

**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 Green Pages are in the List of Medicines, page 487.

**A**

**AA (Alcoholics Anonymous), 440**

**Abdomen pain, 352–357**

- after abortion, 255–257, 355
- after childbirth, 355
- after passing urine, 367
- with bleeding from vagina, 354, 355, 359
- brief, during middle of monthly cycle, 356
- during monthly bleeding, 50, 354
- during pregnancy, 73, 355
- during sex, 189, 272, 356
- examining the abdomen, 534
- with fever, 355
- fibroids, 129, 231, 354, 380
- hunger and, 357
- with IUD, 217, 354, 356
- kinds of pain, 354–356
- miscarriage, 98, 234–235, 354, 355
- monthly bleeding late, 354
- overview, 352, 353
- pelvic inflammatory disease (PID), 274–275
- questions about, 357
- severe, 354, 355, 357
- STIs, 263, 267, 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 methods of family planning, 226
- 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 and AIDS)**

**Alcohol, 434–445**

- addiction, 437, 441
- dependence, 437
- during breastfeeding, 109, 438
- fertility and, 232
- health problems, 163, 438–439
- hepatitis B and, 277
- 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, 440–441
- reasons for misuse, 437
- reasons to begin using, 436
- sex and, 62
- staying free of, 442
- violence and, 315, 318
- withdrawal, 441
- women and, 439

**Alcoholics Anonymous, 440**

**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**

- for chlamydia, gonorrhea, trichomonas, bacterial vaginosis, 268
- for PID, 275
- overview, 480

## B

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

**Anal sex**, 185, 187, 189

**Anemia** (See **Weak blood**)

**Angry cat exercise**, 71

**Antibiotics**, 480–481  
families of, 480–481  
importance of, 480  
the pill and, 210  
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**, 210

**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, 271, 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, 272  
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, 276  
syphilis and, 270  
TB in mother, 390  
tetanus in newborn, 95  
waiting to have, 58  
in wrong position, 72, 75, 85, 90  
yellow (jaundice), 118  
(Also see **Breastfeeding; Childbirth; 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, 268

**Balls** (See **Testicles**)

**Bandages, disinfecting**, 529

**Barrier methods of family planning**  
after abortion, 250  
choosing a method, 200, 224  
condoms, 60, 61, 128, 145, 189–190, 192–193, 202–203, 279, 280  
diaphragms, 145, 205, 279  
effectiveness of, 201  
female condoms, 190, 193, 204, 279  
overview, 200, 202  
(Also see **Condoms; Diaphragms; Female condoms**)

**Bartholin gland infection**, 276

**Battered women** (See **Violence against women**)

**BCA** (See **Bichloroacetic acid**)

**BCG** (See **Bacille Calmette-Guerin vaccine**)

**Beatings** (See **Violence against women**)

**Belly pain** (See **Abdomen pain**)

**Bending safely**, 399

**Benzathine penicillin**, 493  
for genital sores, 270  
overview, 480

**Benzylpenicillin**, 493  
overview, 480  
for tetanus in newborns, 95

**Beriberi**, 173

**Betel**, 438

**Bichloroacetic acid (BCA), for genital warts**, 269

**Bilharzia**, 369

**Biopsy**, 378–379, 383

**Birth canal** (See **Vagina**)

**Birth control** (See **Family planning**)

**Birth** (See **Childbirth**)

**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

**Bleach, disinfecting solution**, 527

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

**Bleeding from vagina**  
after abortion, 251, 363, 483  
after childbirth, 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, 274

fibroids, 380  
 hormonal method of family planning and, 207  
 medicines for, 483  
 pain in abdomen with, 355, 363  
 problems with monthly bleeding, 360–361  
 weak blood (anemia) and pregnancy risks, 72, 73  
 (Also see **Monthly bleeding**)

**Blindness, vitamin A and**, 169

**Blisters from burns**, 538

**Blocked duct**, 116–117

**Blood clot, the pill and**, 208

**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 (breach) 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 for mothers, 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  
 as family planning, 96, 201, 218  
 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  
 by pregnant mother, 119  
 sick baby, 119  
 by sick mother, 119  
 signs baby has enough milk, 114  
 suckling, easing for baby, 115  
 suckling, importance of, 106  
 support for, 121  
 twins, 118  
 working for change, 121  
 for working mothers, 111

**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, 210, 402  
 slow, 531  
 smoke and health problems, 394  
 stress and, 421

**Breach baby**, 75, 77, 90–91

**Bromocriptine**, 471

**Brown waters during labor**, 86

**Bumps on genitals**, 269  
 (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  
 mothers after childbirth, 95, 96  
 persons with AIDS, 294, 309  
 self care during monthly bleeding, 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, 271  
 for chlamydia or gonorrhea, 268  
 for infection after abortion, 256  
 for kidney infection, 368  
 for trichomonas, 268  
 overview, 481  
 for PID, 275

- 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**, 271
- 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
- Childbirth**, 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 mother 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 mother, 101–103  
difficult births, 88–93  
eclampsia, 72, 74, 87  
fathers, advice for, 100  
female genital cutting problems, 464  
fever during, 86  
further information, 66  
of head, 82  
health care for mother, 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  
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, 222  
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**)
- 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**; **Childbirth**; **Family planning**)
- Child-spacing**, 110, 160
- Chills**  
after abortion, 256  
with IUD, 217  
kidney infection and, 367  
womb infection and, 97
- Chinese acupressure massage**, 546–547
- Chlamydia**  
how spread, 189  
in babies, 274  
preventing, 189–190  
signs, 267  
treatment, 25, 268
- Chlorine bleach, disinfecting solution**, 527
- Chloroquine, abortion from**, 241
- Cholera, killing germs**, 155
- Chores (See Work; Working mothers)**
- CHWs (See Health workers)**
- Cigarettes (See Tobacco)**
- Ciprofloxacin**, 496  
for chancroid, 271  
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  
bladder infection and, 366  
care of baby at birth, 83  
community (sanitation), 151–152  
diarrhea and, 299  
disinfecting equipment and tools, 526–529  
during monthly bleeding, 55  
during pregnancy, 68  
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  
for new mother, 96  
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, 266  
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)**
- Coitus interruptus**, 222

- 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  
female condoms, 190, 193, 201, 204, 279, 346  
importance of using, 60, 61, 128, 189–193, 279  
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 **Female condoms**)
- Cone biopsy**, 379
- 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 **Childbirth**)
- 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**, 219, 221  
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&C (dilation and curettage)**  
abortion, 38, 244, 248**Danger signs**

- abnormal discharge, 265  
after abortion, 249, 251, 254, 255, 256, 258  
after childbirth, 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  
dehydration, 298  
depression, 419  
diabetes, 174  
during labor, 85–87  
during pregnancy, 72–73  
fast pulse, 531  
hepatitis B, 277  
high blood pressure, 130  
infection after abortion, 255, 256  
IUD problems, 217  
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, 274  
from the pill, 210

**Danger signs (continued)**

pneumonia, 304  
 polyps, 380  
 respiration (breathing rate), 531  
 shock, 254, 461, 545  
 spoiled foods, 156  
 syphilis, 270  
 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, 441  
 (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 childbirth, 101–103  
 mental health and, 417  
 Mira's story, 9–11  
 pressure sores and, 142  
 from syphilis, 270  
 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**)

**DES (diethylstilbestrol), cancer risks from, 471****Desire**

lack of, 188  
 in women for sex, 185

**Dexamethasone, 498**

for allergic reactions, 483, 545

**Diabetes, 174–175**

overweight and, 174  
 the pill and, 209  
 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**

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 new mother, 96  
 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, 441  
 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**)

**Diethylstilbestrol (DES), cancer risks from, 471****Digestion, stress and, 421****Dilation and curettage (D&C) 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, 267****Discharge from vagina**

abnormal, 265–268  
 bad-smelling after abortion, 256  
 bad-smelling after childbirth, 97  
 pelvic inflammatory disease, 274–275

**Disease (See Illness; Preventing illness)****Disinfecting equipment and tools, 526–529**

bandages, 529  
 gloves, 529  
 high-level disinfection, 526–528  
 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, 220
- by sex workers, 346
- STIs and, 279

**Doxycycline**, 499

- for chlamydia or gonorrhea, 268
- for infection after abortion, 256, 257
- overview, 480
- for PID, 275
- to prevent infection after abortion, 249
- to prevent infection after deinfibulation, 465
- for syphilis, 271
- for trichomonas, 268

**Dress, menopause and**, 124

**Dressings, disinfecting**, 529

**Drugs**, 434–445

- addiction, 437, 441
- dependence, 437
- during breastfeeding, 109, 438
- 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, 442
- violence against women and, 318
- withdrawal, 441
- women and, 439
- (Also see **Alcohol**; **Medicines**; **Tobacco**)

**“Dry” sex**, 190, 279

**Drugs**

- of breasts, 45
- (Also see **Fallopian tubes**)

**Dying** (See **Death**)

## E

**Earning a living** (See **Work**; **Working mothers**)

**Ears**

- acupressure massage, 547
- hearing loss in older women, 134
- ringing in, 130, 479

**Eating** (See **Diet**)

**Eclampsia**, 59, 72, 87

**Ectopic (tubal) pregnancy**, 73, 249, 354

**Education**

- about AIDS, 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 food distribution**, 449

**Emergency methods of family planning**, 226, 523–524

(Also see **Abortion**)

**Emtricitabine (FTC)**, 518–520

**Emotions** (See **Feelings**)

**Endometrial cancer**, 381

**Enema, giving rectal fluids**, 541

**Engorged breasts (mastitis)**, 116–117, 382

**Epilepsy, the pill and**, 209

**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, 271
- for infection after female genital cutting, 462
- overview, 480
- to prevent infection after deinfibulation, 465
- for trichomonas, 268
- 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, 267, 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
- monthly bleeding and, 55
- need for, 158
- for older women, 126
- weak bones and, 133
- for women with disabilities, 143

**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, 276
- pale eyelids, 172
- problems in older women, 134
- strain from crafts, 406
- yellow, 277

## 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),  
265, 274–275  
scarred or blocked, 231  
tubal ligation, 223  
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  
avoiding pregnancy, 60, 61, 128  
barrier methods, 200, 202–206  
benefits of, 197–198  
breastfeeding as prevention, 96, 201,  
218  
child-spacing, 110, 160  
choosing a method, 200–201,  
224–225  
choosing to use, 199  
effectiveness of methods, 201  
emergency methods, 226, 335,  
523–524  
for fathers, 100  
hormonal methods, 128, 145, 200,  
207–215  
hormones and, 47  
infertility and, 231  
IUDs, 145, 200, 216–217  
natural methods, 200, 218–222  
new methods, 224

for new mother; 96  
number of children, 179  
older women and, 128  
permanent methods, 200, 223  
refugees and displaced women, 452  
safety of, 198  
talking to husband or partner about,  
199  
traditional methods, 222  
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 childbirth, 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**

effectiveness of, 201

overview, 204  
safer sex and, 190, 193  
sex workers and, 346  
STI prevention, 279  
using, 204

**Female genital cutting, 458–467**

bleeding, heavy, 461  
childbirth problems, 464–465  
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  
monthly bleeding problems, 463  
overview, 458–459  
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, 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  
chancroid and, 271  
during labor, 86  
during pregnancy, 74  
hepatitis B and, 277  
with IUD, 217  
kidney infection and, 367  
in newborn, 95  
pain in abdomen with, 355  
in persons with HIV, 297  
PID and, 274  
pneumonia and, 304  
syphilis and, 270–271  
taking the temperature, 530  
womb infection and, 97

**Fever blisters, in persons with HIV, 305****Fibroids, 380**

heavy monthly bleeding 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  
**Fits** (See **Seizures**)  
**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  
**Foam, contraceptive** (See **Spermicides**)  
**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 the pill**, 211, 212  
**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**, 272–273  
**Genitals** (See **Reproductive system**; **STIs**)  
**Genital ulcers**, 270–273  
**Genital warts**, 269  
**Gentamicin**, 502  
   for fever during birth, 86  
   for infection after abortion, 256  
   for infection after birth, 97  
   for kidney infection, 368  
   overview, 481  
**Gentian Violet**, 503  
   for fungal infections, 300  
   for thrush (yeast), 305  
   for thrush (yeast) in babies, 117  
   for wounds and sores, 307  
**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  
   monthly bleeding, 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 **Childbirth**)  
**Glands, of breasts**, 45  
**Glaucoma, in older women**, 134  
**Gloves, disinfected**, 525  
**Glue sniffing** (See **Drugs**)  
**Goals, choosing**, 57  
**Goiter**, 169  
**Gonorrhea**  
   in babies, 276  
   resistance to medicines, 24, 264  
   signs, 267  
   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, 269, 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  
   breach baby, 75, 77, 90–91  
   exercise at work, 404  
**Headaches**  
   from chemicals, 402  
   from crafts, 406  
   high blood pressure and, 130  
   from hormonal methods of family planning, 208, 209, 210  
   from medicines, 479  
   from stress, 421  
   from the pill, 210  
**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

**Health care skills (continued)**

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**

breastfeeding and, 119, 121  
 for cancer of the cervix, 377  
 childbirth and, 72, 85–86, 88, 89, 93, 101  
 female genital cutting and TBAs, 467  
 getting better care, 36–37  
 health centers, 34  
 hospitals, 35, 38–39  
 medical system, 33–35  
 PID and, 274  
 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, 441  
 normal, 531  
 slow, 531  
 stops, 173  
 stress and, 421  
 taking the pulse, 531

**Heartburn**

during pregnancy, 69  
 from taking medicines, 477

**Heart disease**

overweight and, 174  
 the pill and, 208  
 from syphilis, 270

**Hemorrhage (See Bleeding)****Hemorrhoids (piles), during pregnancy, 70****Hepatitis**

hepatitis B, 277, 376, 384  
 injections and, 542  
 the pill and, 208  
 signs, 277, 402  
 treatment, 277  
 vaccine, 503

**Herbicides**

mental health and, 418  
 pregnancy and, 68

**Heroin (See Drugs)****Herpes**

genital, 272–273  
 zoster (shingles), 301

**High blood pressure**

defined, 532  
 in older women, 130  
 overweight and, 174  
 the pill and, 209  
 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 and AIDS, 282–311**

AIDS, described, 284  
 ART (Antiretroviral therapy), 291, 292, 336, 517–521  
 breastfeeding and, 106, 285, 293, 520  
 caring for persons with HIV or AIDS, 294–295  
 causes in women, 283, 285, 286  
 CD4 count, 517  
 childbirth and, 285, 292, 293, 520  
 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, 277, 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, 271  
 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**, 207–215

after abortion, 250  
choosing a method, 200–201, 224–225  
defined, 200  
effectiveness of, 201  
implants, 213  
injections, 214–215  
older women and, 128  
once-a-week pills, 224  
the pill, 208–212, 522–523  
progestin-only pills (minipill), 212, 523  
side effects, 208, 209, 212, 213  
types of methods, 207  
vaginal rings, 225  
women who should avoid these methods, 207  
women with disabilities and, 145

## Hormones

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

**Hospital** (See **Health center or hospital**)

**HPV (human papilloma virus)**  
cancer of the cervix, 376–377  
test for, 378

**HRT (hormone replacement therapy)**, 124, 471

**Human Immunodeficiency Virus (HIV)** (See **HIV and AIDS**)

**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, 277  
poor nutrition for women, 2

## Husband or partner

girls treated as property of, 185  
HIV infected, 290  
infertility, causes of, 230  
IUD felt by, 217  
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 and AIDS**)

## Immunizations

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

## Implants

after abortion, 250  
effectiveness of, 201  
side effects, 213  
stopping, 213  
using, 213

**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 operation, 39  
Bartholin gland infection (swollen vagina), 276  
bladder or kidneys, 366–368  
breasts during breastfeeding, 116–117, 382  
burns and, 538  
caring for new mother, 96  
causes of, 525  
cracked nipple and, 115  
deinfibulation and, 465  
disinfecting equipment and tools, 526–529  
eyes in newborn, 276  
from female circumcision, 461–462  
fungal, in persons with AIDS, 300  
infectious diseases, 21  
injections and, 542  
mental health and, 418  
pain in abdomen with fever, 355  
pelvic (PID), 265, 274–275  
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 childbirth, 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, 276  
treatment, 233–234

**Infibulation** (See **Female genital cutting**)

## Injections

allergic shock from, 545

**Injections (continued)**

- in buttock, 544
- diazepam, 87
- for family planning, 201, 214–215
- giving, 542–545
- HIV and, 285
- preparing a syringe, 543
- for infection after abortion, 257
- to start labor, 85
- weak blood (anemia) and, 471  
(Also see **Medicines**)

**Injections for family planning**

- combined, 214–215
- effectiveness of, 201
- progesterin-only, 214
- side effects, 214, 215
- stopping, 215
- using, 215

**Injuries**

- internal, from abortion, 257
- mental health and, 418
- from pregnancy and childbirth, 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 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), 269
- genitals, 265, 266, 267, 272
- in persons with HIV, 300–301
- sugar sickness (diabetes) and, 174
- vagina, 265

**IUCD (See IUDs)****IUDs, 216–217**

- after abortion, 250
- choosing a method for family planning, 200–201, 224–225
- danger signs, 217
- defined, 200
- effectiveness of, 201
- as emergency method of family planning, 226
- infertility and, 231
- overview, 216
- pain with, 217, 354
- progesterin, 216
- progesterin IUDs, 216
- side effects, 216
- STIs and, 216
- stopping, 217
- using, 217
- who should not use, 216
- women with disabilities and, 145

**IV (intravenous drip), 540****J****Jaundice, yellow baby, 118****Jelly, contraceptive (See Spermicides)****Jobs (See Work; Working mothers)****Joint and muscle pain (arthritis)**

- in older women, 133
- overweight and, 174

**Joints**

- contractures, 143
- knelling work and, 405
- repetitious movements and, 405

**K****Kaposi's sarcoma, 301****Kerosene, fire safety, 394****Ketoconazole, 505**

- for fungal infections, 300
- for 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****Knelling work, 405****Knitting, health risks from, 406****L****Laboratories, 34****Labor (See Childbirth)****Lace making, health risks from, 406****Lactational amenorrhea method (LAM), 218****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****LEEP (loop electrosurgical excision procedure), 379****Legal issues (See Government policies and laws; Working for change)****Legs**

- acupressure massage, 546–547
- problems during pregnancy, 71
- severe pain in one, 210
- sitting or standing long time, 404
- varicose veins in, 70, 132
- weakness in, 173, 210

**Legumes, planting, 176****Lemon juice**

- purifying water, 155
- for thrush, 305

**Lice, 265****Life cycle of women, 47****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 condoms, 203

### Lumps

abscesses and boils, 307  
 in breast, 382  
 in breast during breastfeeding, 116  
 breast exams, 162  
 in breast of older women, 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, 266  
 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, 271  
 for genital warts, 269  
 for gonorrhea, 268  
 guidelines for health workers, 470  
 guidelines for use, 472  
 harmful uses, 471  
 for herpes zoster (shingles), 301  
 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 AIDS, 308  
 for pelvic inflammatory disease (PID), 274

for persons with HIV, preventing infection, 296  
 the pill and, 209  
 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, 268  
 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  
 sexual relations and, 128  
 signs, 124

### Menstrual cycle, 48–49

### Menstruation (See Monthly bleeding)

### Mental confusion (dementia)

drug and alcohol withdrawal, 441  
 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 health (continued)**

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, 270  
 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****Mental slowness in children, 68, 169****Methotrexate, 245, 471****Methyl ergonovine, 506****Metronidazole, 507**

for bacterial vaginosis, 266  
 for bloody diarrhea, 296  
 for chlamydia or gonorrhea, 268  
 for fever during labor, 86  
 for pelvic inflammatory disease (PID), 275  
 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 (See Progestin-only pills)****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, 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 method of family planning and, 207, 208, 209, 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**)

**Monthly cycle, 48–49****Morning sickness, 69, 543****Morphine, overview, 482****Mosquitos, disease spread by, 151****Mothers**

breastfeeding advice, 109–110, 293  
 care after childbirth, 95, 96  
 community expectations, 183  
 danger signs after childbirth, 97  
 death of baby and, 99  
 diet while breastfeeding, 109  
 help from fathers, 100  
 helping after childbirth, 99  
 helping daughters, 65  
 helping during childbirth, 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, 220, 233

coughing up, in persons with HIV or AIDS, 303–304

**Mucus method of family planning, 219–220**  
 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

**Natural methods of family planning, 218–222**

after abortion, 250  
 breastfeeding, 96, 201, 218  
 choosing a method, 200–201, 224–225  
 counting days method, 219, 221  
 defined, 200  
 effectiveness of, 201, 219  
 how to tell if fertile, 220  
 mucus method, 219–220  
 overview, 219  
 STIs and, 218

**Nausea**

after abortion, 258  
 during pregnancy, 69, 543  
 from hormonal methods of family planning, 208, 209  
 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, 274****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

### Norfloracin, 509

for diarrhea for people with HIV, 299  
overview, 481

### Noristerat, 214, 215

### Nuclear power plants, 376

### Numbness, from the pill, 210

### Nutrition (See Diet)

### Nystatin, 510

for fungal infections, 300  
for thrush, 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  
high blood pressure, 130  
joint and muscle pain (arthritis), 133  
medicine doses, 478  
mental confusion (dementia), 135  
monthly bleeding ends (menopause), 124–125  
monthly bleeding heavy, 129  
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**)

### Once-a-week pills, 224

### Open lip or palate, in baby, 118

### Operations

after an operation, 39

for cancer, 379, 381, 383, 384  
common for women, 38  
for fibroids, 380  
hysterectomy, 38, 379, 381  
for no more children, 223  
(Also see **Abortion; Sterilization**)

### Opium (See Drugs)

### 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

### Overweight people, health problems of, 174

### 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, 210  
from contractures, 143  
during sex, 193, 274, 355, 380  
in joints and muscles (arthritis), 133, 174  
in joints from work, 405  
in lower belly, 352–357  
after abortion, 255–257, 355  
after childbirth, 355  
after passing urine, 367  
with bleeding from vagina, 355, 359  
brief, during middle of monthly cycle, 356  
during monthly bleeding, 50, 354  
during pelvic exam, 537  
during pregnancy, 73, 355  
during sex, 193, 274, 355, 356  
with fever, 355

fibroids, 129, 231, 354  
hunger and, 357  
with IUD, 217, 354, 356  
kinds of pain, 354–356  
miscarriage, 98, 234–235, 354, 355  
monthly bleeding late, 354  
overview, 352, 353  
pelvic inflammatory disease (PID), 274  
questions about, 357  
severe, 354, 355, 357  
STIs, 263, 267  
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 AIDS, 308  
pressure point for easing, 50, 546  
in shoulders after abortion, 258  
in stomach from medicines, 479  
sudden, near kidneys or bladder, 369  
from the pill, 210  
with vaginal discharge, 265, 274  
when passing urine, 267, 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 AIDS, 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)

### Pelvic area, 43

### Pelvic exam, 159

how to, 535–538

### Pelvic infection, 217, 265, 274

- Pelvic inflammatory disease (PID)**, 217, 274–275
- Pelvic tilt exercise**, 400
- Pelvis**, 43
- Penicillin**, 511  
family of antibiotics, 480  
for wounds and sores, 307
- Penis**  
illustrated, 46  
warts on, 269
- Pensions**, 137
- Period** (See **Monthly bleeding**)
- Permanent methods of family planning**, 230  
after abortion, 250  
choosing a method, 200–201, 224–225  
defined, 200  
effectiveness of, 201
- Personal coping skills**, 422–423
- Pessaries, vaginal**, 131
- Pesticides**  
mental health and, 418  
pregnancy and, 68
- PID (pelvic inflammatory disease)**, 217, 265, 274–275
- Piles (hemorrhoids), during pregnancy**, 70
- Pills** (See **Drugs; Medicines**)
- Pill, the**, 208–212  
after abortion, 250  
combined pills, 208–211, 522–523  
danger signs, 210  
effectiveness of, 201  
emergency methods of family planning, 226, 523–524  
forgetting to take, 211  
once-a-week pills, 224  
overview, 208  
progestin-only pills (minipill), 212, 523  
side effects, 209  
stopping, 211  
using, 210–211  
who should not take, 208–209
- 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, 223
- PMS** (See **Pre-menstrual syndrome**)
- Pneumonia**  
in persons with HIV, 304
- Podophyllin**, 512  
for genital warts, 269
- Poisoning, from medicines**, 479
- Police, reporting rape to**, 334–336
- Policies** (See **Government policies and laws; Working for change**)
- 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 and AIDS**)
- 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-eclampsia**, 73–74
- 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 as prevention, 96, 201, 218  
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  
DES (diethylstilbestrol) caution, 471  
diet during, 68, 167–169, 171  
due date, 67  
early, 58, 59, 72  
emergency methods of family planning, 226, 523–524  
fathers, advice for, 100  
frequent pregnancies, 3  
further information, 66  
health care during, 68, 160–161  
health risks, 3, 5, 59, 67, 72–74, 197  
herpes and, 272  
HIV and, 285, 292, 520  
infertility, 228–237  
losing (miscarriage), 98, 234–235  
medicines, caution about using, 477  
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, 270  
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; Childbirth; 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
- 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 childbirth, 160–161  
exercise and, 158



food safety, 156–157  
 germs, spread of, 150–151  
 health exams, 159  
 HIV and AIDS, 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  
 special needs of women, 158–162  
 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**, 216

**Progestin-only injections**, 214–215

**Progestin-only pills**, 212, 523  
 effectiveness of, 201  
 as emergency method of family planning, 524  
 forgetting to take, 212  
 side effects, 212  
 stopping, 212  
 using, 212

**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, 441  
 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  
 monthly bleeding onset, 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 women 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, 270

**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 system**  
 changes during puberty, 54  
 defined, 47  
 health exams, 159  
 health problems for women, 3  
 illustrated, 44–46  
 inside parts (women), 45  
 man’s, 46  
 outside parts (women), 44  
 overview, 43  
 pelvic exam, 159, 535–537  
 shame about, 184  
 woman’s, 44–45  
 (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

**Ringin 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 sex relationships (homosexuality)**, 183, 184
- Sanitation**, 151–152
- Scabies**, 265
- Schistosomiasis**, 369
- Screening tests**, 376, 378–379
- Scrotum**, 46
- Seeing problems** (See **Eyes**)
- Seizures**  
birth control pills and, 209, 212  
drug and alcohol withdrawal, 441  
during labor, 74, 87
- 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, 274  
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, 274, 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, 340–351  
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, 222  
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
- Singles**, 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 antiretrovirals, 518  
from chemicals, 402  
from the pill, 210  
from weak blood (anemia), 172
- 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, 209, 212, 213  
IUDs, 216  
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, 271, 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**)
- Soaking, disinfecting solution**, 527
- 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), 270–273  
HIV and genital sores, 271  
in mouth and throat, with AIDS, 305  
in persons with AIDS, 306–307  
pressure sores, 142, 306  
washer-woman's hands, 409
- Sore throat**  
from chemicals, 402  
in persons with AIDS, 304–305  
syphilis and, 270  
spectinomycin, 514  
for gonorrhea, 268  
for PID, 275
- 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
- Sperm tube**, 46
- Splints, for joint pain**, 405
- Spotting** (See **Monthly bleeding**)
- 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
- Standing for long time**, 404
- Standing water**, 151
- Status of women**, 7–8, 11
- Stavudine**, 519
- Sterilization**  
after abortion, 250  
effectiveness of, 201  
for men (vasectomy), 223  
for women (tubal ligation), 38, 223
- 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, 271  
chlamydia, 189–190, 267–268  
complications of, 274–276  
defined, 261  
drug misuse and, 438  
drug-resistant, 264  
effects of, 261, 262  
family planning methods and, 201  
genital herpes, 272–273  
gonorrhea, 189–190, 267–268  
growths (warts) on genitals, 269  
health exams, 159  
hepatitis B, 277  
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, 216  
natural methods of family planning and, 218  
newborn babies' problems, 276  
pelvic inflammatory disease (PID), 217, 274–275  
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), 270–273  
swollen vagina (Bartholin gland infection), 276  
syphilis, 270–271  
testing and, 263  
trichomonas, 267–268  
working for change, 279–281  
yeast infections of the vagina, 265–266  
(Also see **HIV and AIDS; 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, 271  
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

**Stories about (continued)**

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

**Streptomycin, 515**

for TB, 389  
overview, 481

**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  
the pill and, 208

**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, 275  
purifying water, 155

**Support groups**

for abused women, 324  
alcohol addiction, 440, 442  
for breastfeeding, 121  
drug addiction, 442  
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, 271  
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  
vaginal fold on one side, 276  
(Also see **Varicose veins**)

**Symptoms (See Danger signs; Solving health problems)****Syphilis, 270–271****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**

cancer from DES (diethylstilbestrol), 471  
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  
for syphilis, 271  
for trichomonas, 268

**Thermometer, using, 530****Thirst**

constant, 174  
dehydration, 298  
rehydration drink, 540  
(Also see **Dehydration**)

**Threats, 317****Throat cancer, 384****Thrush (yeast)**

during breastfeeding, 117  
in persons with AIDS, 305  
(Also see **Yeast infections**)

**Tinidazole, 516**

for trichomonas, 268

**Tippy Tap, 526****Tiredness**

antiretrovirals and, 578  
constant, 174  
hepatitis B and, 277

**Tobacco**

cancer and, 376, 377, 384  
coughing and, 303  
during breastfeeding, 109  
fertility and, 232  
health and, 163  
health problems from, 438, 443

HIV and, 291  
 menopause and, 125  
 the pill and, 209  
 pregnancy and, 68  
 for women, 443  
 (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, 222

**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, 269

**Trichomonas**  
 signs, 267  
 treatment, 268

**Tubal ligation**, 223

**Tubal pregnancy**, 73, 249, 354  
 STIs and, 274

**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, 267, 367  
 catheter, 372-373  
 causes of infection, 366  
 from chemicals, 402  
 dark urine and whitish stools, 277  
 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, 277, 503  
 tetanus, 68, 161, 462, 515  
 tuberculosis (TB), 390, 391

**Vacuum aspiration abortion**, 38, 244, 248

**Vagina**

abnormal discharge, 265-268  
 bleeding from  
 after abortion, 251-253, 363, 483  
 after childbirth, 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, 274  
 fibroids, 380  
 hormonal method of family planning and, 207  
 medicines for, 483  
 pain in abdomen with, 355  
 problems with monthly bleeding, 360-361  
 weak blood (anemia) and pregnancy risks, 72, 73  
 cancer from DES (diethylstilbestrol), 471  
 care during monthly bleeding, 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  
 swollen fold on one side, 276  
 torn from giving birth, 96

**Vagina (continued)**  
 urine leaking from, 161, 370–371, 465  
 (Also see **Female genital cutting**;  
**Monthly bleeding**; **STIs**)

**Vaginal opening**, 44

**Vaginal pessaries**, 131

**Vaginal rings**, 224

**Vaginal sex, safety of**, 189

**Vaginosis, bacterial**, 266, 268

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

**Varicose veins**  
 during pregnancy, 70  
 in older women, 132  
 the pill and, 208  
 from sitting or standing work, 404

**Vas deferens**, 46

**Vasectomy**, 223

**VD (See STIs)**

**Vegetables**, 166, 170

**Veins, swollen (See Piles; Varicose veins)**

**Vinegar, for yeast infections**, 266, 275

**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, 441  
 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, 269  
 (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, 269, 376  
 wet, on genitals, 269, 270  
 (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 blood (anemia)**, 172–173  
 causes, 172  
 diet and, 53  
 folic acid (folate) and, 73, 168  
 health exams, 159  
 iron and, 53, 73, 129, 167  
 older women and, 129  
 overview, 172  
 pregnancy risks, 72, 73  
 risk during breastfeeding, 109  
 signs, 172  
 treatment, 73, 129, 173

**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, 222

**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 childbirth, 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 mothers**)

## **Working for change**

HIV prevention, 309–311  
 better nutrition, 176–179  
 breastfeeding, 121  
 cancer deaths, 385  
 death or injury from pregnancy and childbirth, 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 mothers**

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 AIDS, 306–307  
 (Also see **Female genital cutting**)

## **X**

## **X-rays, 37**

## **Y, Z**

## **Yeast infections**

abnormal discharge from, 265  
 in persons with AIDS, 300, 305  
 signs, 265  
 thrush during breastfeeding, 117  
 thrush in persons with AIDS, 305  
 treatment, 266

## **Yellow baby (jaundice), 118**

## **Yellow skin, 277, 402**

## **Yoga, 423**

## **Zidovudine (AZT), 519–520**