Where Women Have No Doctor
A health guide for women

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About this Book

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

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

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

• **see a health worker.** This means that a trained health worker should be able to help you solve the problem.

• **get medical help.** This means you need to go to a clinic that has trained medical people or a doctor, or a laboratory where basic tests are done.

• **go to a hospital.** This means you need to see a doctor at a hospital that is equipped for emergencies, for surgery, or for special tests.

How to Use this Book

Finding information in the book

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

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

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

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

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

Many chapters end with a section called ‘Working for Change’. These sections give suggestions for working to improve women’s health in your community.
Finding information on a page

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

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

What the different things on a page mean:

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

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

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

<table>
<thead>
<tr>
<th>Medicine for Breast Infection</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medicine</strong></td>
</tr>
<tr>
<td>diclofenac</td>
</tr>
<tr>
<td>If you cannot find this or an allergy to penicillin, take:</td>
</tr>
<tr>
<td>erythromycin</td>
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</tbody>
</table>

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

Thanks
How to use this book

Chapter 1: Women’s Health Is a Community Issue

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is women’s health?</td>
<td>1</td>
</tr>
<tr>
<td>Women are more at risk for disease</td>
<td>2</td>
</tr>
<tr>
<td>Causes of poor health in women</td>
<td>6</td>
</tr>
<tr>
<td>Working for change</td>
<td>12</td>
</tr>
</tbody>
</table>

Chapter 2: Solving Health Problems

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juanita’s story</td>
<td>20</td>
</tr>
<tr>
<td>Working for change</td>
<td>26</td>
</tr>
<tr>
<td>To the health worker</td>
<td>30</td>
</tr>
</tbody>
</table>

Chapter 3: The Medical System

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The medical system</td>
<td>34</td>
</tr>
<tr>
<td>If you need to go to the hospital</td>
<td>38</td>
</tr>
<tr>
<td>Working for change</td>
<td>40</td>
</tr>
</tbody>
</table>

Chapter 4: Understanding Our Bodies

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A woman’s reproductive system</td>
<td>44</td>
</tr>
<tr>
<td>A man’s reproductive system</td>
<td>46</td>
</tr>
<tr>
<td>How a woman’s body changes</td>
<td>47</td>
</tr>
<tr>
<td>Monthly bleeding</td>
<td>48</td>
</tr>
</tbody>
</table>

Chapter 5: Health Concerns of Girls

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Changes in your body (puberty)</td>
<td>54</td>
</tr>
<tr>
<td>Pressured or forced sex</td>
<td>62</td>
</tr>
<tr>
<td>Getting help from adults</td>
<td>65</td>
</tr>
<tr>
<td>Deciding if you are ready for sex</td>
<td>59</td>
</tr>
</tbody>
</table>

Chapter 6: Pregnancy and Childbirth

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staying healthy during pregnancy</td>
<td>68</td>
</tr>
<tr>
<td>Common problems of pregnancy</td>
<td>69</td>
</tr>
<tr>
<td>Danger signs for the baby at birth</td>
<td>94</td>
</tr>
<tr>
<td>Caring for the mother and baby</td>
<td>95</td>
</tr>
<tr>
<td>Women who need more support</td>
<td>98</td>
</tr>
<tr>
<td>To the father</td>
<td>100</td>
</tr>
<tr>
<td>Working for change</td>
<td>101</td>
</tr>
</tbody>
</table>

Chapter 7: Breastfeeding

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why breast is best</td>
<td>105</td>
</tr>
<tr>
<td>Common concerns and problems</td>
<td>114</td>
</tr>
<tr>
<td>Why other feeding can be harmful</td>
<td>106</td>
</tr>
<tr>
<td>Special situations</td>
<td>118</td>
</tr>
<tr>
<td>HIV and breastfeeding</td>
<td>106</td>
</tr>
<tr>
<td>Babies with special needs</td>
<td>118</td>
</tr>
<tr>
<td>How to breastfeed</td>
<td>107</td>
</tr>
<tr>
<td>When the mother is sick</td>
<td>120</td>
</tr>
<tr>
<td>Advice for the mother</td>
<td>109</td>
</tr>
<tr>
<td>When a woman becomes pregnant</td>
<td>120</td>
</tr>
<tr>
<td>When the mother works</td>
<td>111</td>
</tr>
<tr>
<td>Working for change</td>
<td>121</td>
</tr>
<tr>
<td>Removing milk by hand</td>
<td>112</td>
</tr>
</tbody>
</table>

Chapter 8: Growing Older

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The end of monthly bleeding</td>
<td>124</td>
</tr>
<tr>
<td>Common health problems with aging</td>
<td>129</td>
</tr>
<tr>
<td>Taking care of your health</td>
<td>126</td>
</tr>
<tr>
<td>Working for change</td>
<td>136</td>
</tr>
<tr>
<td>Sexual relations</td>
<td>128</td>
</tr>
</tbody>
</table>

Chapter 9: Women with Disabilities

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-esteem</td>
<td>140</td>
</tr>
<tr>
<td>Personal safety</td>
<td>146</td>
</tr>
<tr>
<td>Taking care of your health</td>
<td>141</td>
</tr>
<tr>
<td>Working for change</td>
<td>147</td>
</tr>
<tr>
<td>Sexuality and sexual health</td>
<td>144</td>
</tr>
<tr>
<td>Chapter 10: Staying Healthy</td>
<td>............................................................. 148</td>
</tr>
<tr>
<td>----------------------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>Cleanliness</td>
<td>Special needs of women .................................. 158</td>
</tr>
<tr>
<td>Community sanitation</td>
<td>Working for change ........................................ 163</td>
</tr>
<tr>
<td>Chapter 11: Eating for Good Health</td>
<td>............................................................. 164</td>
</tr>
<tr>
<td>Main foods and helper foods</td>
<td>Poor nutrition can cause disease ..................... 172</td>
</tr>
<tr>
<td>Eating better for less money</td>
<td>Ways to work ................................................ 176</td>
</tr>
<tr>
<td>Harmful ideas about eating</td>
<td>toward better nutrition .................................. 176</td>
</tr>
<tr>
<td>Chapter 12: Sexual Health</td>
<td>........................................................................ 180</td>
</tr>
<tr>
<td>Sex and gender roles</td>
<td>How to improve your sexual health.................... 186</td>
</tr>
<tr>
<td>How gender affects sexual health</td>
<td>Working for change .................................. 194</td>
</tr>
<tr>
<td>Chapter 13: Family Planning</td>
<td>........................................................................ 196</td>
</tr>
<tr>
<td>Benefits of family planning</td>
<td>Natural methods of family planning .................. 218</td>
</tr>
<tr>
<td>Choosing to use family planning</td>
<td>Traditional and home methods ....................... 222</td>
</tr>
<tr>
<td>Choosing a family planning method</td>
<td>Permanent methods ........................................ 223</td>
</tr>
<tr>
<td>Barrier methods of family planning</td>
<td>Emergency methods ......................................... 224</td>
</tr>
<tr>
<td>Hormonal methods</td>
<td>Choosing the best method ................................ 226</td>
</tr>
<tr>
<td>The IUD</td>
<td>Working for change ......................................... 227</td>
</tr>
<tr>
<td>Chapter 14: Infertility</td>
<td>........................................................................ 228</td>
</tr>
<tr>
<td>What is infertility?</td>
<td>What to do for infertility ................................ 233</td>
</tr>
<tr>
<td>What causes infertility?</td>
<td>Losing a pregnancy .......................................... 234</td>
</tr>
<tr>
<td>Dangers at work or at home</td>
<td>Living with infertility ................................... 236</td>
</tr>
<tr>
<td>that can hurt fertility</td>
<td>Working for change .......................................... 237</td>
</tr>
<tr>
<td>Chapter 15: Abortion and Complications of Abortion</td>
<td>............................................................. 238</td>
</tr>
<tr>
<td>Why some women have abortions</td>
<td>..................................................................... 239</td>
</tr>
<tr>
<td>Safe and unsafe abortion</td>
<td>What to expect after an abortion ...................... 249</td>
</tr>
<tr>
<td>Deciding about an abortion</td>
<td>Family planning after abortion ....................... 250</td>
</tr>
<tr>
<td>Safe methods of abortion</td>
<td>Complications of abortion ................................ 251</td>
</tr>
<tr>
<td>What to expect from safe abortion</td>
<td>Preventing unsafe abortion .......................... 259</td>
</tr>
<tr>
<td>Chapter 16: Sexually Transmitted Infections (STIs) and Other Infections of the Genitals</td>
<td>............................................................. 260</td>
</tr>
<tr>
<td>Why STIs are a serious problem for women</td>
<td>Sores on the genitals .................................... 270</td>
</tr>
<tr>
<td>How to know if you are at risk for an STI 263</td>
<td>Complications of STIs (PID) ........................... 274</td>
</tr>
<tr>
<td>What to do if you have signs of an STI 263</td>
<td>Other STIs (HIV infection and Hepatitis B) .......... 277</td>
</tr>
<tr>
<td>Taking medicines to treat STIs</td>
<td>How to feel better ......................................... 278</td>
</tr>
<tr>
<td>Abnormal discharge 265</td>
<td>Working for change ......................................... 279</td>
</tr>
<tr>
<td>Growthswarts on the genitals 269</td>
<td></td>
</tr>
<tr>
<td>Chapter 17: HIV and AIDS</td>
<td>........................................................................ 282</td>
</tr>
<tr>
<td>What are HIV and AIDS? 284</td>
<td>Pregnancy, childbirth, breastfeeding ............... 292</td>
</tr>
<tr>
<td>Why HIV and AIDS are different for women 286</td>
<td>Care for persons with HIV or AIDS ................... 294</td>
</tr>
<tr>
<td>Preventing HIV 286</td>
<td>Staying healthy as long as possible .................. 296</td>
</tr>
<tr>
<td>The HIV test 288</td>
<td>Common medical problems ................................ 297</td>
</tr>
<tr>
<td>Living positively with HIV infection 290</td>
<td>Caring for someone near death ....................... 309</td>
</tr>
<tr>
<td>Chapter 26: Work</td>
<td>Crafts</td>
</tr>
<tr>
<td>------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Cooking fires and smoke</td>
<td></td>
</tr>
<tr>
<td>Lifting and carrying heavy loads</td>
<td></td>
</tr>
<tr>
<td>Work with water</td>
<td></td>
</tr>
<tr>
<td>Work with chemicals</td>
<td></td>
</tr>
<tr>
<td>Sitting or standing for a long time</td>
<td></td>
</tr>
<tr>
<td>Repeating the same movement</td>
<td></td>
</tr>
<tr>
<td>Crafts</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 27: Mental Health</th>
<th>Helping yourself and helping others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-esteem</td>
<td></td>
</tr>
<tr>
<td>Common causes of mental health problems in women</td>
<td></td>
</tr>
<tr>
<td>Common mental health problems for women</td>
<td></td>
</tr>
<tr>
<td>Helping yourself and helping others</td>
<td></td>
</tr>
<tr>
<td>Mental illness (psychosis)</td>
<td></td>
</tr>
<tr>
<td>Ways to improve your community's mental health</td>
<td></td>
</tr>
<tr>
<td>Helping yourself and helping others</td>
<td></td>
</tr>
<tr>
<td>Mental illness (psychosis)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 28: Alcohol and Other Drugs</th>
<th>Living with someone who has a drinking or drug problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use and misuse of alcohol and drugs</td>
<td></td>
</tr>
<tr>
<td>Problems from alcohol and drugs</td>
<td></td>
</tr>
<tr>
<td>Overcoming problems with alcohol and drugs</td>
<td></td>
</tr>
<tr>
<td>Problems from tobacco</td>
<td></td>
</tr>
<tr>
<td>Use and misuse of alcohol and drugs</td>
<td></td>
</tr>
<tr>
<td>Problems from alcohol and drugs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 29: Refugees and Displaced Women</th>
<th>Working for change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flight and arrival</td>
<td></td>
</tr>
<tr>
<td>Basic needs</td>
<td></td>
</tr>
<tr>
<td>Reproductive health</td>
<td></td>
</tr>
<tr>
<td>Flight and arrival</td>
<td></td>
</tr>
<tr>
<td>Basic needs</td>
<td></td>
</tr>
<tr>
<td>Reproductive health</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 30: Female Genital Cutting</th>
<th>What to do for health problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Types of female cutting</td>
<td></td>
</tr>
<tr>
<td>Health problems from cutting</td>
<td></td>
</tr>
<tr>
<td>Types of female cutting</td>
<td></td>
</tr>
<tr>
<td>Health problems from cutting</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 31: Use of Medicines in Women's Health</th>
<th>Medicines that can save a woman's life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deciding to use medicine</td>
<td></td>
</tr>
<tr>
<td>How to use medicine safely</td>
<td></td>
</tr>
<tr>
<td>Using the medicines in this book</td>
<td></td>
</tr>
<tr>
<td>Deciding to use medicine</td>
<td></td>
</tr>
<tr>
<td>How to use medicine safely</td>
<td></td>
</tr>
</tbody>
</table>

| Medicines Pages | |
|----------------||

| Health Care Skills | |
|--------------------||
| Preventing infection | | |
| How to take temperature, pulse, respiration, and blood pressure | | |
| How to examine the abdomen | | |
| How to examine a woman's genitals | | |
| Preventing infection | | |
| How to take temperature, pulse, respiration, and blood pressure | | |

| Vocabulary: List of difficult words | |
|-------------------------------------||

| Where to get more information | |
|------------------------------||

| Index | |
|-------||