

# Where Women Have No Doctor

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## A health guide for women

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#### THIS REVISED EDITION CAN BE IMPROVED WITH YOUR HELP.

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

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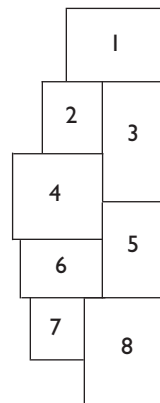
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# About this Book

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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.



# 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.

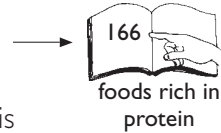
*If you do not understand the meanings of some of the words used in this book*, you may find them in the **List of Difficult Words** that starts on page 548. The first time these words appear in a chapter, they are *printed in slanted letters, like this*. You can also look up the word in the index to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

very important information → **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.

**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.

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
dicloxicillin .....	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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