Index

The index lists topics covered in this 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

Medicines included in the Medicines Pages are in the List of Medicines, page 487.

Abdomen pain, 352–357
- after abortion, 255–257, 355
- after birth, 355
- after passing urine, 367
- with bleeding from vagina, 354, 355, 359
- brief, during middle of monthly cycle, 356
- during pregnancy, 73, 355
- during sex, 189, 356
- during your period, 50, 354
- examining the abdomen, 534
- with fever, 355
- fibroids, 129, 231, 354, 380
- hunger and, 357
- kinds of pain, 354–356
- late period, 354
- miscarriage, 98, 234–235, 354, 355
- overview, 352, 353
- pelvic inflammatory disease (PID), 276–277
- questions about, 357
- severe, 354, 355, 357
- STIs, 263, 268, 355
- sudden and severe, 354
- tubal pregnancy, 73, 249, 354, 355
- with urine system problems, 355
- when moving, walking, or lifting, 356
- without other signs, 356
- womb infection, 97

Abortion, 38, 238–259
- bleeding from vagina after, 251–253, 363, 483
- complications, 251–258
- danger signs after, 249
- dangers of, 64
- death from, 241
- deciding about, 243
- emergency contraception, 223
- emotional support after, 258
- fainting after, 258
- family planning after, 250
- illegal, 242
- incomplete, 251
- infection from, 255–257
- internal injury, 257
- preventing unsafe abortion, 259
- rape and, 336
- reasons for, 239–240
- refugees and displaced women, 452

safe methods, 241, 242, 244–245
- shock after, 254
- tetanus infection after, 257
- unsafe, 3, 241, 246–247, 259
- what to expect after, 249
- what to expect during, 248

Abscesses
- in breasts during breastfeeding, 382
- in persons with HIV, 307

Addiction
(See Alcohol; Drugs; Tobacco)

Adolescents
(See Girls)

Adopting a child, 236

Adrenaline, 490

AIDS
(See HIV)

Alcohol, 434–445
- addiction, 437, 442
- during breastfeeding, 109, 438
- fertility and, 232
- harm to women and pregnant people, 439
- health problems, 163, 438–439
- hepatitis, 269
- HIV and, 291
- living with person misusing, 444
- menopause and, 125
- mental health and, 418
- misuse of, 436–437
- overnight, 435
- pregnancy and, 68, 438
- preventing misuse, 445
- quitting, 441–443
- reasons for misuse, 437
- reasons to begin using, 436
- sex and, 62
- staying free of, 442
- violence and, 315, 318
- withdrawal, 442

Allergic reactions
- to cotrimoxazole, 296, 300
- from injections, 545
- to medicines, 477
- medicines for, 483
- in persons with HIV, 296, 300

Aminoglycosides, 481

Amoxicillin, 490
- overview, 480

Ampicillin, 491
- for fever during birth, 86
- for infection after abortion, 256
- for womb infection, 97
- overview, 480

Acyclovir, 490
- for shingles, 301
- for cold sores or fever blisters, 305

Addiction
(See Alcohol; Drugs; Tobacco)

Adolescents
(See Girls)

Adopting a child, 236

Adrenaline, 490

AIDS
(See HIV)

Alcohol, 434–445
- addiction, 437, 442
- during breastfeeding, 109, 438
- fertility and, 232
- harm to women and pregnant people, 439
- health problems, 163, 438–439
- hepatitis, 269
- HIV and, 291
- living with person misusing, 444
- menopause and, 125
- mental health and, 418
- misuse of, 436–437
- overnight, 435
- pregnancy and, 68, 438
- preventing misuse, 445
- quitting, 441–443
- reasons for misuse, 437
- reasons to begin using, 436
- sex and, 62
- staying free of, 442
- violence and, 315, 318
- withdrawal, 442

Allergic reactions
- to cotrimoxazole, 296, 300
- from injections, 545
- to medicines, 477
- medicines for, 483
- in persons with HIV, 296, 300

Aminoglycosides, 481

Amoxicillin, 490
- overview, 480

Ampicillin, 491
- for fever during birth, 86
- for infection after abortion, 256
- for womb infection, 97
- overview, 480
Babies
- burping, 107
- care at birth, 83
- care just after birth, 95
- checking position, 77, 81
- child spacing, 110, 160
- danger signs at birth, 94, 95
- death of, 99
- DES caution, 471
- early, 94, 118
- first foods for, 107, 110
- herpes and, 274
- HIV and, 292–293, 520
- holding during breastfeeding, 108
- infertility, 228–237
- losing (miscarriage), 98, 234–235
- not breathing at birth, 94
- open (cleft) lip or palate, 118
- preventing mother-to-child transmission of HIV, 520
- sex of, 46
- sick, breastfeeding, 119
- small, 94, 118
- STIs and problems in, 83
- syphilis and, 272
- tetanus in newborn, 95
- waiting to have, 58
- in wrong position, 72, 75, 85, 90
- yellow (jaundice), 118
- (Also see Birth; Breastfeeding; Children; Family planning; Pregnancy)

Bacille Calmette-Guerin (BCG) vaccine, 390, 391

Back pain
- from work with crafts, 406
- during pregnancy, 71
- exercises to prevent, 71, 400
- kidney infection and, 367
- lifting and carrying heavy loads, 398–400
- in older women, 132

Bacterial vaginosis, 266–267

Balls
- (See Testicles)

Bandages, disinfecting, 529

Barrier methods of family planning
- after abortion, 250
- choosing a method, 200, 225–226
- condoms, 60, 61, 128, 145, 189–190, 192–193, 202–203, 279, 280
- diaphragms, 145, 205, 279
- effectiveness of, 201
- internal (female) condoms, 190, 193, 204, 279
- overview, 200, 202
- (Also see Condoms; Diaphragms; Internal (female) condoms)

Battered women (See Violence against women)

BCA (See Bichloroacetic acid)

BCG (See Bacille Calmette-Guerin vaccine)

Beatings (See Violence against women)

Behavioral methods of family planning, 217–221
- abstinence and sex that doesn’t cause pregnancy, 221
- after abortion, 250
- breastfeeding to prevent pregnancy, 96, 201, 217
- choosing a method, 200–201, 225–226
- Counting Days Method, 218, 220
- defined, 200
- effectiveness of, 201, 218
- fertility awareness methods, 218–220
- how to tell if fertile, 219
- Mucus Method, 218, 219
- overview, 218
- withdrawal, 221

Belly pain (See Abdomen pain)

Bending safely, 399

Benzathine benzylpenicillin, 493
- for tetanus in newborns, 95
- overview, 480

Benzylenicillin, 493
- overview, 480

Beriberi, 173

Betel, 438

Bichloroacetic acid (BCA), for genital warts, 271

Bilharzia, 369

Biopsy, 378–379, 383

Birth, 80–94
- abortion, 238–259
- acupressure massage for, 547
- baby early or small, 94
- baby in wrong position, 72, 75, 85, 90–91
- baby not breathing, 94
- bleeding after, 84, 92–93, 97, 362, 483, 547
- bleeding before, 85
- breech birth, 90–91
- caring for baby after, 95
- caring for baby at birth, 83
- caring for parent after, 95, 96
- cervix opens, 81
- checking baby’s position, 77, 81
- cord around baby’s neck, 89
- cord comes out before baby, 88
- (Also see Abdomen pain; Acupressure; After birth; Pregnancy; Stillbirth; Birth defects; Birth complications; Birth planning; Cesarean birth; Delivery; Emotional support; Labour; Obstetric care; Postpartum care; Preparations for childbirth; Pregnancy complications; Pregnancy planning; Sports and exercise)
Index

Blame
abuse and, 317, 318
for rape, 327

Bleeding
blood in sputum, 389
blood in urine, 369
HIV contagion and, 285

Bleeding from vagina
after abortion, 251, 363, 483
after birth, 84, 92–93, 97, 362, 483,
547
after female genital cutting, 461
after menopause, 129, 363, 381
after miscarriage, 98, 235, 363
after sex, 363
before baby is born, 85, 362
danger signs, 359
during pregnancy, 73, 74, 362
during sex, 276
fibroids, 380
medicines for, 483
pain in abdomen with, 355, 363
problems with your period, 360–361
weak blood (anemia) and pregnancy risks, 72, 73
(Also see Periods)

Blindness, vitamin A and, 169

Blisters from burns, 538

Blocked duct, 116–117

Blood clot, combined pills, and, 207

Blood clots, 369

Blood infection (sepsis), after female genital cutting, 461

Blood pressure, 532–533
(Also see High blood pressure)

Blood transfusions, 39
HIV and, 285

Blood, weak (See Weak blood)

Boiling water to purify, 155

Boils, 307

Bones, weak (osteoarthritis), 133, 168

Book for Midwives, A, 66, 244

Bottle-feeding, harm from, 106

Bottom first (breech) baby, 75, 77, 90–91

Boyfriends, 59–61
date rape, 62, 328

Brand name medicines, 473

Breast cancer, 382–383
breast lumps and, 129
hormonal methods of family planning and, 207

Breastfeeding, 104–121
advice during, 109–110, 293
babies with special needs, 118
bottle-feeding, harm from, 106
breastfeeding, harm from, 106
burping the baby, 107
calcium needs, 168
chemicals and, 402
child spacing and, 110, 160
colostrum, 107
congenital abnormalities, 114–118
decision about, 109
drug contraindications, 531
drug use, 285
HIV and, 106, 285, 293
how to breastfeed, 107–109
importance of, 105
medicines, caution about, 477
for new babies, 107
nipple concerns, 114–115
sick baby, 119
signs baby has enough milk, 114
sucking, easing for baby, 115
support for, 121
twins, 118
when sick, 119
when working, 111
working for change, 121

Breast milk
breast size and, 114
color of, 107, 113
colostrum, 107
colostomy, 107
correcting daily water and food intake, 106
growing pains of a baby, 107
increasing supply of, 114
keeping up a supply of, 114
previous birth, 106
problems affecting supply of, 114
support for, 121
when sick, 119
working for change, 121

Breasts
cancer, 129, 207, 382–383
change during puberty, 54
death of baby and, 99
discharge from nipple, 382
engorged (mastitis), 116, 382
exams, 159, 162
illustrated, 45
lumps, 116, 129, 162, 382
neutral tone, 45
painful or swollen, 116–117
(Also see Nipples)

Birth canal (See Vagina)

Birth control (See Family planning)

Bladder control problems, 372–373

Bladder infection, 366–368
(Also see Urine system problems)

Bladder (man’s), 46

Bladder stones, 369

cutting the cord, 83
danger signs after, 97
danger signs during labor, 85–87
danger signs for baby, 94, 95
daughters unwanted, 7
death of baby, 99
death of pregnant person, 101–103
difficult births, 88–93
eclampsia, 72, 74, 87
female genital cutting problems, 464
fever during, 86
further information, 66
of head, 82
health care during pregnancy and birth, 160–161
at health center or hospital, 72
health risks, 3
helping, 79, 81–84
HIV and, 285, 292–293
long labor, 86
medicines for hurrying birth, 471
by operation, 38
partners, advice for, 100
placenta, 84, 92–93
positions comfortable for, 81
premature birth, 72, 75, 94
preparing for, 78–79
preventing mother-to-child transmission of HIV during, 520
pushing the baby out, 82
refugees and displaced women, 452
separating partners after, 221
of shoulders, 82, 88
signs that labor is near, 80
stages of labor, 80–84
supplies needed, 78
twins, 72, 89
waters breaking, 81, 85, 86
when breastfeeding another child, 120
when young, 59, 72
women with disabilities and, 72, 145
working for change, 101–103
(Also see Abortion, Family planning, Pregnancy)
Breathing
baby not breathing at birth, 94
fast, 531
after taking medicines, 479
in newborn, 95
pneumonia and, 304
shock and, 254
normal, 531
respiration (breathing rate), 531
shortness of breath, 172, 209, 402
slow, 531
smoke and health problems, 394
stress and, 421

Breastfeeding
baby not breastfeeding at birth, 94
fast, 531
after taking medicines, 479
in newborn, 95
pneumonia and, 304
shock and, 254
normal, 531
respiration (breathing rate), 531
shortness of breath, 172, 209, 402
slow, 531
smoke and health problems, 394
stress and, 421

Breech baby, 75, 77, 90–91

Bromocriptine, 471

Brown waters during labor, 86

Bumps on genitals, 271
(Also see Growths)

Burns, 538–539
rehydration drink, 540

Burping the baby, 107

Buttock, injecting, 544

Caffeine
fertility and, 232
menopause and, 124
PMS and, 51

Calamine lotion, 301

Calcium, 168

Cancer, 374–385
alcohol and, 438
breast, 129, 207, 382–383
causes, 376
of cervix, 21, 377–379, 471
DES causing, 471
drugs and, 438
fibroids and, 129
hormonal methods of family planning and, 207
incurable, 385
Kaposi’s sarcoma, 301
liver, 384
lung, 384
mouth and throat, 384
ovaries, 383
overview, 375–376
overweight and, 174
in sex workers, 344
signs, 376
stomach, 384
treating early, 376
treatment of womb, 381
vaccine for cervical cancer, 379
working for change, 385

Candida, 265–266, 300
(Also see Yeast infections)

Capsules, 474
(Also see Medicines)

Caretaking
babies at birth, 83
babies just after birth, 95
elder care, 136–137
parents after birth, 95, 96
persons with AIDS, 294, 309
self care during your period, 55
(Also see Health care skills)

Carrying loads safely, 399

Cash crops, 179

Cavities, 154

CD4 count, for people with HIV, 517

Ceftriaxone, 494
for chancroid, 273
for chlamydia or gonorrhea, 268
for infection after abortion, 256
for kidney infection, 368
for trichomonas, 267
overview, 481
for PID, 277

Cephalaxin, 481, 494
for infection after FGC, 462
for burn infection, 539

Cephalosporins, 481

Cereals
for babies, 107, 110
rehydration drink, 540

Cervix
cancer, 377–379, 471
growths, 377
illustrated, 45
inflammation, 377
opening during labor, 79, 81
overview, 45
pelvic exam, 159, 535–538
removal of, 379
visible at vaginal opening, 161

Cesarean section, 38

Chancroid, 273

Check-ups (See Exams)

Chemicals
cancer and, 376
lead poisoning, 403
mental health and, 418
pregnancy and, 68
washer-woman’s hands, 409
in water source, 127, 401
work with, 402–403

Child care cooperatives, 158

Children
abuse and, 317
calcium needs, 168
career cooperatives, 158
care space, 110, 160
drug and alcohol use, 438
feeling before self, 171
infertility, living with, 236–237
number of, 179
preventing drug and alcohol misuse in, 445
sexual abuse of, 329, 331
violence against women and, 315, 317, 320
waiting to have, 58
women’s health issues and, 12
(Also see Babies; Birth; Family planning)

Child spacing, 110, 160

Chills
after abortion, 256
with IUD, 216
kidney infection and, 367
womb infection and, 97

Chinese acupressure massage, 546–547

Chlamydia
how spread, 189
in babies, 274
preventing, 189–190
signs, 2618
treatment, 25, 268

Chlorine bleach, disinfecting solution, 527

Chloroquine, abortion from, 241

Cholera, killing germs, 155

Chores (See Work; Working parents)

CHWs (See Health workers)

Cigarettes (See Tobacco)

Ciprofloxacin, 496
for chancroid, 273
for diarrhea in persons with HIV, 299
for kidney infection, 368
overview, 481

Circumcised women (See Female genital cutting)

Cleanliness, 150–157
abortion and, 246
after giving birth, 96
bladder infection and, 366
care of baby at birth, 83
community (sanitation), 151–152
diarrhea and, 299
disinfecting equipment and tools, 526–529
during pregnancy, 68
during your period, 55
food safety, 156–157
germs, spread of, 150–151
helping at birth, 79
HIV prevention at home, 295
home, 153–157
kidney infection and, 366
personal, 154
preventing infection, 525–529
tooth care, 154
washer-woman’s hands, 409
washing your hands, 526
of water, 151, 155, 401
when removing breast milk, 112
for women with disabilities, 142
Cleft lip or palate, in baby, 118
Clindamycin, 496
for bacterial vaginosis, 267
for infection after abortion, 256
Clitoris, 44
(Also see Female genital cutting)
Cloth dressings, disinfecting, 529
Clothing, menopause and, 124
Clotrimazole, for yeast, 266
Cocaine (See Drugs)
Codeine, 497
for burns (pain), 539
for cough, 303
overview, 482
for persons with AIDS, 308
Coffee (See Caffeine)
Cognitive delay in children, 68, 169
Coitus interruptus, 221
Cold sores, 305
Colostrum, 107
Colposcopy, 378
Communication
about family planning, 199
about rape, 337, 339
about safer sex, 192–193
about violence against women, 323
gender messages in the media, 195
with parents, 65
Community
changes and mental health, 417
cleanliness (sanitation), 151–152
creating picture of, 428
health projects, 16
low status of women, 7–8, 11
medicine kit, 484
men’s responsibilities, 14
mental health of, 433
preventing HIV, 310
preventing rape, 338–339
safer sex in, 280–281
services for older women, 137
sex workers and, 351
solving health problems, 28–29
values learned from, 56, 139, 182–183
violence against women and, 320, 324
women’s health issues, 13–16
(Also see Gender roles; Support groups; Working for change)
Community Guide to Environmental Health, A, 152, 179
Community health workers (See Health workers)
Condoms, 202–203
after abortion, 250
arguments for using, 189–193
disposing of, 203
effectiveness of, 201
importance of using, 60, 61, 128, 189–193, 279
internal (female) condoms, 190, 193, 201, 204, 279, 346
lubricants for, 203
oils and, 128
overview, 202–203
practice putting on, 280
sex workers and, 346, 348
STI prevention, 279
torn or slipped off, 202
using, 190, 193, 202–203
women with disabilities and, 145
working for safer sex, 280–281
(Also see Internal (female) condoms)
Constipation
during pregnancy, 70
older women’s problems passing stools, 130
removing stool, 372
Contagion
cancer, 376
HIV, 284, 285
infectious diseases, 21
spread of germs, 150–151
tuberculosis (TB), 387, 388
(Also see STIs)
Contipation
during pregnancy, 70
older women’s problems passing stools, 130
removing stool, 372
Contagion
cancer, 376
HIV, 284, 285
infectious diseases, 21
spread of germs, 150–151
tuberculosis (TB), 387, 388
(Also see STIs)
Contor ditches, 177
Contraception (See Family planning)
Contraceptive foam (See Spermicides)
Contractions
birth process, 80
labor too long, 85
stage one of labor, 81
(Also see Birth)
Contractures, 143
Cooking
fire safety, 394
food safety, 156–157
haybox cooker, 397
rocket stove, 396–397
smoke and health problems, 394–397
(Also see Cleanliness; Diet)
Cooler for food, 157
Cooperatives, food, 177
Coping skills, 422–423
Copper-T (See IUDs)
Cord
around baby’s neck, 89
care of baby after birth, 95
come out before baby, 88
cutting baby’s at birth, 83
of placenta, 84
Cotrimoxazole, 497
allergic reaction to, 296, 300
for bladder infection, 368
for diarrhea in persons with HIV, 299
for discharge, 24
for kidney infection, 368
for persons with HIV, 296, 304
for pneumonia, 304
Coughing
from chemicals, 402
by persons with HIV, 303–304
tuberculosis (TB) and, 388, 389
Cough syrup, 303
Counseling, for HIV-positive people, 289
Counting Days Method of family planning, 218, 220
after abortion, 250
Crafts, health problems, 406
Cramps
acupressure massage for, 546–547
after abortion, 249, 255, 258
in legs during pregnancy, 71
in monthly cycle, 50
Cream, contraceptive (See Spermicides)
Creams, 474
(Also see Medicines)
Creative exercises for support groups, 428
Crops
acupressure massage for, 546–547
after abortion, 249, 255, 258
improving nutrition, 176–179
in legs during pregnancy, 71
in monthly cycle, 50
Cryotherapy, 379
Cupboard cooler, 157
Cutting baby’s cord at birth, 83
Cysts
Nabothian, 377
ovaries, 383
(Also see Growths)
D&E (See Dilation and evacuation (D&E) abortion)

Danger signs
- abnormal discharge, 265
- after abortion, 249, 251, 254, 255, 256, 258
- after birth, 97
- after female genital cutting, 460
- allergic reactions, 300, 477
- for baby at birth, 94, 95
- bladder infection, 367
- bladder stones, 369
- bleeding from vagina, 359
- blood pressure drops suddenly, 532
- cancer; 376
- cancer of the breast, 382
- cancer of the cervix, 377
- cancer of the womb, 381
- chemicals and health problems, 402
- from combined pills, 209
- dehydration, 298
- depression, 419
- diabetes, 174
- during labor; 85–87
- during pregnancy, 72–73
- fast pulse, 531
- hepatitis, 269
- high blood pressure, 130
- infection after abortion, 255, 256
- IUD problems, 216
- kidney infection, 367
- kidney stones, 369
- medicines, allergy to, 477
- medicines, taking too much, 479
- mental illness (psychosis), 432
- miscarriage, 98, 235
- pelvic inflammatory disease, 276
- pneumonia, 304
- polyps, 380
- respiration (breathing rate), 531
- shock, 254, 461, 545
- spoiled foods, 156
- syphilis, 272
- tetanus, 461
- trauma reactions, 420–421
- of tuberculosis (TB), 389
- unsafe abortion, 241, 246–247
- violence against women, 318, 325
- withdrawal from alcohol or other drugs, 442
- (Also see Health risks; Solving health problems: specific signs)
- Date rape, 62, 328
- avoiding, 330–331
- Death
  - accepting, 137
  - from AIDS, 309
  - from alcohol and other drugs, 438
  - of baby, 99
  - from cancer; 385
  - from cancer of the cervix, 379
- during pregnancy or birth, 101–103
- mental health and, 417
- Mira’s story, 9–11
- pressure sores and, 142
- from syphilis, 272
- from tuberculosis (TB), 387
- from unsafe abortion, 3, 241
- (Also see Violence against women)
- Debt, poor countries and, 8
- Decayed teeth, 154
- Dehydration
  - from burns, 539
  - rectal fluids, giving, 541
  - rehydration drink, 540
  - shock, treating with fluids, 540–541
- signs, 298
- (Also see Water)
- Dementia (mental confusion)
  - in older women, 135
  - in persons with AIDS, 308
- Dengue fever; spread of, 151
- Dependence (See Alcohol; Drugs; Tobacco)
- Depo-Provera, 214, 215
- Depression
  - in older women, 135
  - in people with HIV, 296
  - signs, 419
  - suicide, 419, 431
- (Also see Feelings)
- Desire
  - for sex, 188
  - in women for sex, 185
- Dexamethasone, 498
- for allergic reactions, 483, 545
- Diabetes, 174–175
- hormonal methods that contain estrogen and, 207
- pregnancy risks, 72
- signs, 174
- treatment, 175
- Type I diabetes, 174
- Type 2 diabetes, 174–175
- Diagnosis (See Danger signs; Exams and tests; Solving health problems: specific signs)
- Diaphragms
  - after abortion, 250
  - effectiveness of, 201
  - overview, 205
  - for sex workers, 346
  - spermicides, 206
  - using, 205
  - women with disabilities and, 145
- Diarrhea
  - in babies, 119
  - pain in belly with fever and, 355
  - in persons with HIV, 298–299
- Diazepam, 498
  - giving during a seizure, 87
- Dicloxacillin, 498
  - for breast infection, 117
  - for burn infection, 539
  - for infection from FGC, 462
  - overview, 480
  - for wounds and sores, 307
- Diet, 164–179
  - after giving birth, 96
  - baby’s first foods, 107, 110
  - cleanliness, importance of, 150
  - disease and poor nutrition, 172–175
  - during breastfeeding, 109, 167–169, 171
  - during menopause, 124, 171
  - during pregnancy, 68, 167–169, 171
  - emergency food distribution, 449
  - family, feeding first, 171
  - food safety, 156–157
  - of girls compared to boys, 171
  - girls’ health and, 53, 171
  - harmful ideas, 171
  - helper foods, 166
  - HIV and, 285, 291
  - importance of good food, 165
  - improving nutrition, 176–179
  - low-cost foods, 170
  - main foods, 166
  - medicines and food, 478
  - for older women, 126
  - packaged foods, 170
  - poor nutrition, 2
  - poverty and, 165, 170
  - for pressure sore prevention, 142
  - problems from eating wrong, 174–175
  - problems with mouth or throat and, 304–305
  - quitting alcohol and, 442
  - for refugees and displaced women, 449
  - selecting foods, 157
  - for sick people, 171
  - signs of spoiled foods, 156
  - storing food, 171
  - for women, 177
  - vitamins and minerals, 167–170
  - for weak blood (anemia), 73
  - weak bones and, 133
- (Also see Breastfeeding)
- Digestion, stress and, 421
- Dilation evacuation (D&E) abortion, 38, 244, 248
- Diphenhydramine, 499
  - for allergic reactions, 483, 545
- Disabled Village Children, 138, 366
- Disabled women (See Women with disabilities)
- Discharge from nipple, 382
- Discharge from penis, 268
Discharge from vagina
  abnormal, 265–268
  bad-smelling after abortion, 256
  bad-smelling after birth, 97
  pelvic inflammatory disease, 276
Disease (See Illness; Preventing illness)
Disinfecting equipment and tools, 526–529
  bandages, 529
  gloves, 529
  needles, 528
  storing tools, 528
Displaced women (See Refugees and displaced women)
Dizziness
  anemia and, 172
  from chemicals, 402
  during pregnancy, 73
  high blood pressure and, 130
  from medicines, 479
  Domestic workers, 409
Dosages of medicine
  measuring, 474–475
  (Also see Medicines; specific medicines)
DOTS treatment for TB, 391
Douching, 154
  Mucus Method of family planning and, 219
  by sex workers, 346
  STIs and, 279
Doxycycline, 499
  for chlamydia or gonorrhea, 268
  for infection after abortion, 256, 257
  overview, 480
  for PID, 277
  to prevent infection after abortion, 249
  to prevent infection after deinfibulation, 465
  for syphilis, 273
Dress, menopause and, 124
Dressings, disinfecting, 529
Drugs, 434–445
  addiction, 437, 442
  during breastfeeding, 109, 438
  harm to women and pregnant people, 439
  health problems from, 163, 438
  HIV and AIDS and, 291
  living with person misusing, 444
  mental health and, 418
  misuse of, 436–437
  overview, 435
  staying free of, 443
  violence against women and, 318
  withdrawal, 442
  (Also see Alcohol; Medicines; Tobacco)
“Dry” sex, 190, 279
Ducts
  of breasts, 45
  (Also see Fallopian tubes)
Dying (See Death)
E
Earning a living (See Work; Working parents)
Ears
  acupressure massage, 547
  hearing loss in older women, 134
  ringing in, 130, 479
Eating (See Diet)
Ectopic (tubal) pregnancy, 73, 249, 354
Education
  about HIV, 310
  about rape, 338
  family planning and, 227
  in gender roles, 182
  health care providers’ responsibilities, 35
  helping women help themselves, 30, 31
  importance of, 58
  for women with disabilities, 140
Efavirenz (EFV), 518–520
Eggs
  causes of infertility, 231
  release of (ovulation), 47, 49
Elders (See Older men; Older women)
Embroidery, health risks from, 406
Emergency contraception, 223, 523–524
  (Also see Abortion)
Emergency food distribution, 449
Emtricitabine (FTC), 518–520
Emotions (See Feelings)
Endometrial cancer, 381
Enema, giving rectal fluids, 541
Engorged breasts (mastitis), 116–117, 382
Epilepsy, hormonal methods that contain estrogen and, 207
Epinephrine, 500
  for allergic reactions, 483, 545
Erection, older men’s difficulties, 128
Ergometrine maleate, 500
  for abortion, 471
  for bleeding after abortion, 253
  for bleeding after birth, 93, 97, 103
  hurrying birth, 471
  overview, 483
  pregnancy and, 438
Ergonovine (See Ergometrine)
Erythromycin, 501
  for baby eye care, 78, 83
  for breast infection, 117
  for chlamydia or gonorrhea, 268
  for genital sores, 273
  for infection after female genital cutting, 462
  overview, 480
  to prevent infection after deinfibulation, 465
  for wounds and sores, 307
Estrogen, 501
  hormone replacement therapy, 124
  life cycle and, 47
  (Also see Hormonal methods of family planning; Hormones)
Ethambutol, 501
  for tuberculosis, 389
Exams and tests
  abdomen exam, 534
  blood pressure, 532–533
  breast exams, 162
  for cancer of the cervix, 378
  for fertility, 234
  health exams, 159
  HIV test, 288, 289, 291, 292, 347
  overview, 37
  Pap tests, 159, 376
  pelvic exam, 159, 535–538
  prenatal check-ups, 68, 76–77, 160
  pulse, taking, 531
  respiration (breathing rate), 531
  screening tests, 376, 379
  by sex workers, 346
  speculum exam, 536
  temperature, taking, 530
  tuberculosis (TB) test, 389
  violence against women and, 325
  (Also see Solving health problems)
Excision (See Female genital cutting)
Exercise
  during menopause, 124
  during pregnancy, 68, 71, 75
  HIV and AIDS and, 291
  lifting and carrying heavy loads, 398–400
  need for, 158
  for older women, 126
  weak bones and, 133
  for women with disabilities, 143
  your period and, 55
Exercises
angry cat exercise, 71
for baby in wrong position, 75
building inner strength, 423
for healing mental health problems, 427–428
for learning to help, 426
for low-back pain, 71, 400
pelvic tilt exercise, 400
to relax and strengthen back and belly, 400
for relaxation, 427
for sitting or standing long time, 404
squeezing exercise, 130, 131, 371
twist exercise, 400
for women with disabilities, 143
for women with trauma, 430
(Also see Activities)
Expiration date of medicines, 472
Eyes
blurry eyesight, 174
care at birth, 83
chemicals and problems with, 402
chemicals in, 403
farsighted, 134
glaucoma, 134
infected in newborn, 83
pale eyelids, 172
problems in older women, 134
strain from crafts, 406
yellow, 269

Face
changes during puberty, 54
swollen during labor, 74, 87

Factories
migration for work, 408
unsafe work conditions, 406–407
(Also see Chemicals; Work)

Fainting
after abortion, 258
anemia and, 172
during pregnancy, 73
shock and, 254
(Also see Unconsciousness)

Fallen womb (prolapsed uterus), 131, 161, 398, 534

Fallopian tubes
exam, 538
illustrated, 45
overview, 45
pelvic inflammatory disease (PID), 276
scarred or blocked, 231
tubal ligation, 222
tubal pregnancy, 73, 249, 354

Family
feeding before self, 171
help during illness, 37
incest, 63, 329
mothers helping daughters, 65
sexual abuse in, 329, 331
talking with, 65
values learned from, 56
women’s health issues, 12
(Also see Fathers; Mothers; Parents; Violence against women)

Family planning, 196–227
abortion, 238–259
after abortion, 250
after death of baby, 99
after giving birth, 96
avoiding pregnancy, 60, 61, 128
barrier methods, 200, 202–206
behavioral methods, 200, 217–221
benefits of, 197–198
breastfeeding to prevent pregnancy, 96, 201, 218
child spacing, 110, 160
choosing a method, 200–201, 225–226
choosing to use, 199
effectiveness of methods, 201
emergency contraception, 223, 335, 523–524
fertility awareness methods, 218–220
for fathers, 100
hormonal methods, 128, 145, 200, 207–214
hormones and, 47
infertility and, 231
IUDs, 145, 200, 215–216
new methods, 224
number of children, 179
older women and, 128
permanent methods, 200, 222
refugees and displaced women, 452
safety of, 198
talking to partners about, 199
types of methods, 200
for women with disabilities, 145
working for change, 227
(Also see Abortion; Pregnancy; Safer sex; Sex; specific methods)

Farms (See Chemicals; Work)

Farsightedness, in older women, 134

Fathers
during pregnancy and birth, 100
girls treated as property of, 185
infertility, causes of, 230
sexual abuse by, 329, 331
(Also see Family; Husband or partner; Parents)

Fats
cutting down on, 174
need for, 166
(Also see Diet)

Feelings
about HIV or AIDS, 289, 290, 294, 296, 309, 311
about infertility, 236–237
about rape, 337
about violence against women, 313, 315, 321, 323
after abortion, 258
after miscarriage, 98
anxiety, 135, 296, 420
death of baby and, 99
depression, 296, 419
during menopause, 124, 125
during puberty, 54
emotional abuse, 317
gender roles and, 183
loss, 417
medicines for, 471
migrating for work, 408
in older women, 135
sexual desire, 185-186
sexual pleasure, 186–188
stress, 318, 416–417, 421
talking with parents, 65
trauma, 418, 420–421, 430
(Also see Communication; Mental health)

Feet
acupressure massage, 546–547
swollen during pregnancy, 71

Female condoms (See Internal (female) condoms)

Female genital cutting, 458–467
birth problems, 464–465
bleeding, heavy, 461
danger signs, 460
deinfibulation, 465
health problems from, 3, 460–467
infection, 461–462
infertility, 465
infibulation, 72, 459, 464, 465
leaking urine and stool, 465
mental health problems, 466
overview, 458–459
period problems, 463
prevalence of, 3
sexual health problems, 463–464
shock, 461
types of, 459
urine system problems, 365, 462, 465
working for change, 466–467

Fertility
hormones and, 47
how to tell if fertile, 219, 220, 233
(Also see Infertility)
Index

Fertilizers, 49
Fertilizers
natural, 177, 178
in water source, 127, 401
Fetoscope, 77
Fever
after abortion, 255–258
after birth, 97
after miscarriage, 98
during labor, 86
during pregnancy, 74
hepatitis and, 269
with IUD, 216
kidney infection and, 367
in newborn, 95
pain in abdomen with, 355
in persons with HIV, 297
PID and, 276
pneumonia and, 304
syphilis and, 272
taking the temperature, 530
womb infection and, 97
Fever blisters, in persons with HIV, 305
Fibroids, 380
heavy periods and, 129
infertility and, 231
pain with, 354
and passing urine often, 370
signs, 380
treatment, 380
Fire safety, 394
Fistula, 161, 370–371, 465
Flagyl (See Metronidazole)
Flat nipples, 114
Flight (See Refugees and displaced women)
Fluconazole, 502
for fungal infections, 300
for thrush, 305
Flukes, blood, 369
Foam birth control, women with disabilities and, 145
Folic acid (folate)
food sources of, 168
for weak blood (anemia), 73, 168, 471
Follow-up care, 35
Food cooperatives, 177
Food (See Diet)
Forced sex (See Rape)
Forgetting to take birth control pills, 210, 211
Forgotten workers, 409
Formula, harmfulness of, 106
Fractions in medicine dosages, 474
Fruits, 166, 170
FTC (See Emtricitabine)
Fuels
fire safety, 394
for refugees and displaced women, 450
(Also see Drugs)
Fungal infections
in persons with HIV, 300
(Also see Yeast infections)
Future, planning for, 57

G
Gallstones, overweight and, 174
Gang rape, 329
Garbage, disposing safely, 151
Gardens, improving nutrition, 176–179
Gender roles, 182–185, 194–195
changing harmful roles, 194–195
in courtship, 195
creation of, 182
defined, 182
harm caused by, 183
harmful beliefs, 184–185
learning of, 182
in the media, 195
sexual health and, 184–185
(Also see Sexual health)
Generic names for medicines, 473
Genital herpes, 274–275
Genitals (See Reproductive system; STIs)
Genital ulcers, 272–275
Genital warts, 271
Gentamicin, 502
for fever during birth, 86
for infection after abortion, 256
for infection after birth, 97
for kidney infection, 368
overview, 481
German measles (see Rubella)
Germs
food safety, 156–157
spread of, 150–151
sunlight and, 153
Girls, 53–65
changes for a better life, 54
changes in the body of, 54
eating to grow well, 53
female genital cutting, 459–460, 467
gender roles, 182–185
getting help from adults, 65, 61, 57
periods, 55
pregnancy, 59, 64, 72
pressure to have sex, 62–64
self-esteem, 56
sex, 59–61
sex work, 342–343
sexual abuse of, 63
trading of, 64
(Also see Puberty)
Giving birth (See Birth)
Glands, of breasts, 45
Gonorrhea, 268
in babies, 83
resistance to medicines, 24, 264
signs, 268
treatment, 268
Government policies and laws
aiding older women, 137
female genital cutting, 467
legal rights of women, 7
low status of women, 7–8, 11
reporting rape, 334–336
violence against women and, 324
women’s health issues, 17
(Also see Refugees and displaced women; Working for change)
Grains, 166, 170
Grams, 475
Green Belt movement, 16
Green waters during labor, 86
Growth
diet and, 53
during puberty, 54
Growths
of the cervix, 377
of the womb, 380
cysts on ovaries, 383
fibroids, 129, 231, 354, 380
and passing urine often, 370
polyps, 129, 377, 380
tumors, 375
warts on genitals, 271, 376
(Also see Cancer; Lumps)
Gums, problems from chemicals, 402

Where Women Have No Doctor 2023
Index

H

Hands
acupressure massage, 546
pale nails, 172
swollen during labor, 74, 87
washer-woman’s hands, 409
washing to prevent infection, 526

Harassment
sexual, 329, 331, 407
(Also see Violence against women)

Haybox cooker, 397

Head
birth of, 82
breech baby, 75, 77, 90–91
exercise at work, 404

Headaches
from chemicals, 402
from combined pills, 209
from crafts, 406
high blood pressure and, 130
from hormonal methods of family planning, 208, 209
from medicines, 479
from stress, 421

Health care skills, 525–547
abdomen exam, 534
acupressure massage, 546–547
blood pressure, 532–533
burns, 538–539
disinfecting equipment and tools, 526–529
injections, 542–545
pelvic exam, 535–537
pulse, taking, 531
respiration (breathing rate), 531
shock, treating with fluids, 540–541
temperature, taking, 530

Health center or hospital
birth and, 72, 85–86, 88, 89, 93, 101
breastfeeding and, 119, 121
for cancer of the cervix, 377
female genital cutting and TBAs, 467
getting better care, 36–37
health centers, 34
hospitals, 35, 38–39
medical system, 33–35
PID and, 276
for tetanus in newborn, 95
for fistula, 371

Health exams, 159

Health Handbook for Women with Disabilities, A, 138

Health, maintaining (See Preventing illness)

Health risks
from alcohol and drugs, 438–439
for bottle-fed babies, 106
for cancer, 376
for cancer of the cervix, 377
for cancer of the womb, 381
chemicals, work with, 402–403
from crafts, 406
cycle of poor health, 5
diet and, 53
domestic workers, 409
during pregnancy, 59, 67, 72–74, 197
female genital cutting, 3, 460–467
from frequent pregnancies, 3, 5
general medical problems, 4
heavy loads, lifting and carrying, 398–400
from hormone replacement therapy (HRT), 124
from medicines, 471
mental health, 4, 416–418, 433
poverty, 6
from rape, 336–337
reproductive health problems, 3
of sex workers, 344–347
smoke and health problems, 394–397
STIs, 3, 60, 61, 262–263
from treatments, 24–25
unsafe abortion, 3, 241
washer-woman’s hands, 409
water, work with, 401
for women, 2–5
from work, 4, 406
(Also see Danger signs; Violence against women)

Health, women’s (See Women’s health)

Health workers
disinfecting equipment and tools, 526–529
helping women help themselves, 30–31
infection; helping with, 237
medicine guidelines, 470
overview, 34
preventing HIV, 311
preventing infection, 525–529
rape and, 335
for refugees and displaced women, 452, 453
sex workers and, 351
violence against women and, 325
washing your hands, 526
(Also see Health care skills; Midwives)

Hearing
loss in older women, 134
ringing in ears, 130, 479

Heartbeat
fast, 172, 254, 531
drug and alcohol withdrawal, 442
normal, 531
slow, 531
stops, 173
stress and, 421
taking the pulse, 531

Heartburn
during pregnancy, 69
from taking medicines, 477

Heart disease
the pill and, 208
processed foods and, 174
from syphilis, 272

Hemorrhage (See Bleeding)

Hemorrhoids (piles), during pregnancy, 70

Hepatitis
hepatitis B, 269, 376, 384
hepatitis C, 269
hormonal methods that contain estrogen and, 207
injections and, 542
signs, 269, 402
treatment, 269
vaccine, 503

Herbicides
mental health and, 418
pregnancy and, 68

Heroin (See Drugs)

Herpes
genital, 274–275
zoster (shingles), 301

High blood pressure
hormonal methods that contain estrogen and, 207
defined, 532
in older women, 130
overweight and, 174
pregnancy risks, 72
signs, 130
from stress, 421
treatment, 130
what the numbers mean, 532
(Also see Blood pressure)

High-level disinfection, 526–528
HIV, 282–311
AIDS (advanced HIV disease), 284
ART (Antiretroviral therapy), 291, 292, 336, 517–521
birth and, 285, 292, 293, 520
breastfeeding and, 106, 285, 293, 520
caring for persons with HIV or AIDS, 294–295
causes in women, 283, 285, 286
CD4 count, 517
common medical problems, 297–308
cotrimoxazole and, 296, 299
coughing, 303
counseling, 289
death and dying, 309
diarrhea, 298–299
drug misuse and, 438
feelings about, 289, 290, 294, 296, 309, 311
fever, 297
HIV, described, 284
HIV test, 288–290, 292, 347
living with, 290–291
medicines to prevent infection, 296
mental confusion (dementia), 308
mouth and throat problems, 304–305
nausea and vomiting, 302
older men and, 64
overview, 269, 284
pain, 308
partner infected with, 290
pneumonia and, 304
pregnancy and, 285, 292, 520
preventing, 286–287, 295, 309–311, 336
preventing infections with medicines, 296
preventing mother-to-child transmission, 292–293, 520
protecting against, 60, 61, 128, 189–193
rashes and itching, 300–301
sex workers and, 344–347
sores on genitals and, 273
spread of, 285
staying healthy, 296
tuberculosis and, 291, 303, 387
for women, 286
working for change, 309–311
wounds and sores, 306–307

Holding baby during breastfeeding, 108–109

Home
domestic workers, 409
drug and alcohol misuse in, 439
migration for work, 408
(Also see Family; Refugees and displaced women)

Homosexuality, 183, 184, 187

Honey and sugar, for pressure sores, 306

Hormonal methods of family planning, 207–214
after abortion, 250
choosing a method, 200–201, 224–225
combined pills, 208–210
defined, 200
effectiveness of, 201
implants, 213
injections, 213–214
mini-pills (progestin-only pills), 211
older women and, 128
once-a-month pills, 224
patch, 211
side effects, 212, 214
types of methods, 207
vaginal ring, 211
who should avoid these methods, 207
women with disabilities and, 145

Hormones
hormone replacement therapy (HRT), 124, 471
life cycle and, 47
in menstrual cycle, 48–49
mental health and, 418
overview, 47
puberty and, 54
(Also see Estrogen; Progesterone)

Hospital (See Health center or hospital)
HPV (human papilloma virus), 270
cancer of the cervix, 376–377
genital warts, 270–271
test for, 378
vaccines against, 270

HRT (hormone replacement therapy), 124, 471

Human Immunodeficiency Virus (HIV) (See HIV)

Human papilloma virus (see HPV)

Human rights
female genital cutting and, 185
female genital cutting and, 185
female genital cutting and, 185
(Also see Government policies and laws; Working for change)

Hunger
abdomen pain and, 357
constant, 174
loss of appetite, 173, 269
poor nutrition for women, 2

Husband or partner
girls treated as property of, 185
HIV infected, 290
infertility, causes of, 230
leaving an abusive partner, 322–323
rape by, 328
talking about family planning, 199
talking about sex, 185, 192–193
(Also see Boyfriends; Family; Fathers; Parents; Violence against women)

Hydrocortisone, 503
for allergic reactions, 483, 545

Hydroxyzine, 504
for allergic reactions, 483

Hymen, 44

Hypertension (See High blood pressure)
Hysterectomy, 38, 379, 381

I

Ibuprofen, 504
for burns (pain), 539
overview, 482
for persons with AIDS, 308

Illegal abortion, 242

Illness
food needs during, 171
infectious diseases, 21
non-infectious diseases, 21
in older women, 127
poor nutrition and, 172–175
preventing, 148–163
recognizing, in women with disabilities, 141
(Also see Danger signs; Preventing illness; Solving health problems; STDs; Specific illnesses and signs)

Immune system, 284
(Also see HIV)

Immunizations
hepatitis B, 503
tetanus, 161
tuberculosis (TB), 390–391

Implants
after abortion, 250
effectiveness of, 201
side effects, 212
stopping, 212
using, 212

Incest, 63, 329

Incomplete abortion, 251

Incomplete miscarriage, 98

Incontinence, 370

Independence, working toward, 15

Indigestion, during pregnancy, 69
Index

Inequality of health treatment, 1

Infection
- abnormal vaginal discharge, 265–268
- after abortion, 255–257
- after giving birth, 96
- after operation, 39
- bladder or kidneys, 366–368
- breasts during breastfeeding, 116–117, 382
- burns and, 538
- causes of, 525
- cracked nipple and, 115
- deinfibulation and, 465
- disinfecting equipment and tools, 526–529
- eyes in newborn, 83
- from female circumcision, 461–462
- fungal, in persons with HIV, 300
- infectious diseases, 21
- injections and, 542
- mental health and, 418
- pain in abdomen with fever, 355
- pelvic (PID), 265, 276–277
- preventing, 525–529
- preventing at birth, 83
- preventing for persons with HIV, 296
- risk during birth, 79
- signs, 255–256, 531
- urinating after sex and, 154, 279, 366
- vaginal, frequent, 174
- vitamin A and, 169
- washing your hands, 526
- of womb after birth, 97
- wounds and sores, with HIV, 307

(Also see STIs; specific diseases)

Infectious diseases, 21

Infertility, 228–237
- after female genital cutting, 465
- blame for, 229
- causes of, 230–231
- dangers that can hurt fertility, 232
- defined, 230
- living with, 236–237
- miscarriage and, 234–235
- prevalence of, 229
- in sex workers, 344
- STIs and, 274
- treatment, 233–234

Infibulation (See Female genital cutting)

Injections
- allergic shock from, 545
- anemia and, 471
- in buttock, 544
- diazepam, 87
- for family planning, 201, 213–214
- giving, 542–545
- HIV and, 285
- preparing a syringe, 543
- for infection after abortion, 257
- to start labor, 85
(Also see Medicines)

Injections for family planning
- combined, 213–214
- effectiveness of, 201
- progestin-only, 213–214
- side effects, 213, 214
- stopping, 214
- using, 214

Injuries
- internal, from abortion, 257
- mental health and, 418
- from pregnancy and birth, 101–103
- from rape, 5, 329, 337, 370
(Also see Female genital cutting; Violence against women)

Inner folds of the vulva, 44

Insect bites, HIV and, 285

Inserts, 474 (Also see Medicines)

Intercourse (See Sex)

Internal (female) condoms
- effectiveness of, 201
- overview, 204
- safer sex and, 190, 193
- sex workers and, 346
- STI prevention, 279
- using, 204

Internal injury, from abortion, 258

Intrauterine devices (See IUDs)

Intravenous drip (IV), 540

J

Jaundice, yellow baby, 118

Jelly, contraceptive (See Spermicides)

Jobs (See Work; Working parents)

Joint and muscle pain (arthritis)
- in older women, 133
- overweight and, 174

Joints
- contractures, 143
- kneeling work and, 405
- repetitious movements and, 405

K

Kaposi’s sarcoma, 301

Kerosene, fire safety, 394

Ketoconazole, 505
- for esophageal thrush, 305

Khat (See Drugs)

Kidney infection, 366–368
- causes, 366
- drugs and alcohol and, 438
- medicines, cautions about, 477
- signs, 367
- treatment, 368
(Also see Urine system problems)

Kidney stones, 369

Killing oneself (suicide), 419, 431

Kissing, not a cause of HIV, 285
Kneeling work, 405
Knitting, health risks from, 406

L
Laboratories, 34
Labor (See Birth)
Lace making, health risks from, 406
Lactational amenorrhea method (LAM), 217
Lamivudine (3TC), 519–520
Laxatives, 70
Leaders, women as, 456–457
Lead poisoning, 403, 406
Legal issues (See Government policies and laws; Working for change)
Legs
acupressure massage, 546–547
problems during pregnancy, 71
severe pain in one, 209
sitting or standing long time, 404
varicose veins in, 70, 132
weakness in, 173, 209
Legumes, planting, 176
Lemon juice
purifying water, 155
for thrush, 305
Lice, 265
Lifting safety, 398
Lip, cleft in baby, 118
Liquid medicines
measuring, 475
taking, 474
(Also see Medicines)
Liquids
clean source of water, 151
giving rectal fluids, 541
recommendation for older women, 126
rehydration drink, 540
(Also see Alcohol; Caffeine; Water)
Listening
active, 426
importance of, 30
Liver
cancer, 384
medicines and liver disease, 477
problems from chemicals, 402
problems from drugs and alcohol, 438
Liver extract injections, 471
Loop, the (See IUDs)
Loss
mental health and, 417, 454
by refugees and displaced women, 454
Love
changing people, 318
violence against women and, 315
Low back pain (See Back pain)
Lower belly pain (See Abdomen pain)
Lubricants, for sex, 190, 203
Lumps
abscesses and boils, 307
in breast, 382
in breast during breastfeeding, 116
in breast of older people, 129
in tubes or ovaries, 537
(Also see Growths)
Lungs
cancer, 384
chemicals and, 402
pottery making and health, 406
Macrolides, 480
Magnesium sulfate, 506
for eclampsia, 87
Malaria
during pregnancy, 74
spread of, 151
using medicines for abortion, 471
Manual vacuum aspiration (MVA) abortion, 38, 244, 248
Marijuana (See Drugs)
Marriage
virginity and, 185
waiting until ready, 58
Massage, acupressure, 546–547
Mastitis, 116–117, 382
Masturbation, 188
Maternal mortality, 67
Measles, pregnancy and, 68
Measuring medicines, 474–475
Media, gender messages in, 195
Medical abortion, 244–245
Medical system, 33–41
community health workers, 34
getting better care, 36–37
health centers, 34
health posts, 34
hospital care, 38–39
hospitals, 35
women’s needs not met, 8
working for change, 40–41
(Also see Health center or hospital; Health workers)
Medicines, 468–484
abortion by, 244–245
for allergic reactions, 483
allergy to, 477
antibiotics, 480–481
for bacterial vaginosis, 267
for bladder infection, 368
for bleeding from vagina, 483
for breast infection, 117
cancer and, 376
for chlamydia, 268
deciding to use, 470–471
defined, 469
drug resistance and STI medicines, 264
during breastfeeding, 109, 120
during labor, 79, 85
during pregnancy, 68
deciding to use, 470–471
defined, 469
drug resistance and STI medicines, 264
for defibulation, 465
food and, 478
forms of, 474
generic names and brand names, 473
for genital sores, 273
for genital warts, 271
for gonorrhea, 268
guidelines for health workers, 470
guidelines for use, 472
instead of, 471
for herpes zoster (shingles), 301
fertility and, 232
for joint and muscle pain (arthritis), 133
for kidney infection, 368
forms of, 474
for meningitis, 473
for mental health problems, 422
for mental health problems, 422
Medicine kit, 484
Medical abortion, 244–245
Medical system, 33–41
community health workers, 34
getting better care, 36–37
health centers, 34
health posts, 34
hospital care, 38–39
hospitals, 35
women’s needs not met, 8
working for change, 40–41
(Also see Health center or hospital; Health workers)
Medicines, 468–484
abortion by, 244–245
for allergic reactions, 483
allergy to, 477
antibiotics, 480–481
for bacterial vaginosis, 267
for bladder infection, 368
for bleeding from vagina, 483
for breast infection, 117
cancer and, 376
for chlamydia, 268
deciding to use, 470–471
defined, 469
drug resistance and STI medicines, 264
for defibulation, 465
drug and alcohol use and, 438
drug resistance and STI medicines, 264
during breastfeeding, 109, 120
during labor, 79, 85
during pregnancy, 68
defibulation, 465
food and, 478
forms of, 474
generic names and brand names, 473
for genital sores, 273
for genital warts, 271
for gonorrhea, 268
guidelines for health workers, 470
guidelines for use, 472
instead of, 471
for herpes zoster (shingles), 301
fertility and, 232
for joint and muscle pain (arthritis), 133
for kidney infection, 368
forms of, 474
for meningitis, 473
for mental health problems, 422
for mental health problems, 422
Medicine kit, 484
for pain, 482
for pain, in persons with HIV, 308
for pelvic inflammatory disease (PID), 277
for persons with HIV, preventing infection, 296
plant medicines and vagina, 96
precautions (warnings), 478
safety when using, 470, 471–473
side effects, 478
for STIs, sex workers and, 347
taking too much, 479
for thrush (yeast), 117, 300, 305
toxicology and dementia, 135
for trichomonas, 267
using medicines in this book, 473–479
when to take, 476
who should not take certain medicines, 477
for womb infection, 97
for yeast infections of the vagina, 266
(Also see Side effects, specific medicines)

Meditation, 423
Medroxyprogesterone acetate, 129, 506
Memory problems, in older women, 135
Menopause
acupressure massage for, 547
bleeding from vagina after, 363
defined, 47
diet during, 124, 171
hormone replacement therapy (HRT), 124, 471
medicines for, 124
recommendations for easing, 124–125
sex and, 128
signs, 124
Menstrual cycle, 48–49
Menstrual period, 48–51
acupressure massage for pain, 546–547
after abortion, 249
changes in bleeding, 50
diet and, 53
end of (menopause), 124–125
female genital cutting problems, 463
heavy, 129, 360
hormonal methods of family planning and, 208, 209, 211, 212, 213, 214
irregular, 361
late with IUD, 217
light, 360
long lasting, 360
in middle of month, 129
monthly cycle, 48–49
names for, 48
onset during puberty, 55
pain with, 50, 354
pre-menstrual syndrome (PMS), 51
problems with, 360–361
self care during, 55
stopped, 361
too far apart, 361
too often, 361
for women with disabilities, 142
(Also see Bleeding from vagina)

Menstruation (See Menstrual period)
Mental confusion (dementia)
drug and alcohol withdrawal, 442
in older women, 135
in persons with AIDS, 308
Mental health, 412–433
alcohol and, 438
anxiety, 420
common causes of problems, 416–418
common problems, 419–422
of community, 433
depression, 135, 419
determining, 419
drugs and, 438
female genital cutting problems, 466
helping yourself and others, 422–431
HIV and, 296
medicines for problems, 422
mental illness (psychosis), 432
overview, 413
personal coping skills, 422–423
psychosis (mental illness), 432
of refugees and displaced women, 454–455
self-esteem, 140–141, 414–415
stress, 318, 416–417, 421
suicide, 419, 431
support groups, 423–425
syphilis and, 272
trauma, 418, 420–421, 430
women at risk, 4, 433
for women with disabilities, 140–141
(Also see Feelings, Support groups)

Mental illness (psychosis), 432

Methotrexate, 471
Methyl ergonovine, 506

Metronidazole, 507
for bacterial vaginosis, 267
for bloody diarrhea, 296
for chlamydia or gonorrhea, 268
for fever during labor, 86
for pelvic inflammatory disease (PID), 277
for infection after abortion, 256
for trichomonas, 268
for womb infection, 97
Miconazole, 507
for yeast infections, 266

Micrograms, 475
Midwives
A Book for, 66
role of, 76, 102, 391
Mifepristone, 245, 508
Migration for work, 408

Milk and milk products
bottle-feeding babies, harmfulness of, 106
in diet, 170
storing, 170
(Also see Breastfeeding; Breast milk)

Milligrams, 475
Minerals (See Vitamins and minerals)

Minipills, 211, 523
effectiveness of, 201
as emergency contraception, 524
forgetting to take, 211
side effects, 211
stopping, 211
using, 211

Miscarriage, 98, 234–235, 354
bleeding after, 98, 235, 363
Misoprostol, 93, 245, 253, 508

Money
control of, 317
costs of bottle-feeding, 106
costs of vitamins and minerals, 471
loan fund for sex workers, 350

Mons, 44

Monthly bleeding (See Menstrual periods)

Monthly cycle (See Menstrual cycle)

Morning sickness, 69, 543

Morphine, overview, 482
Mosquitos, disease spread by, 151
Mothers (people who have given birth)
breastfeeding advice, 109–110, 293
care after birth, 95, 96
community expectations, 183
danger signs after birth, 97
death of baby and, 99
diet while breastfeeding, 109
help from partners 100
helping after birth, 99
helping daughters, 65
helping during birth, 79, 81–84
infertility, causes of, 231
older mothers, 72
working, breastfeeding and, 111
(Also see Family; Parents)

Mouth
cancer, 384
cleft lip or palate in baby, 118
gum problems from chemicals, 402
problems in persons with HIV, 304–305
 Teeth, 154, 402
(Also see Foods; Foods; Foods)

Mucus
checking for fertility, 219, 233
coughing up, in persons with HIV, 303–304
(Also see Respiration; Respiration)

Mucus Method of family planning, 218, 219
after abortion, 250

Mumps, infertility and, 230

Musasa Project, 15

Muscles
arthritis in older women, 133
back and belly, strengthening, 400
contractions, 143
(Also see Exercise; Exercises)

MVA (manual vacuum aspiration) abortion, 38, 244, 248

N

Nabothian cysts, 377

Nails
pale, 172
washer-woman’s hands, 409

Nausea
after abortion, 258
during pregnancy, 69, 543
from hormonal methods of family planning, 208
kidney infection and, 367
from medicines, 479
in persons with HIV or AIDS, 302, 518
taking medicines, 478
(Also see Vomiting)

Neck, acupressure massage, 547

Needles
disinfecting, 528
giving injections, 542–545
(Also see Injections)

Negative HIV test, 288, 289
Negative neonatal conjunctivitis, 83

Nervous conditions (See Mental health)
Nevirapine (NVP), 519–520
Night blindness, vitamin A for, 169

Nipples
114–115
discharge from, 382
flat or inverted, 114
illustrated, 45
overview, 45
position in baby’s mouth, 108, 109, 115
sore or cracked, 115–117
(Also see Breasts)

Nifurtimox, 509
for bladder infection, 368

Non-infectious diseases, 21

Norfloxacine
overview, 481

Noristerat, 213, 214

Nuclear power plants, 376

Nutrition (See Diet)

Nystatin, 510
for fungal infections, 300
for fungal infections in people with HIV, 305
for yeast infections, 266

O

Ointments, 474 (Also see Medicines)
Older men
erection difficulties in, 128
sex with, 63, 64

Older women, 122–137
anxiety, 135
back pain, 132
breast lumps, 129
common health problems, 123, 129–135
community services for, 137
death, accepting, 137
depression, 135
fallen womb (prolapsed uterus), 131, 398
government policies and laws, 137
health care recommendations, 126–127
hearing loss, 134
heavy periods, 129
high blood pressure, 130
joint and muscle pain (arthritis), 133
mental confusion (dementia), 135
period ends (menopause), 124–125
risks from pregnancy, 72
seeing problems, 134
sexual relations, 128
teaching others, 137
varicose veins, 132
weak blood (anemia), 129
working for change, 136–137
(Also see Menopause)

Open lip or palate, in baby, 118

Operations
after an operation, 39
for cancer, 379, 381, 383, 384
common for reproductive health problems, 38
for fibroids, 380
hysterectomy, 38, 379, 381
for no more children, 222
(Also see Abortion; Sterilization)

Opium (See Drugs)

Oral contraceptives, 208–211
after abortion, 250
combined pills, 208–210, 522–523
danger signs, 209
effectiveness of, 201
emergency contraception, 223, 523–524
forgetting to take, 210
once-a-month pills, 224
overview, 208
minipills (progestin-only pills), 211, 523
side effects, 208
stopping, 210
using, 209–210
who should not take, 207

Oral sex, 187, 189–190, 201, 279
Organizing (See Unions; Working for change)

Orgasm, 44, 187

Osteoporosis (See Weak bones)

Outer folds of the vulva, 44
(Also see Female genital cutting)

Ovaries
cancer, 383
cysts, 383
exam, 534
illustrated, 45
monthly cycle and, 48–49
overview, 45

Ovulation, 47, 49, 231

Oxytocin, 510
abortion from, 241
for bleeding after birth, 92, 103
for helping (labor), 471
hurrying birth, 471
overview, 483
### Pain

- Acupressure massage for; 546–547
- After miscarriage, 98
- In back during pregnancy, 71
- In back in older women, 131, 132
- In breasts during breastfeeding, 116–117
- In chest, 209
- From combined pills, 209
- In back during pregnancy, 71
- After miscarriage, 98
- For burns (pain), 538
- For persons with HIV, 308
- Not severe, 354–356
- Over view, 482
- Paracetamol, 511

#### Paracetamol

- For burns (pain), 538
- For persons with HIV, 308

#### Parent (See Husband or partner)

- Acupressure massage for; 546–547
- After miscarriage, 98
- In back during pregnancy, 71
- In back in older women, 131, 132
- In breasts during breastfeeding, 116–117
- In chest, 209
- From combined pills, 209
- In back during pregnancy, 71
- After miscarriage, 98
- For burns (pain), 538
- For persons with HIV, 308
- Not severe, 354–356
- Overview, 482

### Period

- PMS (Pre-menstrual syndrome) 186-188

### Personal coping skills

- 422–423

### Pesticides

- Mental health and, 418
- Pregnancy and, 68

### PID (see pelvic inflammatory disease (PID))

### Piles (hemorrhoids), during pregnancy, 70

### Pills (See Drugs; Medicines)

### Pleasure from sex, 186-188

### Polyps

- Of cervix, 377
- Heavy monthly bleeding and, 129
- Signs, 380
- Treatment, 380
- Of womb, 380
- (Also see Growths)

### Polyclotidove iodine, 169

### Positive HIV test, 288–290, 517

### Pneumonia

- In persons with HIV, 304

### Pooing, from medicines, 479

### Police, reporting rape to, 334–336

### Pensions, 137

- Debt and, 8
- Diet and, 165, 170
- Health risks for women, 6, 11
- Violence against women and, 315

### PNS (See Pre-menstrual syndrome)

### Pneumonia

- In persons with HIV, 304

### Podophyllin, 512

- For genital warts, 271

### Polio, 35

- Republic of, 219

### Police, reporting rape to, 334–336

### Policies (See Government policies and laws; Working for change)

### Polycystic ovary syndrome (PCOS), 51

### Polyps

- Of cervix, 377
- Heavy monthly bleeding and, 129
- Signs, 380
- Treatment, 380
- Of womb, 380
- (Also see Growths)
Index

Power, lack of, 7

Prayer, 423

Pre-exposure prophylaxis (PrEP), 521

Pregnancy, 66–103
abortion, 238–259
acupressure massage for, 546–547
avoiding, 60, 61, 128
baby in wrong position, 72, 75, 85, 90–91
bleeding from vagina during, 73, 74, 362
breastfeeding to prevent pregnancy, 96, 201, 217
breastfeeding during, 119
calcium needs, 168
checking baby’s position, 77, 81
chemicands, 402
child spacing, 110, 160
common problems, 69–71
danger signs, 72–73
death from, 101–103
diet during, 68, 167–169, 171
due date, 67
eye, 58, 59, 72
emergency contraception, 223, 523–524
frequent pregnancies, 3
further information, 66
health care during, 68, 160–161
health risks, 5, 59, 67, 72–74, 197
herpes and, 274
HIV and, 285, 292, 520
infertility, 228–237
Hormonal methods of family planning, 124
Hormones
life cycle and, 47
Hormonal methods of family planning: 124
Hormonal methods of family planning: Hormones

Pre-menstrual syndrome (PMS), 51
acupressure massage for, 546–547
remedies and suggestions, 51
symptoms, 51

Prenatal check-ups, 76–77
checking baby’s position, 77
need for, 68, 76, 160
refugees and displaced women, 452
schedule for, 76
what to expect, 75

PrEP (See Pre-exposure prophylaxis (PrEP))

Pressure sores
cause of, 142
prevention, 142
treatment, 306

Preventing illness, 148–163
allergic shock from injections, 545
breast exams, 162
clean water and, 151, 155, 401
community cleanliness (sanitation), 151–152
during pregnancy and birth, 160–161
exercise and, 158
food safety, 156–157
germs, spread of, 150–151
health exams, 159
HIV, 286–287, 295, 309–311
home cleanliness, 153–157
importance of, 149
infection, preventing, 525–529
lead poisoning, 403
nutrition and, 172–175
personal cleanliness, 154
rest and, 158
sex, 60, 61, 128, 160
smoke, health problems from,

Pulse (heartbeat)
taking, 531
(Also see Heartbeat)
Pulses, planting, 176

Quinolones, 481

Purifying water, 155

Pyrazinamide, 539

Pyridoxine (vitamin B6)
for TB during pregnancy, 398

Rape, 326–339
avoiding, 330–331
blaming victims for, 327
date rape, 62, 328
defined, 327
feelings about, 337
health problems, 336–337
HIV and, 336, 521
if someone you know has been raped, 334
if you have been raped, 334–337
incest, 63, 329
kinds of, 328–329
lack of desire and, 193

Privacy, 30, 35

Probenecid, 512

Procaine penicillin, 513
overview, 480

Progesterone (progestin), 513
hormone replacement therapy (HRT), 124
life cycle and, 47
(Also see Hormonal methods of family planning: Hormones)
mental health and, 418
pregnancy and, 336
refugees and displaced women, 450–451
reporting to police, 334–336
resisting sexual assault, 333
self-defense for women, 332
sexual relations after, 337
by someone the woman knows, 328–329
by strangers, 329
talking about, 337, 339
tears and cuts from, 337
trading girls for money, 64
women at risk, 327
working for change, 338–339
(Also see Violence against women)

Rashes from cotrimoxazole, 296
in persons with HIV, 300–301
syphilis and, 272

Rectal exam, 159
Rectal fluids, giving, 541
Rectum, taking the temperature, 530

Refugees and displaced women, 446–457
basic needs, 448–451
defined, 447
earning a living, 457
flight and arrival, 448
mental health, 454–455
overview, 447
reproductive health, 452–453
women as leaders, 456–457
(Also see Violence against women)

Rehydration drink, 540

Relaxation exercise, 427

Religion
family planning and, 227
violence against women and, 321

Remedies (See Treatments)

Repetitious movements, 405

Reproductive life cycle, 47

Reproductive system
changes during puberty, 54
defined, 47
health exams, 159
health problems in, 3
illustrated, 44–46
in people who can become pregnant, 44–45
in people who can cause pregnancy, 46
overview, 43
pelvic exam, 159, 535–537
shame about, 184
(Also see STIs)

Rescue breathing, for baby at birth, 94

Respiration (breathing rate), 531
Rest
HIV and, 291
need for, 158

Rhythm method of family planning,
(See Counting days method)
 Rifampicin, 514
for TB, 389
resistance to, 390

Ringing in ears, 130, 479

Risk for HIV, 189–191, 285–287

Rocket stove, 396–397
Rotation of crops, 176
Rubella, pregnancy and, 68
Rubbish, disposing safely, 151
Rural Women’s Sanitation, 127

Sadness, extreme (See Depression)

Safer sex, 189–193
bargaining for, 192–193
in the community, 280–281
condoms, 61, 128, 190
defined, 189
HIV and, 189–190, 285, 291
information for girls, 60
making changes for, 189–195
methods, 190
overview, 160, 189
partner unwilling, 193
for sex workers, 346, 348
working for change, 194–195, 280–281

Safety
abortion, unsafe, 3, 241, 246–247, 259
avoiding rape, 330–331
bending, 399
carrying heavy loads, 399
dangers that can hurt fertility, 232
fire safety, 394
food safety, 156–157
health care providers’ responsibilities, 35
lifting heavy loads, 398
medicines, 470, 471–473
plan for violence against women, 322–323
for refugees and displaced women, 450–451
resisting sexual assault, 333
self-defense for women, 332
for sex workers, 349–350
unsafe work conditions, 406–407
for women with disabilities, 146
(Also see Danger signs; Health risks; Safer sex)

Salt
iodized, 68, 169
PMS and, 51
rehydration drink, 540
solution for burns, 538

Salves, 474 (Also see Medicines)

Same gender relationships (homosexuality), 183, 184
Sanitation, 151–152
Scabies, 265
Schistosomiasis, 369
Screening tests, 376, 378–379
Scrotum, 46

Seeing problems (See Eyes)

Seizures
drug and alcohol withdrawal, 442
during labor, 74, 87
hormonal methods and, 211, 212
hormonal methods that contain estrogen and, 207

Self-defense for women, 332
Self-esteem, 414–415
building, 145
development of, 414
in women with disabilities, 140–141

Self image, changes during puberty, 56–58

Selling sex (See Sex workers)

Semen, overview, 46

Sepsis (blood infection), after female genital cutting, 461

Sewing, health risks from, 406

Sex
after rape, 337
anal, 185, 187, 189–190
avoiding pregnancy, 60, 61, 128
bladder infection and, 366
bleeding during, 276
bleeding from vagina after, 363
control over sex life, 181, 184–185
decisions for teenagers, 59–61
desire for, 185, 186–188
“dry,” 190
female genital cutting and, 463–464
gender roles, 180–185, 194–195
homosexuality, 183, 184
incest, 63, 329
infertility, 228–237
information for girls, 60
kidney infection and, 366
kinds of, 187
kissing, 187
masturbation, 188
with older men, 63, 64
older women and, 128
oral, 187, 190, 279, 524
pain during, 189, 276, 355, 380
physical sex, 182, 46
pleasure from, 186–188
practices and safety, 187, 190
pressured or forced, 62–64
protecting against disease, 60, 61,
128, 160, 189–190
relationships without sex, 60, 184
safer sex, 60, 61, 128, 160, 189–193
sexual abuse, 317, 331
sex workers, 340–151
survival sex, 341
talking about, 61, 192–195
touching, 187, 524
trading girls for money, 64
urinating after, 154, 279
vaginal, 187
withdrawal or pulling out, 190, 221
women with disabilities and, 144
(Also see Family planning; Gender roles; Safer sex; STIs; Violence against women)

Sexual assault (See Rape; Violence against women)

Sexual harassment, 329, 331, 407
(Also see Rape; Violence against women)

Sexual health, 184–195
after rape, 337
feeling pleasure from sex, 186–188
female genital cutting and, 463–464
gender roles, 182–185
infertility, 228–237
intercourse, 228–237
requirements for, 181
safer sex, 60, 61, 128, 160, 189–193
(Also see Gender roles; Sex; STIs)

Sexuality
as part of sexual health, 181
harmful beliefs about, 184–185
learning about, 186–188
Sexually transmitted infections
(See STIs)

Sexual parts of the body (See Reproductive system)

Sex workers, 340–351
condoms and, 346, 348
defined, 341
health problems of, 344–347
HIV and, 344–347
organizing, 349–351
overview, 341
pregnancy and, 345
reasons for becoming, 342–343
safer sex for, 346, 348
story of poor woman, 342–343
violence against, 345
working for change, 348–351

Shame
from drug or alcohol misuse, 439
health and, 183
sexual parts of body and, 43, 184

Shingles, 301
Shock
after abortion, 254
after female genital cutting, 461
allergic shock from injections, 545
blood pressure and, 532
from burns, 540
signs, 254, 461, 545
treating with fluids, 540–541

Shortness of breath
from anemia, 172
from antiretrovirals, 518
from chemicals, 402
from combined pills, 209

Side effects
antiretrovirals, 518
hormonal methods of family planning, 208, 211, 212, 213, 214
IUDs, 215
medicines, 478
(Also see specific medicines)

Sideways baby, 75, 85

Signs of danger (See Danger signs; Solving health problems)

Situation for long time, 404

Skills (See Health care skills)

Skin
brown or purple patches, 301
care for women with disabilities, 142
chemicals and health problems, 402
injection under, 544
pain after abortion, 258
pleasure from, 186–188
for urine passing problems, 371
for stool passing problems, 130
for fallen womb (prolapsed uterus), 131, 161
for stool passing problems, 130
for urine passing problems, 371

Sleep
breastfeeding during, 107
medicines for, 471

Smoke and health problems, 394–397

Smoking (See Tobacco)

Soap making, health risks from, 406

Social change (See Working for change)

Solvents, sniffing (See Drugs)

Solving health problems, 18–31
choosing the best treatment, 22–25
finding out about the problem, 20–21
finding the cause, 21
health workers' role, 30–31
steps, 29
telling illnesses apart, 21
working for change, 26–29

Sores
burns, 538–539
on feet, 174
on genitals (genital ulcers), 272–275
HIV and genital sores, 273
in mouth and throat, with AIDS, 305
in persons with HIV, 306–307
pressure sores, 142, 306
washer-woman's hands, 409

Sore throat
from chemicals, 402
in persons with HIV, 304–305
syphilis and, 272
for gonorrhea, 268

Speculum, 159, 252
examination, 536

Sperm
drugs for consts, 30
causes of infertility, 230
overview, 46

Spermicides
after abortion, 250
effectiveness of, 201
overview, 206
for sex workers, 346
with diaphragm, 205
women with disabilities and, 145

Sperm tube, 46

Splints, for joint pain, 405

Spotting (See Menstrual Periods)

Sputum, tuberculosis (TB) test, 389

Squeezing exercise, 371
for fallen womb (prolapsed uterus), 131, 161
for stool passing problems, 130
for urine passing problems, 371

Stalking, 330

Standing for long time, 404

Standing for long time, 404

Standing for long time, 404

Standing water, 151

Status of women, 7–8, 11

Sterilization (See Permanent methods of family planning)

Sterilizing equipment (See Disinfecting equipment and tools)

Steroids, for allergic reactions, 483, 545
Index

STIs, 260–281
  abnormal vaginal discharge, 265–268
  anal intercourse and, 185, 189–190
  chancre, 273
  chlamydia, 189–190, 268
  defined, 261
  drug misuse and, 438
  drug-resistant, 264
  effects of, 261, 262
  family planning methods and, 201
  genital herpes, 274–275
  gonorrhea, 189–190, 268
  growths (warts) on genitals, 271
  health exams, 159
  hepatitis B, 269
  hepatitis C, 269
  how spread, 189
  how to feel better, 278
  if you do not have signs, 263
  if you have signs, 263
  itching genitals, 265
  IUDs and, 215
  PID, 265, 276–277
  pregnancy and, 68
  preventing, 279
  protecting against, 60, 61, 128
  rape and, 336, 520
  risks for women, 3, 262–263
  safer sex in the community, 280–281
  seriousness of, 262–263
  sex workers and, 344, 346–347
  signs, 263
  sores on genitals (genital ulcers), 272–275
  syphilis, 272
  testing and, 263
  trichomonas, 266–267
  working for change, 279–281
  yeast infections of the vagina, 265–266
  (Also see HIV; Safer sex)

Stiffness
  belly after abortion, 258
  body of newborn, 95

Stomach problems
  cancer, 384
  during pregnancy, 69
  pain after taking medicines, 479
  ulcers and medicine problems, 477

Stones, kidney or bladder, 369

Stools
  building latrines, 152
  constipation, 70, 130, 372
  female genital cutting problems, 465
  leaking, 370, 534
  older women's problems passing, 130
  removing stool, 372
  cleaning after, 153
  whitish, 269
  wiping after passing, 154
  (Also see Constipation)

Stories about
  adoption, 236
  an association of women with disabilities, 140, 147
  Commander Condom, 281
  communities that organized against rape, 429
  death from cervical cancer, 9
  forming a support group, 237
  maternal deaths, preventing, 101
  refugee women taking leadership, 314
  self-esteem, 415
  selling sex to survive, 342
  solving health problems, 20–21
  violence against women, 314
  widows who built a successful business, 136

Storing
  breast milk, 113
  disinfected tools and equipment, 528
  food, 157, 177
  milk and milk products, 170
  purified water, 155

Support groups
  an association of women with disabilities, 140, 147
  commander condom, 281
  communities that organized against rape, 338–339
  death from cervical cancer, 9
  forming a support group, 429
  life without children, 237
  maternal deaths, preventing, 101
  refugee women taking leadership, 457
  risk of HIV, 191
  self-esteem, 415
  solving health problems, 20–21
  violence against women, 314
  widows who build a successful business, 136

Stress
  mental health and, 416–417
  physical changes and illness from, 421
  trauma, 418, 420–421, 430
  violence against women, 318

Suicide, 419, 431

Sugar sickness (see Diabetes)

Sugar, 269

Sulfadiazine, 481

Sulfanomides, 481

Sulfas, 481

Sunlight
  calcium and, 168
  germs killed by, 153, 155
  purifying water, 155

Support groups
  for abused women, 324
  alcohol addiction, 441, 443
  for breastfeeding, 121
  drug addiction, 443
  exercises for, 426–428
  helping relationships, 423–424
  for people with HIV, 290
  purposes of, 425
  for refugees and displaced women, 455
  starting, 424
  for women's health issues, 15
  for women with disabilities, 140, 141, 147
  workers' unions, 410–411

Suppositories (See Inserts)

Surgery (See Operations)

Survival sex, 341

Swelling
  in belly after abortion, 256
  body very swollen, 173
  engorged breasts (mastitis), 116–117, 382
  glands in groin, 273
  hands and face during labor, 74, 87
  from hormonal methods of family planning, 208
  piles (hemorrhoids) during pregnancy, 70
  from sitting or standing long time, 404
  (Also see Varicose veins)

Symptoms (See Danger signs; Solving health problems)

Syphilis, 272

Syringes
  disinfecting, 528
  giving injections, 542–545
  (Also see Injections)

Tablets
  measuring doses, 474, 475
  taking, 474
  (Also see Medicines)

Tablets, contraceptive (See Pill, the; Spermicides)
| T'ai chi | 423 |
| Talking (See Communication) |  |
| Tampons |  |
| using: 55 |
| women with disabilities and, 142 |
| TBAs (See Health workers; Midwives) |  |
| TB (See Tuberculosis) |  |
| TCA (See Trichloroacetic acid) |  |
| Teas (See Caffeine; Plant medicines) |  |
| Teeth |  |
| care of, 154 |
| problems from chemicals, 402 |
| Temperature |  |
| fertility and, 232 |
| how to take, 530 |
| normal and fever levels, 530 |
| Tenofovir (TDF), 518-519 |  |
| Testicles |  |
| illustrated, 46 |
| overview, 46 |
| swollen or painful, 265 |
| Testosterone, production of, 46 |
| Tests (See Exams and tests) |  |
| Tetanus |  |
| after abortion, 257 |
| from genital cutting, 461–462 |
| in newborn, 95 |
| signs, 461 |
| vaccinations, 68, 161, 462, 515 |
| Tetracycline, 516 |  |
| for baby eye care, 78, 83 |
| for chlamydia, 268 |
| family of medicines, 480 |
| overview, 480 |
| Thermometer, using, 530 |
| Thermal ablation, using, 530 |
| Thermometer, using, 530 |
| Thirst |  |
| constant, 174 |
| dehydration, 298 |
| rehydration drink, 540 |
| (Also see Dehydration) |
| Threats, 317 |
| Throat cancer, 384 |
| Thrush (yeast) |  |
| during breastfeeding, 117 |
| in persons with HIV, 305 |
| (Also see Yeast infections) |
| Tinidazole, 516 |  |
| for trichomonas, 268 |
| Tippy Tap, 526 |
| Tiredness |  |
| antiretrovirals and, 578 |
| constant, 174 |
| hepatitis and, 269 |
| Tobacco |  |
| cancer and, 376, 377, 384 |
| coughing and, 303 |
| during breastfeeding, 109 |
| fertility and, 232 |
| harm to women and pregnant people, 443 |
| health and, 163 |
| health problems from, 438, 443 |
| HIV and, 291 |
| hormonal methods that contain estrogen and, 207 |
| menopause and, 125 |
| pregnancy and, 68 |
| (Also see Drugs) |
| Tongue, pale, 172 |
| Tooth care (See Teeth) |  |
| Touching |  |
| oneself (masturbation), 188 |
| for sexual pleasure, 187 |
| as safer sex, 189–190, 346 |
| warning sign of violence, 330 |
| Toxemia (see Eclampsia) |  |
| Traditional birth attendants (See Health workers; Midwives) |
| Traditional methods |  |
| of building inner strength, 423 |
| of family planning (See Behavioral methods of family planning) |
| Training |  |
| in gender roles, 182 |
| helping women help themselves, 30, 31 |
| importance of, 58 |
| for women with disabilities, 140 |
| (Also see Education) |
| Transfusions, 39, 285 |
| Transverse (sideways) baby, 75, 85 |
| Trauma |  |
| helping women with, 430 |
| mental health and, 418 |
| reactions to, 420–421 |
| Treatments |  |
| balancing with prevention, 163 |
| choosing the best treatment, 22–25 |
| helpful, harmful, and harmful, 22 |
| risks and benefits, 24–25 |
| (Also see Medicines: Solving health problems: specific illness and problems) |
| Trichloroacetic acid (TCA), 516 |  |
| for genital warts, 271 |
| Trichomonas |  |
| signs, 266 |
| treatment, 267 |
| Tubal ligation, 223 |
| Tubal pregnancy, 73, 249, 354 |  |
| STIs and, 276 |
| Tuberculosis (TB), 386–391 |  |
| blood in urine, 369 |
| death from, 387 |
| DOTS treatment, 391 |
| during pregnancy, 389 |
| overview, 386–387 |
| in persons with HIV or AIDS, 291, 303, 391, 518-519 |
| pregnancy and, 389, 390, 517 |
| prevalence of, 387 |
| preventing, 391 |
| resistance to medicines, 390 |
| risks for women, 4, 388 |
| signs, 389 |
| spread of, 387, 388 |
| test for, 389 |
| treatment, 389–391 |
| women and, 387 |
| working for change, 391 |
| Tubes, fallopian (See Fallopian tubes) |
| Tumors (See Growths) |
| Twins |  |
| birth of, 89 |
| breastfeeding, 118 |
| health risks, 72 |
| Twist exercise, 400 |

U

Ulcereon skin (See Sores) |

Ulcers, stomach, medicines and, 477 |

Ultrasound, 37 |

Umbilical cord (See Cord) |

Unconsciousness |  |
| after abortion, 254, 258 |
| diabetes and, 174 |
| shock and, 254 |
| (Also see Fainting) |

Unions |  |
| sex workers, 349–351 |
| working women, 410–411 |

Units of medicine, 475 |

Upside down (breech) baby, 75, 77, 90–91 |

Urethra |  |
| man’s, 46 |
| woman’s, 44 |

Urinary opening, 44 |

Urinating |  |
| after sex, 154, 279 |
| long time between, 366 |
Urine system problems, 364–373
after female genital cutting, 365, 462, 465
blood in urine, 369
burning feeling, 265, 266, 268, 367
catheter, 372–373
causes of infection, 366
from chemicals, 402
dark urine and whitish stools, 269
how to feel better, 278
infections of bladder or kidneys, 366–368
kidney or bladder stones, 369
leaking from vagina, 161, 370–371, 465, 538
need to pass urine often, 370
in older women, 128, 130, 131
pain in abdomen with, 355
poor control (incontinence), 370, 372–373
signs, 367
treatment for infection, 367–368
urine system overview, 365

Uterus (See Womb)

Vaccinations
hepatitis B, 269, 503
tetanus, 68, 161, 462, 515
tuberculosis (TB), 390, 391

Vacuum aspiration abortion (See Suction abortion)

Vagina
abnormal discharge, 265–268
bleeding from
after abortion, 251–253, 363, 483
after birth, 84, 92–93, 97, 362, 483, 547
after female genital cutting, 461
after menopause, 363
after miscarriage, 98, 235, 363
after sex, 363
before baby is born, 85
danger signs, 359
during pregnancy, 73, 74, 362
during sex, 276
fibroids, 380
medicines for, 483
pain in abdomen with, 355
problems with your period, 360–361
weak blood (anemia) and pregnancy risks, 72, 73
care during your period, 55
changes during puberty, 54
cleanliness, 154
defined, 44
discharge during pregnancy, 69
douching, 154
dryness in older women, 128

Vitamin A, 169
Vitamin B6, TB and pregnancy, 389
Vitamin B12, weak blood (anemia) and, 471

Vitamins and minerals, 167–170
after quitting alcohol or drugs, 442
calcium, 168
expense of, 471
folic acid (folate), 73, 168
in fruits and vegetables, 170
iodine, 68, 169
iron, 53, 73, 129, 167
refugees and displaced women, 452
vitamin A, 169
vitamin B6, 389
vitamin B12, 471

Vomiting
after abortion, 257
and antiretrovirals, 518
by babies, 119
by persons with AIDS, 302
taking medicines, 478
(Also see Nausea)

Vulva
defined, 44
illustrated, 44
warts on, 271
(Also see Female genital cutting)

Warm bottle method for removing breast milk, 113

Warning signs (See Danger signs; Solving health problems)

Warts
on genitals, 271, 376
on teeth, 271, 272
(Also see Growths)

Washer-woman’s hands, 409

Washing (See Cleanliness)
| Water | for bladder infection, 367  
clean source of, 151, 155, 401  
dehdration from burns, 539  
latrine distance from, 152  
purifying, 155  
rectal fluids, giving, 541  
for refugees and displaced women, 450  
rehydration drink, 540  
shock, treating with fluids, 540–541  
signs of dehydration, 298  
standing water, 151  
Tippy Tap, 526  
work with, 401  
| Water retention, PMS and, 51  
Waters breaking, 81  
green or brown waters, 86  
labor does not start, 85  
Weak bones (osteoporosis) | calcium and, 168  
in older women, 133  
Weaving, health risks from, 406  
Weight loss | abnormal, 174  
tuberculosis and, 389  
Where There Is No Doctor, 175, 265, 325, 366, 369  
Wind, burping the baby, 107  
Withdrawal of penis before ejaculation | as safer sex, 190  
as family planning, 221  
Womb | cancer, 381  
emptying, 38, 244  
fallen (prolapsed uterus), 131, 161, 398  
fibroid tumors, 380  
growths in (fibroids or polyps), 129  
illustrated, 45  
infection after birth, 97  
overview, 45  
polyps, 380  
removal of (hysterectomy), 38, 379, 381  
size during pregnancy, 76, 533  
Women's health | causes of poor health, 6–11  
how men can help, 14  
overview, 1  
problems affecting women most, 2–5  
working for change, 12–17  
Women with disabilities, 138–147  
abuse and, 146, 319  
breast exams, 162  
causes of disability, 139  
exercises, 143  
family planning, 145  
health care recommendations, 141–143  
meeting other people, 140  
pregnancy and, 72, 145  
prevalence of, 139  
recognizing illness, 141  
safety recommendations, 146  
skincare, 142  
support groups for, 140, 141, 147  
safe-sex, support for, 140–141  
signs, 265  
| Working parents | breastfeeding and, 111  
child care cooperatives, 158  
gender roles and, 182–183  
workload reduction, 158  
(Also see Work)  
Workload, reducing, 158  
Wounds | infected after female genital cutting, 461–462  
in persons with HIV, 306–307  
(Also see Female genital cutting)  
| X | X-rays, 37  
Y, Z | Yeast infections | abnormal discharge from, 265  
in persons with HIV, 300, 305  
signs, 265  
thrush during breastfeeding, 117  
treatment, 266  
Yellow baby (jaundice), 118  
Yellow skin, 269, 402  
Yoga, 423  
Zidovudine (AZT), 519–520  
root causes of health problems, 26–27  
safer sex, 194–195, 280–281  
sex workers, 348–351  
solving health problems, 26–29  
STIs, 279–281  
tuberculosis (TB), 391  
unsafe abortion, preventing, 259  
violece against women, 323–324  
women's health, 12–17  
women with disabilities, 147  
workplace organization, 410–411  
(Also see Government policies and laws; Preventing illness; Support groups)  
Working for change | HIV prevention, 309–311  
better nutrition, 176–179  
breastfeeding, 121  
cancer deaths, 385  
death or injury from pregnancy and birth, 101–103  
elder care, 136–137  
family planning, 227  
female genital cutting, 466–467  
medical system, 40–41  
mental health of community, 433  
preventing drug and alcohol misuse, 445  
prevention and treatment balance, 163  
rape, 338–339  
|