

Index

This index lists topics covered in the book in the order of the alphabet.

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

Page numbers in **bold** tell you where to find the main reference. Medicines included in the green medicine pages are listed in the health problem index on page 472.

A

Abortion, 92, **405–419**, 488–489
Also see Manual vacuum aspiration (MVA); Miscarriage
 bleeding too much after, **410**, **416–418**
 comparison of methods, **92**
 deciding to help after, **406–407**
 emergency care for problems, **410–418**
 emotional support after, **407–408**
 finding care after, **405–407**
 helping a woman after, **405–419**
 incomplete, **411–412**, 421, **423**
 infection after, **410**, **413–415**, **423**
 internal injury from, **417**
 medication abortion, **488–489**
 physical care after, **408–409**
 preventing unsafe abortions, **419**
 problems from, **405–409**
 safe versus unsafe, **92**, **406**
 shock after, **417**, **418**
 tetanus (lockjaw) after, **415**
 warning signs versus healthy signs, **408**

Abruption. *See* Detached placenta (abruption)

Abscess (lump) in breast, **288**

Abstinence, **312**

Abusive partners, **105**

Aches and pains. *See* Pain

Active labor, **167**, **188**

Acupressure
 to encourage labor, **192–193**
 to help with pain in labor, **193**
 for nausea relief, **74**

Addiction, **46**. *Also see* Alcohol (drinking); Drugs

After birth. *See* First few hours after birth; First weeks after birth

Afterbirth. *See* Placenta

Age
 pregnancy problems and, **90**
 very young mothers, **22**, **105**

AIDS. *See* HIV

Albusticks, **126**

Alcohol (drinking)

avoiding during pregnancy or breastfeeding, **30**, **46**
 infertility and, **31**
 small baby and, **134**, **257**
 for disinfecting tools, **64**

Alcohol (medical)
 hand cleaner with glycerine and, **54**
 soaking thermometers in, **65**
 for disinfecting tools, **64**
 washing floor with, **57**

Allergies
 to copper, IUDs and, **394**
 to injections, **345**
 to medicine, **103**, **469–470**

Aminoglycosides, **475**

Ammonia, washing floor with, **57**

Amniotic waters. *See* Bag of waters

Anemia
 hookworm and malaria as causes, **37**
 iron for preventing, **36**
 IUD dangers and, **394**
 with joint pain, **81**
 in past pregnancies, **93**
 signs of, **78**, **116**
 treating, **116**

Anger during pregnancy, **82**

Angry cat exercise, **80**, **190**

Animal milk. *See* Bottle feeding

Animal products, inexpensive, **42**

Ante-natal or ante-partum checkups.
See Prenatal checkups

Antibiotics, **468**, **474–475**

Antiretrovirals, *See* ART

Antiseptic for MVA, **425**

Anti-shock garment, **418**, **506**

Anus
 bulging during contractions, **195**
 checking baby's, **263**
 baby's closed or missing, **263**
 illustrated, **27**, **376**
 testing for torn muscle around, **357**

Anxiety. *See* Fear; Tension

Appendicitis, **114**

Arms, checking baby's, **262**

ART (Anti-Retroviral Therapy),
99–101, **153**, **163**, **276**, **293**, **335**,
496–502

B

Baby, **130–144**, **240–245**, **252–267**
Also see Heartbeat (baby); Position of the baby; Signs (baby)

ART for, **499**
 breaking collar bone, **213**
 breathing, checking, **241**, **254**, **262**
 caring for, during 3rd stage, **240–245**
 checking after birth, **213**, **240–245**, **252–267**
 checking in womb, **130–144**
 chlamydia and, **324**
 clearing nose and mouth, **208–209**, **213–214**
 color, **244–245**, **266**, **279**
 crowning during 2nd stage, **197**
 disabilities present at birth **45**, **46**, **95**, **266–267**
 early birth, **83**, **88**, **94**, **221**, **292**
 feeling inside the womb, **87**
 first hours after birth, **252–267**
 first weeks after birth, **274–279**
 general appearance, **253–254**
 gonorrhea and, **324**
 heart sounds, **262**
 helping breastfeed, **245**
 HIV and, **101**, **276**, **499**
 holding when breastfeeding, **282–283**
 how it grows in pregnancy, **30**
 how it moves through the vagina, **197–198**
 keeping warm and dry, **240**, **255**
 kicking and other movements, **80**, **87**, **134**, **138**
 large, **254**, **258**
 large in past birth, **94**, **115**
 length, **259**
 measuring the womb, **90**, **130–135**
 medical help for sick babies, **441**
 model for teaching about pregnancy, **463**, **464**
 muscle tone, **244**
 oxygen for, **241**
 position of, **135–144**, **170–171**, **190–191**, **215–219**
 reflexes, **244**

- rescue breathing, 242–243
 shoulders, delivering, 210–213
 sick or dead in past birth, 95
 small, 221, 254, 256–257, 292
 small in past birth, 94
 weight, 256–258
- Back**
 checking baby's, 265
 lower back deformity in mother, 97
 lying on during labor, avoiding, 162, 200
 pains, 80, 113–114
- Bacterial vaginosis (BV or gardnerella), 328**
- Bag of waters, 174–177**
 baby floating in, 30
 breaking as sign of labor starting, 151
 breaks early, medical help needed for, 106
 checking if broken, 174
 color of waters, 174–175, 208
 pelvic exam and, 374
 stool in waters, 174–175, 209, 213
 time between labor start and breaking of, 175–176
 tool for breaking, 439
 too little water, 134
 too much water, 133
- Baking, sterilizing tools by, 61**
- Barbiturates, 46**
- BCG vaccination, 267**
- Beam scale, homemade, 449–450**
- Beans, 35, 41**
- Bed nets, 98**
- Bedding, 58, 98, 163**
- Beliefs, harmful, 39–40**
- Belly**
 baby drops lower in, 149
 checking baby's, 263
 cleaning after birth, 247
 cramps in early pregnancy, 79
 growing larger, 86
 nausea (morning sickness), 73–74, 86, 110–111
 pain severe in, 109
 pain sudden, 79
 pain, sudden, steady, and severe, 125
 pain, warning signs versus healthy signs, 113–114
 pressure to stop bleeding after birth, 237
 pushing on, avoiding during birth, 205
 strap, 80
- Bilirubin, 279**
- Bimanual (2-hand) pelvic exam, 373, 387–390**
- Birth. See Labor and birth**
- Birth box (model for teaching), 465**
- Birth by operation. See Cesarean surgery**
- Birth control. See Family planning**
- Birth control pills, 307–308**
- Birth of the placenta (stage 3 of labor), 223–245**
Also see Labor and birth; Signs (mother in labor, birth, and after)
 “active management” of, 225
 baby has breathing problems, 240–241
 baby not breathing, 241–243
 bleeding after placenta is born, 236–239
 bleeding before placenta is born, 226
 bleeding, dangers of, 224–239
 caring for the baby, 240–245
 checking the baby's health, 240–245
 checking the physical signs of mother, 223
 checking the placenta and cord, 233–234
 death of baby and, 243
 guiding the placenta out by the cord, 228–229
 helping the mother push, 227–231
 helping the womb contract after, 224, 236–238
 if no helper is available, 223
 medicines for, 224, 225, 228, 231, 233, 237
 overview, 146, 157
 piece of placenta left inside womb, 234–235
 rubbing the womb after, 224, 236
 shock (signs and treatment), 239
 signs that the placenta has separated, 226–227
 taking out the placenta by hand, 230–231
 torn vagina, 239
 womb comes out with the placenta, 232–233
- Birth pants (model for teaching), 461**
- Bladder infection, 128–129**
 caring for, 129
 fever from, 120
 labor and, 179
 pregnancy problems and, 97
 preventing, 129
 signs of, 77, 128
- Bleach**
 disinfecting solution using, 57, 59
 never mixing with ammonia, 57
 for disinfecting tools, 64
 washing floor with, 57
- Bleeding**
Also see Blood; Monthly bleeding (menstruation)
 after abortion or miscarriage, 410, 416–418
 after birth, 224–239
 after female genital cutting (circumcision), 368
 after placenta is born, 236–239
 bladder of mother full and, 352
 blood pressure drops during labor and, 180
 with constant pain, late in pregnancy, 114
 with cramps during first 6 months, 112
 detached placenta (abruption) and, 114, 180, 184, 205, 219, 354
 during labor, 183, 205
 in early pregnancy, 79
 episiotomy and, 354
 first weeks after birth, 270
 gums, 117
 heavy, after abortion or miscarriage, 410, 416–418
 heavy, before placenta is born, 226
 heavy, in past pregnancies, 95
 heavy, medical help needed for, 106
 heavy, preventing after birth, 248
 high blood pressure and, 122
 IV for blood loss, 350–351
 with no pain, 112, 183
 show (mucus tinged with blood), 150–151
 spotting, 79, 112
 swollen veins around genitals and, 76
 torn vagina, 239
 twins and, 219, 220, 221
 from vagina (warning sign), 109, 112, 183
 warning signs versus healthy signs, 112
- Blindness**
 genital herpes and, 332
 preventing in baby, 260–261, 324
- Blood**
Also see Bleeding
 disposing of, 67
 as food, 42
 germs in, 49, 50
 HIV spread and, 334
 loss, IV for, 350–351
 preventing infection from, 50, 51
 transfusion (giving through an IV), 440
 in urine, 128

Blood blister (hematoma)

- in baby's head, 260
- in vagina after birth, 248–249

Blood clot in leg (warning signs), 81, 273**Blood pressure**

- Also see* High blood pressure
- checking during labor, 180–182
- checking during pregnancy, 122–124
- drops during labor, 180
- equipment, 122
- goes up during labor, 180–181
- shock and drop in, 239
- warning signs, 122, 180–181

Blood sugar disease. *See* Diabetes (blood sugar disease)**Blood tests**

- for anemia, 116
- for diabetes, 115
- lab tests, 438

Blue color (baby), 244–245, 266**Blurred vision (warning sign), 109, 125****Body changes in pregnancy.**

- See* Changes in pregnancy

Body wastes, disposing of, 67**Boiling**

- disinfecting tools by, 62
- gloves, 66

Bones, pelvic. *See* Pelvis; Pubic bone**Bottle feeding**

- Also see* Breastfeeding
- breastfeeding hampered by, 286
- breastfeeding versus, 41
- dangers of, 276, 281
- with formula made from animal milk, 295
- with formula, safety and, 294, 295
- with milk removed from breasts, 286

Bowels

- Also see* Stool
- constipation, 36, 76–77
- enemas, avoiding during pregnancy, 77
- piles (hemorrhoids), 77

Brain infection (meningitis) in baby, 278**Breaking baby's collar bone, 213****Breaking of waters**

- checking if broken, 174
- color of waters, 174–175
- early, medical help needed for, 106
- pelvic exam and, 374
- as sign of labor starting, 151
- stool in waters, 174–175
- time between labor start and, 175–176
- tools at hospitals or medical centers, 439

Breastfeeding, 281–295

- Also see* Bottle feeding
- advantages of, 281
- alternatives to, 294–295
- antibiotics and, 475
- breast infection (mastitis), 289
- cleft lip or cleft palate and, 261
- colostrum (first milk), 72, 245, 283
- common difficulties, 286–291
- during pregnancy, 292
- early baby and, 292
- eating during, 283
- to encourage labor for second twin, 220
- encouraging the baby, 275
- engorged (swollen) breasts and, 288
- extra food needed for, 34
- family planning and, 301, 306, 312
- fear of not having enough milk, 286–287, 306
- feeding milk that has been removed, 286
- flat or inverted nipples and, 287
- fortified milks versus, 41
- gas pains (colic) in baby, 291
- helping after birth, 252
- helping the baby, 245
- to help the womb contract, 236
- HIV and, 287, 293–294
- HIV spread and, 293
- how to breastfeed, 282–283
- how to hold the baby, 282
- large baby and, 254, 258
- medicines and, 45, 292, 467, 475
- nipples cracked or sore, 290
- nutrition provided by, 41
- painful lump (abscess) in breast, 288
- heating breast milk to kill HIV, 294
- removing milk from breasts, 284–285
- saving milk, 285
- sharing breast milk, 286
- sick mother and, 292
- small baby and, 254, 257, 292
- things to avoid during, 45–47
- thrush (yeast infection), 290
- twins and, 291
- weak baby and, 254
- when to feed, 282
- work outside the home and, 284–286

Breasts

- growing larger, 87
- infection (mastitis), 289
- leaking, 76
- painful lump (abscess) in, 288
- removing milk from, 284–285
- swollen (engorged), 76, 288

Breathing (baby)

- checking, 241, 254, 262
- clearing baby's nose and mouth, 208–210
- not breathing, 241–243
- rate, checking, 254
- rescue breathing, 242–243
- signs of problems, 241, 254, 262

Breathing (mother)

- difficulty, anemia and, 116
- fast and deep, 159
- shortness of breath, 78, 103, 114
- in stage 1 (opening), 170
- in stage 2 (pushing), 201

Breech baby (bottom down), 215–219

- checking for, 137–138
- complete breech (folded legs), 215, 216–218
- dangers of breech births, 215
- dangers of turning, 369
- delivering complete or frank breech, 216–218
- delivering footling breech, 218–219
- difficulty of childbirth and, 137
- footling breech (feet first), 215, 218–219
- frank breech (straight legs), 215, 216–218
- getting the baby to turn, 142
- home birth and, 143
- medical help needed for, 190, 215, 218
- turning, 369–371
- twins and, 219
- what to do about, 142–143

Bulb syringe, 66, 209, 214**Burning plastic wastes, avoiding, 68****Burning sensations**

- in feet, 117
- in stomach or between breasts (heartburn), 74–75
- while urinating, 77, 128
- in vagina, 77

Burying wastes, 67–69, 235**Buttocks down position.** *See* Breech baby (bottom down)**BV (bacterial vaginosis or gardnerella), 328****Calcium, 37–38, 74, 81****Calculator for due date, 531****Calendar for figuring due date, 88–89****Cancer**

- of the cervix, 379, 380, 383
- Pap test for, 379, 381–383
- preventive treatment, 384–386
- vinegar test for, 379, 380, 384–385

Candida. *See* Yeast infection

- Cannulas.** *See* Manual vacuum aspiration (MVA)
- Capsules.** *See* Medicines
- Caput on baby's head,** 260
- Carbohydrates (main foods),** 34, 35
- Carbon dioxide,** 384
- Care in pregnancy.** *See* Health care in pregnancy
- Cars or transportation,** 10, 106–107, 164, 442
- Castor oil drink for starting labor,** 343
- Catheters,** 249, 356–357
- Causes of health problems**
finding, 13–15
root causes, 21–25
- CD4 test,** 496
- Cephalosporins,** 475
- Cervix**
Also see Opening (stage 1 of labor)
abnormal cells, 379, 380, 383, 384–386
bimanual (2-hand) exam, 387–390
cancer of, 383
cryotherapy, 384–386
illustrated, 28
mucus plugging, 28, 150, 155
numbing during MVA, 428
opening (stage 1 of labor), 146, 155–156, 167–193
Pap test for cancer or pre-cancer, 379, 381–383
placenta covering (placenta previa), 112, 183, 374
pushing before fully open, avoiding, 186, 196
size when ready for birth, 156
softening of, 155
speculum exam, 377–379
vinegar test for cancer or pre-cancer, 379, 380, 384–385
visible at vaginal opening after birth, 249
- Cesarean surgery (birth by operation)**
dangers of, 440
described, 96
HIV and, 440
need for, 136, 141, 142, 143, 177, 191, 440
overuse of, 440
in past birth, 96
- Chalk cravings,** 74
- Chancroid,** 330, 331
- Change of life (menopause),** 31, 86
- Changes in pregnancy.** 73–83
discomforts and pains, 76–81
in eating and digestion, 73–75
feelings and emotions, 82–83
how the baby grows, 30
how women get pregnant, 29
sexual and reproductive parts, 27–28
in sleeping, 75
- Checkups.** *See* Prenatal checkups; Tests
- Chemicals**
Also see Drugs; Medicines
avoiding during pregnancy or breastfeeding, 47
infertility and, 31
for disinfecting equipment, 63–64
too dangerous to use, 64
- Chicken,** 42
- Children, number of,** 90–91
- Chlamydia,** 50, 323–325
- Chlorine bleach.** *See* Bleach
- Cholera,** 50
- Chromic gut sutures,** 358
- Cigarettes.** *See* Tobacco
- Circumcision (female).**
See Female genital cutting (circumcision or FGC)
- Circumcision (male),** 264
- Clamping the cord,** 214. *Also see* Cutting the cord
- Clap, the (gonorrhea),** 50, 323–325
- Clay cravings,** 74
- Cleanliness**
Also see Sterilizing equipment
before and during birth, 153, 168
cleaning bedding, 58
cleaning mother after birth, 247
cleaning the space, 57, 150
cord stump and, 215
during pregnancy, 42–43
first weeks after birth, 269
for preventing infection, 52
tooth and mouth care, 43
underpadding for birth on floor, 58
washing hands, 53–54, 153, 168
- Cleft lip or cleft palate,** 261–262
- Clinics.** *See* Hospital or medical center
- Clitoris,** 27, 376
- Cloth models for teaching**
vagina, 456–457
womb, 454–455, 459–461
- Clot in leg (warning signs),** 81, 273
- Cocaine,** 46
- Coffee,** 31, 81
- Colic (gas pains),** 291
- Collar bone, breaking baby's,** 213
- Color (baby),** 244–245, 266, 279
- Color (mother)**
dark patches on skin (mask of pregnancy), 79
legs red, 273
pale inside of eyelids, fingernails, and gums, 116
pale, shock and, 239
purple line between buttocks, 195
purple spots on skin, 79
waters, 174–175, 208
- Colostrum (first milk),** 76, 245, 283
- Combination medicines, avoid,** 468
- Community**
Also see Family; Partners
changes to prevent health problems, 23–25
family planning and, 318–319
helper for birth, 151
people who affect a woman's health, 8–9
preventing unsafe abortions, 419
rituals and practices honoring pregnancy, 44
sexually transmitted infections (STIs) and, 337
sharing what you know with, 4–6
transport plan for medical help, 10, 106–107, 164, 442
women's health affected by, 8–9
working together to save lives, 10
- Complete breech (folded legs),** 215, 216–218. *Also see* Breech baby (bottom down)
- Condoms**
for family planning, 301, 302–303
for sex during pregnancy, 83
HIV and, 101, 334
internal (female) 301, 302, 303
using, 303
- Confidentiality,** 7, 100
- Constipation**
defined, 76
during pregnancy, 76–77
enemas for, avoiding during pregnancy, 76
from iron pills, 36
laxatives or purgatives for, avoiding, 77
piles (hemorrhoids) and, 77
preventing or treating, 76
- Contraceptives,** 298–319, 393–403, 494–495
- Contraceptive sponge method of family planning,** 317
- Contractions**
Also see Cramps (womb); Labor and birth; Pushing (stage 2 of labor)
cervix opened by, 156
easing pain of, 169–170, 187–188, 193
pain between, 184
practice contractions, 150, 155
resting between, 161
signs that stage 2 is near or starting, 195
in stage 1 of labor, 167
stronger and more frequent, 149–150
supporting the mother, 169–170
- Conversation.** *See* Talking

Convulsions

- dangers of, 181
- during labor, 181–182
- medicines for, 181–182
- in past pregnancies, 93
- pre-eclampsia and, 20, 93, 125–127, 181–182
- what to do during, 181

Copper T IUD. *See* Intrauterine devices (IUDs)

Copying patterns for models, 451
Cord

- around baby's neck, 209
- baby's pulse in, 139, 177
- breech baby and, 216, 218
- caring for baby's stump, 277
- checking the end of, 234
- coming in front of baby (prolapsed), 176–177, 208, 218, 219, 354
- guiding the placenta out by, 228–229
- how to cut, 214–215
- illustrated, 30
- infection, signs in baby, 277
- model for teaching about pregnancy, 462–463, 464
- pulling on, dangers of, 228
- pulse lacking in, 177
- razor blades for cutting, 65
- signs that the placenta has separated, 227
- stump, keeping clean and dry, 215
- twins and, 220
- when to cut, 157, 214

Cotrimoxazole, for people with HIV, 100, 335, 482

Cracked nipples, 290**Cramps in legs, 80–81****Cramps (womb)**

- Also see* Contractions
- after cryotherapy, 386
- bleeding with, during first 6 months, 112
- in early pregnancy, 79
- warning signs, 79, 112, 113

Cravings for foods, 74**Creams.** *See* Medicines

Cretinism. *See* Hypothyroidism

Crowning, 197**Crying during pregnancy, 82****Cryotherapy, 384–386**

- Cryoprobe, 384–386
- thermal ablation and, 386

C-section. *See* Cesarean surgery (birth by operation)

Cutting the cord

- Also see* Cord
- around baby's neck, 210
- how to cut, 214–215

- razor blades for, 65
- stump, keeping clean and dry, 215
- twins and, 220
- when to cut, 157, 214

Cutting the opening of the vagina.

See Episiotomy (cutting the vaginal opening)

D

Dalkon Shield, 403

D&E, 92. *Also see* Abortion

Dark patches on skin, 79

Date birth expected. *See* Due date

Death of baby

- helping the mother and family, 135, 243
- in past pregnancies, 95, 115
- rubella (German measles) and, 45
- womb growing too slowly and, 134–135

Deformity

- disabilities present at birth, 45, 46, 95, 266–267
- of mother's hips or lower back, 97

Dehydration

- after birth, 251
- bottle feeding and, 275
- defined, 159
- drinking during labor, 159–160
- helping baby, 275
- if mother cannot drink, 159
- rehydration drink, 159–160
- warning signs (baby), 275
- warning signs (mother), 111, 120, 159, 178

Delayed labor. *See* Encouraging labor; Late labor

Delivering

- Also see* Birth of the placenta (stage 3 of labor); Labor and birth; Opening (stage 1 of labor); Pushing (stage 2 of labor)
- baby's body and giving baby to mother, 214
- breech baby (complete or frank), 216–218
- breech baby (footling), 218–219
- shoulders of baby, 211–213
- twins, 219–221

Dental care, 43

Depression, 82, 95, 121, 251, 274

Detached placenta (abruption)

- during pregnancy, 114
- episiotomy and, 354–355
- home birth and, 205
- medical help needed for, 114, 184, 205
- pre-eclampsia and, 180
- pushing on mother's belly and, 205

- signs of, 114, 184, 205
- twins and, 219

Diabetes (blood sugar disease)

- helping a woman with, 115
- in a baby, 254, 258
- infertility and, 31
- in past pregnancies, 93
- pregnancy problems and, 97
- test for, 115
- warning signs, 93, 115, 133

Diaphragms, 301, 304

Diarrhea (loose stool)

- before labor, 150
- bottle feeding and, 275
- from castor oil drink, 343
- germs and, 50
- vomiting with, 111

Diet. *See* Bottle feeding; Breastfeeding; Eating and food

Dilation and curettage, 92. *Also see* Abortion

Dilation of cervix. *See* Opening (stage 1 of labor)

Dirt. *See* Cleanliness

Dirt cravings, 74**Disabilities**

- affecting thinking or the brain, 45, 46
- alcohol drinking by mother and, 46
- helping parents of children with, 266–267
- medicines and, 45
- present at birth, 45, 46, 95, 266–267
- rubella (German measles) and, 45

Disabilities present at birth, 266–267

- alcohol drinking by mother and, 46
- causes of, 267
- checking baby for, 266
- helping parents of children with, 266–267
- medicines and, 45
- in past pregnancies, 95
- rubella (German measles) and, 45, 95

Disabled Village Children, 267

Discharge (wetness from vagina)

- abnormal, 323
- during pregnancy, 77
- germs in, 50
- sexually transmitted infections (STIs), 323–328
- show versus, 151
- yeast infection, 115, 326–327

Disease. *See* Illness; Infections; *specific diseases*

Disinfecting equipment

- Also see* Cleanliness
- by boiling, 62
- chemicals for, 63–64
- defined, 59
- gloves, 66

- infection prevented by, 51
- items requiring disinfection, 59
- mucus bulb (bulb syringe), 66
- by steaming, 62–63
- storing tools and supplies, 60
- tools, 59–64
- Disposing of wastes safely, 67–69**
- Dizziness**
 - late in pregnancy, 81
 - shock and, 239
 - as warning sign, 81, 109, 116
- Doctors**
 - Also see* Hospital or medical center
 - baby taken from mother by, 240
 - bag of waters broken by, 439
 - cesarean surgery overused by, 440
 - checking baby with 2-vessel cord, 234
 - nutritional advice from, 250
 - unnecessary practices by, 437, 445
 - working with, 442–444
- Dopplers, 438**
- Double vision, 125**
- Dreams, strange, 82**
- Drinking alcohol**
 - avoiding during pregnancy or breastfeeding, 46
 - infertility and, 31
 - small baby and, 134
- Drinking liquids. See** Water and liquids
- Drip, the (gonorrhea), 50, 323–325**
- Drops. See** Medicines
- Drug resistance, 468**
- Drugs**
 - Also see* Medicines
 - avoiding during pregnancy or breastfeeding, 46
 - small baby and, 134
- Due date**
 - Also see* Early birth
 - delayed labor, 88
 - predicting, 88–89, 130, 133
 - tool for calculating, 531
- Duration of pregnancy. See** Length of pregnancy

E

- Early birth, 221**
 - Also see* Small baby
 - breastfeeding and, 292
 - medical help needed for, 221
 - more than 5 weeks early, 221
 - not starting after breaking of waters, 176
 - in past pregnancies, 94
 - safe range, 88
 - sex during pregnancy and, 83
 - twins and, 219
- Early end to pregnancy. See** Abortion; Miscarriage
- Ears**
 - checking baby's, 260
 - cleft lip or cleft palate and infections, 262
- Eating and food, 33–42, 73–75**
 - Also see* Bottle feeding; Breastfeeding; Water and liquids
 - after birth, 250
 - avoiding foods, dangers of, 40
 - bladder infection and, 129
 - breastfeeding and, 283
 - calcium-containing foods, 38
 - changes during pregnancy, 73–75
 - cooking food, 35, 36, 39, 42
 - cravings for foods, 74
 - during labor, 160
 - eating enough, 33, 34, 39
 - eating well with little money, 41–42
 - feeding men first, 9
 - first weeks after birth, 269
 - folic acid-containing foods, 37
 - girls' needs equal to boys', 22, 39
 - glow foods (vitamins and minerals), 34, 35, 36–39
 - go foods (fats, oils, and sugar), 34, 35
 - grow foods (proteins), 34, 35, 250
 - for a healthy pregnancy, 33–42
 - high blood pressure and, 124–125
 - ideas affecting health, 39–40
 - iodine-containing foods, 38
 - iron-containing foods, 36
 - main foods (carbohydrates), 34, 35
 - nausea and food dislikes, 73–74
 - packaged and processed foods, 39
 - poor nutrition, 33, 117, 134
 - talking to women about food, 34–39
 - tooth protection and diet, 43
 - variety of foods, 33, 34–35, 40
 - vitamin A-containing foods, 39
 - vitamins and minerals to eat every day, 36–39
 - womb growing too slowly and, 134
 - women's needs equal to men's, 9
- Eclampsia. See** Convulsions
- Edema. See** Swelling
- Education. See** Learning by midwives; Teaching
- Egg (human), 29**
- Eggs (fowl), 42**
- Emergencies**
 - Also see* Hospital or medical center; Medical help; Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after)
 - from abortion or miscarriage, 410–418
- being ready for, in labor and birth, 163–164
- contraception for, 316
- from female genital cutting (circumcision or FGC), 368–369
- tools at hospitals or medical centers, 438–440
- working with hospitals and doctors, 442–445
- Emergency contraception, 316**
- Emotions and feelings**
 - Also see specific feelings*
 - after birth, giving support for, 274
 - anger or irritability, 82
 - changes during pregnancy, 82–83
 - death of baby and, 135, 243
 - depression, 82, 95, 121, 274
 - difficulty sleeping and, 75
 - menopause and, 31
 - mother not interested in her baby, 251
 - pelvic exam and, 375
 - signs of labor starting soon, 150
 - support after early end to pregnancy, 407–408
 - worry and fear, 82
- Emptying the womb. See** Manual vacuum aspiration (MVA)
- Encouraging labor, 191–193, 341–344**
 - Also see* Long labor
 - avoiding, if medical help needed, 191
 - castor oil drink for, 343
 - dangers of methods for, 341
 - enemas for, 342–343
 - medicines for, 175, 191, 341
 - plant medicines for, 344
 - second baby of twins and, 220, 221
 - signs of need for, 341
 - things to avoid, 191, 205
 - time after breaking of waters and, 175–176
- Ending pregnancy. See** Abortion; Miscarriage
- Enemas (giving rectal fluids)**
 - avoiding during pregnancy, 77
 - dangers of, 342
 - for starting labor, 342–343
 - uses for, 342
- Energy**
 - Also see* Anemia; Weakness
 - foods for, 35
 - sleepiness during pregnancy, 75, 86
 - tiredness, 93, 116, 159
- Engorged breasts, 76, 288**
- Enjoyment**
 - of pregnancy, 44
 - working for, 11

Episiotomy (cutting the vaginal opening), 354–355

- circumcision scar and, 206, 354
- dangers of, 354
- how to do, 354–355
- sewing after, 358–366
- times when necessary, 354

Equipment. *See* Disinfecting equipment; Sterilizing equipment; Tools and supplies

Ergometrine

- dangers if placenta not born yet, 224
- to empty the womb after
 - incomplete abortion, 412
- to help the womb contract, 224
- to stop bleeding from the womb, 231, 232, 237

Estrogen, women who should not use, 306

Ethanol. *See* Alcohol (medical)

Ethyl alcohol

- alcohol and glycerine hand cleaner, 54
- soaking thermometers in, 65

Examinations. *See* Prenatal checkups

Exercise during pregnancy, 43–44

Exercises

- angry cat, 80
- squeezing (Kegels), 44

Eyes

- blurred vision (mother), 109, 125
- checking baby's, 260
- chlamydia or gonorrhea and (baby), 324
- color (baby), 279
- double vision (mother), 125
- genital herpes and, 332
- preventing blindness (baby), 260–261, 324
- sunken (mother), 159

F**Face**

- baby coming face first, 190
- swollen in mother (warning sign), 76, 81, 126, 127

Factory chemicals, 47

Fainting or faintness

- after birth, 226
- during pregnancy, 116
- shock and, 239

Family

- Also see* Community; Partners
- abusive partners, 105
- answering questions of, 267
- feeding first, 39
- food advice from, 250
- helper for birth, 151

as people who affect a woman's health, 8–9

- permission for care from, 107
- support from, 105–106
- time alone after birth, 252
- women's health affected by, 8–9

Family planning

Also see specific methods

- choosing a method, 300–317
- community and, 318–319
- emergency contraception, 316
- helping women have more choices, 299
- manual vacuum aspiration (MVA) and, 435
- methods that do not work, 318
- reasons for, 299

Fast heartbeat (baby), 173, 184, 243, 255

Fast pulse (mother)

- problems indicated by, 121, 178
- as sign of anemia, 116
- as sign of dehydration, 159
- as sign of infection, 251
- as sign of shock, 239

Fats (go foods), 34, 35

FGC. *See* Female genital cutting (circumcision or FGC)

Fear

- during pregnancy, 82
- of not having enough milk, 286–287
- pelvic exam and, 375

Feeding tube, 441

Feelings. *See* Emotions and feelings; *specific feelings*

Feet

- burning sensations or numbness, 117
- checking baby's, 265
- swollen, 76

Female genital cutting (circumcision or FGC)

- caring for woman after, 367–369
- cutting the scar, 206, 354–355, 367
- dangers of, 367
- emergency care for, 368–369
- repairing the cut, 367
- warning signs, 368

Fertility awareness (natural family planning), 312–315

- Mucus Method, 313
- other methods compared to, 301
- overview, 312–313
- Standard Days Method, 314–315

Fetoscope, 139, 438

Fever

- causes of, 120
- checking the baby's temperature, 255–256

checking the mother's temperature, 119, 178–179, 251

- dehydration and, 120, 159, 178
- during labor, 178–179
- hot feeling during pregnancy, 78
- in past pregnancies, 95
- pregnancy problems and, 97
- treating, 120

as warning sign (mother), 109, 119, 178

Fibroids, IUD dangers and, 394

Finger method for measuring the womb, 131–132

First few hours after birth, 247–267

Also see First weeks after birth

- answering family's questions, 267
- breathing rate of baby, 254
- checking body of baby, 256–267
- checking mother's genitals for tears and problems, 248–249
- checking physical signs of mother, 247
- cleaning mother's genitals, belly, and legs, 247
- cleaning up, 267
- examining the baby (overview), 252–253
- general appearance of baby, 253–254
- giving BCG immunizations (baby), 267
- heartbeat of baby, 255
- helping mother to eat and drink, 250
- helping mother to urinate, 249
- helping with breastfeeding, 252
- overview, 157
- preventing heavy bleeding (mother), 248
- recording baby's signs, 253
- temperature of baby, 255–256
- watching mother for infection, 251
- watching mother's feelings about her baby, 251
- what to do for the baby, 252–267
- what to do for the mother, 246–252

First weeks after birth, 269–279

Also see First few hours after birth

- baby not gaining weight or growing as expected, 276
- baby not urinating or passing stool in first day, 275
- caring for the baby's cord, 277
- color of baby's skin and eyes, 279
- dehydration (baby), 275
- giving emotional support, 274
- helping mother care for herself, 269
- leaking urine or stool (mother), 273

legs red, hard, swollen, or painful (mother), 273
 signs of infection (baby), 277–279
 vomit “shoots” out (baby), 276
 what to do for the baby, 274–279
 what to do for the mother, 269–274
 womb and bleeding, watching mother’s, 270
 womb infection, signs of, 271

Fish, 35, 42

Fistula (hole in the vagina)
 leaking urine or stool and, 273
 long labor and, 186
 in past pregnancies, 94
 preventing, 22, 273

Flat nipples, 287

Floor
 underpadding for birth on, 58
 washing, 57

Fluids. *See* Water and liquids

Folding scale, homemade, 449–450

Folic acid (folate), 37

Folk medicine, 17

Fontanels (soft spots in baby’s head), 259

Food. *See* Bottle feeding; Breastfeeding; Eating and food

Foot. *See* Feet

Footling breech (feet first), 215, 218–219. *Also see* Breech baby (bottom down)

Forceps, 142, 439

Foreskin. *See* Circumcision (male)

Forgetfulness during pregnancy, 83

Formaldehyde, 64

Formula. *See* Bottle feeding

Frank breech (straight legs), 215, 216–218. *Also see* Breech baby (bottom down)

Friends. *See* Community

Fruits, 35, 42

Fumes, 47

Fungus. *See* Yeast infection

G

Garbage dumps, 69

Gardnerella (BV or bacterial vaginosis), 328

Gas pains (colic), 291

Generic names of medicines, 471

Genital herpes, 331–332

Genitals
Also see Pelvic exam; Sexually transmitted infections (STIs); Vagina
 bulging during contractions, 195
 checking baby’s, 263–264
 checking mother’s after birth, 248–249

cleaning mother’s after birth, 247
 illustrated, 27, 376
 itching, 77, 326, 327, 328
 swollen veins around, 76
 torn during birth, 248

Genital ulcers (sore on genitals), 329–333
 avoiding sex if present, 329
 chancroid, 330, 331
 genital herpes, 331–332
 HPV (genital warts), 333, 380
 syphilis, 329–330

Genital warts (HPV), 333, 380

German measles (rubella), 45, 95

Germ
 defined, 49
 how they get into the body, 50
 infection caused by, 49–51
 keeping away, 52–56, 175
 sterilization and, 60

Getting up and down during pregnancy, 78

Girls’ need for food, 39

Gloves
 disinfecting, 66
 disposing of, 68
 how to put on sterile gloves, 55
 plastic bags as, 54
 for preventing infection, 51
 reusing, 66
 sterile packets of, 55, 65
 sterile, using, 54–55

Glow foods, 34, 35, 36–39. *Also see* Minerals; Vitamins

Glutaraldehydes, 64

Glycerine and alcohol hand cleaner, 54

Go foods (fats, oils, and sugar), 34, 35

Goiter, 38, 117

Gonorrhea (gono), 50, 323–325

Gourd model for womb, 458

Grains, 35, 42

Greed and medicine, 19

Grow foods (proteins), 34, 35, 250

Guarding the labor, 158

Guiding the labor, 159–163

Gums
 pale, 116
 sore or bleeding, 117

H

Hands
Also see Touching inside the vagina
 checking baby’s, 262
 swollen in mother (warning sign), 76, 81, 126, 127
 washing, 53–54, 153, 168

Hard stools. *See* Constipation

Harmful diet beliefs, 39–40

Headaches
 during pregnancy, 81
 migraines, 81
 as warning sign, 81, 109, 125

Head of baby
Also see Breech baby (bottom down)
 beginning to show in birth, 196–197
 caputs and hematomas, 260
 checking after birth, 259–260
 clearing nose and mouth, 208–210
 finding in pregnant mother, 137–138
 to one side in womb (asynclitic), 204
 shape, suture lines, fontanels, 259
 slowing the birth of, 207–208

Head up position. *See* Breech baby (bottom down)

Health care in pregnancy, 33–47
Also see Prenatal checkups
 cleanliness, 42–43
 eating well, 33–42
 exercise, 43–44
 illness during pregnancy, 97–101
 importance of, 70
 pregnancy health history, 85–107
 prenatal checkups, 108–145
 preventing infection, 49–69
 purposes of, 70
 record of prenatal care, 145
 sleep, rest, and relaxation, 44
 things to avoid, 45–47
 warning signs (medical help needed), 106, 109
 woman’s body in pregnancy, 27–30, 73–83
 for women with HIV, 100, 335

Health history, 85–107
 age, 90
 health problems at present, 97–101
 medicines she is taking, 103
 miscarriages or abortions, 91–92
 months pregnant and due date, 88–90
 number of previous babies, 90–91
 other things affecting pregnancy and birth, 104–107
 overview, 85
 past problems with pregnancy or birth, 93–96
 problems with medicines, 103
 signs of pregnancy, 86–87
 tetanus vaccinations, 102

Health workers. *See* Doctors; Midwives

Heartbeat (baby), 139–141, 172–173, 243
 checking after birth, 243, 255
 checking during labor, 172–173
 checking speed of, 141
 equipment for listening to, 139

- fast, 173, 184, 243, 255
 finding, 139
 finding baby's position by, 140, 172
 listening to, 139–141, 172
 listening to heart sounds, 262
 missing (molar pregnancy sign), 134
 pulse in cord, 139, 177
 quiet, 141
 as sign of pregnancy, 87
 slow, 141, 172–173, 177, 184, 208, 243, 255
 stopped, 134
 swishy sound, 139
 twins, 143–144
 warning signs versus healthy signs, 141, 172–173
- Heartbeat (mother).** *See* Pulse (mother)
- Heartburn,** 74–75
- Heart (meat),** 42
- Heart monitors,** 441
- Heart problems**
Also see High blood pressure
 pregnancy problems and, 97
 signs of, 78
- Heat.** *See* Fever; Temperature
- Hee breathing,** 170
- Helper for birth,** 151, 223
- Helping Children Who Are Blind,** 267
- Helping Children Who Are Deaf,** 267
- Helping Health Workers Learn,** 5, 41
- Hematoma (blood blister)**
 in baby's head, 260
 in vagina after birth, 248–249
- Hemorrhage.** *See* Bleeding
- Hemorrhoids (piles),** 77
- Hepatitis,** 336
 HIV and, 496
 immunization for hepatitis B, 267
 pregnancy problems and, 97, 336
 signs of hepatitis B, 336
 stopping spread of, 50, 51
 treating hepatitis B, 336
- Herbal supplements in health history,** 103
- Herbicides,** 47
- Heroin,** 46
- Herpes, genital,** 331–332
- High blood pressure**
 bleeding and, 231
 caring for, 124–125
 during labor, 180–181
 family planning and, 306
 late in pregnancy, with headaches, 81
 in past pregnancies, 93
 pre-eclampsia and, 125, 126, 180–182
 pregnancy problems and, 81, 97
 protein in the urine and, 125, 126, 180
- as warning sign, 122, 180
 womb growing too slowly and, 134
- Hips**
 checking baby's, 264–265
 deformity in mother, 97
 dislocated (baby), 265
- HIV, 99–101, 334–335**
Also see Sexually transmitted infections (STIs)
 AIDS, 99, 334
 breastfeeding and, 286, 293–294
 care for pregnant women with, 100
 CD4 test, 496
 cesarean surgery and, 440
 family planning methods and, 300–301
 germs and, 50, 51
 helping to stop, 101
 how it is spread, 101, 286, 334
 instrument birth and, 439
 medicines for, 100, 335, 496–502
 pregnancy and, 335
 pregnancy problems and, 97, 100
 PrEP, 99, 498
 preventing after accidental exposure or rape, 497
 preventing mother to child transmission of, 499
 protecting against, 99–101, 334
 signs of, 334
 spermicides and, 305
 tests for, 99, 101, 334
- Homemade equipment,** 447–450
 due date calculator, 531
 scales, 449–450
 stethoscopes, 449
 timers, 447–448
- Homemade teaching materials**
 basic methods for making, 451
 model of birth, 465
 model of pelvis, 452–453
 model of pregnancy, 458–464
 model of vagina, 456–457
 model of womb, 454–455
- Hookworm, anemia caused by,** 37
- Hormonal methods for family planning,** 305–310
 birth control pills, 307–308
 implants, 309
 injections, 309
 IUDs, 310–311
 other methods compared to, 301
 overview, 305–306
 side effects, 306
 women who should not use, 306
- Hospital or medical center**
 access to, 442–445
 anemia and birth in, 116
 baby taken from mother in, 240
- benefits and risks of, 16–17
 breech baby and, 142
 cleaning, 57, 58
 distance from care, 104
 infection danger and, 52
 lab tests, 438
 medicines from, 438
 midwives at, 444–445
 for pre-eclampsia treatment, 126, 127
 sonograms, dopplers, and X-rays at, 438
 tools for helping sick babies, 441
 tools for labor and birth emergencies, 439–440
 transfusion at, 440
 transport plan for getting there, 10, 106–107, 164, 442
 for twins' birth, 144
 types of help provided by, 437–441
 unnecessary practices and, 437, 445
- House conditions,** 104
- Household bleach.** *See* Bleach
- HPV (Human Papilloma Virus),** 333, 380
 and cancer of the cervix, 380
 genital warts, 333, 380
 test for, 380, 383
- Human Immune Deficiency Virus.** *See* HIV/AIDS
- Human Papilloma Virus.** *See* HPV
- Hurrying labor.** *See* Encouraging labor
- Husband.** *See* Partners
- Hydrogen peroxide**
 for disinfecting tools, 64
 washing floor with, 57
- Hypodermic syringes.** *See* Injections; Needles (hypodermic)
- Hypothyroidism,** 38, 117



Ideas about food, health and, 39–40 Illness

- Also see* Infections; Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after); *specific illnesses*
 breastfeeding by sick mother, 292
 keeping away from, during pregnancy, 45
 keeping sick people away from births, 50–51
 medical help needed for, 97
 medicines listed by, 476
 pregnancy health history, 97–101
- Immunizations.** *See* Vaccinations
- Implants for family planning,** 309–310
- Incomplete abortion,** 411–412, 421, 423
- Incubator,** 441

Indigestion. See Stomach problems
Inducing labor. See Encouraging labor
Infections

Also see Sexually transmitted infections (STIs)
 after abortion or miscarriage, **410, 413–415, 424**
 after birth, **251**
 in baby, **255, 256, 277–279**
 bacterial vaginosis (BV) or gardnerella, **328**
 basic rules for preventing, **52**
 bladder, **77, 97, 120, 128–129, 179**
 breast (mastitis), **289**
 chancroid, **330, 331**
 chlamydia, **50, 323–325**
 during labor, **178–179**
 from female genital cutting, **368–369**
 fever from, **120**
 germs and, **49–51**
 gonorrhea, **50, 323–325**
 hepatitis, **336**
 herpes, genital, **331–332**
 HIV and, **100**
 HPV (Human Papilloma Virus), **333, 379, 380, 383**
 IUD dangers for, **49, 394, 403**
 kidney, **97, 128–129, 179**
 labor not starting and signs of, **176**
 medical help needed for, **106**
 in past pregnancies, **95**
 pregnancy problems and, **97**
 preventing, **42, 49–69**
 preventing, for people with HIV, **100, 335, 496–497**
 rescue breathing and, **243**
 syphilis, **329–330**
 thrush (yeast infection), **290**
 trichomonas (trich), **326**
 urethra, **128, 129**
 vaginal, **272**
 womb, **120, 179, 185, 271, 399**
 yeast, **115, 290, 326–327**

Infertility, 30–31

Injectable contraceptives, 309

Injections, 345–349

Also see Medicines; Needles
 (hypodermic); Vaccinations
 allergic reactions to, **345**
 dangers of, **345**
 drawing up the medicine, **346–348**
 how to give, **346–349**
 infection danger and, **50, 51, 56, 345**
 numbing torn area before sewing, **360–361**
 numb the cervix during MVA, **428**
 times when helpful or necessary, **345**
 using ampules of medicine, **346, 347**

using liquid in a bottle, **346, 347**
 using only when necessary, **344**
 using powder in a bottle, **346, 348**
 vitamin, **42**
 where to inject, **348**

Injury inside the body (internal injury), 417

Insomnia, 75

Instrument birth, 439–440

Instruments. See disinfecting equipment; Sterilizing equipment; Tools and supplies

Intrauterine devices (IUDs), 392–403

advantages and disadvantages of, **394**
 after inserting, checking, **402–403**
 before inserting, explaining about, **396**
 before inserting, sterilizing tools, **396**
 before inserting, things to check, **395**
 before inserting, things to know, **393**
Dalkon Shield, 403
 dangers for some women, **394**
 described, **393**
 disadvantages and risks of, **311**
 for emergency contraception, **316**
 for family planning, **301, 310–311**
 helping a woman decide about, **394–395**
 hormones and, **311**
 infection from, **49, 394, 403**
 inserting, **396–402**
 loading the *Copper T* IUD, **397–398**
 removing, **403**
 tools for inserting, **396**
 warning signs, **311**

Intravenous solution (IV), 350–351

Inverted nipples, 287

Iodine, 38, 117

Iron, 36, 74, 116

Irritability during pregnancy, 82

Isopropyl alcohol

alcohol and glycerine hand cleaner, **54**
 soaking thermometers in, **65**
 for sterilizing tools, **64**
 washing floor with, **57**

Itching genitals, 77, 326, 327, 328

IUDs. See Intrauterine devices (IUDs)

IV (intravenous solution), 350–351

K

Kegels (squeezing exercise), 44

Kicking by baby

months pregnant and, **87**
 painful, **80**
 position of baby and, **138**
 as sign of pregnancy, **87**
 stopped, **80, 134**

Kidney infection, 128–129

labor and, **179**
 pregnancy problems and, **97**
 signs of, **128**
 treating, **129**

Kidney (meat), 42

Knots

4-layer, **364**
 square, **214**

L

Labor and birth

Also see Contractions; Encouraging labor; First few hours after birth; First weeks after birth; *specific stages of labor*
 baby does not fit through pelvis, **189, 204**
 baby not born after 1 or 2 hours of pushing, **203–205**
 baby stuck at shoulders, **210–212**
 basic pattern, **146**
 bladder of mother full and, **203, 352**
 bleeding during, **183, 205**
 caring for the mother during labor, **157–163, 169–170, 200–202**
 cesarean surgery (birth by operation), **96**
 changing bedding under mother, **163**
 changing position every hour in labor, **162**
 clearing baby's nose and mouth, **208–209, 213–214**
 cord around baby's neck, **209**
 dead baby and, **135, 243**
 delivering baby's body and giving baby to mother, **212**
 delivering baby's shoulders, **210–212**
 drinking during labor, **159–160**
 early birth, **83, 88, 94, 221, 292**
 eating during labor, **160**
 first few hours after birth, **157, 247–267**
 guarding the labor, **158**
 guiding the labor, **159–163**
 helper for, **151**
 helping the mother relax, **169–170**

- home methods for starting labor, 341–344
- keeping sick people away, 50–51
- late, 88
- long labor, 91, 94, 186–191
- not lying flat on back, 162, 200
- overview, 155–157
- pain, easing, 169–170, 187–188, 193
- in past pregnancies, 94
- pelvic exam and, 374
- preventing problems, 163
- record keeping, 164–165, 170
- resting between contractions, 161
- signs of labor starting soon, 149–151
- signs of stage 2 near or starting, 195
- slowing the birth of the head, 207–208
- speed of birth, watching, 202–205
- stage 1 (opening), 146, 155–156, 167–193
- stage 2 (pushing), 146, 156, 195–221
- stage 3 (birth of the placenta), 146, 157, 223–245
- supplies to have, 152–153
- supporting labor, 158, 169–170, 200–202
- swollen veins around genitals and, 76
- transport plan for medical help, 10, 106–107, 164, 442
- urinating during labor, 161
- vaginal exams during, 186, 339–340
- warning signs (medical help needed), 147, 163, 204–205
- when to go to birth, 151
- Labsticks**, 126
- Lab tests**, 379, 380, 438
- Large baby**, 258
- medical help needed for, 258
- in past pregnancies, 94, 115
- tired, weak, or sick, 254, 258
- Late labor**
- Also see* Encouraging labor
- described, 167
- long labor and, 189
- safe range, 88
- Laughter during pregnancy**, 82
- Laxatives, avoiding**, 77
- Leafy vegetables**, 36, 37, 39, 42
- Leaking breasts**, 76
- Learning by midwives**
- about medicines, 470
- before doing dangerous procedures, 21
- at hospitals, 444, 445
- as lifelong process, 1–2
- Legal concerns**
- for inserting IUDs, 393
- for manual vacuum aspiration (MVA), 421
- Legs**
- checking baby's, 264–265
- cleaning mother's after birth, 247
- clot, warning signs, 273
- constant pain in one leg, 81, 113
- cramps, 80–81
- pain in, 113–114
- red, hard, swollen, or painful (mother), 273
- relaxing when pushing, 201
- Legumes**, 35, 41
- Length of labor**. *See* Encouraging labor;
- Long labor
- Length of pregnancy**
- due date prediction, 88–89, 130, 133, 531
- early birth, 83, 88, 94, 221, 292
- figuring months or weeks pregnant, 88, 89, 90
- late labor, 167, 189
- length of healthy pregnancy, 88
- Lentils**, 35, 41
- Ligaments, pain in**, 79
- Light color**. *See* Pale color; White color
- Light labor**, 167, 188
- Limits, knowing yours**, 20–21
- Lips**
- cleft in baby, 261–262
- dry (mother), 159
- Liquids**. *See* Water and liquids
- Listening in pregnancy care**, 7, 70
- Liver disease**. *See* Hepatitis
- Liver (meat)**, 42
- Living conditions**, 104
- Loading the Copper T IUD**, 397–398
- Lockjaw**. *See* Tetanus (lockjaw)
- Long labor**, 186–191, 202–205
- Also see* Encouraging labor
- active labor, 188
- baby does not fit through pelvis, 189, 204
- baby in difficult or impossible position, 190–191, 204
- baby not born after 1 or 2 hours of pushing, 203–205
- bladder of mother full and, 203, 352
- exhaustion from, 188–189
- fear or tension and, 187–188
- late labor, 189
- light labor, 188
- medical help needed for, 106, 204–205
- number of previous babies and, 91
- in past pregnancies, 94
- position of mother and, 203
- problems from, 186
- twins and, 220
- watching the speed of birth, 202–205
- Loose stool**. *See* Diarrhea (loose stool)
- Lugol's iodine**, 38
- Lump (abscess) in breast**, 288
- Lung problems (baby)**
- chlamydia or gonorrhea and, 324
- infection (pneumonia), 278
- Lying down**
- Also see* Rest; Sleep
- during labor, changing position every hour, 162
- during labor, not flat on back, 162, 200
- during labor, on side, 200
- during pregnancy, 78

M

Macrolides, 475

Magnesium for leg cramps, 81

Main foods (carbohydrates), 34, 35

Maize, 35, 38

Malaria, 98–99

- anemia caused by, 37
- infertility and, 31
- labor and, 179
- miscarriage from, 91
- pregnancy problems and, 97
- preventing, 98–99
- rapid test for, 99
- treating, 98–99

Malnutrition. *See* Poor nutrition

Manual vacuum aspiration (MVA), 421–435

- before doing, things to know, 421
- cannula becomes clogged during, 433
- cannula comes out of womb during, 432
- checking on woman after, 434–435
- choosing a cannula, 429
- family planning and, 435
- getting ready, 423–425
- helping the woman be comfortable, 423–424
- how to do, 426–432
- infection danger and, 49
- injection to numb the cervix, 428
- overview, 421
- preventing infection, 424
- preventing pain, 423–424, 428
- problems that can be caused by, 434
- problems with, 432–434
- safety concerns, 92, 421, 422
- staying healthy after, 435
- sterilizing tools, 424–425
- syringe is full during, 431
- tools and supplies, 423–425
- uses for, 421
- vagus nerve and, 430
- warning signs versus healthy signs after, 434–435

- when to do, 422–423
womb is too big to empty, 434
- Mask of pregnancy**, 79
- Massage between contractions**, 169
- Mastitis (breast infection)**, 289
- Materials for teaching**. *See* Models for teaching
- Maternity center**. *See* Hospital or medical center
- Measles, German (rubella)**, 45, 95
- Measuring medicines**, 472–473
- Measuring the womb**, 130–135
for checking baby's growth, 130
cloth tape measure for, 132
determining months pregnant, 90, 130
for due date prediction, 130, 133
feeling the womb, 130–131
finger method for, 131–132
warning signs, 132–135
ways of measuring, 90, 130–132
womb growing too fast, 133–134
womb growing too slowly, 134–135
- Meat**, 35, 42
- Meconium (baby's first stool)**
defined, 174
in waters, 174–175, 209, 213
- Medical alcohol**. *See* Alcohol (medical)
- Medical center**. *See* Hospital or medical center
- Medical Mission Sisters**, 63
- Medical pregnancy test**, 87
- Medication abortion**, 92
- Medicines**, 466–501
Also see Injections; Vaccinations
specific medicines, 477–501
for allergic reactions, 469
allergic reactions to, 103, 469–470
amount to take, 464, 466, 472–473
antibiotics, 474–475
avoiding during pregnancy or breastfeeding, 45, 467
for bacterial vaginosis (BV or gardnerella), 328
benefits and risks of, 16
for birth of the placenta (stage 3), 224, 225, 228, 231, 233, 237
for bladder infection, 129
breastfeeding and, 292
for breast infection (mastitis), 289
for chancroid, 331
for chlamydia, 324, 325
choosing safe and helpful medicine, 19
combinations, avoiding, 468
dosage, 468, 470, 472–473
for emptying womb after incomplete abortion, 412
“families” of, 103
for fever, 119
forms of, 471
for genital herpes, 332
for gonorrhea, 324, 325
greed and, 19
health history, 103
to help the womb contract, 224
hepatitis B and, 336
for HIV and AIDS, 100, 335, 496–502
from hospitals or medical centers, 438
how to take safely, 468–470
for HPV (genital warts), 333
for infection after abortion or miscarriage, 414
for kidney infection, 129
knowing about, 470
listed by problem treated, 476
for malaria, 98–99
measuring, 472–473
for medical abortion, 92
for meningitis (brain infection), 279
for migraines during pregnancy, 81
names of, 471
non-Western systems, 17
for numbing torn area before sewing, 360
for pelvic inflammatory disease (PID), 325
plant medicines for starting labor, 344
for pneumonia (lung infection), 279
poisoning from, 470
for pre-eclampsia, 181–182
to prevent infection after birth of the placenta, 231, 233
for preventing pain during MVA, 423–424, 428
for sexually transmitted infections, 322
side effects, 468–469
signs of problems with, 468–470
for starting labor, 175, 191
to stop bleeding from the womb, 231, 237
for syphilis, 330
for tetanus (lockjaw), 278, 415
traditional medicine, 17, 474
for trichomonas (trich), 326
types of, 17–19, 474
Western medicine, 17, 18
when to take, 473–474
when to use, 467
for womb infection, 179
for yeast infection, 327
- Meningitis (brain infection) in baby**, 278
- Menopause (end of monthly bleeding)**, 31, 86
- Menstruation**. *See* Monthly bleeding
- Mercury**
in fish, 35
in thermometers, 119
- Midwives**, 1–11
emotional support after early end to pregnancy, 407–408
helping to stop HIV, 101
at hospitals, 444–445
knowing your limits, 20–21
learning lifelong for, 1–2
prenatal care and, 70–71
protecting yourself from infection, 56
sharing what you know, 3–6
supplies to have at birth, 152–153
unnecessary practices at hospitals and, 437, 445
working for the joy of it, 11
working to improve women's health, 8–10
working with hospitals and doctors, 442–445
- Migraine headaches**, 81
- Milk**. *See* Bottle feeding; Breastfeeding
- Minerals**
calcium, 37–38, 74, 81
to eat every day, 36–38
glow foods, 34, 35
iodine, 38, 117
iron, 36, 74, 116
magnesium, 81
potassium, 81
preventing leg cramps, 81
- Miscarriage**, 405–419
Also see Manual vacuum aspiration (MVA)
bleeding too much after, 410, 416–418
defined, 91
diabetes and, 93
emergency care for problems, 410–418
emotional support after, 407–408
finding care after, 405–407
helping a woman after, 405–419
history of, 91
HIV and, 100
infection after, 410, 413–415
IUD dangers after, 394
physical care after, 408–409
preventing, 91
problems from, 405–409
shock after, 413, 418
spotting during cramps and, 79
tetanus (lockjaw) after, 415
warning signs, 79, 112
warning signs versus healthy signs, 408

Misoprostol, 488

- to empty womb after
 - incomplete abortion, **412**
- to help the placenta come out, **224, 228**
- to stop bleeding from the womb, **231, 232, 234, 237**

Models for teaching

- baby, **463**
- basic methods for making, **451**
- birth, **465**
- cord, **462–463**
- pelvis, **452–453**
- placenta, **460–461**
- pregnancy, **458–464**
- sources for other teaching materials, **503–504**
- vagina, **456–457, 458**
- womb, **454–455, 458–461**

Molar pregnancy (tumor), 134**Money**

- eating well with little, **41–42**
- pregnancy problems and, **104**

Monthly bleeding (menstruation)

- and tests for cancer, **379**
- defined, **29**
- heavy, IUD and, **394**
- menopause and, **31**
- predicting due date using, **88–89, 133**
- stopped, as sign of pregnancy, **86**
- stopped, with birth control pills, **307**

Months pregnant, figuring, 88, 89, 90.

Also see Length of pregnancy

Moon, figuring due date by, 89**Morning sickness, 73–74, 86, 110–111.**

Also see Nausea

Mouth

- checking baby's, **261**
- cleft lip or cleft palate, **261–262**

Mouth care, 43**Movements by baby**

- months pregnant and, **87**
- painful kicking, **80**
- position of baby and, **138**
- as signs of pregnancy, **87**
- stopped, **80, 134**

Moving to encourage labor, 192**Mucus**

- plugging cervix, **28, 150, 155**
- show (mucus tinged with blood), **150–151**

Mucus bulb (bulb syringe), 66, 209**Mucus Method of fertility awareness, 313****Mumps, infertility and, 31****Muscle tone (baby), 244****MVA. See** Manual vacuum aspiration (MVA)**N****Nausea**

- Also see* Vomiting
- causes other than pregnancy, **86**
- drinking during labor and, **159**
- liquids easier to drink, **159**
- morning sickness, **73–74, 86, 110–111**
- warning signs versus healthy signs, **110–111**

Neck, checking baby's, 262**Needles for sewing tears, 56, 362, 366****Needles (hypodermic)**

- Also see* Injections
- caring for, **66–67**
- disposing of, **68, 69**
- drawing up medicine into, **346–348**
- HIV spread and, **334**
- preparing for injections, **346**
- reusable and disposable syringes, **66**
- safe handling of, **56**
- sterilizing, **66–67**
- used, dangers of, **349**

Newborn. See Baby; First few hours after birth; First weeks after birth**Nightmares, 82****Nipples**

- Also see* Breastfeeding
- during breastfeeding, **282**
- flat or inverted, **287**
- fluid leaking from, **76**
- sore or cracked, **290**
- stimulating to encourage labor, **192**
- thrush (yeast infection), **290**

Nitrazine papers, 174**Nitrous oxide, 384****Non-Western systems of medicine, 17****Nose, checking baby's, 261****Numbing**

- cervix during MVA, **428**
- torn area before sewing, **360–361**

Numbness of feet, 117**Nutrition. See** Bottle feeding;

Breastfeeding; Eating and food

Nuts, 35, 38**O****Observing in pregnancy care, 70****Ointments. See** Medicines**Opening of the vagina, enlarging. See** Episiotomy (cutting the vaginal opening)**Opening (stage 1 of labor), 167–193**

- Also see* Encouraging labor; Labor and birth; Signs (mother in labor, birth, and after)
- active labor, **167**
- baby does not fit through pelvis, **189**

baby's heartbeat, checking, 172–173**baby's position, checking, 170–171****baby's position, difficult or impossible, 190–191****bag of waters, 174–177****bleeding during labor, 183****blood pressure, checking mother's, 180–182****breathing by the mother, 170****convulsions during, 181–182****cord coming in front of baby**

(prolapsed), **176–177**

helping the mother relax, 169–170**keeping germs out of vagina, 175****labor patterns in, 168****late labor, 167****light labor, 167****long labor, 186–191****overview, 146, 155–156, 167–168****pain in the womb, 183–185****parts, 167****pre-eclampsia and, 180–182****pulse, checking mother's, 178****pushing, avoiding, 186, 196****signs for the midwife to check, 170–193****signs of progress, 185****size of fully open cervix, 156****sounds that are helpful, 169****temperature, checking mother's, 178–179****touching the mother, 169****vaginal exam, 186****when you first arrive, 168****Operation, birth by. See** Cesarean surgery (birth by operation)**Opium, 46****Organ meats, 42****Ovaries**

- bimanual (2-hand) exam, **390**
- illustrated, **28, 29**

Oxygen, giving to baby, 241, 441**Oxygen tent, 441****Oxytocin**

- in "active management" of stage 3, **225**
- to help the placenta come out, **224, 228**
- to help the womb contract, **236**
- not giving at home, **438**
- to stop bleeding from the womb, **230, 231, 232, 234**

P**Packaged foods, 39****Pain**

Also see Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after)

- baby kicking, 80
 - back, **80, 113–114**
 - belly, **79, 109, 113–114, 125**
 - changes and discomforts in pregnancy, **76–81**
 - between contractions, 184
 - easing during labor, 169–170, 187–188, 193
 - gas pains (colic) in baby, **291**
 - headaches, **81, 109**
 - joints, **79, 81**
 - legs, **113–114**
 - lower belly, 128
 - lump (abscess) in breast, **288**
 - in one leg, constant, **81, 113**
 - preventing during MVA, **423–424, 428**
 - stomach (heartburn), **74–75**
 - unusual pains during pregnancy, **81**
 - on urination, **77, 128**
 - vagina, after birth, **248–249**
 - warning signs versus healthy signs, **113–114**
 - in womb during labor, **183–185**
- Pains, labor.** *See* Contractions
- Palate, cleft,** **261–262**
- Pale color**
 - baby, **244–245, 266**
 - cord white after birth, 157
 - inside of eyelids, fingernails, and gums, 116
 - shock and, 239
- Panting,** 170, 201
- Pap test for cancer or pre-cancer,** 379, 381–383
- Paper mache models,** 451
- Paper pelvis model,** 452–453
- Parasites,** 37, 74, 86, 111, 118
- Partners**
 - abusive, 105
 - family planning and, 318
 - feeding first, 9
 - helper for birth, 151
 - for improving women's health, 9
 - as people who affect a woman's health, **8–9**
 - permission for care from, 107
 - sex during pregnancy and, 83
 - support from, 105, 106
 - women's health affected by, **8–9**
- Patterns.** *See* Models for teaching
- Peas,** 35, 41
- Peeing.** *See* Urinating
- Pelvic exam,** 373–390
 - asking about history before, 375
 - before the exam, **375–376**
 - bimanual (2-hand) exam, 373, **387–390**
 - making safe, **374–375**
 - Pap test for cancer or pre-cancer, 379, **381–383**
 - parts of, 373
 - speculum exam, 373, **377–383**
 - tools for, 376
 - uses for, 373
 - vinegar test for cancer or pre-cancer, 379, **380, 384–385**
 - visual exam, 373, **376**
 - when to do and not to do, **374**
- Pelvic inflammatory disease (PID),** 325, 384
- Pelvis**
 - Also see* Pelvic exam; Pubic bone
 - baby does not fit through, **189, 204**
 - baby moving down through, 137, **171**
 - baby stuck at shoulders, **211–213**
 - illustrated, 27
 - model for teaching about, **452–453**
 - not formed well in mother, 96
 - small, symphysiotomy for, **440**
 - squeezing exercise for (Kegels), 44
- Penicillins,** 475
- Penis**
 - Also see* Sexually transmitted infections (STIs)
 - baby's, 263, **264**
 - partner's, 29, 83
- People.** *See* Community; Family; Partners
- Pesticides,** 31, 47
- Pharmaceutical drugs.** *See* Medicines
- Physical discomforts during pregnancy,** 76–81
- Physicians.** *See* Doctors; Hospital or medical center
- PID (pelvic inflammatory disease),** 325, 384
- Piles (hemorrhoids),** 77
- Pills.** *See* Medicines
- "Pill, the,"** 307–308
- Placenta**
 - Also see* Birth of the placenta (stage 3 of labor)
 - birth of (stage 3 of labor), 146, **157, 223–245**
 - checking after birth, **233–234**
 - covering the cervix (placenta previa), 112, 183, 374
 - detached (abruption), **114, 180, 184, 205, 219, 354**
 - disposing of, 67, 235
 - guiding out by the cord, **228–229**
 - heavy bleeding before birth of, **226**
 - helping the mother push it out, **227–231**
 - helping the womb contract after birth of, 224, 231, **236–238**
 - illustrated, 30
 - model for teaching about, **460–461, 464**
 - piece left inside womb, **234–235**
 - problems in past pregnancies, 95
 - pushing on mother's belly and, **205**
 - separation from womb after birth, 157
 - signs of separation from womb, **226–227**
 - taking out by hand, **230–231**
 - womb comes out with, **232–233**
- Placenta previa,** 112, 183, 374
- Plant medicines for starting labor,** 344
- Plastic bags as gloves,** 54
- Plastic waste, safe disposal of,** 68
- Pneumonia (lung infection) in baby,** 278
- Poisoning from medicine,** 470
- Poisonous chemicals,** 47
- Polyvidone iodine,** 38
- Poor nutrition,** 33, 117, 134
- Position of the baby,** 135–144, 170–171, 190–191, 215–219
 - breech (bottom down), 137, 138, **142–143, 190, 215–219, 369–371**
 - checking early in labor, **170–171**
 - difficult or impossible position, **190–191, 204**
 - face first or forehead first, **190, 204**
 - facing back, **136, 171**
 - facing stomach (posterior), **136, 171, 190, 204**
 - feeling the mother's belly, **135–138**
 - finding by listening to heartbeat, **140**
 - finding the head, **137–138**
 - head to one side (asynclitic), **204**
 - heartbeat of baby and, **139–141**
 - kicking or other movements and, 138
 - medical help needed and, **190–191**
 - moving down through pelvis, **171**
 - recording, 140
 - sideways, **143, 191, 219, 220–221, 369, 371**
 - turning a breech or sideways baby, **369–371**
 - twins and, **219, 220–221**
 - vertical (up and down), **136**
 - warning signs versus healthy signs, **135**
- Position of the mother during birth**
 - baby stuck at shoulders and, **212**
 - changing every hour, **162**
 - delivering baby's shoulders and, **211**
 - good for pushing, 200

- letting her choose, 200
long labor and, 203
not lying flat on back, 162, 200
- Posters, making from slides, 451**
- Potassium for leg cramps, 81**
- Poverty.** *See* Money
- Practice contractions, 150, 155**
- Pre-cancer, 379–380**
- Pre-exposure Prophylaxis (PrEP), 99, 498**
- Pre-eclampsia**
caring for, 127
checking for, 126–127, 180
convulsions from, 93, 126, 181–182
during labor, 180–182
medical help needed for, 106, 125, 126, 127, 180–181
in past pregnancies, 93, 97
prevention of, 127
signs of, 76, 81, 122, 125–126, 180
- Pregnancy**
Also see Abortion; Family planning; Health care in pregnancy; Miscarriage; Prenatal checkups
age and, 90
antibiotics and, 475
breastfeeding during, 292
caring for body during, 42–44
changes and discomforts, 76–81
distance from care and, 104
due date, 88–89, 130, 133, 527
eating and digestion changes in, 73–75
eating well, 33–42
family support during, 105–107
feelings and emotions in, 82–83
figuring months or weeks pregnant, 88, 89, 90
harmful diet beliefs, 39–40
health history, 85–107
hepatitis B and, 336
herpes and, 332
HIV and, 335
how the baby grows, 30
how women get pregnant, 29
illness during, 97–101
living conditions and, 104, 104
mask of, 79
medicines and, 45, 103, 467, 475
menopause and, 31
model for teaching about, 458–464
molar (tumor), 134
money and, 104
number of previous babies and, 90–91
problems with medicines and, 103
problems with past pregnancies or births, 93–97
sex during, 83
sexual and reproductive parts, 27–28
signs of, 86–87
sleeping changes in, 75
syphilis and, 330
tetanus vaccination and, 102
things to avoid during, 45–47
transport plan for medical help, 10, 106–107, 164, 442
woman's body in, 27–30, 73–83
work and, 105
- Pregnancy health history.** *See* Health history
- Premature birth.** *See* Early birth
- Prenatal care.** *See* Health care in pregnancy
- Prenatal checkups, 109–145**
Also see Signs (baby); Signs (mother) during pregnancy
after the checkup, 144
checking the baby, 130–144
checking the mother's body, 116–129
importance of, 70–71
pregnancy health history, 85–107
record of prenatal care, 145
scheduling, 144
talking with the mother, 109–115
- Pressure steaming, sterilizing tools by, 61**
- Preventing**
Also see Family planning
abortions, unsafe, 419
anemia, 36
bladder infection, 129
blindness (baby), 260–261, 324
cancer of the cervix, 379, 383
constipation, 76
fistula (hole in the vagina), 22, 273
goiter, 38
health problems, community changes for, 23–25
heavy bleeding after birth, 248
HIV, 99–101, 335
infection, 42, 49–69
labor problems, 163
leg cramps, 81
malaria, 98
miscarriages, 91
pre-eclampsia, 127
sexually transmitted infections (STIs), 336–337
tears, 206–208, 356
tetanus (lockjaw), 102, 278, 415
yeast infection, 327
- Primaquine, 98**
- Privacy, 7**
- Processed foods, 39**
- Prolapsed cord (coming in front of baby)**
episiotomy for, 354–355
footling breech (feet first) and, 218
slowing birth not recommended for, 208
twins and, 219
watching for, 176–177
what to do about, 177
- Protective clothing for preventing infection, 56**
- Protein in the urine**
as bladder infection sign, 128
as pre-eclampsia sign, 125, 126–127, 180
- Proteins (grow foods), 34, 35, 250**
- Pubic bone**
Also see Pelvis
baby stuck at shoulders, 211–213
illustrated, 27
symphysiotomy (cutting in middle), 440
using to feel for baby's head, 137
- Pulling out (withdrawal) during sex, 301, 317**
- Pulse in cord, 139, 177.** *Also see* Heartbeat (baby)
- Pulse (mother)**
in belly, 139
checking during labor, 178
checking during pregnancy, 120–121
fast, 116, 121, 159, 178, 239, 251
shock and, 239
slow, 178
warning signs versus healthy signs, 120
- Purgatives, avoiding, 77**
- Purple color**
line between buttocks as stage 2 approaches, 195
spots on skin, 79
- Pus, draining from vaginal infection, 272**
- Pushing (stage 2 of labor), 195–221**
Also see Contractions; Encouraging labor; Labor and birth; Signs (mother in labor, birth, and after)
baby does not fit through pelvis, 204
baby not born after 1 or 2 hours of pushing, 203–205
baby stuck at shoulders, 211–213
bladder of mother full and, 203, 352
breathing by the mother, 201
checking physical signs of mother and baby, 199
clearing baby's nose and mouth, 208–210

cord around baby's neck, 210
 crowning, 197
 cutting the birth opening
 (episiotomy), 206, 354–355
 delivering baby's body and giving
 baby to mother, 214
 delivering the baby's shoulders,
 211–213
 head of baby begins to show,
 196–197
 helping the mother give birth,
 206–215
 helping the mother push, 201–202
 how the baby moves through the
 vagina, 197–198
 overview, 146, 156, 196–198
 position of the mother, 200
 safe birth, helping, 199–202
 signs that stage 2 is near or starting,
 195
 signs to watch for, 202–205
 slowing the birth of the head,
 207–208
 supporting the mother, 200–202
 supporting the vaginal opening, 206
 too early, before cervix is dilated,
 186, 196
 warm cloths around the vaginal
 opening, 207

Q

Quarter-circle scale, homemade, 450
Questions

Also see Talking
 about eating habits, 34
 answering family's questions, 267
 finding root causes of health
 problems, 21–22
 in pregnancy health history, 85–107
 in prenatal checkup, 109–115
 midwives asking “why”, 2, 21–22

R

Rashes

avoiding during pregnancy or
 breastfeeding, 45
 from medicine, 103
 poor nutrition and, 117

Razor blades, 65

Records

baby's position, 140
 baby's physical signs in first few
 hours, 253
 of labor, 164–165, 170
 prenatal care, 144–145
 womb measurement, 131, 132

Rectal fluids, giving, 342

Rectal sphincter, sewing, 366

Red color

baby, 266
 legs (mother), 273

Reflexes

baby, 244
 over-active (mother), 125

Rehydration drink, 159–160

Relaxation

Also see Rest
 between contractions, 161
 helping mother during labor,
 187–188

Removing

intrauterine devices (IUDs), 403
 milk from breasts, 284–285

Rescue breathing, 242–243

Respirator, 441

Rest

Also see Relaxation; Sleep; Tiredness
 between contractions, 161
 during pregnancy, 44
 first weeks after birth, 269
 getting up and down during
 pregnancy, 78
 heartburn and, 75
 for high blood pressure, 124
 sleepiness during pregnancy, 75, 86

Rh incompatibility, 508

Role playing, 4

Root causes of health problems

finding, 21–22
 making changes in community,
 23–25

Rubella (German measles), 45, 95

S

Salt, high blood pressure and, 125

Sand timers, 447–448

Scales

homemade, 449–450
 weighing baby using, 258

Scars

circumcision (female genital cutting),
 206, 354–355, 367–369
 on womb from abortion, 92
 on womb from cesarean surgery, 96

Schedules

prenatal checkups, 144
 signs to check during stage 1 of
 labor, 170
 tetanus vaccinations, 102

Seeds, 35, 37

Seeing. *See Eyes*

Seizures. *See Convulsions*

Semen. *See Sperm (semen)*

Sewing a tear or episiotomy, 356–366

general rules, 361
 getting ready, 359
 how to sew, 362–365

judging whether stitches are
 needed, 356–358

medical help needed for, 358

numbing the torn area, 360–361

preventing tears, 356

rectal sphincter, 366

safe handling of needles, 56

sewing within 12 hours, 358

testing for torn muscle around anus,
 357

tools for, 358–359

tying stitches, 364

Sex

*Also see Family planning; Sexually
 transmitted infections (STIs)*

abusive partners, 105

after birth, 269

during pregnancy, 83

HIV spread and, 334

pulling out (withdrawal) during, 301,
 317

that doesn't cause pregnancy, 301,
 312

Sexually transmitted infections (STIs)

Also see HIV

affecting whole body, 334–336

bacterial vaginosis (BV or

gardenella), 328

chancroid, 330, 331

chlamydia, 323–325

community and, 337

discharge (wetness from vagina),
 323–328

genital herpes, 331–332

germs and, 50

gonorrhea (gono), 50, 323–325

hepatitis B, 336

how they are passed, 322

HPV, 333, 380, 383

infertility and, 31

itching of the genitals, 328

IUD dangers and, 394

labor not starting after breaking of
 waters and, 176

miscarriage from, 91

overview, 321

pelvic inflammatory disease (PID),
 325

preventing, 336–337

sex during pregnancy and, 83

signs of, 321

sores on the genitals, 329–333

syphilis, 329–330

treating, 321, 322

trichomonas (trich), 326

yeast infection, 326–327

Shame, pelvic exam and, 375

Sharing knowledge

Also see Teaching
with the community, 4–6
with other health workers and
midwives, 3–4

Sharp wastes, disposing of, 67**Shit.** *See* Stool**Shock**

after abortion or miscarriage, 413,
418
after female genital cutting
(circumcision or FGC), 368
after heavy bleeding, 239
allergic reaction to medicine,
469–470
anti-shock garment, 418, 506
signs and treatment, 239

Shortening labor. *See* Encouraging
labor**Short labor in past birth, 94****Shortness of breath (mother), 78, 103,
114****Shots.** *See* Injections**Shoulders (baby)**

checking, 262
delivering, 210–212
episiotomy for stuck shoulders,
354–355

**Show (mucus tinged with blood),
150–151****Sickness.** *See* Illness; Infections; *specific
sicknesses***Side effects**

of hormonal methods for
family planning, 306
of medicines, 468–469

Sideways baby

checking for, 136
dangers of turning, 369
medical help needed for, 136, 191
turning, 369, 371
twins and, 219, 220–221
what to do about, 143

Sight. *See* Eyes**Signs (baby), 252–267**

Also see specific conditions
breathing problems, 240–241, 254,
262
breathing rate, 254
breech (bottom down), 137, 138,
142–143, 190, 215–219
checking after birth, 240–245,
252–267
checking in womb, 130–144
chlamydia and, 324
cleft lip or cleft palate, 261–262
color, 244–245, 266, 279
cord around neck, 210

cord coming in front (prolapsed),
176–177, 208, 218, 219, 354

dehydration, 275

dislocated hip, 265

drops lower in belly, 149

first hours after birth, 252–267

first weeks after birth, 274–279

gas pains (colic), 291

general appearance, 253–254

gonorrhea and, 324

heartbeat (checking), 139–141,

172–173, 243, 262

heartbeat fast, 173, 243, 255

heartbeat slow, 141, 172–173, 177,

184, 208, 243, 255

infection, 255, 256, 277–279

kicking stopped, 80, 134

length, 259

limp, weak, or does not wake up,
253–254

low blood pressure, 122, 180

measuring the womb, 90, 130–135

moving less or not at all, 184

not breathing, 241–243

not gaining weight or growing as
expected, 276

not urinating or passing stool in first
day, 275

physical signs during 2nd stage, 199
position, 135–144, 170–171,

190–191, 215–219

prenatal checkup, 130–144

recording signs in first few hours,
253

reflexes, 244

stuck at shoulders, 211–213

temperature low, 255–256

thrush (yeast infection), 290

twins, 133, 138, 143–144

vomit “shoots” from mouth, 256

weight, 256–258

womb growing too fast, 133–134

womb growing too slowly, 134–135

Signs (mother during pregnancy)

Also see Infections; Pain; Signs

(mother in labor, birth, and

after); *specific conditions*

after abortion or miscarriage, 408,
410, 413–418

allergic reactions to medicine, 103,
469–470

anemia, 78, 81, 116

back pains, 80, 113–114

bladder infection, 77, 128

bleeding from vagina, 109, 112

bleeding, heavy, 106

bleeding in early pregnancy, 79

blurred vision, 109, 125

breasts leaking, 76

burning sensations, 74–75, 77

changes and discomforts in
pregnancy, 76–81

constipation, 36, 76–77

cramps (womb), 79

dehydration, 111

depression, 82

detached placenta, 114, 219

diabetes (blood sugar disease), 93,
115, 133

diarrhea, 50, 111

discharge (wetness from vagina), 50,
77

dizziness, 81, 109

double vision, 125

fever, 97, 109, 112, 113, 119, 120

general health, 110

headaches, 81, 109, 125

high blood pressure, 81, 93, 97, 122,
124–125, 134

iodine lack, 117

itching, 77

kidney infection, 128

leg cramps, 80–81

measuring the womb, 90, 130–135

medical help needed (most
important signs), 106, 109, 147

medicines, problems with, 468–470
miscarriage, 79, 112

nausea or vomiting, 73–74, 86,
110–111

pain in belly, back or legs, 113–114

pain in one leg, constant, 81, 113

placenta previa, 112, 374

poor nutrition, 117

pre-eclampsia, 76, 81, 125–126, 127

of pregnancy, 86–87

prenatal checkup, 109–129

pulse fast, 120, 121

purple spots on skin, 79

scars on womb, 92, 96

sexually transmitted infections (STIs),
321, 323–335

shortness of breath, 78, 103, 114

sleepiness, 75, 86

spotting, 79, 112

stools black, 36

sweating during pregnancy, 78

swollen face and hands, 76, 81, 126,
127

swollen feet, 76

tiredness, 35, 75, 86, 93

tubal pregnancy, 79, 113

tumor (molar pregnancy), 134

urethra infection, 128

urination frequent, 77, 86

urination painful or burning, 77

- vaginal infection, 77
 vagina smells bad, 77
 weakness, 111
 womb growing too fast, 133–134
 womb growing too slowly, 134–135
- Signs (mother in labor, birth, and after)**
Also see Contractions; Signs (mother during pregnancy); *specific conditions*
 allergic reactions to medicine, 469–470
 baby does not fit through pelvis, 189, 204
 baby stuck at shoulders, 211
 bag of waters, 174–177
 being ready for emergencies, 163–164
 bleeding after birth, preventing, 248
 bleeding before placenta is born, 226
 bleeding during labor, 183, 205
 blood pressure, 180–182
 breast infection (mastitis), 289
 cervix visible at vaginal opening after birth, 249
 checking genitals for tears and problems, 248–249
 checking physical signs after birth, 247
 clot in leg, 273
 convulsions, 181–182
 cord coming in front of baby (prolapsed), 176–177, 208, 218, 219, 354
 dehydration, 159, 178
 detached placenta (abruption), 184, 205, 219, 354
 eating and drinking, cannot or will not after birth, 250
 episiotomy needed, 354
 fever, 178–179
 first few hours after birth, 247–252
 fistula (hole in the vagina), 273
 genitals torn after birth, 248
 hematoma (blood blister) in vagina after birth, 248–249
 infected womb, 185
 infection after birth, 251
 labor starting soon, 149–151
 leaking urine or stool, 273
 legs red, hard, swollen, or painful, 273
 medical help needed, 176, 177, 179, 180–181, 204–205
 medicines, problems with, 468–470
 nausea or vomiting after drinking, 159
 not interested in her baby, 251
 pain in the womb, 183–185
 placenta previa, 183, 374
 placenta separated from womb, 226–227
 position of the baby, 170–171, 190–191
 pre-eclampsia, 180
 progress of labor, 185
 pulse, 178
 sexually transmitted infections (STIs), 321, 323–335
 shock, 239
 speed of birth, watching, 202–205
 in stage 1 (opening), 170–193
 in stage 2 (pushing), 202–205
 stage 2 (pushing) near or starting, 195
 temperature, 178–179
 thrush (yeast infection), 290
 torn womb, 185, 205
 vaginal infection, 272
 watching for, 163
 when to go to birth, 151
 womb infection, 179, 185, 271
- Single mothers**, 105
- Sitting up when pregnant**, 78
- Size**
Also see Weight
 large baby, 254, 258
 large baby in past, 94, 115
 measuring the womb, 90, 130–135
 small baby, 125, 221, 254, 256–257, 292
 small baby in past birth, 94
 womb bigger than expected, 115
- Skin**
Also see Color (mother)
 checking baby's, 265
 color (baby), 244–245, 266, 279
 dark patches, 79
 loss of stretchiness, 159
 pale, shock and, 239
 purple spots, 79
- Sleep**
Also see Rest; Tiredness
 during pregnancy, 44, 75
 getting up and down during pregnancy, 78
 heartburn and, 75
 strange dreams and nightmares, 82
- Sleepiness**
Also see Tiredness
 causes other than pregnancy, 86
 during pregnancy, 75, 86
- Slides, making posters from**, 451
- Slow birth**. *See* Encouraging labor; Long labor
- Slow heartbeat (baby)**, 141, 172–173, 177, 184, 208, 243, 255
- Slow pulse (mother)**, 178
- Small baby**, 221, 256–257
Also see Early birth
 breastfeeding and, 292
 causes of, 257
 limp, weak, or does not wake up, 254
 medical help needed for, 221, 256
 in past pregnancies, 94
 problems possible for, 256
 what to do for, 257
- Smelly vagina**, 77, 321
- Smoke, avoiding during pregnancy**, 104
- Smoking**. *See* Tobacco
- Sodium hypochlorite solution**.
See Bleach
- Soft spots in baby's head (fontanels)**, 259
- Sonogram**, 90, 437, 438
- Sore nipples**, 290
- Sores**
 on genitals (genital ulcers), 329–333
 poor nutrition and, 117
- Sounds**
Also see Heartbeat (baby)
 helping the mother push, 201
 making in stage 1 (opening), 169
- Speculum exam**, 377–383
 described, 373
 giving, 377–379
 Pap test for cancer or pre-cancer, 379, 381–383
 vinegar test for cancer or pre-cancer, 379, 380, 384–385
- Speeding labor**. *See* Encouraging labor; Long labor
- Spermicides**, 301, 304, 305
- Sperm (semen)**
 germs in, 49, 50
 reproduction and, 29, 30
- Sponge method for family planning**, 317
- Spontaneous abortion**. *See* Miscarriage
- Spots**
 rubella (German measles), 45, 95
 on skin, 79
- Spotting**, 79, 112. *Also see* Bleeding
- Spring scale, homemade**, 450
- Square knot**, 214
- Squeezing exercise (Kegels)**, 44
- Stage 1 of labor**. *See* Opening (stage 1 of labor)
- Stage 2 of labor**. *See* Pushing (stage 2 of labor)
- Stage 3 of labor**. *See* Birth of the placenta (stage 3 of labor)
- Starting labor**. *See* Encouraging labor

Steaming

disinfecting tools by, 62–63
gloves, 66

Sterile gloves. *See* Gloves

Sterile packets, 65

Sterilization for family planning, 301, 315

Sterilizing equipment

Also see Cleanliness

by baking, 61
bedding, 58
before birth, 153, 168
before inserting IUDs, 392
before manual vacuum aspiration (MVA), 425
defined, 59
infection prevented by, 51
items requiring sterilization, 60
needles, 66
by pressure steaming, 61
razor blades, 65
storing tools and supplies, 60
thermometers, 65
tools, 59–65

Stethoscopes, 139, 449

Stillbirth, 91, 243

STIs. *See* Sexually transmitted infections (STIs)

Stitches. *See* Sewing a tear or episiotomy

Stomach problems

nausea (morning sickness), 73–74, 86, 110–111
pain (heartburn), 74–75
poor nutrition and, 117

Stool

baby does not pass in first day, 256
black, 36
constipation, 36, 76–77
diarrhea (loose stool) in baby, 275
diarrhea (loose stool) in mother, 50, 111, 150, 343
disposing of, 67
enemas, avoiding during pregnancy, 77
germs in, 49
leaking freely after birth (mother), 273
meconium (baby's first stool), 174–175, 209, 213
in waters, 174–175, 209, 213

Stopping pregnancy. *See* Abortion; Miscarriage

Storing

bedding, 58
tools and supplies, 64–65

Strengthening labor. *See* Encouraging labor

Suction trap, 213

Sugars (go foods), 34, 35

Sulfas (sulfanomides), 475

Supplements in health history, 103

Supplies. *See* Tools and supplies

Supporting labor, 158, 169–170, 200–202

Surgical birth. *See* Cesarean surgery (birth by operation)

Suture lines in baby's head, 259

Sutures, 358

Sweating

during pregnancy, 78
shock and, 239

Swelling

breasts (engorged), 76, 288
face and hands (warning sign), 76, 81, 109, 126, 127
feet, 76
with headaches, 81
legs red, hard, or swollen, 273
from medicine, 103
veins (varicose veins), 76

Symphysiotomy, 440

Symptoms. *See* Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after)

Syphilis, 329–330

Syringes

Also see Injections; Needles (hypodermic)
bulb syringe, 66, 209, 213
for manual vacuum aspiration (MVA), 424–425

T

Tablets. *See* Medicines

Talking

about difficult subjects, 7
keeping things private, 7
listening more than, 7
with mother in prenatal checkup, 109–115
to women about food, 34–39

TB. *See* Tuberculosis

Teaching

classes in the community, 4–5
finding materials for, 505
helper for birth, 151
homemade materials for, 451–465
how to prevent STIs, 336
to prevent health problems, 23–25
as purpose of pregnancy care, 70
sharing knowledge, 3–6

Tears

Also see Fistula (hole in the vagina); Sewing a tear or episiotomy
degrees of, 356–358
genitals, checking after birth, 248

judging whether stitches are needed, 356–358
medical help needed for, 184, 205
preventing, 206–208, 356
pushing on mother's belly and, 205
sewing, 356–366
testing for torn muscle around anus, 357
time for sewing, 358
vagina, 239
vaginal infection, 272
vaginal opening, during birth, 206
womb during labor, 184–185, 205

Teas

for bladder infection, 129
to help sleep, 75
for migraines during pregnancy, 81
for nausea relief, 74

Teeth, caring for, 43

Temperature

Also see Fever
checking baby after birth, 255–256
checking mother after birth, 251
checking mother during labor, 178–179
checking mother during pregnancy, 119
hot feeling during pregnancy, 78
low (baby), 255–256
warning signs (mother), 109, 119, 178

Tension

helping mother relax, 169–170
187–188
long labor and, 187–188
when pushing, avoiding, 201, 202

Testicles

Also see Sexually transmitted infections (STIs)
baby's, 263, 264
father's, 29

Tests

for anemia, 116
blood pressure, checking the mother's, 122–124, 180–182
CD4, 335, 492
for cancer of the cervix, 383–386
for diabetes, 115
for HIV, 99, 101
for HPV, 380
lab tests, 438
for malaria, 99
measuring the womb, 90, 130–135
for pregnancy, 87
for protein in the urine (pre-eclampsia sign), 126–127
pulse, checking mother's, 120–121
temperature, checking the mother's, 119

- for too much water in the womb, 134
- Tetanus (lockjaw)**
after abortion or miscarriage, 415
cutting the cord and, 214
means of infection with, 102
protecting against, 102, 278, 415
signs in baby, 278
signs in mother, 415
vaccinations, 102
- Tetracyclines**, 475
- Thermometers**, 65, 119. *Also see* Temperature
- Three-minute hand wash**, 53–54
- Thrush (yeast infection)**, 290
- Thump test for water in the womb**, 134
- Time**
Also see Early birth; First few hours after birth; First weeks after birth; Long labor; Schedules
for cutting the cord, 157
delayed labor, 88
due date, 88–89, 130, 133
to go to birth, 151
homemade timers, 447–448
between labor start and
 breaking of waters, 175–176
months or weeks pregnant, 88, 89, 90
for sewing tears, 358
short labor in past, 93
signs of labor starting soon, 149–151
to take medicines, 473–474
- Timers, homemade**, 447–448
- Tiredness**
Also see Anemia; Weakness
dehydration and, 159
go foods for energy, 35
in past pregnancies, 93
sleepiness during pregnancy, 75, 86
as warning sign, 116
- Tobacco**
avoiding during pregnancy or
 breastfeeding, 46
avoiding smoke during pregnancy, 104
infertility and, 31
small baby and, 134, 257
- Tonics**, 103
- Tools and supplies**
Also see Homemade equipment;
 Sterilizing equipment; *specific tools and supplies*
blood pressure, 122
bulb syringe, 66, 209
caring for, 65–67
cloth tape measure for womb, 132
cryoprobe, 383a–383b
disposing of wastes safely, 67–69
at hospitals or medical centers, 439–441
for inserting IUDs, 396
items requiring sterilization, 60
for listening to heartbeat, 139
low-cost and homemade, 447–450
for manual vacuum aspiration (MVA), 424–425
for pelvic exam, 376
for sewing tears, 358–359
sterile packets of, 65
storing, 60
suction trap, 209
supplies to have at birth, 152–153
- Toothbrush, homemade**, 43
- Tooth care**, 43
- Torn flesh.** *See* Tears
- Touching inside the vagina**
Also see Intrauterine devices (IUDs); Pelvic exam
baby stuck at shoulders and, 213
cryotherapy, 384–386
pelvic exam, 373–390
piece of placenta left inside womb, 234–235
pressure to stop bleeding after birth, 238
taking out the placenta by hand, 230–231
vaginal exams during labor, 186, 339–340
womb comes out with the placenta, 232–233
- Touch in stage 1 (opening)**, 169
- Toxemia of pregnancy.**
See Pre-eclampsia
- Traditional medicine**, 17, 467
- Training.** *See* Learning by midwives; Teaching
- Transfusion (giving blood through an IV)**, 440
- Transport plan for medical help**, 10, 106–107, 164, 442
- Treating health problems**, 13–25
Also see specific health problems
avoiding unnecessary procedures, 20
benefits and risks, 16–17
finding root causes, 21–25
finding the best treatment, 16–21
finding the causes, 13–15
knowing your limits, 20–21
steps for solving problems, 13–15
types of medicine, 17–19, 474
- Trichomonas (trich)**, 326
- Tubal litigation (sterilization for women)**, 315
- Tubal pregnancy**, 79, 113
- Tuberculosis**
HIV and, 495
infertility and, 31
pregnancy problems and, 97
vaccination (BCG), 267
- Tubes**
illustrated, 28, 29
tubal litigation (sterilization for women), 315
tubal pregnancy, 79, 113
- Tumor (molar pregnancy)**, 134
- Turning a breech or sideways baby**, 369–371
- Twins**, 143–144
breastfeeding and, 291
dangers of twin births, 219
delivering, 220–221
listening to heartbeats, 143–144
medical help needed for, 144
signs of, 133, 138, 143

U

- Ulcers.** *See* Sores
- Ultrasound**, 90, 437–438
- Umbilical cord.** *See* Cord; Cutting the cord
- Upset stomach.** *See* Stomach problems
- Urethra**
caring for infection, 129
illustrated, 27, 376
signs of infection, 128
- Urinating**
Also see Sexually transmitted infections (STIs)
baby does not urinate in first day, 256
blood in urine, 128
catheter (tube to help urinating), 249, 352–353
during labor, 161
frequent, 77, 86, 115
helping mother after birth, 249
to help the womb contract, 236
leaking freely after birth, 273
painful or burning, 77, 128
protein in the urine, 125, 126–127, 128, 180
squeezing exercise (Kegels) and, 44
ways of encouraging, 249, 352
- Uristicks**, 126
- Uterus.** *See* Womb (uterus)

V

- Vaccinations**
Also see Injections
about, 276
hepatitis B, 267
tetanus, 102, 415

- tuberculosis (BCG), 267
- Vacuum aspiration**, 92. *Also see* Manual vacuum aspiration (MVA)
- Vacuum extractors**, 439
- Vagal reaction**, 430
- Vagina**
Also see Bleeding; Genitals; Pelvic exam; Sexually transmitted infections (STIs); Touching inside the vagina
 cervix visible at opening after birth, 249
 fistula (hole in the vagina), 22, 94, 186
 hard lump under skin, 272
 hematoma (blood blister) in, 248–249
 how the baby moves through, 197–198
 illustrated, 27, 28, 29, 376
 infection, 272
 keeping germs away, 175
 menopause and, 31
 models for teaching about, 456–457, 458, 464
 pain after birth, 248–249
 preventing tears, 206–208, 356
 show (mucus tinged with blood), 150–151
 smells bad, 77, 321
 spotting, 79, 112
 squeezing exercise for (Kegels), 44
 supporting opening during birth, 206
 torn, 239
 vaginal exams during labor, 186, 339–340
 warm cloths around opening, 207
 wetness from (discharge), 77
- Vaginal exams during labor**, 186, 339–340
- Vaginal infection**, 272
- Vagus nerve**, 430
- Varicose veins**, 76
- Vasectomy (sterilization for men)**, 315
- Vegetables**, 35, 36, 37, 42
- Vehicles or transportation**, 10, 106–107, 164, 442
- Veins**
 giving fluid through (IV), 350–351
 swollen (varicose), 76
- Vicryl sutures**, 358
- Vinegar test for cancer or pre-cancer**, 379, 380, 384–385
- Vision**
Also see Eyes
 blurred, 109, 125
 double, 125
- Visual pelvic exam**, 373, 376
- Vitamin A**, 39
- Vitamin B6**, 73
- Vitamin C**, 116
- Vitamins**
Also see specific vitamins
 buying, avoiding, 42
 to eat every day, 37, 39
 glow foods, 34, 35
 injections, 42
 pills, 36, 42
- Vomiting**
Also see Nausea
 drinking during labor and, 159
 “shooting” from baby, 276
 warning signs versus healthy signs, 110–111
- Vulva**. *See* Genitals
- W**
- Walking to encourage labor**, 192
- Warning signs**. *See* Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after)
- Warts, genital (HPV)**, 333, 380
- Washing**
Also see Cleanliness; Disinfecting equipment; Sterilizing equipment
 bedding, 58
 hands, 53–54, 153, 168
 mother after birth, 247
 tools, 59
- Waste disposal**
 placenta, 67, 235
 safe, 67–69
- Water and liquids**
Also see Dehydration
 after birth, 250
 boiling to kill germs, 54
 breastfeeding and, 283
 constipation and, 76
 dirty, germs in, 50
 drinking during labor, 159–160
 for fever, 178
 first weeks after birth, 269
 giving fluid through a vein (intravenous solution or IV), 350–351
 in healthy diet, 39
 high blood pressure and, 125
 rehydration drink, 159–160
- Water in the womb**. *See* Bag of waters
- Water retention**. *See* Swelling
- Waters**. *See* Bag of waters
- Water timers**, 448
- Water weight**. *See* Swelling
- Weakness**
Also see Anemia; Tiredness
 in past pregnancies, 93
 poor nutrition and, 117
 as warning sign, 111, 116
- Weeks pregnant, figuring**, 88, 89, 90.
Also see Length of pregnancy
- Weight**
Also see Size
 baby not gaining, 276
 checking the baby's, 256, 258
 checking the mother's, 118–119
 large baby, 254, 258
 large baby in past, 94, 115
 small baby, 221, 254, 256–257, 292
 small baby in past birth, 94
 sudden gain by mother, 118, 119
- Western medicine**, 17, 18
- Wetness from vagina**. *See* Discharge (wetness from vagina)
- Where There Is No Doctor**, 41, 115, 328
- Where Women Have No Doctor**, 46, 105, 111, 322
- White color**. *See* Pale color
- White discharge**. *See* Yeast infection
- Womb (uterus)**
Also see Contractions; Manual vacuum aspiration (MVA); Measuring the womb; Placenta; Position of the baby; Touching inside the vagina
 bigger than expected, 115
 bimanual (2-hand) exam, 387–390
 comes out with the placenta, 232–233
 cramps in early pregnancy, 79
 feeling baby inside, 87
 first weeks after birth, 270–271
 growing too fast, 133–134
 growing too slowly, 134–135
 helping contract after the placenta is born, 224, 236–238
 how a baby grows, 30
 how women get pregnant, 29
 illustrated, 28, 29
 infection, 120, 179, 185, 271, 403
 infection in past pregnancies, 95
 measuring, 90, 130–135
 models for teaching about, 454–455, 458–461, 464
 pain during labor, 183–185
 piece of placenta left inside, 234–235
 position of the baby, 135–144, 170–171, 190–191
 pushing on mother's belly and, 205
 rubbing after the placenta is born, 224, 236

scar from cesarean surgery, 96
 scars from abortion, 92
 signs that the placenta has
 separated, **226–227**
 sore after birth, 159
 staying soft after placenta is born,
 236–238
 tissue coming out, after abortion,
 412
 torn, **184–185, 205**
 water in, too little, 134
 water in, too much, 133
Work
 breastfeeding and, **284–286**
 in pregnancy health history, 105
Working with chemicals, 47
Worms. *See* Parasites
Worry during pregnancy, 82

X

X-rays, 438

Y

Yeast infection, 326–327
 frequent, diabetes and, 115
 preventing, 327
 signs of, 326
 thrush, 290
 treatment, 327
Yellow color (baby), 266, 279
Young mothers, 22, 105