

# Where Women Have No Doctor

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## A health guide for women

A. August Burns  
Ronnie Lovich  
Jane Maxwell  
Katharine Shapiro

Editor: Sandy Niemann  
Assistant editor: Elena Metcalf



Berkeley, California, USA  
[www.hesperian.org](http://www.hesperian.org)

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**This health guide can be improved with your help.** We would like to hear about your experiences, traditions, and practices. If you are a midwife, traditional birth attendant, village health worker, doctor, nurse, mother, or anyone with suggestions for ways to make this book better meet the needs of your community, please write to us. Thank you for your help.

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[www.hesperian.org](http://www.hesperian.org)

# Credits

**Project coordinator:** Jane Maxwell

**Art coordination:**

Deborah Wolf and August Burns

**Design and production:**

Elena Metcalf and Jane Maxwell

**Book format:** Laughing Bear Associates,

Montpelier, Vermont

**Cover design:** Sara Boore

**Cover scans and layout:**

Paul Marcus and Shareen Harris

**Field testing coordination:**

Katharine Shapiro, Deborah Wolf,

August Burns, and Elsa Aegerter

**Medical editor:** Melissa Smith

**Additional writing:**

Susan McCallister, Elena Metcalf, Sandy Niemann, and Sarah Shannon

**Additional research:** Ronnie Lovich

**Additional medicines research:**

Todd Jailer and Brian Linde

**Additional production:** Lora Santiago,

Christine Sienkiewicz

**Copyeditor:** John Kadyk

**Proofreaders:** Marc Polonsky, Lorraine

Mann, and Rose Hauer

**Index:** Ty Koontz

**Production manager:** Susan McCallister

## Illustrations

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

Namrata Bali (India)

Silvia Barandier (Brazil)

Jennifer Barrios (USA)

Sara Boore (USA)

Mariah Boyd-Boffa (USA)

Heidi Broner (USA)

May Florence Cadiente  
(Philippines)

Barbara Carter (USA)

Yuni Cho (Korea)

Elizabeth Cox (Papua New  
Guinea)

Christine Eber (USA)

Regina Faul-Doyle (USA)

Sandy Frank (USA)

Lianne Friesen (Canada)

Jane Wambui Gikera (Kenya)

Shu Ping Guan (China)

Susie Gunn (Guatemala)

May Haddad (Lebanon)

Janie Hampton (UK)

Anna Kallis (Cyprus)

Ceylan Karasapan-Crow (USA)

Delphine Kenze (Central  
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Sara Reilly-Baldeschwieler  
(UK)

Diana Reiss-Koncar (USA)

Petra Röhr-Rouendaal  
(Germany)

Leilani Roosman (UK)

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Pat Siddiq (Afghanistan)

Nisa Smiley (USA)

Fatima Jubran Stengel  
(Palestine)

Suma (India)

Dovile Tomkute-  
Veleckiene (Lithuania)

Andrea Triguba (USA)

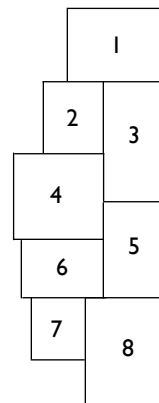
Anila Vadgama (India)

Leah Lihua Wang (China)

Liliana Wilson (USA)

Fawzi Yaqub (Turkey)

## Cover Photographs:



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Vida Affum	Kathy Attawell	Denise Bergez	Verna Brooks	Denise Caudill
Stella Yaa Agyeiwaa	Nancy Aunapu	Stephen Bezruchka	Mary Ann Buckley	Barbara Chang
Baldredeen Ahmed	Elizabeth de Avila	Pushpa Bhatt	Sandra Tebben	Amal Charles
Felicia Aldrich	Enoch Kafi Awity	Amie Bishop	Buffington	Andrew Chetley
Bhim Kumari Ale	Marie Christine N.	Edith Mukisa Bitwayiki	Sharon Burnstien	Casmir Chipere
Jennifer Alfaro	Bantug	Michael Blake	Mary Ann Burris	Lynne Coen
Sandra Anderson	David Barabe	Paulina Abrefa Boateng	Elizabeth Bukusi	Louise Cohen
Susan Anderson	Naomi Baumslag	Simone Bodemo	Elliot Burg	Mark Connolly
Thomas Allen	Barbara Bayardo	Nancy Bolan	May Florence	Karen Cooke

Kristin Cooney	Gayle Gibbons	Pam Tau Lee	Mona Moore	Barbara de Souza
Chris Costa	Marta Ginebreda	Susan Lee	David Morley	Judith Standly
Elizabeth Cox	Lynn Gordon	Felicia Lester	Sam Muziki	Fatima Jubran Stengel
Clark Craig	Nora Groce	Abby Levine	Arthur Naiman	Kay Stone
Betty Crase	Gretchen Gross	Cindy Lewis	Nancy Newton	Marianne Stone-Jimenez
Mitchell Creinin	Dora Gutierrez	Sun Li	Elizabeth Ngugi	Eleanor Sullivan
Marjorie Cristol	Ane Haaland	Peter Linde	Eunice Njovana	Susan Sykes
Bonnie Cummings	Kathleen Haley	Betsy Liotus	Folashade B. Okeshola	Michael Tan
George Curlin	Shirley Hamber	Stephanie Lotane	Peaches O'Reilly	Linda Teitjen
Philip Darney	Janie Hampton	Susan Lovich	Emma Ottolenghi	Judith Timyan
Sarah Davis	Joanne Handfield	Nellie Luchemo	Mary Ellen Padorski	Susan Toft
John Day	Barbara Harrington	NP Luo	Lauri Paolinetti	Rikka Transgrud
Grace Eburn Delano	Richard Harvey	Esther Galima Mabry	Jung Eun Park	Nhume Troppe
David de Leeuw	Fauzia Muthoni Hassan	Martha Macintyre	Sarah Parsons	Barbara Trott
Junice L. Demeterio-Melgar	Elizabeth Hayes	Margaret Mackenzie	Laddawan Passar	Sandy Truex
Lorraine Dennerstein	Lori Heise	Rebecca Magalhães	Palavi Patel	Ilana Trumbull
Kathy DeReimer	N.S. Hema	Monica Maher	Jamel Patterson	Janis Tunder
Maggie Diaz	Shobha Menon-Hiatt	Fardos Mohamed	Andrew Pearson	Nanette Tver
Geri Dickson	Hans Hogerzeil	Mahmoud	María Picos	Aruna Uprety
Becky Dolhinow	Jane Holdsworth	Lisa Maldonado	Gita Pillai	Gilberte Vansintejan
Efua Dorkenoo	Nap Hosang	J. Regi Manimagala	Linda J. Poole	Sarah Verbiest
Brendon Doyle	Douglas Huber	Karin Manzone	Malcolm Potts	Carol Vlassoff
Sunun Duangchan	Ellen Israel	Alan Margolis	Alice Purdy	Bea Vuylsteke
Deborah Eade	Genevieve Jackson	Kathy Martinez	Robert Quick	Bela Wabi
Beth Easton	Jodi Jacobson	Rani Marx	Zahida Qureshi	Sandra Waldman
Christine Eber	Carol Jenkins	Sitra Maunaguru	Lisa Raffel	Martha Wambui
Tammy Edet	Signy Judd	Danielle Mazza	Rita Raj-Hashim	Judith Wasserheit
Lorna Edwards	Margaret Kaita	Pat Mbetu	Narmada Ranaweera	Ruth Waswa
Abdel Hadi El-Tahir	Mustapha Kamara	Dorothy Mbori-Ngacha	Rebecca Ratcliff	Barbara Waxman
Erika Elvander	Tom Kelly	Gary Mcdonald	Augusta Rengill	Jane Weaver
Li Enlin	Mary Kenny	Sandy McGunegill	Dawn Roberts	Vivienne Wee
John Ensign	Joyce Kiragu	Katherine McLaughlin	Kama Rogo	Ellen Weis
Nike Esiet	Susan Klein	Molly Melching	Nancy Russel	Rachel West
Steven A. Esrey	Ahoua Koné	Tewabetch Mengistu	Carolyn Ryan	Eve Whang
Clive Evian	Zoe Kopp	Tasibete Meone	Mira Sadgopal	Kate White
Zeinib Eyega	Anna Kretsinger	Sharon Metcalf	Valdete Sala	Wil Whittington
Melissa Farley	Diana Kuderna	Ann Miley	Estelle Schneider	Laura Wick
Betty Farrell	Anuradha Kumar	Jan Miller	Kimberly Schultz	Pawana Wienrawee
Anibal Faundes	Dyanne Ladine	Kathy Miller	Miriam N. Senkumba	Christine van Wijk
Sharon Fonn	Martín Lamarque	Donald Minkler	Violet Senna	Everjoice Win
Claudia Ford	Joellen Lambiotte	Eric Mintz	Shalini Shah	Kathryn Wirogura
Diane Jinto Forte	Kathleen Lankasky	Barbara Mintzes	Nicolas Sheon	Erin Harr Yee
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## About this Book

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

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

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

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

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



**TRANSPORT!**

## How to Use this Book

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### Finding information in the book

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

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

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

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

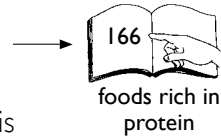
*If you do not understand the meanings of some of the words used in this book*, you may find them in the **List of Difficult Words** that starts on page 548. The first time these words appear in a chapter, they are *printed in slanted letters, like this*. You can also look up the word in the index to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

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

## Finding information on a page

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

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



### What the different things on a page mean:

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

chapter title

page number → **72** Pregnancy and Childbirth

general topic → **Risks and Danger Signs during Pregnancy**

specific topic → **WOMEN WHO HAVE EXTRA RISKS**

this word is explained in the List of Difficult Words → **Signs of pre-eclampsia**

See this page... for more information about this topic → foods rich in protein

Get help right away! → **TRANSPORT!**

**WOMEN WHO HAVE EXTRA RISKS**

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

**High blood pressure, a sign of pre-eclampsia**

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

**Signs of pre-eclampsia**

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

**What to do:**

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

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

very important information

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

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

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

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

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