

INDEX

The index lists topics covered in this 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

Medicines included in the Green Pages are in the List of Medicines, page 487.

A

AA (Alcoholics Anonymous), 440

Abdomen pain, 352–357

after abortion, 255–257, 258, 355
after childbirth, 355
after passing urine, 367
with bleeding from vagina, 354, 355, 359

brief, during middle of monthly cycle, 356

during monthly bleeding, 50, 354

during pregnancy, 73, 355

during sex, 189, 272, 356

examining the abdomen, 534

with fever, 355

fibroids, 129, 231, 354, 380

hunger and, 357

with IUD, 217, 354, 356

kinds of pain, 354–356

miscarriage, 98, 234–235, 354, 355

monthly bleeding late, 354

overview, 352, 353

pelvic inflammatory disease (PID), 274–275

questions about, 357

severe, 354, 355, 357

STIs, 263, 267, 355

sudden and severe, 354

tubal pregnancy, 73, 249, 354, 355

with urine system problems, 355

when moving, walking, or lifting, 356

without other signs, 356

womb infection, 97

Abortion, 38, 238–259

bleeding from vagina after, 251–253, 363, 483

complications, 251–258

danger signs after, 249

dangers of, 64

death from, 241

deciding about, 243

emergency methods of family planning, 224–225

fainting after, 258

family planning after, 250

illegal, 242

incomplete, 251

infection from, 255–257

internal injury, 258

preventing unsafe abortion, 259

rape and, 336

Abortion (continued)

reasons for, 239–240

refugees and displaced women, 452

safe methods, 241, 242, 244–245

shock after, 254

tetanus infection after, 256

unsafe, 3, 241, 246–247, 259

what to expect after, 249

what to expect during, 248

Abscesses

in breasts during breastfeeding, 382

in persons with HIV, 307

Abuse (See Rape; Violence against women)

Access to health care, 1, 2, 35

Acetaminophen, 490

Activated charcoal, 495

Active listening exercise, 426

Activities, ideas for

about division of work, 411

analyzing root causes, 26, 27

avoiding work-related health

problems, 404–406, 410–411

building a chain of causes that contribute to poor health, 10

building stoves that make less smoke, 395–397

carrying out a plan, 28

expressing feelings, 422, 427–428

gender roles and sexual health, 184–185, 194–195

girls to plan a better future, 57–58

improve nutrition, 176–179

improving health services, 40–41

making a safety plan, 322

men about violence against women, 325

negotiating condom use, 193, 280

preventing HIV, 195, 310

promoting family planning, 227

reducing maternal deaths, 103

sex workers, 348–351

support groups, 424–426

supporting breast feeding, 121

teaching self-defense, 332, 146

violence against women, 315

women with disabilities, 147

young people to avoid drug and alcohol abuse, 445

Acupressure massage, 546–547

Acyclovir, for cold sores or fever blisters, 301, 305, 490

Addiction (See Alcohol; Drugs; Tobacco)

Adolescents (See Girls)

Adopting a child, 236

Adrenaline, 490

AIDS (See HIV and AIDS)

Alcohol, 434–445

addiction, 437, 441

dependence, 437

during breastfeeding, 109, 438

fertility and, 232

health problems, 163, 438–439

hepatitis B and, 277

HIV and, 291

living with person misusing, 444

menopause and, 125

mental health and, 418

misuse of, 436–437

overview, 435

pregnancy and, 68, 438

preventing misuse, 445

quitting, 440–441

reasons for misuse, 437

reasons to begin using, 436

sex and, 62

staying free of, 442

violence and, 315, 318

withdrawal, 441

women and, 439

Alcoholics Anonymous, 440

Allergic reactions

to cotrimoxazole, 296, 300

from injections, 545

to medicines, 477

medicines for, 483

in persons with HIV, 296, 300

Aminoglycosides, 481

Amoxicillin, 490

for chlamydia, 268

for deinfibulation, 465

for infection from female genital cutting, 462

for infection prevention after abortion, 249

overview, 480

B

- Ampicillin**, 491
for burns, 538
for fever during birth, 86
for infection after abortion, 256–257
for womb infection, 97
overview, 480
- Anal sex**, 185, 187, 189
- Anemia** (See **Weak blood**)
- Angry cat exercise**, 71
- Antibiotics**, 480–481
families of, 480–481
importance of, 480
the pill and, 209
for STIs, 264, 347
using only when necessary, 481
for wounds and sores, 307
(Also see **Medicines**)
- Antibodies**, HIV, 288
- Antihistamines**, for allergic shock, 544
- Antiretrovirals** (See **ART**)
- Anus**, 44
- Anxiety**, 420
in older women, 135
(Also see **Feelings**)
- Appetite** (See **Hunger**)
- Areola**, 45
- Armpit**, taking the temperature, 530
- Arms, weakness in**, 210 **ART**, antiretroviral therapy, 291, 292, 336, 517–521
drug resistance and, 291, 517
for preventing mother-to-child transmission, 292–293, 520
for rape, 521
regimens, 519
side effects, 518–519
specific medicines, 519–520
- Arthritis**, 133, 174
- Aspirin**, 492
for abortion, 471
for burns (pain), 538, 539
cautions about dosage, 133
for joint and muscle pain, 133
overview, 482
- Assault** (See **Rape**; **Violence against women**)
- Azithromycin**, 492
overview, 480
for STIs, 268, 271, 347
- AZT**, 292, 519–520
- Babies**
burping, 107
care at birth, 83
care just after birth, 95
checking position, 77, 81
child-spacing, 110, 160
danger signs at birth, 94, 95
death of, 99
DES caution, 471
early, 94, 118
first foods for, 107, 110
herpes and, 272
HIV and, 292–293, 520
holding during breastfeeding, 108
infertility, 228–237
losing (miscarriage), 98, 234–235
not breathing at birth, 94
open (cleft) lip or palate, 118
preventing mother-to-child transmission of HIV, 520
sex of, 46
sick, breastfeeding, 119
small, 94, 118
STIs and problems in, 276
syphilis and, 270
TB in mother, 390
tetanus in newborn, 95
waiting to have, 58
in wrong position, 72, 75, 85, 90
yellow (jaundice), 118
(Also see **Breastfeeding**;
Childbirth; **Children**; **Family planning**; **Pregnancy**)
- Bacille Calmette-Guerin (BCG) vaccine**, 390, 391
- Back pain**
from work with crafts, 406
during pregnancy, 71
exercises to prevent, 71, 400
kidney infection and, 367
lifting and carrying heavy loads, 398–400
in older women, 132
- Bacterial vaginosis**, 266, 268
- Balls** (See **Testicles**)
- Bandages**, disinfecting, 529
- Barrier methods of family planning**
after abortion, 250
choosing a method, 200, 224
condoms, 60, 61, 128, 145, 189–190, 192–193, 202–203, 279, 280
diaphragms, 145, 205, 279
effectiveness of, 201
female condoms, 190, 193, 204, 279
overview, 200, 202
(Also see **Condoms**; **Diaphragms**; **Female condoms**)
- Bartholin gland infection**, 276
- Battered women** (See **Violence against women**)
- BCA** (See **Bichloroacetic acid**)
- BCG** (See **Bacille Calmette-Guerin vaccine**)
- Beatings** (See **Violence against women**)
- Belly pain** (See **Abdomen pain**)
- Bending safely**, 399
- Benzathine penicillin**, 493
for genital sores, 270
overview, 480
- Benzylpenicillin**, 493
overview, 480
for tetanus in newborns, 95
- Beriberi**, 173
- Betel** (See **Drugs**)
- Bichloroacetic acid (BCA)**, for genital warts, 269
- Bilharzia**, 369
- Biopsy**, 378–379, 383
- Birth canal** (See **Vagina**)
- Birth control** (See **Family planning**)
- Birth** (See **Childbirth**)
- Bladder control problems**, 372–373
- Bladder infection**, 366–368
(Also see **Urine system problems**)
- Bladder (man's)**, 46
- Bladder stones**, 369
- Blame**
abuse and, 317, 318
for rape, 327
- Bleach**, disinfecting solution, 527
- Bleeding**
blood in sputum, 389
blood in urine, 369
HIV contagion and, 285
- Bleeding from vagina**
after abortion, 251, 363, 483
after childbirth, 84, 92–93, 97, 362, 483, 547
after female genital cutting, 461
after menopause, 129, 363, 381
after miscarriage, 98, 235, 363
after sex, 363
before baby is born, 85, 362
danger signs, 359
during pregnancy, 73, 74, 362
during sex, 274

Bleeding from vagina (continued)

fibroids, 380
 hormonal method of family planning and, 207
 medicines for, 483
 pain in abdomen with, 355, 363
 problems with monthly bleeding, 360–361
 weak blood (anemia) and pregnancy risks, 72, 73
 (Also see **Monthly bleeding**)

Blindness, vitamin A and, 169**Blisters from burns, 538****Blocked duct, 116–117****Blood clot, the pill and, 208****Blood flukes, 369****Blood infection (sepsis), after female genital cutting, 461****Blood pressure, 532–533**
(Also see **High blood pressure**)**Blood transfusions, 39**
HIV and, 285**Blood, weak (See **Weak blood**)****Boiling water to purify, 155****Boils, 307****Bones, weak (osteoporosis), 133, 168****Book for Midwives, A, 66, 244****Bottle-feeding, harm from, 106****Bottom first (breech) baby, 75, 77, 90–91****Boyfriends, 59–61**
date rape, 62, 328**Brand name medicines, 473****Breast cancer, 382–383**
breast lumps and, 129
hormonal methods of family planning and, 207

Breastfeeding, 104–121
 advice for mothers, 109–110, 293
 babies with special needs, 118
 bottle-feeding, harm from, 106
 burping the baby, 107
 calcium needs, 168
 chemicals and, 402
 child-spacing and, 110, 160
 colostrum, 107
 concerns and problems, 114–118
 death of baby, 99
 diet during, 109, 167–169, 171
 as family planning, 96, 201, 218
 by friends or relatives, 111
 giving other foods, 107, 110
 HIV and, 106, 285, 293
 how to breastfeed, 107–109
 importance of, 105
 medicines, caution about, 477

Breastfeeding (continued)

for new babies, 107
 nipple concerns, 114–115
 by pregnant mother, 119
 sick baby, 119
 by sick mother, 119
 signs baby has enough milk, 114
 suckling, easing for baby, 115
 suckling, importance of, 106
 support for, 121
 twins, 118
 working for change, 121
 for working mothers, 111

Breast milk

breast size and, 114
 color of, 107, 113
 colostrum, 107
 feeding with cup, 119
 increasing supply of, 114
 removing by hand, 112
 removing with warm bottle method, 113
 signs baby has enough, 114
 stopping flow using medicine, 471
 storing, 113

Breasts

cancer, 129, 207, 382–383
 changes during puberty, 54
 death of baby and, 99
 discharge from nipple, 382
 engorged (mastitis), 116, 382
 exams, 159, 162
 illustrated, 45
 lumps, 116, 129, 162, 382
 overview, 45
 painful or swollen, 116–117
 (Also see **Nipples**)

Breathing

baby not breathing at birth, 94
 fast, 531
 after taking medicines, 479
 in newborn, 95
 pneumonia and, 304
 shock and, 254
 normal, 531
 respiration (breathing rate), 531
 shortness of breath, 172, 210, 402
 slow, 531
 smoke and health problems, 394
 stress and, 421

Breech baby, 75, 77, 90–91**Bromocriptine, 471****Brown waters during labor, 86****Bumps on genitals, 269**
(Also see **Growths**)**Burns, 538–539**
rehydration drink, 540**Burping the baby, 107****Buttock, injecting, 544****C****Caffeine**

fertility and, 232
 menopause and, 124
 PMS and, 51

Calamine lotion, 301**Calcium, 168****Cancer, 374–385**

alcohol and, 438
 breast, 129, 207, 382–383
 causes, 376
 of cervix, 21, 267, 377–379, 471
 DES causing, 471
 drugs and, 438
 fibroids and, 129
 hormonal methods of family planning and, 207
 incurable, 385
 Kaposi's sarcoma, 301
 liver, 384
 lung, 384
 mouth and throat, 384
 ovaries, 383
 overview, 375–376
 overweight and, 174
 in sex workers, 344
 signs, 376
 stomach, 384
 treating early, 376
 of womb, 381
 vaccine for cervical cancer, 379
 working for change, 385

Candida, 265–266, 300
(Also see **Yeast infections**)**Capsules, 474**
(Also see **Medicines**)**Caretaking**

babies at birth, 83
 babies just after birth, 95
 elder care, 136–137
 mothers after childbirth, 95, 96
 persons with AIDS, 294, 309
 self care during monthly bleeding, 55
 (Also see **Health care skills**)

Carrying loads safely, 399**Cash crops, 179****Catheter, 372–373****Cavities, 154****CD4 count, for people with HIV, 517**

Cefixime, 493
 for gonorrhea, 268
 for kidney infection, 368
 overview, 481
 for PID, 275

Ceftriaxone, 494
 for chancroid, 271
 for gonorrhea, 268

Ceftriaxone (continued)

for infection after abortion, 257
for kidney infection, 368
overview, 481
for PID, 275

Cephalexin, 481, 494**Cephalosporins**, 481**Cereals**

for babies, 107, 110
rehydration drink, 540

Cervix

cancer, 377–379, 471
growths, 377
illustrated, 45
inflammation, 377
opening during labor, 79, 81
overview, 45
pelvic exam, 159, 535–538
removal of, 379
visible at vaginal opening, 161

Cesarean section, 38**Chancroid**, 271**Check-ups (See Exams)****Chemicals**

cancer and, 376
lead poisoning, 403
mental health and, 418
pregnancy and, 68
washer-woman's hands, 409
in water source, 127, 401
work with, 402–403

Childbirth, 80–94

abortion, 238–259
acupressure massage for, 547
baby early or small, 94
baby in wrong position, 72, 75, 85, 90–91
baby not breathing, 94
bleeding after, 84, 92–93, 97, 362, 483, 547
bleeding before, 85
breech birth, 90–91
caring for baby after, 95
caring for baby at birth, 83
caring for mother after, 95, 96
cervix opens, 81
checking baby's position, 77, 81
cord around baby's neck, 89
cord comes out before baby, 88
cutting the cord, 83
danger signs after, 97
danger signs during labor, 85–87
danger signs for baby, 94, 95
daughters unwanted, 7
death of baby, 99
death of mother, 101–103
difficult births, 88–93
eclampsia, 72, 74, 87
fathers, advice for, 100
female genital cutting problems, 464
fever during, 86

Childbirth (continued)

further information, 66
of head, 82
health care for mother, 160–161
at health center or hospital, 72
health risks, 3
helping, 79, 81–84
HIV and, 285, 292–293, 520
long labor, 86
medicines for hurrying birth, 471
by operation, 38
placenta, 84, 92–93
positions comfortable for, 81
premature birth, 72, 75, 94
preparing for, 78–79
preventing mother-to-child
transmission of HIV during, 520
pushing the baby out, 82
refugees and displaced women, 452
separating partners after, 222
of shoulders, 82, 88
signs that labor is near, 80
stages of labor, 80–84
supplies needed, 78
twins, 72, 89
waters breaking, 81, 85, 86
when breastfeeding another child,
120
when young, 59, 72
women with disabilities and, 72, 145
working for change, 101–103
(Also see **Abortion**; **Family planning**;
Pregnancy)

Child care cooperatives, 158**Children**

abuse and, 317
calcium needs, 168
child care cooperatives, 158
child-spacing, 110, 160
drug and alcohol use, 438
feeding before self, 171
infertility, living with, 236–237
number of, 179
preventing drug and alcohol misuse
in, 445
sexual abuse of, 329, 331
violence against women and, 315,
317, 320
waiting to have, 58
women's health issues and, 12
(Also see **Babies**; **Childbirth**; **Family
planning**)

Child-spacing, 110, 160**Chills**

after abortion, 256
with IUD, 217
kidney infection and, 367
womb infection and, 97

Chinese acupressure massage,
546–547**Chlamydia**

how spread, 189
in babies, 274
preventing, 189–190
signs, 267
treatment, 25, 268

Chloramphenicol, 495

for baby eye care, 83

**Chlorine bleach, disinfecting
solution**, 527**Chloroquine, abortion from**, 241**Cholera, killing germs**, 155**Chores (See Work; Working
mothers)****CHWs (See Health workers)****Cigarettes (See Tobacco)****Ciprofloxacin**, 496

for chancroid, 271
for kidney infection, 368
overview, 481

**Circumcised women (See Female
genital cutting)****Cleanliness**, 150–157

abortion and, 246
bladder infection and, 366
care of baby at birth, 83
community (sanitation), 151–152
diarrhea and, 299
disinfecting equipment and tools,
526–529
during monthly bleeding, 55
during pregnancy, 68
food safety, 156–157
germs, spread of, 150–151
helping at birth, 79
HIV prevention at home, 295
home, 153–157
kidney infection and, 366
for new mother, 96
personal, 154
preventing infection, 525–529
tooth care, 154
washer-woman's hands, 409
washing your hands, 526
of water, 151, 155, 401
when removing breast milk, 112
for women with disabilities, 142

Cleft lip or palate, in baby, 118**Clindamycin**, 496

for bacterial vaginosis, 266
for infection after abortion, 257

Clitoris, 44

(Also see **Female genital cutting**)

Cloth dressings, disinfecting, 529**Clothing, menopause and**, 124**Clotrimazole, for yeast**, 266**Cocaine (See Drugs)**

Codeine, 497
 for burns (pain), 539
 overview, 482
 for persons with AIDS, 308

Coffee (See **Caffeine**)

Coitus interruptus, 222

Cold sores, 305

Colostrum, 107

Colposcopy, 378

Communication
 about family planning, 199
 about rape, 337, 339
 about safer sex, 192–193
 about violence against women, 323
 gender messages in the media, 195
 with parents, 65

Community
 changes and mental health, 417
 cleanliness (sanitation), 151–152
 creating picture of, 428
 health projects, 16
 low status of women, 7–8, 11
 medicine kit, 484
 men's responsibilities, 14
 mental health of, 433
 preventing HIV, 310
 preventing rape, 338–339
 safer sex in, 280–281
 services for older women, 137
 sex workers and, 351
 solving health problems, 28–29
 values learned from, 56, 139, 182–183
 violence against women and, 320, 324
 women's health issues, 13–16
 (Also see **Gender roles**; **Support groups**; **Working for change**)

Community Guide to Environmental Health, A, 152, 179

Community health workers (See **Health workers**)

Condoms, 202–203
 after abortion, 250
 arguments for using, 189–193
 disposing of, 203
 effectiveness of, 201
 female condoms, 190, 193, 201, 204, 279, 346
 importance of using, 60, 61, 128, 189–193, 279
 lubricants for, 203
 oils and, 128
 overview, 202–203
 practice putting on, 280
 sex workers and, 346, 348
 STI prevention, 279
 torn or slipped off, 202
 using, 190, 193, 202–203

Condoms (continued)
 women with disabilities and, 145
 working for safer sex, 280–281
 (Also see **Female condoms**)

Cone biopsy, 379

Constipation
 during pregnancy, 70
 older women's problems passing stools, 130
 removing stool, 372

Contagion
 cancer, 376
 HIV, 284, 285
 infectious diseases, 21
 spread of germs, 150–151
 tuberculosis (TB), 387, 388
 (Also see **STIs**)

Contour ditches, 177

Contraception (See **Family planning**)

Contraceptive foam (See **Spermicides**)

Contractions
 birth process, 80
 labor too long, 85
 stage one of labor, 81
 (Also see **Childbirth**)

Contractures, 143

Cooking
 fire safety, 394
 food safety, 156–157
 haybox cooker, 397
 rocket stove, 396–397
 smoke and health problems, 394–397
 (Also see **Cleanliness**; **Diet**)

Cooler for food, 157

Cooperatives, food, 177

Coping skills, 422–423

Copper-T (See **IUDs**)

Cord
 around baby's neck, 89
 care of baby after birth, 95
 comes out before baby, 88
 cutting baby's at birth, 83
 of placenta, 84

Cotrimoxazole, 497
 allergic reaction to, 296, 300
 for bladder infection, 368
 for diarrhea, 296
 for discharge, 24
 for kidney infection, 368
 for persons with HIV, 296, 304
 for pneumonia, 304

Coughing
 from chemicals, 402
 by persons with HIV, 303–304
 tuberculosis (TB) and, 388, 389

Cough syrup, 303

Counseling, for HIV-positive people, 289

Counting days method of family planning, 219, 221
 after abortion, 250

Crafts, health problems, 406

Cramps
 acupressure massage for, 546–547
 after abortion, 249, 255, 258
 in legs during pregnancy, 71
 in monthly cycle, 50

Cream, contraceptive (See **Spermicides**)

Creams, 474
 (Also see **Medicines**)

Creative exercises for support groups, 428

Crops
 cash crops, 179
 improving nutrition, 176–179

Cryotherapy, 379

Cupboard cooler, 157

Cutting baby's cord at birth, 83

Cysts
 Nabothian, 377
 ovaries, 383
 (Also see **Growths**)

D

D&C (dilation and curettage) abortion, 38, 244, 248

Danger signs
 abnormal discharge, 265
 after abortion, 249, 251, 254, 255, 256, 258
 after childbirth, 97
 after female genital cutting, 460
 allergic reactions, 300, 477
 for baby at birth, 94, 95
 bladder infection, 367
 bladder stones, 369
 bleeding from vagina, 359
 blood pressure drops suddenly, 532
 cancer, 376
 cancer of the breast, 382
 cancer of the cervix, 377
 cancer of the womb, 381
 chemicals and health problems, 402
 dehydration, 298
 depression, 419
 during labor, 85–87
 during pregnancy, 72–73
 fast pulse, 531
 hepatitis B, 277
 high blood pressure, 130
 infection after abortion, 255, 256
 IUD problems, 217

Danger signs (continued)

kidney infection, 367
 kidney stones, 369
 medicines, allergy to, 477
 medicines, taking too much, 479
 mental illness (psychosis), 432
 miscarriage, 98, 235
 pelvic inflammatory disease, 274
 pneumonia, 304
 polyps, 380
 respiration (breathing rate), 531
 shock, 254, 461, 545
 spoiled foods, 156
 sugar sickness (diabetes), 174
 syphilis, 270
 tetanus, 461
 from the pill, 210
 trauma reactions, 420–421
 of tuberculosis (TB), 389
 unsafe abortion, 241, 246–247
 violence against women, 318, 325
 withdrawal from alcohol or other drugs, 441
 (Also see **Health risks; Solving health problems; specific signs**)

Date rape, 62, 328

avoiding, 330–331

Death

accepting, 137
 from AIDS, 309
 from alcohol and other drugs, 438
 of baby, 99
 from cancer, 385
 from cancer of the cervix, 379
 during pregnancy or childbirth, 101–103
 mental health and, 417
 Mira's story, 9–11
 pressure sores and, 142
 from syphilis, 270
 from tuberculosis (TB), 387
 from unsafe abortion, 3, 241
 (Also see **Violence against women**)

Debt, poor countries and, 8**Decayed teeth, 154****Dehydration**

from burns, 539
 rectal fluids, giving, 541
 rehydration drink, 540
 shock, treating with fluids, 540–541
 signs, 298
 (Also see **Water**)

Dementia (mental confusion)

in older women, 135
 in persons with AIDS, 308

Dengue fever, spread of, 151**Dependence (See Alcohol; Drugs; Tobacco)****Depo Provera, 214, 215****Depression**

in older women, 135
 in people with HIV, 296
 signs, 419
 suicide, 419, 431
 (Also see **Feelings**)

DES (diethylstilbestrol), cancer risks from, 471**Desire**

lack of, 188
 in women for sex, 185

Dexamethasone, 498

for allergic reactions, 483, 545

Diabetes (See Sugar sickness)**Diagnosis (See Danger signs; Exams and tests; Solving health problems; specific signs)****Diaphragms**

after abortion, 250
 effectiveness of, 201
 overview, 205
 for sex workers, 346
 spermicides, 206
 using, 205
 women with disabilities and, 145

Diarrhea

in babies, 119
 pain in belly with fever and, 355
 in persons with HIV, 298–299

Diazepam, 498

giving during a seizure, 87

Dicloxacillin, 498

for breast infection, 117
 for burns, 539
 overview, 480
 for wounds and sores, 307

Diet, 164–179

baby's first foods, 107, 110
 cleanliness, importance of, 150
 disease and poor nutrition, 172–175
 during breastfeeding, 109, 167–169, 171
 during menopause, 124, 171
 during pregnancy, 68, 167–169, 171
 emergency food distribution, 449
 family, feeding first, 171
 food safety, 156–157
 of girls compared to boys, 171
 girls' health and, 53, 171
 harmful ideas, 171
 helper foods, 166
 HIV and, 285, 291
 importance of good food, 165
 improving nutrition, 176–179
 low-cost foods, 170
 main foods, 166
 medicines and food, 478
 for new mother, 96
 for older women, 126

Diet (continued)

packaged foods, 170
 poor nutrition, 2
 poverty and, 165, 170
 for pressure sore prevention, 142
 problems from eating wrong, 174–175
 problems with mouth or throat and, 304–305
 quitting alcohol and, 441
 for refugees and displaced women, 449
 selecting foods, 157
 for sick people, 171
 signs of spoiled foods, 156
 storing food, 157, 177
 vitamins and minerals, 167–170
 for weak blood (anemia), 73
 weak bones and, 133
 (Also see **Breastfeeding**)

Diethylstilbestrol (DES), cancer risks from, 471**Digestion, stress and, 421****Dilation and curettage (D&C) abortion, 38, 244, 248****Diphenhydramine, 499**

for allergic reactions, 483, 545

Disabled Village Children, 138, 366**Disabled women (See Women with disabilities)****Discharge from nipple, 382****Discharge from penis, 267****Discharge from vagina**

abnormal, 265–268
 bad-smelling after abortion, 256
 bad-smelling after childbirth, 97
 pelvic inflammatory disease, 274–275

Disease (See Illness; Preventing illness)**Disinfecting equipment and tools, 526–529**

bandages, 529
 gloves, 529
 high-level disinfection, 526–528
 needles, 528
 storing tools, 528

Displaced women (See Refugees and displaced women)**Dizziness**

anemia and, 172
 from chemicals, 402
 during pregnancy, 73
 high blood pressure and, 130
 from medicines, 479

Domestic workers, 409

Dosages of medicine

measuring, 474–475
(Also see **Medicines**; *specific medicines*)

DOTS treatment for TB, 391**Douching**, 154

mucus method of family planning and, 220
by sex workers, 346
STIs and, 279

Doxycycline, 499

for discharge, 268
for infection after abortion, 256, 257
overview, 480
for PID, 275
to prevent infection after abortion, 249
for syphilis, 271

Dress, menopause and, 124**Dressings, disinfecting**, 529**Drugs**, 434–445

addiction, 437, 441
dependence, 437
during breastfeeding, 109, 438
health problems from, 163, 438
HIV and AIDS and, 291
living with person misusing, 444
mental health and, 418
misuse of, 436–437
overview, 435
staying free of, 442
violence against women and, 318
withdrawal, 441
women and, 439
(Also see **Alcohol**; **Medicines**; **Tobacco**)

“Dry” sex, 190, 279**Ducts**

of breasts, 45
(Also see **Fallopian tubes**)

Dying (See **Death**)**E****Earning a living** (See **Work**; **Working mothers**)**Ears**

acupressure massage, 547
hearing loss in older women, 134
ringing in, 130, 479

Eating (See **Diet**)**Eclampsia**, 59, 72, 74, 87**Ectopic (tubal) pregnancy**, 73, 249, 354**Education**

about AIDS, 310
about rape, 338
family planning and, 227
in gender roles, 182
health care providers' responsibilities, 35

Education (*continued*)

helping women help themselves, 30, 31
importance of, 58
for women with disabilities, 140

Efavirenz, 519–520**Eggs**

causes of infertility, 231
release of (ovulation), 47, 49

Elders (See **Older men**; **Older women**)**Embroidery, health risks from**, 406**Emergency food distribution**, 449**Emergency methods of family planning**, 226, 522–523

(Also see **Abortion**)

Emotions (See **Feelings**)**Endometrial cancer**, 381**Enema, giving rectal fluids**, 541**Engorged breasts (mastitis)**, 116–117, 382**Epilepsy, the pill and**, 209**Epinephrine**, 500

for allergic reactions, 483, 545

Erection, older men's difficulties, 128**Ergometrine maleate**, 500

for abortion, 471
for bleeding after abortion, 253
for bleeding after birth, 93, 97, 103
hurrying birth, 471
overview, 483
pregnancy and, 438

Ergonovine (See **Ergometrine**)**Erythromycin**, 501

for baby eye care, 78, 83
for breast infection, 117
for burns, 534
for chlamydia, 268
for deinfibulation, 465
for genital sores, 271
for infection after female genital cutting, 462
overview, 480
for syphilis, 278
for wounds and sores, 307

Estrogen, 501

hormone replacement therapy, 124
life cycle and, 47
(Also see **Hormonal methods of family planning**; **Hormones**)

Ethambutol, 501**Exams and tests**

abdomen exam, 534
blood pressure, 532–533
breast exams, 162

Exams and tests (*continued*)

for cancer of the cervix, 378
for fertility, 234
health exams, 159
HIV test, 288, 289, 291, 292, 347
overview, 37
Pap tests, 159, 267, 376
pelvic exam, 159, 535–538
prenatal check-ups, 68, 76–77, 160
pulse, taking, 531
respiration (breathing rate), 531
screening tests, 376, 379
by sex workers, 346
speculum exam, 536
temperature, taking, 530
tuberculosis (TB) test, 389
violence against women and, 325
(Also see **Solving health problems**)

Excision (See **Female genital cutting**)**Exercise**

during menopause, 124
during pregnancy, 68, 71, 75
HIV and AIDS and, 291
lifting and carrying heavy loads, 398–400
monthly bleeding and, 55
need for, 158
for older women, 126
weak bones and, 133
for women with disabilities, 143

Exercises

angry cat exercise, 71
for baby in wrong position, 75
building inner strength, 423
for healing mental health problems, 427–428
for learning to help, 426
for low-back pain, 71, 400
pelvic tilt exercise, 400
to relax and strengthen back and belly, 400
for relaxation, 427
for sitting or standing long time, 404
squeezing exercise, 130, 131, 371
twist exercise, 400
for women with disabilities, 143
for women with trauma, 430
(Also see **Activities**)

Expiration date of medicines, 472**Eyes**

blurry eyesight, 174
care at birth, 83
chemicals and problems with, 402
chemicals in, 403
farsighted, 134
glaucoma, 134
infected in newborn, 276
pale eyelids, 172
problems in older women, 134
strain from crafts, 406
yellow, 277

F

Face

changes during puberty, 54
swollen during labor, 74, 87

Factories

migration for work, 408
unsafe work conditions, 406–407
(Also see **Chemicals; Work**)

Fainting

after abortion, 258
anemia and, 172
during pregnancy, 73
shock and, 254
(Also see **Unconsciousness**)

Fallen womb (prolapsed uterus),

131, 161, 398, 534

Fallopian tubes

exam, 538
illustrated, 45
overview, 45
pelvic inflammatory disease (PID),
265, 274–275
scarred or blocked, 231
tubal ligation, 223
tubal pregnancy, 73, 249, 354

Family

feeding before self, 171
help during illness, 37
incest, 63, 329
mothers helping daughters, 65
sexual abuse in, 329, 331
talking with, 65
values learned from, 56
women's health issues, 12
(Also see **Fathers; Mothers; Parents;**
Violence against women)

Family planning, 196–227

abortion, 238–259
after abortion, 250
after death of baby, 99
avoiding pregnancy, 60, 61, 128
barrier methods, 200, 202–206
benefits of, 197–198
breastfeeding as prevention, 96, 201,
218
child-spacing, 110, 160
choosing a method, 200–201,
224–225
choosing to use, 199
effectiveness of methods, 201
emergency methods, 226, 523–524
for fathers, 100
hormonal methods, 128, 145, 200,
207–215
hormones and, 47
infertility and, 231
IUDs, 145, 200, 216–217
natural methods, 200, 218–222
new methods, 224
for new mother, 96

Family planning (continued)

number of children, 179
older women and, 128
permanent methods, 200, 223
refugees and displaced women, 452
safety of, 198
talking to husband or partner about,
199
traditional methods, 222
types of methods, 200
for women with disabilities, 145
working for change, 227
(Also see **Abortion; Pregnancy;**
Safer sex; Sex; specific methods)

Farms (See Chemicals; Work)**Farsightedness, in older women,**
134**Fathers**

during pregnancy and childbirth, 100
girls treated as property of, 185
infertility, causes of, 230
sexual abuse by, 329, 331
(Also see **Family; Husband or**
partner; Parents)

Fats

cutting down on, 174
need for, 166
(Also see **Diet**)

Feelings

about HIV or AIDS, 289, 290, 294,
296, 309, 311
about infertility, 236–237
about rape, 337
about violence against women, 313,
315, 321, 323
after miscarriage, 98
anxiety, 135, 296, 420
death of baby and, 99
depression, 296, 419
during menopause, 124, 125
during puberty, 54
emotional abuse, 317
gender roles and, 183
loss, 417
medicines for, 471
migrating for work, 408
in older women, 135
sexual desire, 185–186
sexual pleasure, 186–188
stress, 318, 416–417, 421
talking with parents, 65
trauma, 418, 420–421, 430
(Also see **Communication; Mental**
health)

Feet

acupressure massage, 546–547
swollen during pregnancy, 71

Female condoms

effectiveness of, 201
overview, 204
safer sex and, 190, 193
sex workers and, 346
STI prevention, 279
using, 204

Female genital cutting, 458–467

bleeding, heavy, 461
childbirth problems, 464–465
danger signs, 460
deinfibulation, 465
health problems from, 3, 460–467
infection, 461–462
infertility, 465
infibulation, 72, 459, 464, 465
leaking urine and stool, 465
mental health problems, 466
monthly bleeding problems, 463
overview, 458–459
prevalence of, 3
sexual health problems, 463–464
shock, 461
types of, 459
urine system problems, 365, 462,
465
working for change, 466–467

Fertility

hormones and, 47
how to tell if fertile, 220, 233
(Also see **Infertility**)

Fertilization, 49**Fertilizers**

natural, 177, 178
in water source, 127, 401

Fetoscope, 77**Fever**

after abortion, 255–258
after birth, 97
after miscarriage, 98
chancroid and, 271
during labor, 86
during pregnancy, 74
hepatitis B and, 277
with IUD, 217
kidney infection and, 367
in newborn, 95
pain in abdomen with, 355
in persons with HIV, 297
PID and, 274
pneumonia and, 304
syphilis and, 270–271
taking the temperature, 530
womb infection and, 97

Fever blisters, in persons with
HIV, 305

Fibroids, 380
 heavy monthly bleeding and, 129
 infertility and, 231
 pain with, 354
 and passing urine often, 370
 signs, 380
 treatment, 380

Fire safety, 394

Fistula, 161, 370–371, 465

Fits (See **Seizures**)

Flagyl (See **Metronidazole**)

Flat nipples, 114

Flight (See **Refugees and displaced women**)

Fluconazole, 502
 for fungal infections, 300
 for thrush, 305

Flukes, blood, 369

Foam birth control, women with disabilities and, 145

Foam, contraceptive (See **Spermicides**)

Folic acid (folate)
 food sources of, 168
 for weak blood (anemia), 73, 168, 471

Follow-up care, 35

Food cooperatives, 177

Food (See **Diet**)

Forced sex (See **Rape**)

Forgetting to take the pill, 211, 212

Forgotten workers, 409

Formula, harmfulness of, 106

Fractions in medicine dosages, 474

Fruits, 166, 170

Fuels
 fire safety, 394
 for refugees and displaced women, 450
 (Also see **Drugs**)

Fungal infections
 in persons with HIV, 300
 (Also see **Yeast infections**)

Future, planning for, 57

G

Gallstones, overweight and, 174

Gang rape, 329

Garbage, disposing safely, 151

Gardens, improving nutrition, 176–179

Gender roles, 182–185, 194–195
 changing harmful roles, 194–195
 in courtship, 195
 creation of, 182
 defined, 182
 harm caused by, 183
 harmful beliefs, 184–185
 learning of, 182
 in the media, 195
 sexual health and, 184–185
 (Also see **Sexual health**)

Generic names for medicines, 473

Genital herpes, 272–273

Genitals (See **Reproductive system; STIs**)

Genital ulcers, 270–273

Genital warts, 269

Gentamicin, 502
 for infection after abortion, 257
 for infection after birth, 97
 for kidney infection, 368
 overview, 481

Gentian Violet, 503
 for fungal infections, 300
 for thrush (yeast), 305
 for thrush (yeast) in babies, 117
 for wounds and sores, 307

German measles, pregnancy and, 68

Germs
 food safety, 156–157
 spread of, 150–151
 sunlight and, 153

Girls, 53–65
 changes for a better life, 54
 changes in the body of, 54
 eating to grow well, 53
 female genital cutting, 459–460, 467
 gender roles, 182–185
 getting help from adults, 65, 61, 57
 monthly bleeding, 55
 pregnancy, 59, 64, 72
 pressure to have sex, 62–64
 self-esteem, 56
 sex, 59–61
 sex work, 342–343
 sexual abuse of, 63
 trading of, 64
 (Also see **Puberty**)

Giving birth (See **Childbirth**)

Glands, of breasts, 45

Glaucoma, in older women, 134

Gloves, disinfected, 525

Glue sniffing (See **Drugs**)

Goals, choosing, 57

Goiter, 169

Gonorrhea
 in babies, 276
 resistance to medicines, 24, 264
 signs, 267
 treatment, 268

Government policies and laws
 aiding older women, 137
 female genital cutting, 467
 legal rights of women, 7
 low status of women, 7–8, 11
 reporting rape, 334–336
 violence against women and, 324
 women's health issues, 17
 (Also see **Refugees and displaced women; Working for change**)

Grains, 166, 170

Grams, 475

Green Belt movement, 16

Green waters during labor, 86

Growth
 diet and, 53
 during puberty, 54

Growths
 of the cervix, 377
 of the womb, 380
 cysts on ovaries, 383
 fibroids, 129, 231, 354, 380
 and passing urine often, 370
 polyps, 129, 377, 380
 tumors, 375
 warts on genitals, 269, 376
 (Also see **Cancer; Lumps**)

Gums, problems from chemicals, 402

H

Hands
 acupressure massage, 546
 pale nails, 172
 swollen during labor, 74, 87
 washer-woman's hands, 409
 washing to prevent infection, 526

Harassment
 sexual, 329, 331, 407
 (Also see **Violence against women**)

Haybox cooker, 397

Head
 birth of, 82
 breech baby, 75, 77, 90–91
 exercise at work, 404

Headaches
 from chemicals, 402
 from crafts, 406
 high blood pressure and, 130
 from hormonal methods of family planning, 208, 209, 210
 from medicines, 479

Headaches (continued)

from stress, 421
from the pill, 210

Health care skills, 525–547

abdomen exam, 534
acupressure massage, 546–547
blood pressure, 532–533
burns, 538–539
disinfecting equipment and tools, 526–529
injections, 542–545
pelvic exam, 535–537
pulse, taking, 531
respiration (breathing rate), 531
shock, treating with fluids, 540–541
temperature, taking, 530

Health center or hospital

breastfeeding and, 119, 121
for cancer of the cervix, 377
childbirth and, 72, 85–86, 88, 89, 93, 101
female genital cutting and TBAs, 467
getting better care, 36–37
health centers, 34
hospitals, 35, 38–39
medical system, 33–35
PID and, 274
for tetanus in newborn, 95
for fistula, 371

Health exams, 159**Health Handbook for Women with Disabilities, A, 138****Health, maintaining (See Preventing illness)****Health risks**

from alcohol and drugs, 438–439
for bottle-fed babies, 106
for cancer, 376
for cancer of the cervix, 377
for cancer of the womb, 381
chemicals, work with, 402–403
from crafts, 406
cycle of poor health, 5
diet and, 53
domestic workers, 409
during pregnancy, 59, 67, 72–74, 197
female genital cutting, 3, 460–467
from frequent pregnancies, 3, 5
general medical problems, 4
heavy loads, lifting and carrying, 398–400
from hormone replacement therapy (HRT), 124
from medicines, 471
mental health, 4, 416–418, 433
poverty, 6
from rape, 336–337

Health risks (continued)

reproductive health problems, 3
of sex workers, 344–347
smoke and health problems, 394–397
STIs, 3, 60, 61, 262–263
from treatments, 24–25
unsafe abortion, 3, 241
washer-woman's hands, 409
water; work with, 401
for women, 2–5
from work, 4, 406
(Also see **Danger signs; Violence against women**)

Health, “women’s” (See “Women’s” health)**Health workers**

disinfecting equipment and tools, 526–529
helping women help themselves, 30–31
infertility, helping with, 237
medicine guidelines, 470
overview, 34
preventing HIV, 311
preventing infection, 525–529
rape and, 335
for refugees and displaced women, 452, 453
sex workers and, 351
violence against women and, 325
washing your hands, 526
(Also see **Health care skills; Midwives**)

Hearing

loss in older women, 134
ringing in ears, 130, 479

Heartbeat

fast, 172, 254, 531
drug and alcohol withdrawal, 441
normal, 531
slow, 531
stops, 173
stress and, 421
taking the pulse, 531

Heartburn

during pregnancy, 69
from taking medicines, 477

Heart disease

overweight and, 174
the pill and, 208
from syphilis, 270

Hemorrhage (See Bleeding)**Hemorrhoids (piles), during pregnancy, 70****Hepatitis**

hepatitis B, 277, 376, 384
injections and, 538
the pill and, 208

Hepatitis (continued)

signs, 277, 402
treatment, 277
vaccine, 503

Herbicides

mental health and, 418
pregnancy and, 68

Heroin (See Drugs)**Herpes**

genital, 272–273
zoster (shingles), 301

High blood pressure

defined, 532
in older women, 130
overweight and, 174
the pill and, 209
pregnancy risks, 72
signs, 130
from stress, 421
treatment, 130
what the numbers mean, 532
(Also see **Blood pressure**)

High-level disinfection, 526–528**HIV and AIDS, 282–311**

AIDS, described, 284
ART (Antiretroviral therapy), 291, 292, 336, 517–521
breastfeeding and, 106, 285, 293
caring for persons with HIV or AIDS, 294–295
causes in women, 283, 285, 286
CD4 count, 517
childbirth and, 285, 292, 293, 520
common medical problems, 297–308
cotrimoxazole and, 296, 299
coughing, 303
counseling, 289
death and dying, 309
diarrhea, 298–299
drug misuse and, 438
feelings about, 289, 290, 294, 296, 309, 311
fever, 297
HIV, described, 284
HIV test, 288–290, 292, 347
living with, 290–291
medicines to prevent infection, 296
mental confusion (dementia), 308
mouth and throat problems, 304–305
nausea and vomiting, 302
older men and, 64
overview, 277, 284
pain, 308
partner infected with, 290
pneumonia and, 304
pregnancy and, 285, 292, 520
preventing, 286–287, 295, 309–311
preventing infections with medicines, 296

HIV and AIDS (continued)

preventing mother-to-child transmission, 292–293, 520
 protecting against, 60, 61, 128, 189–193
 rashes and itching, 300–301
 sex workers and, 344–347
 sores on genitals and, 271
 spread of, 285
 staying healthy, 296
 tuberculosis and, 291, 303, 387
 for women, 286
 working for change, 309–311
 wounds and sores, 306–307

Holding baby during breastfeeding, 108–109**Home**

domestic workers, 409
 drug and alcohol misuse in, 439
 migration for work, 408
 (Also see **Family; Refugees and displaced women**)

Homosexuality, 183, 184, 187**Honey and sugar, for pressure sores, 306****Hormonal methods of family planning, 207–215**

after abortion, 250
 choosing a method, 200–201, 224–225
 defined, 200
 effectiveness of, 201
 implants, 213
 injections, 214–215
 older women and, 128
 once-a-week pills, 224
 the pill, 208–212
 progestin-only pills (mini-pill), 212
 side effects, 208, 209, 212, 213
 types of methods, 207
 vaginal rings, 225
 women who should avoid these methods, 207
 women with disabilities and, 145

Hormones

hormone replacement therapy (HRT), 124, 471
 life cycle and, 47
 mental health and, 418
 in monthly cycle, 48–49
 overview, 47
 puberty and, 54
 (Also see **Estrogen; Progesterone**)

Hospital (See Health center or hospital)**HRT (hormone replacement therapy), 124, 471****Human Immunodeficiency Virus (HIV) (See HIV and AIDS)****Human rights**

female genital cutting and, 467
 (Also see **Government policies and laws; Working for change**)

Hunger

abdomen pain and, 357
 constant, 174
 loss of appetite, 173, 277
 poor nutrition for women, 2

Husband or partner

girls treated as property of, 185
 HIV infected, 290
 infertility, causes of, 230
 IUD felt by, 217
 leaving an abusive partner, 322–323
 rape by, 328
 talking about family planning, 199
 talking about sex, 185, 192–193
 (Also see **Boyfriends; Family; Fathers; Parents; Violence against women**)

Hydrocortisone, 503

for allergic reactions, 483, 545

Hydroxyzine, 504**Hymen, 44****Hypertension (See High blood pressure)****Hysterectomy, 38, 379, 381****Ibuprofen, 504**

for burns (pain), 539
 overview, 482
 for persons with AIDS, 308

Illegal abortion, 242**Illness**

food needs during, 171
 infectious diseases, 21
 non-infectious diseases, 21
 in older women, 127
 poor nutrition and, 172–175
 preventing, 148–163
 recognizing, in women with disabilities, 141
 (Also see **Danger signs; Preventing illness; Solving health problems; STDs; specific illnesses and signs**)

Immune system, 284

(Also see **HIV and AIDS**)

Immunizations

hepatitis B, 503
 tetanus, 161
 tuberculosis (TB), 390, 391

Implants

after abortion, 250
 effectiveness of, 201
 side effects, 213
 stopping, 213
 using, 213

Incest, 63, 329**Incomplete abortion, 251****Incomplete miscarriage, 98****Incontinence, 370****Independence, working toward, 15****Indigestion, during pregnancy, 69****Inequality of health treatment, 1****Infection**

abnormal vaginal discharge, 265–268
 after abortion, 255–257
 after operation, 39
 Bartholin gland infection (swollen vagina), 276
 bladder or kidneys, 366–368
 breasts during breastfeeding, 116–117, 382
 burns and, 538
 caring for new mother, 96
 causes of, 525
 cracked nipple and, 115
 deinfibulation and, 465
 disinfecting equipment and tools, 526–529
 eyes in newborn, 276
 from female circumcision, 461–462
 fungal, in persons with AIDS, 300
 infectious diseases, 21
 injections and, 542
 mental health and, 418
 pain in abdomen with fever, 355
 pelvic (PID), 265, 274–275
 preventing, 525–529
 preventing at birth, 83
 preventing for persons with HIV, 296
 risk during birth, 79
 signs, 255–256, 531
 urinating after sex and, 154, 279, 366
 vaginal, frequent, 174
 vitamin A and, 169
 washing your hands, 526
 of womb after childbirth, 97
 wounds and sores, with HIV, 307
 (Also see **STIs; specific diseases**)

Infectious diseases, 21**Infertility, 228–237**

after female genital cutting, 465
 blame for, 229
 causes of, 230–231
 dangers that can hurt fertility, 232
 defined, 230
 living with, 236–237
 miscarriage and, 234–235
 prevalence of, 229
 in sex workers, 344
 STIs and, 276
 treatment, 233–234

Infibulation (See **Female genital cutting**)

Injections

allergic shock from, 545
in buttock, 544
diazepam, 87
for family planning, 201, 214–215
giving, 542–545
HIV and, 285
preparing a syringe, 543
for infection after abortion, 257
to start labor, 85
weak blood (anemia) and, 471
(Also see **Medicines**)

Injections for family planning

combined, 214–215
effectiveness of, 201
progesterin-only, 214
side effects, 214, 215
stopping, 215
using, 215

Injuries

internal, from abortion, 258
mental health and, 418
from pregnancy and childbirth, 101–103
from rape, 5, 329, 337, 370
(Also see **Female genital cutting; Violence against women**)

Inner folds of the vulva, 44

Insect bites, HIV and, 285

Inserts, 474 (Also see **Medicines**)

Intercourse (See **Sex**)

Internal injury, from abortion, 258

Intra uterine devices (See **IUDs**)

Intravenous drip (IV), 540

Inverted nipples, 114

Iodine

importance of, 169
iodized salt, 68, 169
sources of, 169

Iron, 167

food sources of, 167
other sources of, 167
for weak blood (anemia), 53, 73, 129, 167

Irrigation, 177

Isolation, as abuse, 317

Isoniazid, 505

Itching

genital growths (warts), 269
genitals, 265, 266, 267, 272
in persons with HIV, 300–301
sugar sickness (diabetes) and, 174
vagina, 265

IUCD (See **IUDs**)

IUDs, 216–217

after abortion, 250
choosing a method for family planning, 200–201, 224–225
danger signs, 217
defined, 200
effectiveness of, 201
as emergency method of family planning, 226
infertility and, 231
overview, 216
pain with, 217, 354
progesterin, 216
progesterin IUDs, 216
side effects, 216
STIs and, 216
stopping, 217
using, 217
who should not use, 216
women with disabilities and, 145

IV (intravenous drip), 540

J

Jaundice, yellow baby, 118

Jelly, contraceptive (See **Spermicides**)

Jobs (See **Work; Working mothers**)

Joint and muscle pain (arthritis)

in older women, 133
overweight and, 174

Joints

contractures, 143
kneeling work and, 405
repetitious movements and, 405

Juvenile diabetes (See **Sugar sickness**)

K

Kaposi's sarcoma, 301

Kerosene, fire safety, 394

Ketoconazole, 505

for fungal infections, 300
for thrush, 305

Khat (See **Drugs**)

Kidney infection, 366–368

causes, 366
drugs and alcohol and, 438
medicines, cautions about, 477
signs, 367
treatment, 368
(Also see **Urine system problems**)

Kidney stones, 369

Killing oneself (suicide), 419, 431

Kissing, not a cause of HIV, 285

Kneeling work, 405

Knitting, health risks from, 406

L

Laboratories, 34

Labor (See **Childbirth**)

Lace making, health risks from, 406

Lactational amenorrhea method (LAM), 218

Lamivudine, 519–520

Latrines

building, 152
for refugees and displaced women, 451

Laws (See **Government policies and laws; Working for change**)

Laxatives, 70

Leaders, women as, 456–457

Lead poisoning, 403, 406

Legal issues (See **Government policies and laws; Working for change**)

Legs

acupressure massage, 546–547
problems during pregnancy, 71
severe pain in one, 210
sitting or standing long time, 404
varicose veins in, 70, 132
weakness in, 173, 210

Legumes, planting, 176

Lemon juice

purifying water, 155
for thrush, 305

Lice, 265

Life cycle of women, 47

Lifting safety, 398

Lip, cleft in baby, 118

Liquid medicines

measuring, 475
taking, 474
(Also see **Medicines**)

Liquids

clean source of water, 151
giving rectal fluids, 541
recommendation for older women, 126
rehydration drink, 540
(Also see **Alcohol; Caffeine; Water**)

Listening

active, 426
importance of, 30

Liver

- cancer, 384
- medicines and liver disease, 477
- problems from chemicals, 402
- problems from drugs and alcohol, 438

Liver extract injections, 471**Loop, the** (See **IUDs**)**Loss**

- mental health and, 417, 454
- by refugees and displaced women, 454

Love

- changing people, 318
- violence against women and, 315

Low back pain (See **Back pain**)**Lower belly pain** (See **Abdomen pain**)**Lubricants, for condoms, 203****Lumps**

- abscesses and boils, 307
- in breast, 382
- in breast during breastfeeding, 116
- breast exams, 162
- in breast of older women, 129
- in tubes or ovaries, 537
- (Also see **Growths**)

Lungs

- cancer, 384
- chemicals and, 402
- pottery making and health, 406

M**Macrolides, 480****Magnesium sulfate, 506**

- for eclampsia, 87

Malaria

- during pregnancy, 74
- spread of, 151
- using medicines for abortion, 471

Manual vacuum aspiration (MVA)

- abortion, 38, 244, 248

Marijuana (See **Drugs**)**Marriage**

- virginity and, 185
- waiting until ready, 58

Massage, acupressure, 546–547**Mastitis, 116–117, 382****Masturbation, 188****Maternal mortality, 67****Measles, pregnancy and, 68****Measuring medicines, 474–475****Media, gender messages in, 195****Medical abortion, 244–245****Medical system, 33–41**

- community health workers, 34
- getting better care, 36–37
- health centers, 34
- health posts, 34
- hospital care, 38–39
- hospitals, 35
- women's needs not met, 8
- working for change, 40–41
- (Also see **Health center or hospital: Health workers**)

Medicines, 468–484

- abortion by, 244–245
- for allergic reactions, 483
- allergy to, 477
- antibiotics, 480–481
- for bacterial vaginosis, 266
- for bladder infection, 368
- for bleeding from vagina, 483
- for breast infection, 117
- cancer and, 376
- for chlamydia, 268
- combination medicines, 472
- deciding to use, 470–471
- defined, 469
- for deinfublation, 465
- drug and alcohol use and, 438
- drug resistance and STI medicines, 264
- during breastfeeding, 109, 120
- during labor, 79, 85
- during pregnancy, 68
- for eclampsia, 87
- fertility and, 232
- food and, 478
- forms of, 474
- generic names and brand names, 473
- for genital sores, 271
- for genital warts, 269
- for gonorrhea, 268
- guidelines for health workers, 470
- guidelines for use, 472
- harmful uses, 471
- for herpes zoster (shingles), 301
- for infection after abortion, 256–257
- inserts in vagina, 474
- for itching in persons with HIV, 301
- for joint and muscle pain (arthritis), 133
- for kidney infection, 368
- measuring amount to take, 474–475
- medicine kit, 484
- for menopause problems, 125
- mental health and, 418
- for mental health problems, 422
- old (past expiration date), 472
- overview, 469
- for pain, 482

Medicines (continued)

- for pain, in persons with AIDS, 308
- for pelvic inflammatory disease (PID), 274
- for persons with HIV, preventing infection, 296
- the pill and, 209
- plant medicines and vagina, 96
- precautions (warnings), 478
- safety when using, 470, 471–473
- side effects, 478
- for STIs, sex workers and, 347
- taking too much, 479
- for thrush (yeast), 117, 300, 305
- toxicity and dementia, 135
- for trichomonas, 268
- using medicines in this book, 473–479
- when to take, 476
- who should not take certain medicines, 477
- for womb infection, 97
- for yeast infections of the vagina, 265–266
- (Also see **Side effects, specific medicines**)

Meditation, 423**Medroxyprogesterone acetate, 129, 506****Memory problems, in older women, 135****Menopause**

- acupressure massage for, 547
- bleeding from vagina after, 363
- defined, 47
- diet during, 124, 171
- hormone replacement therapy (HRT), 124, 471
- medicines for, 124
- recommendations for easing, 124–125
- sexual relations and, 128
- signs, 124

Menstrual cycle, 48–49**Menstruation** (See **Monthly bleeding**)**Mental confusion (dementia)**

- drug and alcohol withdrawal, 441
- in older women, 135
- in persons with AIDS, 308

Mental health, 412–433

- alcohol and, 438
- anxiety, 420
- common causes of problems, 416–418
- common problems, 419–422
- of community, 433
- depression, 135, 419
- determining, 419

Mental health (*continued*)

- drugs and, 438
- female genital cutting problems, 466
- helping yourself and others, 422–431
- HIV and, 296
- medicines for problems, 422
- mental illness (psychosis), 432
- overview, 413
- personal coping skills, 422–423
- psychosis (mental illness), 432
- of refugees and displaced women, 454–455
- self-esteem, 140–141, 414–415
- stress, 318, 416–417, 421
- suicide, 419, 431
- support groups, 423–425
- syphilis and, 270
- trauma, 418, 420–421, 430
- women at risk, 4, 433
- for women with disabilities, 140–141
- (Also see **Feelings; Support groups**)

Mental illness (psychosis), 432**Mental slowness in children, 68, 169****Methotrexate, 245, 471****Methyl ergonovine, 506****Metronidazole, 507**

- for bacterial vaginosis, 266
- for bloody diarrhea, 296
- for discharge, 268
- for pelvic inflammatory disease (PID), 275
- for infection after abortion, 256–257
- for trichomonas, 268
- for womb infection, 97

Miconazole, 507

- for yeast infections, 266

Micrograms, 475**Midwives**

- A Book for, 66
- role of, 76, 102, 391

Mifepristone, 245, 508**Migration for work, 408****Milk and milk products**

- bottle-feeding babies, harmfulness of, 106
- in diet, 170
- storing, 170
- (Also see **Breastfeeding; Breast milk**)

Milligrams, 475**Minerals** (See **Vitamins and minerals**)**Mini-pills** (See **Progestin-only pills**)**Miscarriage, 98, 234–235, 354**

- bleeding after, 98, 235, 363

Misoprostol, 93, 245, 253, 508**Money**

- control of, 317
- costs of bottle-feeding, 106
- costs of vitamins and minerals, 471
- loan fund for sex workers, 350

Mons, 44**Monthly bleeding, 48–51**

- acupressure massage for pain, 546–547
- after abortion, 249
- changes in bleeding, 50
- diet and, 53
- end of (menopause), 124–125
- female genital cutting problems, 463
- heavy, 129, 360
- hormonal method of family planning and, 207, 208, 209, 214
- irregular, 361
- late with IUD, 217
- light, 360
- long lasting, 360
- in middle of month, 129
- monthly cycle, 48–49
- names for, 48
- onset during puberty, 55
- pain with, 50, 354
- pre-menstrual syndrome (PMS), 51
- problems with, 360–361
- self care during, 55
- stopped, 361
- too far apart, 361
- too often, 361
- for women with disabilities, 142
- (Also see **Bleeding from vagina**)

Monthly cycle, 48–49**Morning sickness, 69, 543****Morphine, overview, 482****Mosquitos, disease spread by, 151****Mothers**

- breastfeeding advice, 109–110, 293
- care after childbirth, 95, 96
- community expectations, 183
- danger signs after childbirth, 97
- death of baby and, 99
- diet while breastfeeding, 109
- help from fathers, 100
- helping after childbirth, 99
- helping daughters, 65
- helping during childbirth, 79, 81–84
- infertility, causes of, 231
- older mothers, 72
- working, breastfeeding and, 111
- (Also see **Family; Parents**)

Mouth

- cancer, 384
- cleft lip or palate in baby, 118
- gum problems from chemicals, 402
- problems in persons with HIV, 304–305
- teeth, 154, 402

Mucus

- checking for fertility, 220, 233
- coughing up, in persons with HIV or AIDS, 303–304

Mucus method of family planning, 219–220

- after abortion, 250

Mumps, infertility and, 230**Musasa Project, 15****Muscles**

- arthritis in older women, 133
- back and belly, strengthening, 400
- contractures, 143
- (Also see **Exercise; Exercises**)

MVA (manual vacuum aspiration) abortion, 38, 244, 248**N****Nabothian cysts, 377****Nails**

- pale, 172
- washer-woman's hands, 409

Natural methods of family planning, 218–222

- after abortion, 250
- breastfeeding, 96, 201, 218
- choosing a method, 200–201, 224–225
- counting days method, 219, 221
- defined, 200
- effectiveness of, 201, 219
- how to tell if fertile, 220
- mucus method, 219–220
- overview, 219
- STIs and, 218

Nausea

- after abortion, 258
- during pregnancy, 69, 543
- from hormonal methods of family planning, 208, 209
- kidney infection and, 367
- from medicines, 479
- in persons with HIV or AIDS, 302, 518
- taking medicines, 478
- (Also see **Vomiting**)

Neck, acupressure massage, 547**Needles**

- disinfecting, 528
- giving injections, 542–545
- (Also see **Injections**)

Negative HIV test, 288, 289

Neonatal conjunctivitis, 274
 Nervous conditions (See **Mental health**)
 Nevirapine, 519–520
 Night blindness, vitamin A for, 169
 Nipples, 114–115
 discharge from, 382
 flat or inverted, 114
 illustrated, 45
 overview, 45
 position in baby's mouth, 108, 109, 115
 sore or cracked, 115–117
 (Also see **Breasts**)
 Nitrofurantoin, 509
 for bladder infection, 368
 Non-infectious diseases, 21
 Norfloxacin, 509
 for diarrhea for people with HIV, 299
 overview, 481
 Noristerat, 214, 215
 Nuclear power plants, 376
 Numbness, from the pill, 210
 Nutrition (See **Diet**)
 Nystatin, 510
 for fungal infections, 300
 for thrush, 305
 for yeast infections, 266

O

Ointments, 474 (Also see **Medicines**)
 Older men
 erection difficulties in, 128
 sex with, 63, 64
 Older women, 122–137
 anxiety, 135
 back pain, 132
 breast lumps, 129
 common health problems, 123, 129–135
 community services for, 137
 death, accepting, 137
 depression, 135
 fallen womb (prolapsed uterus), 131, 398
 government policies and laws, 137
 health care recommendations, 126–127
 hearing loss, 134
 high blood pressure, 130
 joint and muscle pain (arthritis), 133
 medicine doses, 478
 mental confusion (dementia), 135
 monthly bleeding ends (menopause), 124–125
 monthly bleeding heavy, 129

Older women (*continued*)
 risks from pregnancy, 72
 seeing problems, 134
 sexual relations, 128
 teaching others, 137
 varicose veins, 132
 weak blood (anemia), 129
 working for change, 136–137
 (Also see **Menopause**)
 Once-a-week pills, 224
 Open lip or palate, in baby, 118
 Operations
 after an operation, 39
 for cancer, 379, 381, 383, 384
 common for women, 38
 for fibroids, 380
 hysterectomy, 38, 379, 381
 for no more children, 223
 (Also see **Abortion; Sterilization**)
 Opium (See **Drugs**)
 Oral sex, 187, 189–190, 279, 524
 Organizing (See **Unions; Working for change**)
 Orgasm, 44, 187
 Osteoporosis (See **Weak bones**)
 Outer folds of the vulva, 44
 (Also see **Female genital cutting**)

Ovaries
 cancer, 383
 cysts, 383
 exam, 534
 illustrated, 45
 monthly cycle and, 48–49
 overview, 45
 Overweight people, health problems of, 174
 Ovulation, 47, 49, 231
 Oxytocin, 510
 abortion from, 241
 for bleeding after birth, 92, 103
 hurrying birth, 471
 overview, 483

P

Packaged foods, 170
 Pads, menstrual, 55
 Pain
 acupressure massage for, 546–547
 after miscarriage, 98
 in back during pregnancy, 71
 in back in older women, 131, 132
 in breasts during breastfeeding, 116–117
 in chest, 210
 from contractures, 143
 during sex, 193, 274, 355, 380
 in joints and muscles (arthritis), 133, 174

Pain (*continued*)
 in joints from work, 405
 in lower belly, 352–357
 after abortion, 255, 256, 258, 355
 after childbirth, 355
 after passing urine, 367
 with bleeding from vagina, 355, 359
 brief, during middle of monthly cycle, 356
 during monthly bleeding, 50, 354
 during pelvic exam, 537
 during pregnancy, 73, 355
 during sex, 193, 274, 355, 356
 with fever, 355
 fibroids, 129, 231, 354
 hunger and, 357
 with IUD, 217, 354, 356
 kinds of pain, 354–356
 miscarriage, 98, 234–235, 354, 355
 monthly bleeding late, 354
 overview, 352, 353
 pelvic inflammatory disease (PID), 274
 questions about, 357
 severe, 354, 355, 357
 STIs, 263, 267
 sudden and severe, 354
 tubal pregnancy, 73, 249, 354
 with urine system problems, 355
 in lower belly (*continued*)
 when moving, walking, or lifting, 356
 without other signs, 356
 womb infection, 97
 medicines for, 482
 miscarriage and, 235
 in nipples during breastfeeding, 115–117
 in persons with AIDS, 308
 pressure point for easing, 50, 546
 in shoulders after abortion, 258
 in stomach from medicines, 479
 sudden, near kidneys or bladder, 369
 from the pill, 210
 with vaginal discharge, 265, 274
 when passing urine, 267, 367
 (Also see **Back pain**)
 Pains, labor (See **Contractions**)
 Palate, cleft in baby, 118
 Papaya, for pressure sores, 306
 Pap tests, 159, 376, 378
 Paracetamol, 511
 for burns (pain), 538, 539
 overview, 482
 for persons with AIDS, 308

Paralysis

the pill and, 208
from syphilis, 270

Parents

early pregnancy, 58, 72
sexuality and, 58
talking with, 65
(Also see **Family; Fathers; Mothers; Violence against women**)

Partner (See **Husband or partner**)**Patch, family planning, 224****Passing stools** (See **Stools**)**Pelvic area, 43****Pelvic exam, 159**

how to, 535–538

Pelvic infection, 217, 265, 274**Pelvic inflammatory disease (PID), 217, 265, 274****Pelvic tilt exercise, 400****Pelvis, 43****Penicillin, 511**

for burns, 538
family of antibiotics, 480
for wounds and sores, 307

Penis

illustrated, 46
warts on, 269

Pensions, 137**Period** (See **Monthly bleeding**)**Permanent methods of family planning, 230**

after abortion, 250
choosing a method, 200–201, 224–225
defined, 200
effectiveness of, 201

Personal coping skills, 422–423**Pessaries, vaginal, 131****Pesticides**

mental health and, 418
pregnancy and, 68

PID (pelvic inflammatory disease), 217, 265, 274–275**Piles (hemorrhoids), during pregnancy, 70****Pills** (See **Drugs; Medicines**)**Pill, the, 208–212**

after abortion, 250
combined pills, 208–211, 522–523
danger signs, 210
effectiveness of, 201
emergency methods of family planning, 226, 523–524
forgetting to take, 211

Pill, the (*continued*)

once-a-week pills, 224
overview, 208
progestin-only pills (mini pill), 212
side effects, 208, 209
stopping, 211
using, 210–211
who should not take, 208–209

Pitocin, hurrying birth, 471**Placenta, 84**

bleeding after it comes out, 93
bleeding before it comes out, 92
checking, 84
coming out, 84
difficulty delivering, 92

Plant medicines

for bladder infection, 367
vagina and, 22, 96
(Also see **Medicines**)

Pleasure from sex, 186–188

sterilization and, 223

PMS (See **Pre-menstrual syndrome**)**Pneumonia**

in newborn babies, 274
in persons with HIV, 304

Podophyllin, 512

for genital warts, 269

Poisoning, from medicines, 479**Police, reporting rape to, 334–336****Policies** (See **Government policies and laws; Working for change**)**Polyps**

of cervix, 377
heavy monthly bleeding and, 129
signs, 380
treatment, 380
of womb, 380
(Also see **Growth**)

Polyidone iodine, 169**Positive HIV test, 288–290, 517**
(Also see **HIV and AIDS**)**Potassium, in rehydration drink, 540****Potassium permanganate, for wounds and sores, 307****Pottery, health risks from, 406****Pottery cooler, 157****Poverty**

debt and, 8
diet and, 165, 170
health risks for women, 6, 11
violence against women and, 315

Power, lack of, 7**Prayer, 423****Pregnancy, 66–103**

abortion, 238–259
acupressure massage for, 546–547
avoiding, 60, 61, 128
baby in wrong position, 72, 75, 85, 90–91
bleeding from vagina during, 73, 74, 362
breastfeeding as prevention, 96, 201, 218
breastfeeding during, 119
calcium needs, 168
checking baby's position, 77, 81
chemicals and, 402
child-spacing, 110, 160
common problems, 69–71
danger signs, 72–73
death from, 101–103
DES (diethylstilbestrol) caution, 471
diet during, 68, 167–169, 171
due date, 67
early, 58, 59, 72
emergency methods of family planning, 226, 523–524
fathers, advice for, 100
frequent pregnancies, 3
further information, 66
health care during, 68, 160–161
health risks, 3, 5, 59, 67, 72–74, 197
herpes and, 272
HIV and, 285, 292, 520
infertility, 228–237
losing (miscarriage), 98, 234–235
medicines, caution about using, 477
prenatal check-ups, 68, 76–77, 160
preparing for labor and birth, 78–79
rape and, 336
refugees and displaced women, 452
sex workers and, 345
signs, 67
signs after abortion, 249
syphilis and, 270
tetanus vaccinations, 161
in the tube, 73, 249, 354, 538
tuberculosis (TB) and, 389, 390
unwanted, 64
violence against women and, 319
womb size during, 537
women with disabilities and, 72, 145
working for change, 101–103
(Also see **Abortion; Childbirth; Family planning**)

Premature birth, 75, 94
early pregnancy and, 72

Pre-menstrual syndrome (PMS), 51
 acupressure massage for, 546–547
 remedies and suggestions, 51
 symptoms, 51

Prenatal check-ups, 76–77
 checking baby's position, 77
 need for, 68, 76, 160
 refugees and displaced women, 452
 schedule for, 76
 what to expect, 75

Pressured sex (See Rape)

Pressure sores
 cause of, 142
 prevention, 142
 treatment, 306

Preventing illness, 148–163
 allergic shock from injections, 545
 breast exams, 162
 chemical-related health problems, 403
 clean water and, 151, 155, 401
 community cleanliness (sanitation), 151–152
 during pregnancy and childbirth, 160–161
 exercise and, 158
 food safety, 156–157
 germs, spread of, 150–151
 health exams, 159
 HIV and AIDS, 286–287, 295, 309–311
 home cleanliness, 153–157
 importance of, 149
 infection, preventing, 525–529
 lead poisoning, 403
 nutrition and, 172–175
 personal cleanliness, 154
 rest and, 158
 safe sex, 60, 61, 128, 160
 in sex workers, 346
 smoke, health problems from, 394–395
 special needs of women, 158–162
 STIs, 279
 tetanus vaccinations, 161
 tooth care, 154
 tuberculosis (TB), 391
 working for change, 163
 (Also see **Cleanliness; Diet; Exercise; Exercises; Safety; “Women’s” health; Working for change**)

Prison rape, 329

Privacy, 30, 35

Probenecid, 512

Procaine penicillin, 513
 overview, 480
 for fever during pregnancy, 86

Progesterone, 513
 hormone replacement therapy (HRT), 124
 life cycle and, 47
 (Also see **Hormonal methods of family planning; Hormones**)

Progestin IUDs, 216

Progestin-only injections, 214–215

Progestin-only pills, 523
 effectiveness of, 201
 as emergency method of family planning, 225
 forgetting to take, 212
 side effects, 212
 stopping, 212
 using, 212

Prolapsed uterus (fallen womb), 131, 161, 398

Promethazine, 513
 for allergic shock, 483, 545
 for vomiting for people with HIV, 302

Prostitutes (See Sex workers)

Protein
 after quitting alcohol, 441
 cheap sources, 170
 need for, 166
 (Also see **Diet**)

Psychological problems (See Mental health)

Psychosis (mental illness), 432
 (Also see **Mental health**)

Puberty, 52–65
 body changes during, 54–55
 boyfriends and sex during, 59–61
 for boys, 46
 help from adults, 65
 life changes during, 56–58
 monthly bleeding onset, 55
 need for knowledge about, 53
 planning for the future, 57–58
 shame and, 184

Pulse (heartbeat)
 taking, 531
 (Also see **Heartbeat**)

Pulses, planting, 176

Purifying water, 155

Pyrazinamide, 514

Pyridoxine (vitamin B6)
 for TB during pregnancy, 389

Q

Quinolones, 481

R

Rape, 326–339
 avoiding, 330–331
 blaming women for, 327
 date rape, 62, 328
 defined, 327
 feelings about, 337
 health problems, 336–337
 HIV and, 336, 521
 if someone you know has been raped, 334
 if you have been raped, 334–337
 incest, 63, 329
 kinds of, 328–329
 lack of desire and, 193
 mental health and, 418
 pregnancy and, 336
 refugees and displaced women, 450–451
 reporting to police, 334–336
 resisting sexual assault, 333
 self defense for women, 332
 sexual relations after, 337
 by someone the woman knows, 328–329
 STIs and, 336
 by strangers, 329
 talking about, 337, 339
 tears and cuts from, 337
 trading girls for money, 64
 women at risk, 327
 working for change, 338–339
 (Also see **Violence against women**)

Rashes
 from cotrimoxazole, 296
 in persons with HIV, 300–301
 syphilis and, 270

Rectal exam, 159

Rectal fluids, giving, 541

Rectum, taking the temperature, 530

Refugees and displaced women, 446–457
 basic needs, 448–451
 defined, 447
 earning a living, 457
 flight and arrival, 448
 mental health, 454–455
 overview, 447
 reproductive health, 452–453
 women as leaders, 456–457

Rehydration drink, 540

Relaxation exercise, 427

Religion
 family planning and, 227
 violence against women and, 321

Remedies (See Treatments)

Repetitious movements, 405

Reproductive system

- changes during puberty, 54
- defined, 47
- health exams, 159
- health problems for women, 3
- illustrated, 44–46
- inside parts (women), 45
- man's, 46
- outside parts (women), 44
- overview, 43
- pelvic exam, 159, 535–537
- shame about, 184
- woman's, 44–45
- (Also see **STIs**)

Rescue breathing, for baby at birth, 94**Respiration (breathing rate), 531****Rest**

- HIV and, 291
- need for, 158

Rhythm method of family planning, (See Counting days method)**Rifampicin, 514****Ring in ears, 130, 479****Risk for HIV, 189–191, 285–287****Rocket stove, 396–397****Rotation of crops, 176****Rubbish, disposing safely, 151****Rural Women's Sanitation, 127****S****Sadness, extreme (See Depression)****Safer sex, 189–193**

- bargaining for, 192–193
- in the community, 280–281
- condoms, 61, 128, 190
- defined, 189
- HIV and, 189–190, 285, 291
- information for girls, 60
- making changes for, 189–195
- methods, 190
- overview, 160, 189
- partner unwilling, 193
- for sex workers, 346, 348
- working for change, 194–195, 280–281

Safety

- abortion, unsafe, 3, 241, 246–247, 259
- avoiding rape, 330–331
- bending, 399
- carrying heavy loads, 399
- dangers that can hurt fertility, 232
- fire safety, 394
- food safety, 156–157
- health care providers' responsibilities, 35

Safety (continued)

- lifting heavy loads, 398
- medicines, 470, 471–473
- plan for violence against women, 322–323
- for refugees and displaced women, 450–451
- resisting sexual assault, 333
- self defense for women, 332
- for sex workers, 349–350
- unsafe work conditions, 406–407
- for women with disabilities, 146
- (Also see **Danger signs; Health risks; Safer sex**)

Salt

- iodized, 68, 169
- PMS and, 51
- rehydration drink, 540
- solution for burns, 538

Salves, 474 (Also see Medicines)**Same sex relationships (homosexuality), 183, 184****Sanitation, 151–152****Scabies, 265****Schistosomiasis, 369****Scraping abortion, 38, 244, 248****Screening tests, 376, 378–379****Scrotum, 46****Seeing problems (See Eyes)****Seizures**

- birth control pills and, 209, 212
- drug and alcohol withdrawal, 441
- during labor, 74, 87

Self defense for women, 332**Self-esteem, 414–415**

- building, 145
- development of, 414
- in women with disabilities, 140–141

Self image, changes during puberty, 56–58**Selling sex (See Sex workers)****Semen, overview, 46****Sepsis (blood infection), after female genital cutting, 461****Sewing, health risks from, 406****Sex**

- abortion, 238–259
- after rape, 337
- anal, 185, 187, 189–190
- avoiding pregnancy, 60, 61, 128
- bladder infection and, 366
- bleeding during, 274
- bleeding from vagina after, 363
- control over sex life, 181, 184–185
- decisions for teenagers, 59–61
- desire for, 185, 186–188
- “dry,” 190

Sex (continued)

- female genital cutting and, 463–464
- gender roles, 180–185, 194–195
- homosexuality, 183, 184
- incest, 63, 329
- infertility, 228–237
- information for girls, 60
- kidney infection and, 366
- kinds of, 187
- kissing, 187
- masturbation, 188
- with older men, 63, 64
- older women and, 128
- oral, 187, 190, 279, 524
- pain during, 189, 274, 355, 380
- physical sex, 182, 46
- pleasure from, 186–188
- practices and safety, 187, 190
- pressured or forced, 62–64
- protecting against disease, 60, 61, 128, 160, 189–190
- relationships without sex, 60, 184
- safer sex, 60, 61, 128, 160, 189–193
- sexual abuse, 317, 331
- sex workers, 340–151
- survival sex, 341
- talking about, 61, 192–195
- touching, 187, 524
- trading girls for money, 64
- urinating after, 154, 279
- vaginal, 187
- withdrawing or pulling out, 190, 222
- women with disabilities and, 144
- (Also see **Family planning; Gender roles; Safer sex; STIs; Violence against women**)

Sexual assault (See Rape; Violence against women)**Sexual harassment, 329, 331, 407 (Also see Rape; Violence against women)****Sexual health, 184–195**

- after rape, 337
- feeling pleasure from sex, 186–188
- female genital cutting and, 463–464
- gender roles, 182–185, 194–195
- harmful beliefs, 184–185
- infertility, 228–237
- requirements for, 181
- safer sex, 60, 61, 128, 160, 189–193
- (Also see **Gender roles; Sex; STIs**)

Sexuality

- as part of sexual health, 181
- harmful beliefs about, 184–185
- learning about, 186–188, 194–195

Sexually transmitted infections (See STIs)**Sexual parts of the body (See Reproductive system)**

- Sex workers, 340–351**
 condoms and, 346, 348
 defined, 341
 health problems of, 344–347
 HIV and, 344–347
 organizing, 349–351
 overview, 341
 pregnancy and, 345
 reasons for becoming, 342–343
 safer sex for, 346, 348
 story of poor woman, 342–343
 violence against, 345
 working for change, 348–351
- Shame**
 from drug or alcohol misuse, 439
 health and, 183
 sexual parts of body and, 43, 184
- Shingles, 301**
- Shock**
 after abortion, 254
 after female genital cutting, 461
 allergic shock from injections, 545
 blood pressure and, 532
 from burns, 540
 signs, 254, 461, 545
 treating with fluids, 540–541
- Shortness of breath**
 from antiretrovirals, 518
 from chemicals, 402
 from the pill, 210
 from weak blood (anemia), 172
- Shots (See Injections)**
- Shoulders**
 birth of, 82, 88
 exercise at work, 404
 pain after abortion, 258
- Side effects**
 antiretrovirals, 518
 hormonal methods of family planning, 208, 209, 212, 213
 IUDs, 216
 medicines, 478
 (Also see *specific medicines*)
- Sideways baby, 75, 85**
- Signs of danger (See Danger signs; Solving health problems)**
- Sitting for long time, 404**
- Skills (See Health care skills)**
- Skin**
 brown or purple patches, 301
 care for women with disabilities, 142
 chemicals and health problems, 402
 injection under, 544
 pale, cold, and damp, 254
 washer-woman's hands, 409
 yellow, 271, 402
 yellow on newborn, 118
 (Also see **Itching; Rashes; Sores**)
- Sleep**
 breastfeeding during, 107
 medicines for, 471
- Smoke and health problems, 394–397**
- Smoking (See Tobacco)**
- Soaking, disinfecting solution, 527**
- Soap making, health risks from, 406**
- Social change (See Working for change)**
- Solvents, sniffing (See Drugs)**
- Solving health problems, 18–31**
 choosing the best treatment, 22–25
 finding out about the problem, 20–21
 finding the cause, 21
 health workers' role, 30–31
 steps, 29
 telling illnesses apart, 21
 working for change, 26–29
- Sores**
 burns, 538–539
 on feet, 174
 on genitals (genital ulcers), 270–273
 HIV and genital sores, 271
 in mouth and throat, with AIDS, 305
 in persons with AIDS, 306–307
 pressure sores, 142, 306
 washer-woman's hands, 409
- Sore throat**
 from chemicals, 402
 in persons with AIDS, 304–305
 syphilis and, 270
 spectinomycin, 514
 for gonorrhea, 268
 for PID, 275
- Speculum, 159, 252**
 exam, 536
- Sperm**
 causes of infertility, 230
 overview, 46
- Spermicides**
 after abortion, 250
 effectiveness of, 201
 overview, 206
 for sex workers, 346
 using, 205, 206
- Sperm tube, 46**
- Splints, for joint pain, 405**
- Spotting (See Monthly bleeding)**
- Sputum, tuberculosis (TB) test, 389**
- Squeezing exercise, 371**
 for fallen womb (prolapsed uterus), 131, 161
 for stool passing problems, 130
 for urine passing problems, 371
- Standing for long time, 404**
- Standing water, 151**
- Status of women, 7–8, 11**
- Stavudine, 518, 519**
- Sterilization**
 after abortion, 250
 effectiveness of, 201
 for men (vasectomy), 223
 for women (tubal ligation), 38, 223
- Sterilizing equipment (See Disinfecting equipment and tools)**
- Steroids, for allergic reactions, 483, 545**
- STIs, 260–281**
 abnormal vaginal discharge, 265–268
 anal intercourse and, 185, 189–190
 chancroid, 271
 chlamydia, 189–190, 267–268
 complications of, 274–276
 defined, 261
 drug misuse and, 438
 drug-resistant, 264
 effects of, 261, 262
 family planning methods and, 201
 genital herpes, 272–273
 gonorrhea, 189–190, 267–268
 growths (warts) on genitals, 269
 health exams, 159
 hepatitis B, 277
 how spread, 189
 how to feel better, 278
 if you do not have signs, 263
 if you have signs, 263
 itching genitals, 265
 IUDs and, 216
 natural methods of family planning and, 218
 newborn babies' problems, 276
 pelvic inflammatory disease (PID), 217, 265, 274–275
 pregnancy and, 68
 preventing, 279
 protecting against, 60, 61, 128
 rape and, 336, 520
 risks for women, 3, 262–263
 safer sex in the community, 280–281
 seriousness of, 262–263
 sex workers and, 344, 346–347
 signs, 263
 sores on genitals (genital ulcers), 270–273
 swollen vagina (Bartholin gland infection), 276
 syphilis, 270–271
 testing and, 263
 trichomonas, 267–268
 working for change, 279–281

STIs (continued)

yeast infections of the vagina,
265–266

(Also see **HIV and AIDS; Safer sex**)

Stiffness

belly after abortion, 258
body of newborn, 95

Stomach problems

cancer, 384
during pregnancy, 69
pain after taking medicines, 479
ulcers and medicine problems, 477

Stones, kidney or bladder, 369**Stools**

building latrines, 152
constipation, 70, 130, 372
female genital cutting problems, 465
leaking, 370, 534
older women's problems passing,
130
removing stool, 372
cleaning after, 153
whitish, 271
wiping after passing, 154
(Also see **Constipation**)

Stories about

adoption, 236
an association of women with
disabilities, 140, 147
Commander Condom, 281
communities that organized against
rape, 338–339
death from cervical cancer, 9
forming a support group, 429
life without children, 237
maternal deaths, preventing, 101
refugee women taking leadership,
457
risk of HIV, 191
self-esteem, 415
selling sex to survive, 342
solving health problems, 20–21
violence against women, 314
widows who built a successful
business, 136

Storing

breast milk, 113
disinfected tools and equipment, 528
food, 157, 177
milk and milk products, 170
purified water, 155

Stoves

burning less fuel, 395
fire safety, 394
haybox cooker, 397
health problems from smoke,
394–397
producing less smoke, 395
rocket stove, 396–397

Streptomycin, 515

overview, 481

Stress

mental health and, 416–417
physical changes and illness from,
421
trauma, 418, 420–421, 430
violence against women and, 318

Stretching

angry cat exercise, 71
lower back, 400
(Also see **Exercises**)

Stroke

family planning and, 145
mental health and, 418
overweight and, 174
the pill and, 208

Subcutaneous injection, 544**Substance abuse (See Alcohol; Drugs; Tobacco)****Suckling**

easing for baby, 115
fast and noisy, 109
importance of, 106

Suction abortion, 38, 244, 248**Sugar**

need for, 166
for pressure sores, 306
rehydration drink, 540
(Also see **Diet**)

Sugar sickness (diabetes),

174–175
juvenile, 174
overweight and, 174
the pill and, 209
pregnancy risks, 72
signs, 174
treatment, 175

Suicide, 419, 431**Sulfamethoxazole, 481**

(Also see **Cotrimoxazole, 497**)

Sulfanomides, 481**Sulfas, 481****Sunlight**

calcium and, 168
germs killed by, 153, 155, 275
purifying water, 155

Support groups

for abused women, 324
alcohol addiction, 440, 442
for breastfeeding, 121
drug addiction, 442
exercises for, 426–428
helping relationships, 423–424
for people with HIV, 290
purposes of, 425
for refugees and displaced women,
455

Support groups (continued)

starting, 424
for women's health issues, 15
for women with disabilities, 140,
141, 147
workers' unions, 410–411

Suppositories (See Inserts)**Surgery (See Operations)****Survival sex, 341****Swelling**

in belly after abortion, 256
body very swollen, 173
engorged breasts (mastitis),
116–117, 382
glands in groin, 271
hands and face during labor, 74, 87
from hormonal methods of family
planning, 208
piles (hemorrhoids) during
pregnancy, 70
from sitting or standing long time,
404
vaginal fold on one side, 276
(Also see **Varicose veins**)

Symptoms (See Danger signs; Solving health problems)**Syphilis, 270–271****Syringes**

disinfecting, 528
giving injections, 542–545
(Also see **Injections**)

T**Tablets**

measuring doses, 474, 475
taking, 474
(Also see **Medicines**)

Tablets, contraceptive (See Pill, the; Spermicides)**T'ai chi, 423****Talking (See Communication)****Tampons**

using, 55
women with disabilities and, 142

TBAs (See Health workers; Midwives)**TB (See Tuberculosis)****TCA (trichloroacetic acid), for genital warts, 269, 516****Teas (See Caffeine; Plant medicines)****Teeth**

care of, 154
problems from chemicals, 402

Temperature

fertility and, 232
how to take, 530
normal and fever levels, 530

Testicles

- cancer from DES (diethylstilbestrol), 471
- illustrated, 46
- overview, 46
- swollen or painful, 265

Testosterone, production of, 46**Tests (See Exams and tests)****Tetanus**

- after abortion, 256
- from female genital cutting, 461–462
- in newborn, 95
- signs, 461
- vaccinations, 68, 161, 462, 515

Tetracycline, 516

- for baby eye care, 78, 83
- for chlamydia, 268
- family of medicines, 480
- overview, 480
- for syphilis, 271

Thermometer, using, 530**Thirst**

- constant, 174
- dehydration, 298
- rehydration drink, 540
- (Also see **Dehydration**)

Threats, 317**Throat cancer, 384****Thrush (yeast)**

- during breastfeeding, 117
- in persons with AIDS, 305
- (Also see **Yeast infections**)

Tinidazole, 516

- for trichomonas, 268

Tippy Tap, 526**Tiredness**

- antiretrovirals and, 578
- constant, 174
- hepatitis B and, 277

Tobacco

- cancer and, 376, 377, 384
- coughing and, 303
- during breastfeeding, 109
- fertility and, 232
- health and, 163
- health problems from, 438, 443
- HIV and, 291
- menopause and, 125
- the pill and, 209
- pregnancy and, 68
- for women, 443
- (Also see **Drugs**)

Tongue, pale, 172**Tooth care (See Teeth)****Touching**

- oneself (masturbation), 188
- for sexual pleasure, 187
- as safer sex, 189–190, 346
- warning sign of violence, 330

Toxemia (see Eclampsia)**Traditional birth attendants (See Health workers; Midwives)****Traditional methods**

- of building inner strength, 423
- of family planning, 222

Training

- in gender roles, 182
- helping women help themselves, 30, 31
- importance of, 58
- for women with disabilities, 140
- (Also see **Education**)

Transfusions, 39, 285**Transverse (sideways) baby, 75, 85****Trauma**

- helping women with, 430
- mental health and, 418
- reactions to, 420–421

Treatments

- balancing with prevention, 163
- choosing the best treatment, 22–25
- helpful, harmless, and harmful, 22
- risks and benefits, 24–25
- (Also see **Medicines; Solving health problems; specific illness and problems**)

Trichloroacetic acid (TCA), 516

- for genital warts, 269

Trichomonas

- signs, 267
- treatment, 268

Tubal ligation, 223**Tubal pregnancy, 73, 249, 354**

- STIs and, 274

Tuberculosis (TB), 386–391

- blood in urine, 369
- death from, 387
- DOTS treatment, 391
- during pregnancy, 389
- overview, 386–387
- in persons with HIV or AIDS, 291, 303, 391
- pregnancy and, 389, 390, 517
- prevalence of, 387
- preventing, 391
- resistance to medicines, 390
- risks for women, 4, 388
- signs, 389
- spread of, 387, 388

Tuberculosis (TB) (continued)

- test for, 389
- treatment, 389–391
- women and, 387
- working for change, 391

Tubes, fallopian (See Fallopian tubes)**Tumors (See Growths)****Twins**

- birth of, 89
- breastfeeding, 118
- health risks, 72

Twist exercise, 400**U****Ulcers on skin (See Sores)****Ulcers, stomach, medicines and, 477****Ultrasound, 37****Umbilical cord (See Cord)****Unconsciousness**

- after abortion, 254, 258
- diabetes and, 174
- shock and, 254
- (Also see **Fainting**)

Unions

- sex workers, 349–351
- working women, 410–411

Units of medicine, 475**Upside down (breech) baby, 75, 77, 90–91****Urethra**

- man's, 46
- woman's, 44

Urinary opening, 44**Urinating**

- after sex, 154, 279
- long time between, 366

Urine system problems, 364–373

- after female genital cutting, 365, 462, 465
- blood in urine, 369
- burning feeling, 265, 267, 367
- catheter, 372–373
- causes of infection, 366
- from chemicals, 402
- dark urine and whitish stools, 277
- how to feel better, 278
- infections of bladder or kidneys, 366–368
- kidney or bladder stones, 369
- leaking from vagina, 161, 370–371, 465, 538
- need to pass urine often, 370
- in older women, 128, 130, 131

Urine system problems (continued)

- pain in abdomen with, 355
- poor control (incontinence), 370, 372–373
- signs, 367
- treatment for infection, 367–368
- urine system overview, 365

Uterus (See Womb)**V****Vaccinations**

- hepatitis B, 277, 503
- tetanus, 68, 161, 462, 515
- tuberculosis (TB), 390, 391

Vacuum aspiration abortion, 38, 244, 248**Vagina**

- abnormal discharge, 265–268
- bleeding from
 - after abortion, 251–253, 363, 483
 - after childbirth, 84, 92–93, 97, 362, 483, 547
 - after female genital cutting, 461
 - after menopause, 363
 - after miscarriage, 98, 235, 363
 - after sex, 363
 - before baby is born, 85
 - danger signs, 359
- bleeding from (*continued*)
 - during pregnancy, 73, 74, 362
 - during sex, 274
 - fibroids, 380
 - hormonal method of family planning and, 207
 - medicines for, 483
 - pain in abdomen with, 355
 - problems with monthly bleeding, 360–361
 - weak blood (anemia) and pregnancy risks, 72, 73
- cancer from DES (diethylstilbestrol), 471
- care during monthly bleeding, 55
- changes during puberty, 54
- cleanliness, 154
- defined, 44
- discharge during pregnancy, 69
- douching, 154
- dryness in older women, 128
- illustrated, 45
- itching, 265
- overview, 45
- pelvic exam, 159, 535–538
- placing anything inside, 252
- plant medicines and, 22, 96
- signs that labor is near, 80
- swollen fold on one side, 276
- torn from giving birth, 96

Vagina (continued)

- urine leaking from, 161, 370–371, 465
- (Also see **Female genital cutting; Monthly bleeding; STIs**)

Vaginal opening, 44**Vaginal pessaries, 131****Vaginal rings, 224****Vaginal sex, safety of, 189****Vaginosis, bacterial, 266, 268****Values**

- learned from community, 56, 139, 182, 183
- learned from family, 56

Varicose veins

- during pregnancy, 70
- in older women, 132
- the pill and, 208
- from sitting or standing work, 404

Vas deferens, 46**Vasectomy, 223****VD (See STIs)****Vegetables, 166, 170****Veins, swollen (See Piles; Varicose veins)****Vinegar, for yeast infections, 266, 275****Violence against women, 312–325**

- cycle of violence, 319
- drug and alcohol misuse and, 439
- feelings about, 313, 315, 321, 323
- harmful effects of, 320
- health workers and, 325
- helping the man, 325
- kinds of, 317
- Laura and Luis, 314–315
- leaving your partner, 322–323
- mental health and, 418
- reasons for, 316
- refugees and displaced women, 450–451
- safety plan, 322–323
- seriousness of, 5, 313
- services for women, 324
- sex workers, 345
- social pressures, 183, 324
- talking about, 323
- warning signs, 318–319
- what to do, 322–323
- why women stay, 321
- women with disabilities and, 146, 319
- working for change, 323–324
- (Also see **Female genital cutting; Rape; Refugees and displaced women**)

Virginity, marriage and, 185**Vision problems (See Eyes)****Vitamin A, 169****Vitamin B6, TB and pregnancy, 389****Vitamin B12, weak blood (anemia) and, 471****Vitamins and minerals, 167–170**

- after quitting alcohol, 441
- calcium, 168
- expense of, 471
- folic acid (folate), 73, 168
- in fruits and vegetables, 170
- iodine, 68, 169
- iron, 53, 73, 129, 167
- refugees and displaced women, 452
- vitamin A, 169
- vitamin B6, 389
- vitamin B12, 471

Vomiting

- after abortion, 258
- and antiretrovirals, 518
- by babies, 119
- kidney infection and, 367
- from medicines, 479
- by persons with AIDS, 302
- taking medicines, 478
- (Also see **Nausea**)

Vulva

- defined, 44
- illustrated, 44
- warts on, 269
- (Also see **Female genital cutting**)

W**War**

- mental health and, 418
- war rape, 329
- (Also see **Refugees and displaced women**)

Warm bottle method for removing breast milk, 113**Warning signs (See Danger signs; Solving health problems)****Warts**

- on genitals, 269, 376
- wet, on genitals, 269, 270
- (Also see **Growths**)

Washer-woman's hands, 409**Washing (See Cleanliness)****Water**

- for bladder infection, 367
- clean source of, 151, 155, 401
- dehydration from burns, 539
- latrine distance from, 152
- purifying, 155
- rectal fluids, giving, 541
- for refugees and displaced women, 450
- rehydration drink, 540
- shock, treating with fluids, 540–541
- signs of dehydration, 298
- standing water, 151

Water (continued)

storing, 155
Tippy Tap, 526
work with, 401

Water retention, PMS and, 51**Waters breaking, 81**

green or brown waters, 86
labor does not start, 85

Weak blood (anemia), 172–173

causes, 172
diet and, 53
folic acid (folate) and, 73, 168
health exams, 159
iron and, 53, 73, 129, 167
older women and, 129
overview, 172
pregnancy risks, 72, 73
risk during breastfeeding, 109
signs, 172
treatment, 73, 129, 173

Weak bones (osteoporosis)

calcium and, 168
in older women, 133

Weaving, health risks from, 406**Weight loss**

abnormal, 174
tuberculosis and, 389

Where There Is No Doctor, 175, 265, 325, 366, 369**Wind, burping the baby, 107****Withdrawal of penis before ejaculation**

as safer sex, 190
as family planning, 222

Womb

cancer, 381
emptying, 38, 244
fallen (prolapsed uterus), 131, 161, 398
fibroid tumors, 380
growths in (fibroids or polyps), 129
illustrated, 45
infection after childbirth, 97
overview, 45
polyps, 380
removal of (hysterectomy), 38, 379, 381
size during pregnancy, 76, 533

“Women’s” health

causes of poor health, 6–11
how men can help, 14
overview, 1
problems affecting women most, 2–5
working for change, 12–17

Women with disabilities, 138–147

abuse and, 146, 319
breast exams, 162
causes of disability, 139
exercises, 143
family planning, 145
further information, 138
health care recommendations, 141–143
meeting other people, 140
pregnancy and, 72, 145
prevalence of, 139
recognizing illness, 141
safety recommendations, 146
self-esteem, support for, 140–141
sexuality and sexual health, 144–145
skin care, 142
support groups for, 140, 141, 147
urine system problems, 366
as women first, 138
working for change, 147

Work, 392–411

with chemicals, 402–403
crafts, 406
fire safety, 394
forgotten workers, 409
health risks from, 4, 406
heavy loads, lifting and carrying, 398–400
kneeling, 405
migration, 408
overview, 393
for refugees and displaced women, 457
repetitious movements, 405
sexual harassment, 329, 331, 407
sitting or standing for long time, 404
smoke from cooking, 394–397
unsafe conditions, 406–407
with water, 401
working for change, 410–411
(Also see **Cooking; Health workers; Sex workers; Working mothers**)

Working for change

HIV prevention, 309–311
better nutrition, 176–179
breastfeeding, 121
cancer deaths, 385
death or injury from pregnancy and childbirth, 101–103
elder care, 136–137
family planning, 227
female genital cutting, 466–467
medical system, 40–41
mental health of community, 433
preventing drug and alcohol misuse, 445

Working for change (continued)

prevention and treatment balance, 163
rape, 338–339
root causes of health problems, 26–27
safer sex, 194–195, 280–281
sex workers, 348–351
solving health problems, 26–29
STIs, 279–281
tuberculosis (TB), 391
unsafe abortion, preventing, 259
violence against women, 323–324
“women’s” health, 12–17
women with disabilities, 147
workplace organization, 410–411
(Also see **Government policies and laws; Preventing illness; Support groups**)

Working mothers

breastfeeding and, 111
child care cooperatives, 158
gender roles and, 182–183
workload reduction, 158
(Also see **Work**)

Workload, reducing, 158**Wounds**

infected after female genital cutting, 461–462
in persons with AIDS, 306–307
(Also see **Female genital cutting**)

X**X-rays, 37****Y, Z****Yeast infections**

abnormal discharge from, 265
in persons with AIDS, 300, 305
signs, 265
thrush during breastfeeding, 117
thrush in persons with AIDS, 305
treatment, 266

Yellow baby (jaundice), 118**Yellow skin, 277, 402****Yoga, 423****Zidovudine, 519–520**