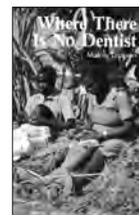


Other books from Hesperian Health Guides



Where There Is No Doctor, by David Werner with Carol Thuman and Jane Maxwell. The most widely used health care manual in the world provides vital, easy to understand information on how to diagnose, treat and prevent common diseases. An emphasis is placed on prevention, including cleanliness, diet, vaccinations and the importance of community mobilization. 512 pages.

Where There Is No Dentist, by Murray Dickson, shows how to care for teeth and gums at home, and in community and school settings. Detailed and illustrated information on dental equipment, placing fillings and pulling teeth, teaching hygiene and nutrition, and HIV and oral health. 208 pages.



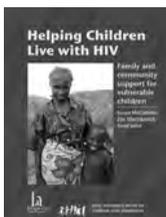
Helping Health Workers Learn, by David Werner and Bill Bower, is an indispensable resource that makes health education fun and effective. Includes activities, techniques, and ideas for low-cost teaching aids. A people-centered approach to health care, it presents strategies for community involvement through participatory education. 640 pages.

Disabled Village Children, by David Werner, covers most common disabilities of children. It gives suggestions for rehabilitation and explains how to make a variety of low-cost aids. Emphasis is placed on how to help disabled children find a role and be accepted in the community. 672 pages.



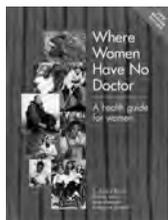
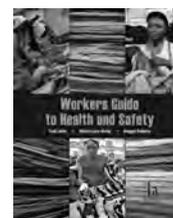
Helping Children Who Are Blind, by Sandy Niemann and Namita Jacob, aids parents and other caregivers in helping blind children from birth through age 5 develop all their capabilities. Topics include: assessing how much a child can see, preventing blindness, moving around safely, teaching common activities, and many others. 192 pages.

Helping Children Who Are Deaf, by Darlena David, Devorah Greenstein and Sandy Niemann, aids parents, teachers, and other caregivers in helping deaf children learn basic communication skills and a full language. It includes simple methods to assess hearing loss and develop listening skills, and explores how communities can work to help deaf children. 250 pages.



Helping Children Live with HIV, by Susan McCallister, Zoe Marinkovich, and Todd Jailer, is designed to empower families and others to support young children affected by HIV. Helping Children Live with HIV is full of clear information, activities and stories. It provides practical guidance to promote early childhood development through meeting the physical and psychosocial needs of children made vulnerable by HIV. 320 pages.

Workers' Guide to Health and Safety, by Todd Jailer, Miriam Lara-Meloy and Maggie Robbins, makes occupational safety and health accessible to those most affected by hazards — the workers themselves. An invaluable resource for training workers, supervisors, and safety committees, and in courses on labor relations. 576 pages.



Where Women Have No Doctor, by A. August Burns, Ronnie Lovich, Jane Maxwell and Katharine Shapiro, combines self-help medical information with an understanding of the social factors that limit women's health. Essential information on problems that affect only women or affect women differently from men. 584 pages.

A Health Handbook for Women with Disabilities by Jane Maxwell, Julia Watts Belser and Darlena David provides women with disabilities and their caregivers suggestions on disability-friendly health care, caring for daily needs, having healthy and safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence and abuse. The book also focuses on social stigma and discrimination. 406 pages.



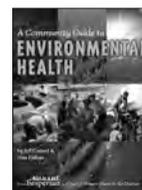
Health Actions for Women, by Melissa Smith, Sarah Shannon and Kathleen Vickery, was field tested by 41 community-based groups in 23 countries and provides a wealth of clearly explained and engagingly illustrated activities, strategies and stories that address the social obstacles and practices that prevent women and girls from enjoying healthy lives. 352 pages.

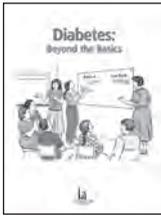
Recruiting the Heart, Training the Brain, by America Bracho, Ginger Lee, Gloria P. Goraldo and Rosa María De Prado, tells the story of how Latino Health Access developed its groundbreaking model of peer-to-peer outreach and education in Santa Ana, California to address health problems exacerbated by poverty and discrimination. Their strategies and accomplishments will inspire change across an increasingly unhealthy America. 288 pages.



The Greatest Good, a memoir by Dr. Davida Coady, recounts an adventurous life in international public health. From Biafra to Bangladesh, Ethiopia to El Salvador, smallpox eradication to drug rehabilitation, Dr. Coady relates an inspirational life richly and well-lived, driven by the motto: The Greatest Good for the Greatest Number of People. 396 pages.

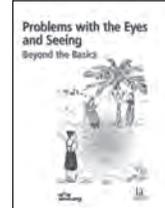
A Community Guide to Environmental Health, by Jeff Conant and Pam Fadem, will help urban and rural health promoters, activists and community leaders take charge of their environmental health. 23 chapters address topics from toilets to toxics, watershed management to waste management, and agriculture to air pollution. Includes activities, how-to instructions to make health technologies, and dozens of stories. 600 pages.





Diabetes: Beyond the Basics is for people living with diabetes, family members, health workers and those working to prevent new cases of diabetes in their communities. Adapted from the *New Where There Is No Doctor*, this booklet addresses both the physical and social issues tied to diabetes, and provides thoughtful discussion questions for health educators and self-help groups. 52 pages.

Problems with the Eyes and Seeing: Beyond the Basics provides accessible, illustrated information on causes of eye problems and how to respond to eye injuries, treat common eye infections, and recognize when emergency help or advanced eye care is needed. Includes a ready-to-use vision-testing chart. 44 pages.



Apps from Hesperian Health Guides



Safe Abortion (SA)

Available in: English, Spanish, French, Igbo, Yoruba, Swahili, Luganda, & Kinyarwanda

This app gives reliable, step-by-step information on safe abortion. You can compare different safe methods of abortion, use the pregnancy calculator, and learn how to respond to danger signs. Individuals, health workers, and advocates can all use this app to promote safety and the right to choose!

Safe Pregnancy & Birth

Available in: English & Spanish

This award-winning app helps individuals, families, and health promoters deliver babies safely. The app is comprehensive, clear, and heavily illustrated. Learn how to overcome risks and stay healthy during pregnancy, delivery, and after birth.



Family Planning

Available in: English, Spanish, French & Swahili

This app supports health workers and peer counselors who share information about methods of contraception. The app explains the different methods to help people choose based on their preferences, circumstances, and health history. The app also features counseling dialogues modeling conversations to help people communicate with others about the best family planning choices for them.