

Where Women Have No Doctor

A health guide for women

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THIS REVISED EDITION CAN BE IMPROVED WITH YOUR HELP.

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

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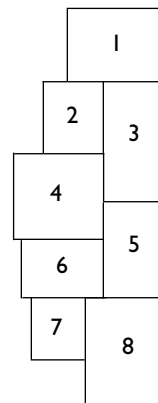
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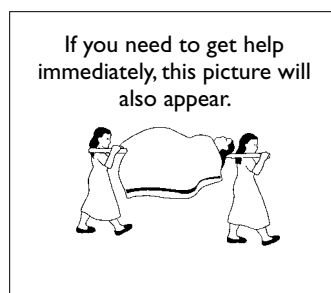
About this Book

This book was written to help anyone who lives as a woman and anyone who can become pregnant care for their own health, and to help community health workers or others meet women's health needs. We have included information useful for those with no formal training in health care skills, as well as information for those who do have some training.

Although this book covers a wide range of health problems, it does not cover many problems that can affect anyone, 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 for you to solve a health problem. When this happens, get more help. Depending on the problem, we may suggest:

- **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 can be 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.

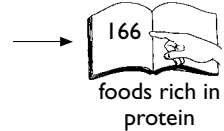
If you do not understand the meanings of some of the words used in this book, you may find them in the **Vocabulary** that starts on page 548. The first time these words appear in a chapter, they are *printed in slanted letters, like this*. You can also look up the word in the Index to see if it is explained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

Many chapters end with a section called "Working for Change." These sections give suggestions for working to improve health in your community, especially for women.

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.

page number → 94 Pregnancy and Birth

chapter title ↓

general topic → **Danger Signs for the Baby at Birth**

very important information → **IMPORTANT** The new baby's lungs are very delicate. If you blow too hard, you will harm them. Blow little puffs of air from your cheeks and not from your chest.

chapter title ↓

page number → 95 Care After the Birth

general topic → **JUST AFTER THE BIRTH**

specific topic → **BABY CARE**

See this page... for more information about this topic → **105 breastfeeding**

this word is explained in the Vocabulary → **TRANSPORT**

Baby born too early or too small

A baby born before 4 months is born too early. A baby that weighs less than 2500 grams (about 5.5 pounds) is born too small. These babies need special care.

Treatment:

1. Dry the baby with a warm, clean cloth immediately after birth.
2. Put the baby, in a hat and diaper, against the skin of a parent or other caregiver. Keep skin-to-skin contact dry and night.
3. Keep the baby warm. Use many blankets, keep their head covered, and keep the room warm. **DO NOT** bathe the baby.
4. Feed the baby as much breast milk as they will take, as often as they will take it.

Keep baby warm, and dry.

Baby does not breathe

A baby must begin to breathe on its own within 1 to 2 minutes after the cord becomes white or the placenta separates from the womb wall. A baby who does not start to breathe can suffer serious brain injury or death.

What to do: Clear the baby's mouth and nose, and firmly rub its back and feet. If the baby still does not start to breathe, **do rescue breathing:**

1. Lay the baby on its back on a hard surface. Use a table or the floor on a cloth or blanket to keep it warm. Do not cover its chest.
2. Open the baby's throat by tilting the head back slightly.
3. Put your mouth over the baby's mouth and nose. Breathe into the baby using only as much air as you can easily hold in your cheeks. Give about 40 breaths every minute. Let the baby breathe out between puffs.
4. The baby's belly and chest should rise and fall with each breath. If the baby stays flat, it means that air is going into the baby's stomach, not its lungs. Try changing the position of the head. Make sure nothing is blocking the throat.

Chest and abdomen rise. Chest and belly fall between puffs.

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.**

Medicine for Breast Infection		
Medicine	How much to take	When and how to take
For infection take:		
dicloxacillin	500 mg	by mouth, 4 times a day for 7 days.
If you cannot find this or are allergic to penicillin, take:		
erythromycin	500 mg	by mouth, 4 times a day for 7 days.
For fever and pain, take:		
paracetamol (acetaminophen)	500 to 1000 mg	4 times a day as needed (do not take more than 4000 mg in a day).
Before taking medicines, see the "Medicines Pages."		
IMPORTANT If there is no improvement after 2 days, go to a hospital for treatment. If you have a painful lump in your breast (abscess) that did not go away with antibiotics, see a health worker who has been trained to drain an abscess with sterile equipment.		

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Chapter 1

Women's Health Is a Community Issue

