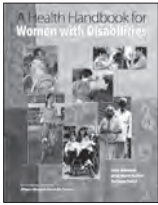


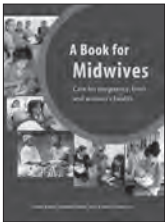
OTHER BOOKS FROM HESPERIAN



A Health Handbook for Women with Disabilities, by Jane Maxwell, Julia Watts Belser, and Darlena David, provides women with disabilities and their caregivers suggestions on disability-friendly health care, caring for daily needs, having healthy and safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence and abuse. The book also focuses on social stigma and discrimination. 416 pages.



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



A Book for Midwives, by Susan Klein, Suellen Miller, and Fiona Thomson, is an invaluable training tool and practical reference for midwives and anyone concerned about care for women in pregnancy, birth, and beyond. Discusses preventing, managing, and treating obstetric complications, covers HIV in pregnancy, birth, and breastfeeding, and has expanded information on reproductive health care. 544 pages.



Where There Is No Dentist, by Murray Dickson, shows how to care for teeth and gums at home, and in community and school settings. Detailed and illustrated information on dental equipment, placing fillings and pulling teeth, teaching hygiene and nutrition, and HIV and oral health. 248 pages.



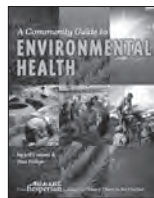
Disabled Village Children, by David Werner, covers most common disabilities of children. It gives suggestions for rehabilitation and explains how to make a variety of low-cost aids. Emphasis is placed on how to help disabled children find a role and be accepted in the community. 672 pages.



Helping Children Who Are Blind, by Sandy Niemann and Namita Jacob, aids parents and other caregivers in helping blind children from birth through age 5 develop all their capabilities. Topics include: assessing how much a child can see, preventing blindness, moving around safely, teaching common activities, and many others. 200 pages.



Helping Children Who Are Deaf, by Darlena David, Devorah Greenstein, and Sandy Niemann, aids parents, teachers, and other caregivers in helping deaf children learn basic communication skills and a full language. It includes simple methods to assess hearing loss and develop listening skills, and explores how communities can work to help deaf children. 256 pages.

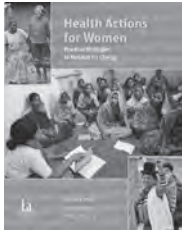


A Community Guide to Environmental Health, by Jeff Conant and Pam Fadem, will help urban and rural health promoters, activists, and community leaders take charge of their environmental health. 23 chapters address topics from toilets to toxics, watershed management to waste management, and agriculture to air pollution. Includes activities, how-to instructions to make health technologies, and dozens of stories. 636 pages.



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

NEW FROM HESPERIAN!



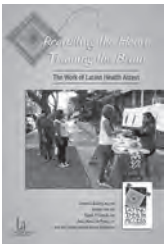
Health Actions for Women, by Melissa Smith, Sarah Shannon and Kathleen Vickery, was field tested by 41 groups in 23 countries and provides a wealth of clearly explained and engagingly illustrated activities, strategies and stories that

address the social obstacles and practices that prevent women and girls from enjoying healthy lives. 352 pages.



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

workers, supervisors, and safety committees, and in courses on labor relations. 576 pages.



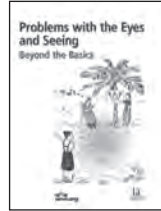
Recruiting the Heart, Training the Brain tells the story of how Latino Health Access developed its groundbreaking promotor model of peer-to-peer outreach and education in Santa Ana, California. Facing problems such as obesity and diabetes, exacerbated by poverty and

discrimination, their strategies, advice, and accomplishments will spark hope and change across an increasingly unhealthy country. 288 pages.



Diabetes: Beyond the Basics is for people living with diabetes, family members, health workers and those working to prevent new cases of diabetes in their communities. Adapted from the *New Where There Is No Doctor*, this booklet addresses both the

physical and social issues tied to diabetes, and provides thoughtful discussion questions for health educators and self-help groups. 52 pages.



Problems with the Eyes and Seeing: Beyond the Basics provides accessible, illustrated information on causes of eye problems and how to respond to eye injuries, treat common eye infections, and recognize when emergency help or advanced eye

care is needed. Includes a ready-to-use vision-testing chart. 44 pages.



1919 Addison Street #304
Berkeley, California 94704 USA

Hesperian Health Guides

For over 40 years, Hesperian has been the “go to” source for resources about health promotion and community health. All our materials are published in English, Spanish, and a variety of other languages, and are available in print, online, and in several digital formats. Hesperian is a not-for-profit publisher; our work is made possible by your book purchases and donations.

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