled women, help for, 236
working for change, 233–234, 251
- Milk** *see* **Animal milk; Breast milk; Formula**
- Miscarriage**
HIV and, 233
infertility and, 81
reasons for, 219
self-care following, 219
- Mobility aids**
homemade, 223
joint overuse and, 93–94
muscle overuse and, 92–93
older women beginning to use, 279, 281
pregnancy and, 222–224
resources for, 9
support groups providing, 26
transportation improvements for ease of use, 35, 36
women’s company making, 8
also see **Canes; Crutches; Equipment; Prosthetics; Wheelchairs**

Molasses

- and honey, pressure sore treatment with, 115
- as iron source, 88
- and salt, rehydration drink with, 274

Monthly bleeding

- blind women and, 74, 109
- breast or nipple pain, 73
- caregiver assistance with, 110
- cleanliness and, 106, 109, 113
- cycle of, 75, 80
- discomfort with, 110
- dysreflexia and, 117
- end of (menopause), 282–285
- heavy bleeding, 111
- hormonal methods of family planning and changes in, 196
- implants and, 199
- injectable contraceptives and, 198
- IUD insertion side effects, 195
- learning or understanding difficulties and, 110
- names for, 74
- onset during puberty, 74
- oral contraceptives and, 197, 356
- self-care during, 109
- sexual health and, 182
- sign language for, 370
- spotting, IUD and, 195
- tampons (inserts), 109, 113
- urinary infections and, 106
- waiting to try pregnancy again, 219
- also see* **Bleeding from vagina**

Morning after pill, 205**Morning sickness**, 217**Mosquito netting**, 178, 275**Mothers**

- care for new, 249–250
- daughters caregiving for, 315
- relationship with baby, 253–254, 266–267, 269
- also see* **Babies; Childbirth; Children; Family; Pregnancy**

Mouth care, 98–99**Mouth, HIV/AIDS and problems of**, 175, 177**Mucus method**, 200–201**Mucus removal from newborn**, 246**Mumps**, 82**Muscles**

- contractures, 94–95

- cramps and spasms of, labor and, 240, 241, 243
- cramps of, pregnancy and, 225
- lack of exercise and, 88
- older women and, 278–279
- overuse of, mobility aids and, 92
- pain during sex and, 151, 152
- pain management, 120
- stretching, 90–91, 120
- also see* **Spastic (tight) muscles**

Muscular dystrophy, 14**N****Nappies** *see* **Diaper changing****Natural methods of family planning**

- comparison chart with other methods, 188
- counting days method, 201–202
- mucus method, 200–201
- overview, 187
- pulling out (withdrawal), 203

Natural remedies *see* **Traditional medicines****Nausea**

- ART and, 360
- dysreflexia and, 118
- early pregnancy and, 217
- hepatitis and, 167
- HIV/AIDS and, 175
- hormonal methods of family planning and, 196
- IUD and, 195
- kidney infection and, 106

Needles, boiling of, 168, 179, 180

also see **Injections**

Neem chewing sticks, 99**Neglect, as abuse**, 293**Nerves** *see* **Anxiety****Nervous conditions** *see* **Mental health****Nevirapine**, 361**Nifedipine**, 348

- grapefruit juice, avoiding with, 348

Nipples

- breastfeeding and problems with, 259, 260, 261, 262
- discharge from, 129
- illustration, 73
- monthly bleeding and pain in, 73
- sexuality and, 145

Nitrofurantoin, 348**Norfloxacin**, 349**Nuclear accidents**, 12**Numbness**

- of feet, 97
- oral contraceptives and, 197

Nystatin, 349**O****Older women**

- arthritis and, 279
- assistance, seeking, 281, 285
- community support for, 122
- depression and, 54, 55, 282
- exercise and, 278–279
- eyesight loss, 280
- hearing loss, 280
- infertility and, 82
- memory problems, 281
- mental confusion, 281
- mobility aids needed by, 279, 281
- overuse of joints and muscles, 278
- pressure sores, 278, 280
- prosthetics of, 279
- sexuality and, 141
- skin problems, 280
- support groups of, 286
- weak bones (osteoporosis), 280
- working for change, 286
- also see* **Menopause**

Operations

- infertility caused by, 81
- for no more children, 203–204, 205
- for overuse injuries of joints, 93
- for urine leaking, 101
- also see* **Abortion; C-section**

Oral contraceptives

- choice of, 355–356
- danger signs, 197
- drug interactions with, 355
- emergency family planning, 205, 302, 357–358
- given with implants, 199
- low dose, 197, 355, 357
- progestin-only, health issues requiring, 196, 198, 199, 206
- time required to be effective, 197
- use of, 197, 355–356

Oral sex, 147, 150, 181

- condom use during, 181
- as family planning method, 203
- comfortable positions and, 150
- pleasure and, 147

Organizing *see* **Working for change**

Orgasm, 79, 145–146

Orphanages *see* **Institutions**

Osteoporosis *see* **Weak bones**

Outer folds of the vulva, 78, 145

Ovaries

- illustrated, 79
- monthly cycle and, 75, 79

Overweight *see* **Weight**

Ovulation, 75, 80
infertility and, 82

Oxytocin, overuse of, 13

P

Pain

- arm, implants and, 199
- attention to, need for, 85, 96
- back pain, in pregnancy, 226–227
- breastfeeding and, 256, 259–261
- in breasts, monthly bleeding and, 73
- in chest, panic attacks and, 56
- during sex, 151–152, 160, 195
- during urine passing, 105, 159, 160, 303
- exercise and, 88, 90–92
- in feet, 97
- hemorrhoids, 108
- in lower belly
 - bladder infection, 105
 - gonorrhea, 160
 - hepatitis, 167
 - IUD problems, 195
 - monthly bleeding (cramps), 110
 - PID, 161
 - pregnancy and, 220
 - as sign of STIs, generally, 158
 - tubal pregnancy, 220
 - womb infection, 248
- management of, 120, 152
- mid or lower back, kidney infection and, 106
- in one leg, oral contraceptives and, 197
- of pressure sores, 116
- rape and, 303
- sex desire lacking and, 153
- sex positions to relieve, 150
- in stomach, no laxatives, 108
- stretching muscles to control, 90, 91
- of tendon overuse, 93

top of belly, sudden severe, 246
also see **Joint pain and stiffness**

Pain medicines, 120

Panic attacks, 56

Pap test, 131, 165

Paracetamol, 350

Paralysis, women with

- c-section and, 244
- family planning methods, choice of, 206
- hormonal methods of family planning and, 196
- labor and, 236, 242, 243
- older women, 278, 280
- orgasm and, 146
- pregnancy and, 223–224, 227, 228, 230, 232
- sexuality and, 146, 150, 152
- vaginal delivery by, 244
- also see* **Polio; Spinal cord injuries, women with**

Parasites

- children and, 275
- early detection, 126
- hookworm, 87

Partners

- abusive, partner choice and, 144
- arranged marriages, 144, 155
- deserting mothers of disabled children, 21
- disabled, as abusive, 289
- finding a loving partner, 143–144
- midnight, 30, 144
- rape and feelings of, 305
- STIs and, treatment together, 169
- talking about sex, 147–149
- also see* **Family; Sex; Violence against women**

Passing stools *see* **Bowel program; Stools**

Passing urine *see* **Urine passing**

Pelvic area

- illustrated, 79
- uneven hip bones, 79

Pelvic exam, 127–134

- dysreflexia precautions, 132–133
- positions for, 133, 134
- spastic (tight) muscles and, 134
- steps of, 131

Pelvic inflammatory disease (PID), 81, 161–162

Penicillin, 350

Penicillin family, 330
allergy to, 163, 330

Penis

- illustrated, 79
- sexual response and, 145
- withdrawal of, 182

Period *see* **Monthly bleeding**

Permanent methods of family planning

- comparison chart with other methods, 188
- overview, 187

Pesticides

- avoiding in pregnancy, 215
- as cause of disability, 14
- malaria prevention and, 275

Phenobarbital

- oral contraceptives interacting with, 355
- pregnancy safety of, 231

Phenytoin

- birth defects and, 231
- gums swelling and growing, 98
- oral contraceptives interacting with, 355

Physical abuse

- mental health problems caused by, 290
- overview, 294
- support for leaving, 296–297
- also see* **Abuse**

Physical barriers, 9–10

- health center and hospital design, 2
- also see* **Accessibility**

PID (pelvic inflammatory disease), 81, 161–162

Piles (hemorrhoids), 108

Pills *see* **Drugs; Medicines; Tablets**

Pill, the *see* **Oral contraceptives**

Pinkeye (conjunctivitis), 99

Placenta, 236, 246, 247

Plantago ovata (psyllium husks), 108

Plant remedies *see* **Traditional medicines**

Pneumonia, 175

Podophyllin, 351

Poisons, as cause of disability, 13, 14

Police

- abuse education of, 312
- abuse reports to, 297
- rape reports to, 300, 301, 302, 304

Policies *see* **Government policies; Working for change****Polio**

- as cause of disability, 12
- immunization for, 276
- muscle stretches, 91
- post-polio syndrome, 279
- poverty and, 10
- pregnancy and, 210–211
- also see* **Paralysis, women with**

Pornography, sexual abuse and, 298**Poverty**

- as barrier to health care, 33
- as cause of disability, 10–11
- diet and, 51
- emotional abuse and, 292
- lack of HIV/AIDS medicines and, 176
- stress caused by, 51

Power, abuse and, 306, 307**Pre-eclampsia,** 222, 232, 246–247**Pregnancy**

- aches and pains in joints, 228
- after rape, 302
- after tubal ligation, 204
- alcohol, avoiding, 213, 215
- anemia and, 215
- baby drops lower, 217, 236
- back pain and, 226–227
- bacterial vaginosis, 113
- binder cloth for belly, 227
- birth plan, 214
- bladder infections, 230–231
- bleeding from vagina during, 220
- bowel program and, 215, 224, 229–230
- breathing difficulties, 217, 221, 227
- chemicals, as cause of birth defects, 14
- constipation during, 229
- diet during, 215–217, 221, 222, 232
- discomforts during, 220–230
- drugs, as cause of birth defects, 13, 14
- due date, 214
- early labor, prior, 217
- exercise and, 226, 227
- fertilization, 75, 80, 187
- folic acid (folate) during, 216
- genital herpes and, 165
- genital warts (HPV) and, 167
- German measles and, 12, 215
- healthy practices during, 215–217
- heartbeat of baby, 218

- hepatitis B and, 167, 168
- HIV/AIDS and, 169, 170, 233
- illnesses, as cause of birth defects, 12
- infertility, 81–82
- inherited birth defects, 14
- medicines, as cause of birth defects, 13, 214
- medicines, no laxatives or purgatives, 229
- medicines normally taken and, 214, 231
- menopause transition and, 285
- movement and balance aids, 222–224
- movement of baby, 218
- pain in lower belly, 220
- pain medicine during, 228
- penicillin allergy, 163
- piles (hemorrhoids) during, 230
- planning, 213
- prenatal checkups, 214
- pre-pregnancy self-care, 213
- prior abortion and, 208
- questions to ask before, 212
- sex during, 216–217
- sleeping difficulties and needs during, 221, 225
- stages of, 217–218
- swollen feet and legs, 222, 232
- syphilis and, 163–164
- tetanus immunization, 215, 276
- tiredness during, 221, 227
- tobacco, avoiding, 213, 215
- toxemia (pre-eclampsia), 222, 232, 245–246
- tubal, 220
- urine passing and leaking, 228–229, 238
- waiting to attempt, following miscarriage, 219
- water intake, 215, 227, 231
- working for change, 233–234
- yeast infections, treatment of, 111
- also see* **Abortion; Childbirth;**

Family planning**Pressure sores,** 114–117

- cause of, 114, 116
- dysreflexia and, 117
- early treatment important for, 33, 114
- neglect and, 293
- older women and, 278, 280
- pregnancy and, 224, 232
- prevention, 112, 116–117, 224

- treatment, 114–116
- yeast infection and, 111

Prevention

- abuse and violence, 295–296, 311–312
- anemia, 88
- bladder infection, 106, 231, 284
- breasts painful in breastfeeding, 259
- contractures, 94–95
- depression in older women, 282
- dry skin, 117
- of eye infection, 99
- feet infections, 97
- hepatitis, 110, 168, 179
- HIV/AIDS, 110, 179–182
- kidney infection, 106
- malaria, 275
- muscle overuse, 92
- pre-eclampsia, 222
- pressure sores, 112, 116–117, 224
- repetitive movement injuries, 94
- STIs, 80, 180–182
- urinary infections, 106, 231
- weak bones (osteoporosis), 86, 280
- yeast infection, 111, 112–113, 177
- also see* **Cleanliness; Daily care;**

Diet; Exercise; Working for change**Privacy**

- health workers and need for, 42, 174, 184, 198, 294
- HIV status and, 174
- injectable contraceptives and, 198
- institutional abuse and lack of, 306, 307
- rape and need for, 300, 301, 302
- reproductive system and, 78
- for sex, 150
- toileting, 123

Probenicid, 351**Procaine penicillin,** 352**Progesterone,** 72**Progestin-only methods**

- health problems requiring use of, 196, 198, 199, 206
- mini-pills, 356, 357, 358
- time required to be effective, 197

Prophylactics *see* **Condoms****Prosthetics**

- lack of, 9, 11
- older women and, 279, 280
- pregnancy and, 222

Prostitutes *see* **Sex work**

Protein

healthy diet and, 86–87
 hepatitis recovery and, 168
 for older babies, 266
 pregnancy and, 215, 221, 222, 232
 pressure sore prevention and, 117
 in urine, toxemia and, 232, 246
also see **Diet**

**Psychological problems see
Mental health****Psyllium husks**

(*Plantago ovata*), 108

Puberty

body changes during, 71–73, 74
 family support for, 76–77
 health worker support for, 77
 life changes during, 72
 need for knowledge about, 71, 76
 sexual health and, 141, 155, 156
also see **Monthly bleeding**

Pulling out (withdrawal) method

as family planning method, 203
 as safer sex, 182

Psychosis (mental illness), 59–60

also see **Mental health**

R**Ramps, building, 40, 123****Rape**

abortion after, 207
 bladder or kidney infections, 303
 court, going to, 302, 304
 defined, 299
 emergency family planning
 after, 302
 exam by doctor following, 302
 feelings after, 300, 301, 304, 305
 getting help, 300–302
 of girls, 299
 health problems caused, 302–303
 if someone you know has been
 raped or abused, 301
 partner's feelings about, 305
 police, reporting to, 300, 301,
 302, 304
 pregnancy and, 302
 and privacy, need for, 300, 301, 302
 rapist known to woman, 298
 self-defense, 308–311
 sexual health after, 153, 154, 305
 stigma of, 299, 300, 305
 STIs and HIV/AIDS, 303
 tears and cuts, 303

also see **Abuse; Violence
against women**

Rashes

as allergy sign, 329
 ART and, 360
 German measles, 12, 215, 276
 herpes zoster (shingles), 175, 177
 HIV/AIDS and, 175, 177
 syphilis and, 158
 urine passing into cloth and, 229

Razors, boiling of, 179**Rectal exam, 131****Reflexes, overactive, 246****Rehydration drink, 274****Relaxation exercise, 61****Religion**

abortion and, 207
 disabled excluded from, 292
 family planning and, 185

Remedies see Treatments**Repetitive motion injuries, 93–94****Reproductive system**

defined, 77
 illustrated, 78, 79, 146
 puberty and changes in, 71–73
 woman's, 77–79
also see **STIs**

**Residential schools see
Institutions****Respect**

abuse and lack of, 288
 for caregivers, 314
 for disabled women, 42, 174, 184, 311
 in health exams, 128, 137–138
 for mentally ill women, 59–60
 relationships and, 154, 155, 156

Rheumatoid arthritis see Arthritis**Rights**

to be free from abuse, 288
 to health care, 29, 33–34
 to love, 139
 to say who can touch, 311
 UN Covenant, inside back cover

Ringworm, 275**Role plays, 45–46****Ropes (handrails), 38, 123****Rubbers see Condoms****Rubella (German measles), 12,
215, 276****S****Safer sex, 180–182**

defined, 181
 menopause and, 285
 monthly bleeding and, 182
 pregnancy and, 217

Salt, pregnancy and, 221, 222, 232**Salt water treatment**

eyes, 100
 soaking genitals after childbirth, 249

**Same-sex relationships
(homosexuality), 145, 147, 148****Scabies, 275****Scarring, 168, 180****Seizures see Convulsions; Epilepsy****Self-defense against abuse and
violence, 308–311****Self-esteem**

abuse and, 296, 312
 family and community promotion
 of, 68–69
 gender and, 51
 low expectations and, 52
 mental health and, 62–65, 68–69
 older women and, 282
 and partners, finding, 143, 144
 puberty and, 72
 as self-defense, 309
 sexuality and, 141, 155
 work and, 143
also see **Body image**

Self-image see Body image**Selling sex see Sex workers****Semen, 79**

safer oral sex and, 181

Senility, 281**Sex**

after childbirth, 249
 after menopause, 284–285
 anal, 181, 182, 203
 bladder and bowel care, 152–153
 bladder infection and, 105
 body function during, 79
 breast response, 73
 desire, lack of, 153–154
 dry vagina, 151, 182, 284
 dysreflexia and, 117, 153
 genital washing after, 106
 homosexuality, 145, 147, 148
 masturbation, 147, 181
 muscle pain and spasms, 152
 not having sex, 181

- oral sex, 147, 150, 181
 pain during, 151, 152
 pleasure from, 145–146, 147, 153
 positions for, finding comfortable, 150, 216
 pregnancy and, 216–217
 privacy for, 150
 problems during, 151–154
 relationships and, 147–149
 safer sex, 180–182, 217, 285
 sign language for, 369
 talking about needs and expectations, 147–148
 tiredness and, 153
 urine passing after, 106
 for women who become disabled, 149
also see **Family planning; STIs; Violence against women**
- Sex slaves**, 299
- Sexual abuse**, 298
 finding partners and risk of, 144
 girls especially at risk for, 298
 in institutions, 306
 learning disabled women and, 141, 204, 299
 self-defense, 308–311
 sexual health after, 153, 154
 telling someone you trust, 183
also see **Abuse; Rape**
- Sexual assault**, 299
also see **Rape**
- Sexual harassment**, 298
- Sexual health**, 157
 after rape or abuse, 153, 154, 305
 community supporting, 139
 education about, 142, 156
 feeling pleasure from sex, 145–146, 147, 153
 harmful beliefs, 31, 32, 140–141, 149, 157
 problems during sex, 151–154
 for women who become disabled, 149
 working for change, 154–156
also see **Sex; STIs**
- Sexually transmitted infections**
see **STIs**
- Sexual parts of the body** *see* **Reproductive system**
- Sex work, disabled women forced into**, 15, 298, 299
- Shame**
 abuse and, 287
- as disabling, 6
 family feeling, 19, 292
 puberty and, 72
 rape and, 300
 sexuality and, 151, 153
 as trauma reaction, 57
- Sheep milk**, 263–264
- Shingles**, 175
- Shit** *see* **Stool**
- Shoes, feet health and**, 97
- Shortness of breath**
 anemia and, 87
 ART and, 360
 oral contraceptives and, 197
 pregnancy and, 217, 221, 227
also see **Breath and Breathing**
- Short stature (dwarfism)**
 older women, 278
 pregnancy and, 213, 227
- Shots** *see* **Injections**
- Side effects**
 of ART, 360
 of emergency family planning, 358
 of hormonal methods of family planning, 196, 198, 199, 356
 IUDs, 195
 phenytoin, 98
 watching for, 327
also see *specific medicines*
- Sign language**
 with baby, 267
 baby sling to free hands, 272
 community, teaching, 295
 education of girls in, 22
 eyesight loss and, 280
 finger spelling, 370, 371
 for health workers to know, 369–371
 HIV test centers and, 172
 neighbors learning, 64
 and rape, getting help after, 301
 training health workers and police in, 36–37, 312
also see **Communication**
- Signs of danger** *see* **Danger signs**
- Skin**
 brown or purple patches on, 175
 cracked, of feet, 97
 daily check of, 96
 dry skin prevention, 117
 hot, red, or dark, 114
 older women and problems with, 280
- pale, cold, or sweaty, allergy to medicine, 329
 red, around genitals and in folds of flesh, 111
 reddish or dark blotchy, above level of spinal cord injury, 118
 yeast infection of, 111
also see **Itching; Pressure sores; Rashes; Sores**
- Sleeping after childbirth**
 with baby, 268
 lack of, 254
- Sleeping and pregnancy**
 breathing difficulties and, 227
 difficulties in, 221
 muscle cramps, 225
- Slim disease** *see* **HIV/AIDS**
- Sling for carrying baby**, 271–272
- Smoking** *see* **Tobacco**
- Social barriers**
 generally, 7, 32
 poverty, 33, 51
also see **Barriers; Gender**
- Social change** *see* **Working for change**
- Soft drinks**, 283
- Sores**
 on genitals (genital ulcers), 163–167
also see **Pressure sores**
- Spastic (tight muscles)**
 childbirth and, 213, 243
 medicine for, timing of, 152
 no massage for, 92, 134, 226
 pain during sex and, 151, 152
 pelvic exam and, 134
 pregnancy and, 225–226
 relaxing, 92, 134
also see **Contractures; Muscles**
- Speculum**
 preparation of woman for exam, 128, 132
 sensations caused by, 131
- Speech difficulties, women with**
 communication with, 36, 295
 health worker helping, 43
 rape, getting help after, 300–301
- Sperm**, 79
 determining sex of baby, 212
 infertility and, 82

- Spermicides**, 194
 comparison chart with other methods, 188
 diaphragm or cervical cap and, 193
 irritation of vagina by, 194
 sponge and, 193, 194
- Spina bifida, folic acid intake with**, 216
- Spinal cord injuries, women with**
 childbirth by, 243
 constipation and, 108
 family planning methods for, 206
 older women, 280
 orgasm and, 146
 pelvic exam and spastic muscles, 134
 pregnancy and, 213
 pressure sores and, 116, 280
 relaxing tight (spastic) muscles, 92, 134
 sexuality and, 146, 151, 153
 STI signs, checking for, 159
also see **Dysreflexia; Paralysis, women with**
- Splints**, 93
- Sponge, contraceptive**
 comparison chart with other methods, 188
 homemade, 194
 irritation of vagina and, 194
 using, 193–194
- Spotting** *see* **Monthly bleeding**
- Squeezing exercise**
 childbirth preparation, 215
 for urine leakage during pregnancy, 229
 for urine-passing problems, 101
- Stavudine**, 362
 caution against, 360
- Sterilization**, 203–204
 comparison chart with other methods, 188
 forced, 204, 306
 for the man (vasectomy), 205
 for the woman (tubal ligation), 203–204
- Stethoscope**, 218
- Sticks** *see* **Canes and sticks**
- Stiff body, newborn with**, 251
- Stigma**
 of disabled, 300
 HIV/AIDS and, 179
 of rape, 299, 300, 305
- also see* **Attitudes as barriers; Harmful beliefs about disability**
- STIs**, 158
 barriers to health care for, 30–32
 chancroid, 164
 checking for signs of, 158–159
 chlamydia, 160–162
 genital herpes, 12, 165, 181
 genital warts (HPV), 165–167
 gonorrhea, 160–162, 181
 hepatitis, 167–168
 infertility and, 81, 82
 multiple infection with, 161–162
 pelvic inflammatory disease (PID), 81, 161, 162
 pregnancy and, 215, 233
 prevention of, 80, 180–182
 prevention of, family planning methods and, 189, 191, 193, 203
 rape and, 303
 sign language for, 370
 signs of, 158–159
 sores on genitals and infection with, 163
 syphilis, 12, 163–164
 test not available, treatment when, 161–162
 tests for, 12, 164, 169
 trichomonas, 159–160
 untreated, dangers of, 158
 women and girls more easily infected by, 80
 working for change, 182–184
also see **HIV/AIDS; Safer sex**
- Stomach troubles, ART and**, 360
- Stool**
 baby, cleaning of, 269–270
 childbirth and removal of, 238, 239
 hepatitis A infection and, 168
 pelvic exam preparation by removing, 130
 removing, 107, 108
 safe handling of, 179, 180
 sex and passing of, 152
 wiping after passing, 106
 yeast infections contaminated with, 111
also see **Bowel program; Constipation**
- Stories about**
 accessibility, working for change, 19, 23, 24, 34
 adoption, 83
- athletes, 17
 beauty standard, 140
 caregiver experiences, 319, 322
 children's services, 37, 322
 disability lens, 34
 health exams, 126, 136
 health workers learning from disabled women, 41
 older woman going back to school, 285
 pregnancy, 210–211, 234
 rehabilitation device workshop, 8
 self-esteem building, 63, 64, 65
 selling vegetables, 17
 sewing shop, 20
 sexual health, 155
 STIs, 30–32
 stress and self-esteem, 52
 sudden disability, coping with, 63, 65
 suicide attempt, 64
 support groups, 26
 vaginal delivery, 242
- Stress**, 50–54
 counting days method and, 201
 infertility and, 82
 physical changes and disease caused by, 50–51
 social barriers as source of, 51–54
- Stroke**
 hormonal methods of family planning and, 196
 HRT and, 283
- Stuffy nose, dysreflexia and**, 118
- Substance abuse** *see* **Alcohol; Drugs; Tobacco**
- Suicide**, 55, 64
- Sulfas (sulfonamides)**, 330
- Support groups**
 for abused women, 26, 295–297, 312
 for accessibility, 25, 34
 for caregivers, 321–325
 community change, planning for, 18
 exercises for, 66–67
 feelings, recognizing, 66
 for health exams, 30
 helping relationships, 62
 for institutional change, 307
 of older women, 286
 for parents of disabled children, 21
 purposes of, 65
 for sexual health, 154–155
 for social activity organizing, 26

- starting, 65–66, 321
 - for training in leadership, 26
 - understanding the causes of problems, 67
 - for work opportunities, 26
 - Suppositories**, 107, 108
 - Surgery** *see* **Operations**
 - Sweating**
 - dysreflexia and, 118
 - HIV/AIDS and, 169
 - menopause and, 282, 283
 - puberty and changes in, 72
 - Swelling**
 - of breasts, hormonal methods of family planning and, 196
 - of feet and legs, in pregnancy, 222, 232
 - hemorrhoids, 108
 - of lips and face, allergy, 329
 - of lymph nodes, breast infection and, 260
 - in one leg, oral contraceptives and, 197
 - as pressure sore sign, 114
 - varicose veins, 196
 - Swimming**
 - as exercise, 90, 227
 - pain management with, 120
 - Symptoms** *see* **Danger signs**
 - Syphilis**
 - as cause of birth defects, 12
 - pregnancy and, 163–164
 - signs, 163
 - treatment, 163
- T**
- Tablets**
 - alternatives to swallowing, 197, 205
 - diarrhea and, 197
 - swallowing method, 328
 - vomiting and, 197, 328
 - also see* **Medicines**
 - Talking** *see* **Communication**
 - Tattoos**, 168
 - TCA (trichloroacetic acid)**, 166, 354
 - Td (TT, tetanus) immunization**, 276
 - Tea** *see* **Caffeine drinks**
 - Teeth**
 - care of, 98–99
 - children and care of, 275
 - Tendons, repetitive movement**
 - injuries**, 93–94
 - Testicles**
 - illustrated, 79
 - infertility and, 82
 - overview, 79
 - pain or swelling of, 160
 - Tests** *see* **Exams and tests**
 - Tetanus**
 - immunizations, pregnancy and, 215
 - of newborn, 251
 - Tetanus toxoid**, 352
 - Tetracycline**, 353
 - Tetracycline family**, 330
 - Throat, HIV/AIDS and problems with**, 175
 - Thrush**
 - breastfeeding and, 260
 - HIV/AIDS and, 175
 - HIV passing to baby and, 261
 - in newborn baby, 111
 - treatment, 260
 - also see* **Yeast infection**
 - Thyroid gland**, cancer of, 12
 - Tight muscles** *see* **Spastic muscles**
 - Tingling in feet or hands, ART and**, 360
 - Tiredness**
 - from anemia, 87
 - ART and, 360
 - breathing difficulties and, 227
 - from depression, 54
 - from hepatitis, 167
 - from post-polio syndrome, 279
 - pregnancy and, 221, 227
 - sexuality and, 153
 - from stress, 51
 - Tobacco**
 - avoiding in pregnancy, 213, 215
 - as cause of disability, 13
 - infertility and, 82
 - menopause and, 283
 - also see* **Drugs**
 - Toilets**
 - as accessibility issue, 36
 - children using, 269, 275
 - design for, 39, 40, 123
 - hepatitis A prevention and, 168
 - wheelchair toilet, 224, 229
 - Tools for care of wheelchair**, 366
 - Tooth care** *see* **Teeth**
 - Touch**
 - of blind women, 43, 138
 - of deaf women, 43
 - good touch and bad touch, teaching difference, 311
 - HIV/AIDS not spread by, 171
 - older women's sexuality and, 284
 - rape and need for control over, 304
 - self-defense of unwanted, 308
 - self-touch, discomfort with, 137
 - sexual, as family planning method, 203
 - sexual pleasure and, 145–146, 147, 153
 - of wheelchairs, 43
 - Toxemia of pregnancy (pre-eclampsia)**, 222, 232, 245–246
 - Toys for babies**, 269
 - Traditional medicines and home remedies**
 - after childbirth, 249, 250
 - bladder infection, 105
 - constipation, 108
 - consult traditional healer for, 327
 - hemorrhoids, 108
 - hepatitis symptom relief, 168
 - menopause, 283
 - pregnancy and, advice for, 215
 - pressure sores, 115
 - sponge for family planning, 194
 - Training**
 - lack of, for work, 52, 54
 - leadership, support groups and, 26
 - also see* **Education**
 - Transportation**
 - improvement of health care with, 35, 36
 - support group for, 322
 - Trauma**, 56–58
 - Treatments** *see* **Medicines, specific illness and problems**
 - Trichloroacetic acid (TCA)**, 166, 354
 - Trichomonas**
 - signs, 159
 - treatment, 160, 162
 - Triphasic pills**, 355
 - Tubal ligation**, 203–204
 - Tubal pregnancy**, 220
 - Tuberculosis**, 175
 - early detection, 126
 - HIV/AIDS and, 175, 177
 - infertility and, 81, 82
 - poverty and, 10

U

- Umbilical cord, care for,** 250
- Underclothes, clean cotton,** 113
- Urethra,** woman's, 78, 103
- Urinary infections**
catheter use and, 101, 102, 104, 106
catheter used to treat, 119
older women's sexuality and, 284
pregnancy and, 230–231
prevention, 106, 231, 284
signs and treatment, 105–106
- Urinary opening,** 78, 104
- Urine**
blood in, 303
safe handling of, 180
smells or looks bad, 105, 167
water intake and color of, 231
- Urine bags,** 130
- Urine leakage**
pregnancy and, 228–229
yeast infection prevention and,
111, 112
- Urine passing**
after sex, 106
bladder control, 101
childbirth and, 238, 239, 240
cleanliness and, 100
emptying the bladder, 101
frequent need for, 105
pain or burning during, 105, 159,
160, 303
pelvic exam preparation by, 130
pregnancy and, 228–229
sex and, 152
too full bladder, 106, 117
water pouring over genitals,
following rape, 303
yeast infections soiled with, 111
also see **Catheters**
- Uterus** *see* **Womb**

V

- Vaccinations**
BCG (tuberculosis), 276
children's schedule for, 276
disabilities avoided through, 12
DPT, 276
German measles (rubella), 12, 276
hepatitis A and B, 168, 276
Hib, 276
polio, 276
preventing disabilities with, 12

- tetanus, 215
- Vacuum aspiration,** 208
- Vagina,** 78–79
care following miscarriage, 219
childbirth and care for, 249
delivery through, 234, 242, 244
dry, sex and, 151, 182, 284
folds of skin protecting, 78, 145
menopause and changes in,
282, 284
pain during sex in, 151
pill absorption from, 205
puberty and changes in, 72, 74
sign language for, 370
spermicides irritating, 194
tears in, childbirth and, 249
wetness during sex, 79, 145
also see **Female genital cutting;
Monthly bleeding; STIs**
- Vaginal folds,** 78, 145
- Vaginal infection**
bacterial vaginosis, 113–114, 162
catheter use and, 104
mucus method during, 201
pain during sex and, 151
also see **yeast infection**
- Vaginal opening,** 78
- Vaginosis, bacterial,** 113–114, 162
- Valproic acid, oral contraceptives
interacting with,** 355
- Varicose veins, hormonal
methods of family planning
and,** 196
- Vasectomy,** 205
- VD** *see* **Gonorrhea**
- Velcro,** 268, 270
- Vinegar**
in homemade contraceptive
sponge, 194
yeast infection treatment, 112, 177
- Violence against women**
in institutions, 306–307
prevention, 295–296, 311–312
self-defense methods, 308–311
support for woman leaving
partner, 296, 297
support groups for women, 26
as trauma, 57
in workplace, 13
also see **Abuse; Female genital
cutting; Rape; Sexual
abuse; Trauma**

- Virgins, harmful belief about HIV
and,** 171, 299
- Viruses, antibiotics not curing,** 330
- Vision problems** *see* **Blind women;
Eyes; Visual impairments,
women with**
- Visual impairments, women with**
baby of, bathing, 270
baby of, keeping close, 251, 268
baby of, keeping up with, 273
condom, practice using, 190
feeding baby with spoon or
fingers, 265–266
health worker helping, 43, 138
also see **Blind women**
- Vomiting**
ART and, 360
of birth control pill, 197, 328
hepatitis and, 168
HIV/AIDS and, 175
kidney infection and, 106
of medicines, 106, 328
safe handling of vomit, 179, 180
also see **nausea**
- Vulva,** 78

W

- Walker, homemade,** 223
- Walking stick, homemade,** 223
also see **Canes and sticks**
- War, as cause of disability,** 11
- Warm-bottle method to remove
breast milk,** 258
- Warning signs** *see* **Danger signs**
- Warts** *see* **Genital warts**
- Water**
for bladder infection, 105, 231, 303
care for new mother and, 249
catheter use and need for, 102
childbirth and need for, 237, 240, 246
constipation and, 102, 108
for dysreflexia, 119
pregnancy and need for, 215,
227, 231
urinary infections prevented by, 284
- Waters breaking**
birth process and, 237
green or brown, 246
labor not started within 24
hours, 245
urine leakage imitating, 228

Wax for wheelchair care, 366

Weak blood *see* **Anemia**

Weak bones (osteoporosis)

- calcium and prevention of, 86, 280
- exercise to prevent, 280
- injectable contraceptives and, 198
- tobacco and, 283
- vitamin C and prevention of, 280

Weight

- exercise and overweight, 88
- HIV/AIDS and loss of, 169, 175, 177
- hormonal methods of family planning and gain of, 196
- infertility and, 82
- pregnancy and sudden gain of, 232

Wheelchairs

- attitudes as barriers and, 9–10
 - baby cushion, 272
 - care and maintenance of, 366–368
 - catheter use in, 102
 - cushion for, 116
 - doors and, 39
 - exercises from, 90, 278
 - hemorrhoids as risk with, 108
 - joint overuse (repetitive injury), 93–94, 278
 - muscle overuse, 92
 - older women and, 278, 279
 - pregnancy and temporary use of, 222
 - ramps, 40, 123
 - self-defense in, 308, 309
 - self-propulsion of, as exercise, 90
 - sex in, 150
 - stool removal from, 107
 - toilets and, 39, 40
 - touch of, 43
 - transportation improvements for, 35, 36
 - yeast infections as risk with, 111
- also see* **Equipment**

Wheeled carts

- baby sling and, 272
- muscle overuse and, 92

Wheezing, allergy to medicine, 329

White discharge *see* **Yeast infection**

Wind (burping the baby), 264

Witchcraft, as myth about disability, 15, 16

Witch hazel, 108, 230

Withdrawal method *see* **Pulling Out**

Womb (uterus), 79

- dysreflexia and contractions of, 117
- also see* **Contractions; Labor**

Women as caregivers, 315

Work

- as cause of disability, 13–14
- exchange of, 296
- job skills, 54
- making mobility aids story, 8
- market story, 17
- and partners, finding, 143
- preventing abuse during, 296
- self-esteem and, 143
- sewing shop story, 20
- sexual harassment, 298
- support groups for, 26
- also see* **Health workers; Sex work**

Working for change

- abortion safety, 208
- abuse, 307, 311–312
- accessibility, 17–19, 21–27
- action plan, working on, 48
- assistance generally needed, 121–122
- childbirth, 251
- family planning, 186, 205
- health centers and hospitals, making easier to use, 35–40
- health exams, 136–138
- institutions, 307
- looking for the root cause of problems, 31–32
- older women, 286
- raising awareness of disability issues, 17–27
- role plays, 45–46
- sexual health, 154–156, 182–184
- share experiences, 45
- STI prevention, 182–184
- toilet and latrine access, 123
- visit a health center and discuss it, 47

also see **Government policies and laws; Prevention; Support groups**

Worms *see* **Parasites**

Wounds

- care of, HIV and hepatitis prevention and, 179
- open (pressure sore), 114
- also see* **Female genital cutting**

Y

Yeast infection

- antibiotics and, 177
- bone infection resulting from, 111
- breastfeeding and, 260
- HIV/AIDS and, 233
- home remedies for, 112
- in pregnancy, HIV and, 233
- pregnant women and babies, 111
- prevention, 111, 112–113, 177
- signs, 111
- of skin, 111
- treatment, 112, 177, 260
- of vagina, 111–113
- yogurt, sour milk, vinegar to help, 177

Yellow eyes, yellow skin

- ART and, 360
- also see* **Hepatitis**

Z

Zidovudine, 362