

Where Women Have No Doctor

A health guide for women

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Berkeley, California, USA
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Published by:
Hesperian Health Guides
1919 Addison St., #304
Berkeley, California 94704 • USA
hesperian@hesperian.org • www.hesperian.org

Copyright © 1997, 2014 by Hesperian
First edition: June 1997
Fifth updated printing: May 2014
ISBN: 978-0-942364-25-5

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THIS REVISED EDITION CAN BE IMPROVED WITH YOUR HELP.

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

This book has been printed in Canada by Freissens on 100% post-consumer, chlorine-free, recycled paper.

Library of Congress Cataloging-in-Publication Data

The Library of Congress has already cataloged the 10-digit ISBN as follows:

Where women have no doctor : a health guide for women / by A. August Burns ... [et al.] ; edited by Sandy Niemann, assistant editor, Elena Metcalf.

p. cm.

Includes bibliographical references and index.

ISBN 0-942364-25-2 (pbk. : alk. paper)

I. Women--Health and hygiene. 2. Women's health services.

3. Community health aides. 4. Medicine, Popular. I. Burns, A.

August (Arlene August), 1952- . II. Niemann, Sandy.

RA564.85.W46 1997

97-19421

613'.04244--dc21

CIP

Credits

Project coordinator: Jane Maxwell

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Design and production:

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Book format: Laughing Bear Associates,
Montpelier, Vermont

Cover design: Sara Boore

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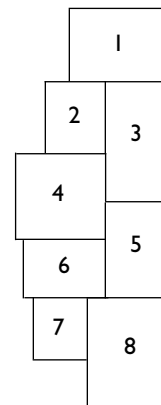
Illustrations

The artists deserve special mention. The skill and sensitivity with which they have so gracefully illustrated this book give it a quality that we hope will allow women all over the world to feel connected with each other. The artists are:

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Thanks

It is impossible to adequately thank all the people who made *Where Women Have No Doctor* a reality. This book started as a good idea shared by a small group of women and ended up as a remarkable international collaboration spanning 5 continents. Now we find ourselves wanting to thank everyone who helped, but simply listing their names does not do justice to the tremendous and generous contributions so many have made: from the groups of women who met early on to discuss topics related to women's health care, and who later reviewed chapters we wrote based on what they told us; to others who sent us original materials or reviewed (often several times) different sections of the book; to others who wrote drafts of chapters; to the specialists in women's health care who reviewed parts of or the entire manuscript; and to the artists—women from 23 countries—whose illustrations reflect just how diverse a project this was. We thank you all, for through your combined efforts, this book now rightfully belongs to any woman who reads or uses it.

Wholehearted thanks to the following friends of Hesperian for their work on writing specific chapters, or for contributing the time or ideas that helped complete them:

Abortion: Judith Winkler of IPAS, and Judith Tyson, **Breastfeeding:** Felicity Savage King, Helen Armstrong, Judy Canahuati, and Nikki Lee, **Female Genital Cutting:** Jane Kiragu, Leah Muuya, Joyce Ikiara, the women of Mandaeleo Ya Wanawake, Nahid Toubia and Zeinab Eyega of Rainbo, Grace Eburn Delano, Abdel Hadi El-Tahir, and Inman Abubakr Osman, **Mental Health:** Carlos Beristain, **Pregnancy:** Suellen Miller, **Rape and Violence:** Elizabeth Shrader Cox, **Sex Workers:** Eka Esu-Williams, **Women with Disabilities:** Judith Rogers, Pramila Balasundaram, and Msindo Mwinyipembe

Coordination: 2006 reprint, Pam Fadem; 2010 reprint, Jane Maxwell; 2014 reprint, Kathleen Vickery

Support for the 2010 reprint, 2012 update, and 2014 reprint from Scilla Bennett, Iñaki Fernández de Retana, Jacob Goolkasian, Shu Ping Guan, Zena Herman, Todd Jailer, Susan McCallister, Kathleen Tandy, Dorothy Tegeler, Kathleen Vickery, and Sarah Wallis. Advice from Maggie Bangser, Alan Berkman, Kathy DeRiemer, Madelyn Hamilton, Erin Harr-Yee, Ellen Israel, José Jerinomo, Brian Linde, Jonathan Mermin, Syema Muzaffar, Melanie Pena, Tin Tin Sint, Melissa Smith, Linda Spangler, Susan Sykes, Fiona Thomson, Lorna Thornton, Elliot Trester, Denise Tukenmez, Marco Vitoria, Curt Wands-Bourdoiseau, Beverly Winikoff, and Susan Yanow; all were extremely helpful, as were the 4 authors.

In addition, we are deeply indebted to Deborah Bickel, Sara Boore, Heidi Broner, Regina Doyle, Susan Fawcus, Blanca Figueroa, Sadja Greenwood, May Haddad, Richard Laing, Lonny Shavelson, Richard Steen, and Deborah Wachtel for their constant availability and selfless efforts. It's hard to imagine what we would have done without them.

Thanks also to the following groups of women in different countries who contributed so much of their time, hearts, and minds to review these materials and enrich the book: in Bangladesh: The Asia Foundation; in Botswana: Thuso Rehabilitation Centre, Maun; in Brazil: the Association of Community Health Workers of Canal do Anil, and the health educators of Itaguaí; in Cyprus, Egypt, Jordan, Lebanon, Palestine, Syria, and Yemen: the many groups of women who are members of the Arab Resource Collective; in El Salvador: the women of Morazán and Chalatenango; in Ethiopia: the groups of women who met in Addis Ababa; in Ghana: The Association of Disabled Women, Dorma Ahenkro, the schoolgirls of Wa, and the women of Korle Bu; in Honduras: the women of Urraco Pueblo; in India: CHETNA, SEWA, Streehitikarini, the women of Bilaspur, Madhya Pradesh, and the exiled women of Tibet; in Kenya: Mandaeleo Ya Wanawake—from the districts of Machakos, Kitui, Kerugoya, and Murang'a—the Dagoretti Clinic Community Health Workers, the Mwakimai Self Help Group of Kisi, Crescent Medical Aid, the women of Population and Health Services (PHS) of Nairobi, and the women of VOWRI, Nairobi; in Mexico: the women of Ajoja, and the community health promoters of Oaxaca; in Nigeria: the Nigeria Youth AIDS Programme; in Papua New Guinea: the East Sepik Women and Children's Health Project; in the Philippines: GABRIELA, HASIK, LIKKHAN, REACHOUT, and the People's Organizations for Social Transformation; in Sierra Leone: the women of Matatie Village; in the Solomon Islands: the women of Gizo; in Uganda: the Kyakabadiima Women's Group, and WARAIDS; and in Zimbabwe: the Women's Action Group.

And heartfelt gratitude to the countless others who gave so freely of their time and talents, especially:

Hilary Abell	Fred Arradondo	Marge Berer	Verna Brooks	Amal Charles
Jane Adair	Rosita Arvigo	Denise Bergez	Mary Ann Buckley	Andrew Chetley
Niki Adams	Leonida Atieno	Stephen Bezruchka	Sandra Tebben	Casmir Chipere
Christine Adebajo	Kathy Attawell	Pushpa Bhattr	Buffington	Lynne Coen
Vida Affum	Nancy Aunapu	Amie Bishop	Sharon Burnstien	Louise Cohen
Stella Yaa Agyeiwaa	Elizabeth de Avila	Edith Mukisa Bitwayiki	Mary Ann Burris	Mark Connolly
Baldredeen Ahmed	Enoch Kafi Awity	Michael Blake	Elizabeth Bukusi	Karen Cooke
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Bhim Kumari Ale	David Barabe	Simone Bodemo	May Florence Cadiente	Chris Costa
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Adrienne Aron	Medea Benjamin	Paula Brentlinger	Barbara Chang	Marjorie Cristol

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Sarah Davis	Joanne Handfield	Susan Lovich	Peaches O'Reilly	Michael Tan
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Grace Eburn Delano	Richard Harvey	NP Luo	Mary Ellen Padorski	Linda Teitjen
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Efua Dorkenoo	Douglas Huber	J. Regi Manimagala	María Picos	Nanette Tver
Brendon Doyle	Ellen Israel	Karin Manzone	Gita Pillai	Aruna Uprety
Sunun Duangchan	Genevieve Jackson	Alan Margolis	Linda J. Poole	Gilberte Vansintjean
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Clive Evian	Anna Kretsinger	Tasibete Meone	Nancy Russel	Ellen Weis
Zeinib Eyega	Diana Kuderna	Sharon Metcalf	Carolyn Ryan	Rachel West
Melissa Farley	Anuradha Kumar	Ann Miley	Mira Sadgopal	Eve Whang
Betty Farrell	Dyanne Ladine	Jan Miller	Valdete Sala	Kate White
Anibal Faundes	Martín Lamarque	Kathy Miller	Estelle Schneider	Wil Whittington
Sharon Fonn	Joellen Lambiotte	Donald Minkler	Kimberly Schultz	Laura Wick
Claudia Ford	Kathleen Lankasky	Eric Mintz	Miriam N. Senkumba	Pawana Wienrawee
Diane Jinto Forte	Lin Lap-Chew	Barbara Mintzes	Violet Senna	Christine van Wijk
Daphne Fresle	Hannah Larbie	Linda Mirabele	Shalini Shah	Everjoice Win
Anita Gaid	BA Laris	Nanette Miranda	Nicolas Sheon	Kathryn Wirogura
Loren Galvão	Laura Laski	David Modersbach	Mira Shiva	Erin Harr-Yee
Monica Gandhi	Carolyn Lee	Rahmat Mohammad	Kathy Simpson	Irene Yen
Sabry Khaill Ghobrial	Jessica Lee	Gail Montano	Mohindra Singh	Rokeya Zaman
Gayle Gibbons	Pam Tau Lee	Maristela G. Monteiro	Elise Smith	Marcie Zellner
Marta Ginebreda	Susan Lee	Mona Moore	Stephan Solter	Kaining Zhang
Lynn Gordon	Felicia Lester	David Morley	Cathy Solter	Lisa Ziebel
Nora Groce	Abby Levine	Sam Muziki	Barbara de Souza	Margot Zimmerman
Gretchen Gross	Candace Lew	Arthur Naiman	Judith Standly	
Dora Gutierrez	Cindy Lewis	Meira Neggaz	Fatima Jubran Stengel	
Ane Haaland	Sun Li	Nancy Newton	Kay Stone	

The following persons and groups kindly gave us permission to use their artwork: Family Care International for numerous drawings by Regina Doyle from their book *Healthy Women, Healthy Mothers: An Information Guide*; Macmillan Press Ltd., for Janie Hampton's drawing on page 60 from *Healthy Living, Healthy Loving*; the Environmental and Development Agency, New Town, South Africa, for the drawing on page 395 from their magazine, *New Ground*; Honto Press for Akiko Aoyagi Shurtleff's drawing on page 411 from *Culinary Treasures of Japan*; the Movimento de Mulheres Trabalhadoras Rurais do Nordeste for the drawing on page 17 from *O Que É Gênero?*; and the Colectivo de Mujeres de Matagalpa and the Centro de Mujeres de Masaya for the drawing on page 338 from their manual *¡Más allá de las lágrimas!*. And thanks to *Connexions* magazine for the story on page 339.

We also thank the following foundations and individuals for their generosity in financially supporting the project: Catalyst Foundation; Conservation, Food and Health Foundation; C.S. Fund; Domitila Barrios de Chungara Fund; Ford Foundation; Greenville Foundation; John D. and Catherine T. MacArthur Foundation; Norwegian Agency for Development Cooperation; David and Lucile Packard Foundation; San Carlos Foundation; Swedish International Development Cooperation Agency; Kathryn and Robert Schauer; and Margaret Schink. Thanks also to the many individuals who made contributions to match a Catalyst Foundation grant. Finally, a special thanks to Luella and Keith McFarland for their early support and encouragement, and to Davida Coady for believing in this project and pushing it forward during a particularly difficult time.



About this Book

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

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

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

- **see a health worker.** This means that a trained health worker should be able to help you solve the problem.
- **get medical help.** This means you need to go to a clinic that has trained medical people or a doctor, or a laboratory where basic tests are done.
- **go to a hospital.** This means you need to see a doctor at a hospital that is equipped for emergencies, for surgery, or for special tests.

If you need to get help immediately, this picture will also appear.



How to Use this Book

Finding information in the book

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

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

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

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

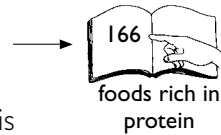
If you do not understand the meanings of some of the words used in this book, you may find them in the **List of Difficult Words** that starts on page 548. The first time these words appear in a chapter, they are *printed in slanted letters, like this*. You can also look up the word in the index to see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

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

Finding information on a page

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

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



What the different things on a page mean:

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

Diagram illustrating the layout of a page with annotations:

- chapter title**: Pregnancy and Childbirth
- page number**: 72
- general topic**: Risks and Danger Signs during Pregnancy
- specific topic**: WOMEN WHO HAVE EXTRA RISKS
 - Women with any of the following problems can have more dangerous pregnancies and births. They should plan to go to a health center or hospital for birth, and they may need more prenatal care during pregnancy.
- specific topic**: High blood pressure, a sign of pre-eclampsia
 - Blood pressure of 140/90 or higher can be a sign of a serious problem called pre-eclampsia (toxemia). Pre-eclampsia can lead to seizures, and both you and the baby can die.
- this word is explained in the List of Difficult Words**: Signs of pre-eclampsia
 - blood pressure 140/90 or higher (see page 532 for how to take blood pressure)
 - protein in the urine
 - severe headache
 - swollen face or swelling all over in the morning
 - severe pain high in the stomach
 - dizziness
 - blurred vision
- See this page... for more information about this topic**: foods rich in protein (page 166)
- Get help right away!**: **TRANSPORT!**
- very important information**: **IMPORTANT!** If a woman has high blood pressure and any of the other signs of pre-eclampsia, she needs medical help fast. If she is already having seizures, see page 87.

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

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

Medicine for Breast Infection		
Medicine	How much to take	When and how to take
dicloxacillin	500 mg	4 times a day for 7 days.
If you cannot find this or are allergic to penicillin, take:		Take at least 30 minutes before food.
erythromycin	500 mg	4 times a day for 7 days.

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

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