**WHERE WOMEN HAVE NO DOCTOR**

**WHY DID ADAIYAALAM CHOOSE TO TRANSLATE THIS BOOK?**

To empower WOMEN. If we teach a woman she will teach generations. Women in our state are generally shy and not very forthcoming with their health problems. Our community has a patriarchal mindset and women are looked down upon by men and even other women. Speaking about intimate health issues,by women , is taboo. Women do not have a say with their reproductive choices. It is her in - laws or her husband who decides. Female infanticide and foeticide are rampant in various parts of Tamilnadu. Even educated women prefer to have a boy child for if she gives birth to a girl child she will be scorned at forever by her husband and in laws. And if the 2nd or 3rd child also turns out to be a girl child she will lose all her respect in society. Women think it is their fault for giving birth to girl babies, they do not know it is the man's chromosome that decides the sex of the child.Our ambition is to give a copy of this book to a woman in every family, so that she will break free from the shackles of ignorance and rise to create a better life for herself and for her daughters and daughters in law.

**WHO WILL  USE THIS BOOK?**

**All women who know to read Tamil,**Social workers, families especially housewives, people welfare workers, village health nurses, community health workers, health visitors, trained birth attendants, auxiliary nurse midwives, village heads, senior citizens, teachers , NGOs working for women, children and other individuals who contribute their mite to society.

**HOW WILL THE BOOKS BE DISTRIBUTED?**

The books will be  distributed through NGO networks, door to door campaigns in rural and urban areas, book fairs, libraries and through women self help groups.

**WHAT ARE THE EXPECTED OUTCOMES ON PEOPLE USING THE BOOK?**

**Women who use this book will be motivated to stand up for their rights, in terms of health. They will pave the way for a healthier future for women and girls. She will learn to understand that she too is a human being like a man and she holds the key to procreation and a better society.**Female infanticide and foeticide will see some decline. There will be a better sex ratio. Infant and maternal mortality rates will reduce. Under five children will show lesser morbidity and even lesser mortality rates. Reproductive tract infections which incapacitate women, due to delay in getting  treated , will not be common. She will learn to  say  - MY HEALTH IS MY RIGHT.

**MEDICAL SERVICES IN OUR COMMUNITY**

Women prefer to get treated by  women doctors and they hesitate to go to a male practitioner.However, they do not have a choice for not many female practitioners are available in government run hospitals. They either go only when things have gone worse or do not go at all. In the bargain, they neglect minor health problems which get aggravated and goes to a hospital when she is very sick.  A little white discharge, a sore breast , lump in the abdomen , a mild itching in her private parts are few examples.

Medical services in our community is rendered through government primary health care centres, sub centre and, district hospitals; private practitioners and corporate hospitals.

The Government run health centres require women and children to sit in long queues for hours to get themselves looked at by the doctors and if working hours are over they have to go back unattended and come back the next day, even for a simple headache or back ache. Private practitioners and corporate hospitals fleece them. And even if the sick dare to step in for treatment they are shown the door if they cannot pay, however grave the situation may be.