



**Woman's  
Health  
Handbook**

**Incwadana  
yezempilo  
yabasetyhini**

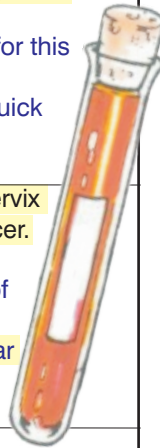
## INFORMATION

### Keeping healthy through clinic tests

Clinics offer screening tests to help you stay healthy, and to identify a problem with any part of your body before it becomes a serious problem.

The following tests are available and you should ask for them.

Name of test	Why and when is the test done?
Blood pressure	Your blood pressure needs to stay in normal range. If it is too low you will feel tired. If it is too high you could suffer headaches, a stroke or damage to other organs. <ul style="list-style-type: none"> <li>• At least once a year, but more often if you tend to have low or high blood pressure.</li> <li>• After pregnancy to check that your blood pressure is back to normal.</li> </ul>
Urine test	Urine can be tested for different things, but the most common is for diabetes, pregnancy or urinary tract infection. <ul style="list-style-type: none"> <li>• If you have signs of diabetes, you can ask for this test.</li> <li>• If you think you might be pregnant, it is a quick test.</li> <li>• If you have pain when passing urine.</li> </ul>
PAP smear	If there is any problem with the cells of the cervix it may indicate an infection or a stage of cancer. Treatment can be given before it gets worse. <ul style="list-style-type: none"> <li>• At least once every 10 years after the age of 30 years.</li> <li>• If a problem is found, a follow-up PAP smear should be done more often as prescribed by clinic or doctor.</li> </ul>
Blood tests	Can show if you have an infection like hepatitis, malaria or sexually transmitted infection. Also, chronic conditions like diabetes or anemia. <ul style="list-style-type: none"> <li>• Whenever you have a severe fever, tiredness, extreme thirst or signs of STIs.</li> </ul>
Voluntary Counselling and Testing (VCT)	It is important to know your HIV status. If you are HIV negative, you will be advised how to stay negative. If you are HIV positive, you will be advised how to live with the condition, and protect others from getting it from you. <ul style="list-style-type: none"> <li>• Whenever you have had risky sex, or if your partner has not been faithful to you, you should consider going for VCT.</li> </ul>



## INFORMATION

Keeping healthy through clinic test: Ukuzigcina usempilweni ngokuxilongwa ekliniki

Blood pressure: Uxinzelelo lwegazi

Stroke or damage to other organs: Isifo sokushwabana okanye umonakalo kumanye amalungu

Urine test: Ukuxilonga umchamo

Urine: Umchamo

Diabetes: Isifo seswekile

Urinary track infection:

Ulandelelelo losulelo emchameni

PAP smear: iPap smear

Problem with the cells of the cervix: Ingxaki ngeeseli zomlomo wesizalo

Indicate an infection or a stage of cancer: Bonisa usulelo okanye ibakala lomhlaza

Once every 10 years: Kanye ngeminyaka elishumi rhoqo.

Follow-up PAP smear:

Ulandelelelo lwePAP smear

Blood tests: Ukuxilonga igazi

Hepatitis, malaria, or sexually transmitted infection:

Ihepatitis, imalariya okanye usulelo ngokwesondo

Diabetes or anemia: Isifo seswekile okanye i-anemia

Voluntary Counselling and Testing (VCT): Ukucebisa ngokuzithandela kwakunye nokuxilongwa (iVCT)

If you are HIV negative:

Ukuba awunayo Intsholongwane

If you are HIV positive: Ukuba unayo Intsholongwane

Remember to fill in the results of the screening test on page 6 of this handbook.

## INFORMATION

Healthy eating tips:  
lingcebiso zokutya okusempilweni  
Fats, oils, and sweets:  
Amafutha, ioli, kwakunye neeswithi.  
Meat, poultry, dry beans, eggs, dairy products and nuts:  
Inyama, Inkukhu, iimbotyi, amaqanda, Imveliso yederi, kwakunye neenqoba  
In protein, vitamins A and B, and calcium:  
Kwiprotini, kwivithamini A no B, kwakunye nekhalsyam.  
Breastfeeding mothers:  
Oomama abancancisa ngebele  
Fruit and Vegetables:  
Imifuno kwakunye neziqhamo  
Bread, cereal, rice and pasta:  
Isonka, isiriyali, irayisi nepasta.  
Wholegrain foods:  
Ukutya kwamazimbha  
Drink plenty of liquids, especially water:  
Sela iziselo ezingamanzi kakhulu, ingakumbi amanzi.

## Healthy eating tips

### Fats, oils and sweets

Cut down sweets and deep fried foods. Try to avoid processed foods e.g. crisps, corn chips, etc.



### Meat, poultry, dry beans, eggs, dairy products and nuts:

Dairy products are rich in protein, vitamins A and B, and calcium. Dried beans (including peanuts), chicken/meat/all offal, fish (mackerel, sardines, pilchards) and eggs are rich in protein, B vitamins, calcium, iron and zinc. Liver is a good food for breastfeeding mothers.



### Fruit and Vegetables

4 -6 serving per day  
All vegetables (especially green leafy vegetables like spinach, broccoli, cabbage, pumpkin, butternut, carrots, sweet potatoes) and all fruit (especially oranges, guavas, mangoes, tomatoes) are rich in essential fats, beta-carotene, folic acid, vitamin C, calcium, iron, zinc and fibre.



### Bread, cereal, rice and pasta: 6 servings per day

Cut down on refined and/or sweetened foods (white bread, cakes).



**Wholegrain foods** (oats, whole wheat bread, coarse whole maize meal, sorghum, brown rice) are rich in B vitamins, folic acid, zinc and fibre.

*Remember to drink plenty of liquids, especially water. You should drink 6 or more glasses of clean water a day. (All drinking water should be boiled first if it does not come from a municipal tap).*

## Local Resource List

### Details of clinic, MOU and hospital

(Write in your clinic telephone numbers here)


### Rape crisis / domestic violence support

Western Cape Network on Violence Against Women (Athlone)	(021) 633 5287

### Substance abuse organisations

Cape Town Drug Counselling Centre	(021) 447 8026
SANCA	(021) 945 4080

### Legal aid / Advice Centre

Legal Aid Board:	
Mitchell's Plain	(021) 374 1172
Athlone	(021) 696 5172
Cape Town	(021) 426 4126
Women on Farms Project (Stellenbosch)	(021) 887 2860/1/2

## LOCAL RESOURCE LIST

### Local Resources

List: Uluhlu  
Iwemithombo  
yasekuhlaleni

Details of clinic,  
MOU and hospital:  
Inkcukacha  
zekliniki, iMOU  
kunye nesibhedlela

Write in your clinic  
telephone numbers  
here Bhala  
igama lekliniki  
neenombolo  
zomnxeba apha

Rape crisis/  
domestic violence  
support: Intlekele  
yodlwengulo/Inkxa  
so kubundlo-  
bongela basekhaya

Substance abuse  
organisations:  
Imibutho  
yokusetyenziswa  
gwenxa  
kweziyobisi

Legal aid/ Advice  
Centre: Uncedo  
Iwezomthetho/Iziko  
lengcebiso

## Care of the newborn

This information is only some of what you need to know when looking after a newborn baby. *Ask for more information and pamphlets at your local clinic.*

## Breastfeeding & cup feeding

It is important for the newborn to **breastfeed** as soon as possible after being born. The first milk from the mother's breast is special milk called **colostrum**, and the baby should have as much as they want. After a few days normal breast milk will flow, and can sometimes be too much at first. Get advice from the clinic to make sure the breastfeeding is comfortable for the mother, and satisfying for the baby.



**Working mothers** can continue with exclusive breast feeding by expressing milk and leaving it in a clean container at home. The baby can be fed this milk from a cup while the mother is out.

## Newborn cord care

You can bath your baby before the cord has fallen off, but dry the area well. Wipe the area around the cord daily with a little surgical spirits on cottonwool, but don't take away any scab.

The scab should fall off within about 7 days. If there is any redness or signs of infection, visit the clinic immediately.

## Birth Registration

It is important to register your baby at the department of Home Affairs soon after birth to get a **birth certificate** and an ID number.

## INFORMATION

Care of the new born:

Ukukhathelwa  
kosana  
olusandukuzalwa

Breastfeeding and  
cup feeding:

Ukuncacisa ngebele  
kwakunye nokutyisa  
ngekomityi

Breastfeed:

Ukuncacisa ngebele

Colostrum:

iColostrum

Breastfeeding:

Ukuncacisa ngebele

Working mothers:

Oomama

abasebenzayo

Expressing milk:

Cudisa ubisi

emabeleni

New born cord care:

Inkathalelo yenkaba  
yosana

olusandukuvela

Cord: Inkaba

Fallen off: Ukuwa

Wipe the area around

the cord daily with a

little surgical spirits

on cottonwool: Sula

indawo leyo ijikeleza

inkaba ngomqhaphu

onesipirithi yonke

imihla

Scab: Ukhoko

Infection: Ukusulela

Birth certificate and

an ID number:

Isiqinisekiso/

isatifiketi sokuzalwa

kwakunye

nenombolo yesazisi

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