

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.

A**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

Abuse (See Rape; Violence against women)**Access to health care, 1, 2, 35****Acetaminophen, 490****Activated charcoal, 495****Active listening exercise, 426****Activities, ideas for**

- about division of work, 411
- analyzing root causes, 26, 27
- avoiding work-related health problems, 404–406, 410–411
- building a chain of causes that contribute to poor health, 10
- building stoves that make less smoke, 395–397
- carrying out a plan, 28
- expressing feelings, 422, 427–428
- gender roles and sexual health, 184–185, 194–195
- girls to plan a better future, 57–58
- improve nutrition, 176–179
- improving health services, 40–41
- making a safety plan, 322
- men about violence against women, 325
- negotiating condom use, 193, 280
- preventing HIV, 195, 310
- promoting family planning, 227
- reducing maternal deaths, 103
- sex workers, 348–351
- support groups, 424–426
- supporting breast feeding, 121
- teaching self-defense, 332, 146
- violence against women, 315
- women with disabilities, 147
- young people to avoid drug and alcohol abuse, 445

Acupressure massage, 546–547**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
- overview, 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

B

Anal sex, 185, 187, 189

Anemia, 172–173

causes, 172
 diet and, 53
 folic acid (folate) and, 73, 168
 health exams, 159
 iron and, 53, 73, 129, 167
 older people and, 129
 pregnancy risks, 72, 73
 risk during breastfeeding, 109
 signs, 172
 treatment, 73, 129, 173

Angry cat exercise, 71

Antibiotics, 480–481

families of, 480–481
 importance of, 480
 for STIs, 264, 347
 using only when necessary, 481
 for wounds and sores, 307
 (Also see **Medicines**)

Antibodies, HIV, 288

Antihistamines

for allergic shock, 545

Antiretrovirals (See ART)

Anus, 44

Anxiety, 420

in older women, 135

(Also see **Feelings**)

Appetite (See Hunger)

Areola, 45

Armpit, taking the temperature, 530

Arms, weakness in, 209

ART, antiretroviral therapy, 291–

292, 336, 517–521
 drug resistance and, 291, 518
 for preventing mother-to-child
 transmission, 292–293, 520
 for rape, 521
 regimens, 519
 side effects, 518–519
 specific medicines, 519–520

Arthritis, 133, 174

Aspirin, 492

for abortion, 471
 for burns (pain), 538,
 cautions about dosage, 133
 for joint and muscle pain, 133
 overview, 482

**Assault (See Rape; Violence
 against women)**

Azithromycin, 492

overview, 480
 for STIs, 268, 273, 347

AZT, 292, 519–520

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
 TB during pregnancy, 390
 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

Benzylpenicillin, 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

- 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, 520
 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**)
- 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
- 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 flukes**, 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 (osteoporosis)**,
 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
 burping the baby, 107
 calcium needs, 168
 chemicals and, 402
 child spacing and, 110, 160
 colostrum, 107
 concerns and problems, 114–118
 death of baby, 99
 diet during, 109, 167–169, 171
 during pregnancy, 119
 as family planning, 96, 201, 217
 by friends or relatives, 111
 giving other foods, 107, 110
 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
 suckling, easing for baby, 115
 suckling, importance of, 106
 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
 feeding with cup, 119
 increasing supply of, 114
 removing by hand, 112
 removing with warm bottle
 method, 113
 signs baby has enough, 114
 stopping flow using medicine, 471
 storing, 113
- Breasts**
 cancer, 129, 207, 382–383
 changes 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
 overview, 45
 painful or swollen, 116–117
 (Also see **Nipples**)

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

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****C****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
- 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****Catheter, 372–373****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

Cephalexin, 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
 - child care cooperatives, 158
 - child spacing, 110, 160
 - drug and alcohol use, 438
 - feeding 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**)
- Contour 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
 comes 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**
 cash crops, 179
 improving nutrition, 176–179
- Cryotherapy,** 379
- Cupboard cooler,** 157
- Cutting baby's cord at birth,** 83
- Cysts**
 Nabothian, 377
 ovaries, 383
 (Also see **Growths**)

D

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 1 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, 157, 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**)

Eclampsia, 59, 72, 74, 87

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

F**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**)

Fertilization, 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

Glaucoma, in older women, 134

Gloves, disinfected, 525

Glue sniffing (See **Drugs**)

Goals, choosing, 57

Goiter, 169

Gonorrhea
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

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
- infertility, 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
 minipills (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, 467
 (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**

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
- progesterin-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****Inverted nipples, 114****Iodine**

- importance of, 169
- iodized salt, 68, 169
- sources of, 169

Iron, 167

- food sources of, 167
- other sources of, 167
- for weak blood (anemia), 53, 73, 129, 167

Irrigation, 177**Isolation, as abuse, 317****Isoniazid, 505**

- for TB, 389
- resistance to, 390

Itching

- genital growths (warts), 274
- genitals, 265, 266, 274
- in persons with HIV, 300–301
- sugar sickness (diabetes) and, 174
- vagina, 265

IUCD (See IUDs)**IUDs, 215–216**

- after abortion, 250
- choosing a method for family planning, 200–201, 225–226
- danger signs, 216
- defined, 200
- effectiveness of, 201
- as emergency contraception, 223
- infertility and, 231
- overview, 215
- pain with, 216, 354
- progesterin IUDs, 215
- side effects, 215
- STIs and, 215
- stopping, 216
- using, 216
- who should not use, 215
- women with disabilities and, 145

IV (intravenous drip), 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
Latrines
 building, 152
 for refugees and displaced women, 451
Laws (See **Government policies and laws; Working for change**)
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
 breast exams, 162
 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

M

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
 combination medicines, 472
 deciding to use, 470–471
 defined, 469
 for deinfibulation, 465
 drug and alcohol use and, 438
 drug resistance and STI medicines, 264
 during breastfeeding, 109, 120
 during labor, 79, 85
 during pregnancy, 68
 for eclampsia, 87
 fertility and, 232
 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
 harmful uses, 471
 for herpes zoster (shingles), 301
 hormonal methods that contain estrogen and, 207
 for infection after abortion, 256
 inserts in vagina, 474
 for itching in persons with HIV, 301
 for joint and muscle pain (arthritis), 133
 for kidney infection, 368
 measuring amount to take, 474–475
 medicine kit, 484
 for menopause problems, 125
 mental health and, 418
 for mental health problems, 422
 old (past expiration date), 472
 overview, 469

- 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
 - toxicity 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 gonorrhoea, 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

Mucus

checking for fertility, 219, 233
 coughing up, in persons with HIV, 303–304

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
 contractures, 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**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**)

Nitrofurantoin, 509

for bladder infection, 368

Non-infectious diseases, 21**Norfloxacin**

overview, 481

Noristerat, 213, 214**Nuclear power plants, 376****Numbness, from combined pills, 209****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

medicine doses, 478
 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
 hurrying birth, 471
 overview, 483

P

Packaged foods, 170

Pads, menstrual, 55

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
 from contractures, 143
 during sex, 193, 276, 355, 380
 in joints and muscles (arthritis), 133, 174
 in joints from work, 405
 in lower belly, 276, 352–357
 after abortion, 255–257, 355
 after birth, 355
 after passing urine, 367
 with bleeding from vagina, 355, 359
 brief, during middle of monthly cycle, 356
 during pelvic exam, 537
 during pregnancy, 73, 355
 during sex, 193, 355, 356
 during your period, 50, 354
 with fever, 355
 fibroids, 129, 231, 354
 hunger and, 357
 with IUD, 216, 354, 356
 kinds of pain, 354–356
 late menstrual period, 354
 miscarriage, 98, 234–235, 354, 355
 overview, 352, 353
 pelvic inflammatory disease (PID), 276
 questions about, 357
 severe, 354, 355, 357
 STIs, 263, 268
 sudden and severe, 354
 tubal pregnancy, 73, 249, 354
 with urine system problems, 355
 when moving, walking, or lifting, 356
 without other signs, 356
 womb infection, 97
 medicines for, 482
 miscarriage and, 235
 in nipples during breastfeeding, 115–117
 in persons with HIV, 308
 pressure point for easing, 50, 546
 in shoulders after abortion, 258
 in stomach from medicines, 479
 sudden, near kidneys or bladder, 369

with vaginal discharge, 265, 276
 when passing urine, 268, 367
 (Also see **Back pain**)

Pains, labor (See **Contractions**)

Palate, cleft in baby, 118

Papaya, for pressure sores, 306

Pap test, 159, 376, 378

Paracetamol, 511

for burns (pain), 538,
 overview, 482
 for persons with HIV, 308

Paralysis

the pill and, 208
 from syphilis, 270

Parents

early pregnancy, 58, 72
 sexuality and, 58
 talking with, 65
 (Also see **Family; Fathers; Mothers; Violence against women**)

Partner (See **Husband or partner**)

Patch, family planning, 224

Passing stools (See **Stools**)

PCOS (See **Polycystic ovary syndrome (PCOS)**)

Pelvic area, 43

Pelvic exam, 159

how to, 535–538

Pelvic inflammatory disease (PID), 265, 276

Pelvic tilt exercise, 400

Pelvis, 43

Penicillin, 511

family of antibiotics, 480
 for wounds and sores, 307

Penis

illustrated, 46
 warts on, 271

Pensions, 137

PEP (See **Post-exposure prophylaxis (PEP)**)

Period (See **Menstrual period**)

Permanent methods of family planning, 222

after abortion, 250
 choosing a method, 200–201, 225–226
 cutting the tubes that carry sperm (vasectomy), 222
 cutting the tubes from the ovaries (tubal ligation), 38, 222
 defined, 200
 effectiveness of, 201

Personal coping skills, 422–423

Pessaries, vaginal, 131

Pesticides

mental health and, 418
 pregnancy and, 68

PID (See **pelvic inflammatory disease (PID)**)

Piles (hemorrhoids), during pregnancy, 70

Pills (See **Drugs; Medicines**)

Pill, the (see **Oral contraceptives**)

Placenta, 84

bleeding after it comes out, 93
 bleeding before it comes out, 92
 checking, 84
 coming out, 84
 difficulty delivering, 92

Plant medicines

for bladder infection, 367
 vagina and, 22, 96
 (Also see **Medicines**)

Pleasure from sex, 186–188
 sterilization and, 222

PMS (See **Pre-menstrual syndrome**)

Pneumonia

in persons with HIV, 304

Podofilox, 512

for genital warts, 271

Poisoning, from medicines, 479

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**)

Polyvidone iodine, 169

Positive HIV test, 288–290, 517
 (Also see **HIV**)

Potassium, in rehydration drink, 540

Potassium permanganate, for wounds and sores, 307

Pottery, health risks from, 406

Pottery cooler, 157

Poverty

debt and, 8
 diet and, 165, 170
 health risks for women, 6, 11
 violence against women and, 315

- 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
 chemicals and, 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
 early, 58, 59, 72
 emergency contraception, 223, 523–524
 frequent pregnancies, 3
 further information, 66
 health care during, 68, 160–161
 health risks, 3, 5, 59, 67, 72–74, 197
 herpes and, 274
 HIV and, 285, 292, 520
 infertility, 228–237
 losing (miscarriage), 98, 234–235
 medicines, caution about using, 477
 partners, advice for, 100
 prenatal check-ups, 68, 76–77, 160
 preparing for labor and birth, 78–79
 rape and, 336
 refugees and displaced women, 452
 sex workers and, 345
 signs, 67
 signs after abortion, 249
 syphilis and, 272
 tetanus vaccinations, 161
 in the tube, 73, 249, 354, 538
 tuberculosis (TB) and, 389, 390
 unwanted, 64
 violence against women and, 319
 womb size during, 537
 women with disabilities and, 72, 145
 working for change, 101–103
 (Also see **Abortion; Birth; Family planning**)
- Premature birth,** 75, 94
 early pregnancy and, 72
- 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
 chemical-related health problems, 403
 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
 safe sex, 60, 61, 128, 160
 in sex workers, 346
 smoke, health problems from, 394–395
 STIs, 279
 tetanus vaccinations, 161
 tooth care, 154
 tuberculosis (TB), 391
 working for change, 163
 (Also see **Cleanliness; Diet; Exercise; Exercises; Safety; Women's health; Working for change**)
- Prison rape,** 329
- 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**)
- Progestin IUDs,** 215
- Progestin-only injections,** 213–214
- Progestin-only pills (See **Minipills**)
- Prolapsed uterus (fallen womb),** 131, 161, 398
- Promethazine,** 513
 for allergic shock, 483, 545
 for vomiting for people with HIV, 302
- Prostitutes (See Sex workers)**
- Protein**
 after quitting alcohol or drugs, 442
 cheap sources, 170
 need for, 166
 (Also see **Diet**)
- Psychological problems (See Mental health)**
- Psychosis (mental illness),** 432
 (Also see **Mental health**)
- Puberty,** 52–65
 body changes during, 54–55
 boyfriends and sex during, 59–61
 for boys, 46
 help from adults, 65
 life changes during, 56–58
 menstrual periods start, 55
 need for knowledge about, 53
 planning for the future, 57–58
 shame and, 184
- Pulse (heartbeat)**
 taking, 531
 (Also see **Heartbeat**)
- Pulses, planting,** 176
- Purifying water,** 155
- Pyrazinamide,** 389, 514
- Pyridoxine (vitamin B6)**
 for TB during pregnancy, 389

Q**Quinolones,** 481**R**

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

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
 STIs and, 336
 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

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

Ring 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

S

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
 withdrawing 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, 194-195
 harmful beliefs, 184-185
 infertility, 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, 194-195
- 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
- Shots** (See **Injections**)
- Shoulders**
 birth of, 82, 88
 exercise at work, 404
 pain after abortion, 258
- 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**)
- Sitting 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
 pale, cold, and damp, 254
 washer-woman's hands, 409
 yellow, 269, 402
 yellow on newborn, 118
 (Also see **Itching; Rashes; Sores**)
- 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
 exam, 536
- Sperm**
 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 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

STIs, 260–281

- abnormal vaginal discharge, 265–268
- anal intercourse and, 185, 189–190
- chancroid, 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
- pelvic inflammatory disease (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, 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
- 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

Stoves

- burning less fuel, 395
- fire safety, 394
- haybox cooker, 397
- health problems from smoke, 394–397
- producing less smoke, 395
- rocket stove, 396–397

Stress

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

Stretching

- angry cat exercise, 71
- lower back, 400
(Also see **Exercises**)

Stroke

- family planning and, 145
- mental health and, 418
- overweight and, 174

Subcutaneous injection, 544**Substance abuse (See Alcohol; Drugs; Tobacco)****Suckling**

- easing for baby, 115
- fast and noisy, 109
- importance of, 106

Suction abortion, 38, 244, 248**Sugar**

- need for, 166
- for pressure sores, 306
- rehydration drink, 540
(Also see **Diet**)

Sugar sickness (see Diabetes)**Suicide, 419, 431****Sulfamethoxazole, 481**

(Also see **Cotrimoxazole**, 497)

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**)

T**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 female 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, 379

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, harmless, 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

Ulcers on 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)

V

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

illustrated, 45
 itching, 265
 overview, 45
 pelvic exam, 159, 535–538
 placing anything inside, 252
 plant medicines and, 22, 96
 signs that labor is near, 80
 torn from giving birth, 96
 urine leaking from, 161, 370–371, 465
 (Also see **Female genital cutting; Periods; STIs**)

Vaginal opening, 44

Vaginal pessaries, 131

Vaginal rings, 211

Vaginal sex, safety of, 189

Vaginosis, bacterial, 266–267

Values

learned from community, 56, 139, 182, 183
 learned from family, 56

Varicose veins

during pregnancy, 70
 in older women, 132
 from sitting or standing work, 404

Vas deferens, 46

Vasectomy, 222

VD (See STIs)

Vegetables, 166, 170

Veins, swollen (See Piles; Varicose veins)

Violence against women, 312–325

cycle of violence, 319
 drug and alcohol misuse and, 439
 feelings about, 313, 315, 321, 323
 harmful effects of, 320
 health workers and, 325
 helping the man, 325
 kinds of, 317
 Laura and Luis, 314–315
 leaving your partner, 322–323
 mental health and, 418
 reasons for, 316
 refugees and displaced women, 450–451
 safety plan, 322–323
 seriousness of, 5, 313
 services for women, 324
 sex workers, 345
 social pressures, 183, 324
 talking about, 323
 warning signs, 318–319
 what to do, 322–323
 why women stay, 321
 women with disabilities and, 146, 319
 working for change, 323–324
 (Also see **Female genital cutting; Rape; Refugees and displaced women**)

Virginity, marriage and, 185

Vision problems (See Eyes)

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
 kidney infection and, 367
 from medicines, 479
 by persons with AIDS, 302
 taking medicines, 478
 (Also see **Nausea**)

Vulva

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

W

War

mental health and, 418
 war rape, 329
 (Also see **Refugees and displaced women**)

Warm bottle method for removing breast milk, 113

Warning signs (See Danger signs; Solving health problems)

Warts

on genitals, 271, 376
 wet, on genitals, 271, 272
 (Also see **Growths**)

Washer-woman's hands, 409

Washing (See Cleanliness)

Water

- for bladder infection, 367
- clean source of, 151, 155, 401
- dehydration 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
- storing, 155
- 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
- further information, 138
- health care recommendations, 141–143
- meeting other people, 140
- pregnancy and, 72, 145
- prevalence of, 139
- recognizing illness, 141
- safety recommendations, 146
- self-esteem, support for, 140–141
- sexuality and sexual health, 144–145
- skin care, 142
- support groups for, 140, 141, 147
- urine system problems, 366
- as women first, 138
- working for change, 147

Work, 392–411

- with chemicals, 402–403
- crafts, 406
- fire safety, 394
- forgotten workers, 409
- health risks from, 4, 406
- heavy loads, lifting and carrying, 398–400
- kneeling, 405
- migration, 408
- overview, 393
- for refugees and displaced women, 457
- repetitious movements, 405
- sexual harassment, 329, 331, 407
- sitting or standing for long time, 404
- smoke from cooking, 394–397
- unsafe conditions, 406–407
- with water, 401
- working for change, 410–411
- (Also see **Cooking; Health workers; Sex workers; Working parents**)

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

- 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
- violence 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 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**