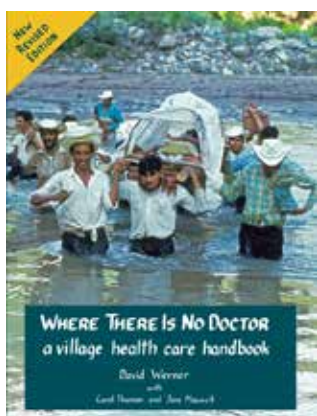


How to Start Using Your New Book

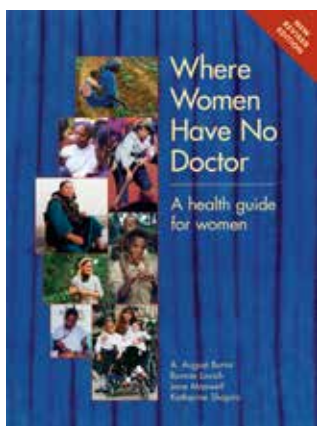
You are making a difference!
Thank you for carrying Hesperian books.

In your hands are one or more Hesperian Health Guides to help your important work promoting community health and well-being. These books can support the health efforts you have underway and the new ones you are planning. Here are some suggestions to get started:



Where There Is No Doctor

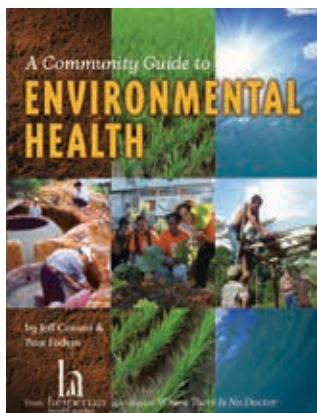
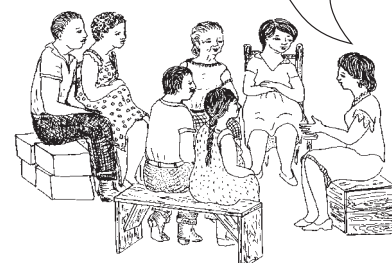
- **Inside the front cover** of the book is a section called **"How to Use This Book."** It describes how the book is organized and points out the Table of Contents listing all the chapters, the index to look up topics of interest, and the Green pages with information on medicines and their use.
- Read the **"Introduction"** to know the history of the book and why everyone should have the right to health and healthcare.
- Read **"Words to the Village Health Worker."** Pages **w10** and **w11** have basic questions useful to any group or community in determining its health priorities.
- Also read **"Making the Best Use of this Book"** on page **w28**.



Where Women Have No Doctor

- Start with **"Women's Health Is In Your Hands"** inside the front cover.
- Read the pages at the beginning: **"About this Book"** and **"How to Use this Book."**
- The first chapter, **"Women's Health is a Community Issue,"** shares ideas for discussions and plans women and girls may have to improve the health of their community.

The book has really practical ideas about how to care for yourself when you're pregnant.



A Community Guide to Environmental Health

- Read the first chapter, **"Promoting Community Environmental Health"** to understand how the book approaches the relationship between our environment and people's health.
- The section **"Activities for Learning and Mobilizing"** in chapter 2, "Understanding and Mobilizing for Community Health," gives ideas for activities you can use to begin working together to improve environmental health.

Hesperian Health Guides is a non-profit publisher of health information that helps people take action to support good health. Developed in collaboration with community health workers, our books help communities treat illness and also address the social injustices that cause poor health.

In general

- **As you become more familiar with the book**, you will find even more ways to put the information to good use.
- **Illnesses, medicines, foods, and customs are different everywhere.** You will want to pick out the information and ideas in these books that make the most sense for where you live and also adapt them so they become more useful for your community.

I really like where the book shows how the women solved their problem with the clinic.



At Hesperian Health Guides, we learn from all the people who use our books



Please write us at hesperian@hesperian.org to share how you used the books, what was useful, and how we can make our books even better.



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