



# **My Health My Concern: A Woman's Guide To Sexual And Reproductive Health**

*J.K G. Mati MD*

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“What do women want?” Within the context of the oft-repeated axiom “your health is in your hand”, this is surely a pertinent question. It becomes equally appropriate when it is recognised that current status of health is, to a considerable degree, determined by past events, related to behaviour and social milieu, and that today’s lifestyle has influence on tomorrow’s health status. The scope of actions that individual women may take to protect their health will, obviously, vary according to where they live and what resources are available to them. Irrespective of status, women should want empowerment to make sound choices that have a direct and immediate impact on their reproductive health; a source of accurate information that is relevant to their immediate problem. They want basic tools for self direction and growth; knowledge of themselves: soma and psyche, their bodies’ rhythms, their sexual and reproductive health and how to protect it. They need to learn how to avoid and prevent sexually transmitted infections and unplanned pregnancy; they must be encouraged to seek knowledge of their own individual condition, ways to promote their own health, and adoption of positive health seeking behaviours. My Health My Concern: A Woman’s Guide to Sexual and Reproductive Health is written specifically for women with the aim of providing them with factual information about their health. The book addresses some relevant concerns of women from age of sexual maturity to old age, seeking to empower them with information and knowledge that can assist them in making decisions regarding their sexual and reproductive health. Whereas the book cannot, and it isn’t meant to, take the place of consultation with the doctor; on the other hand, it can enable a woman to have a better understanding of her medical problem and to ask more useful questions. The book should contribute towards overcoming the barriers that make medical information accessible only through health professionals, in the belief that each person has the right to know all the facts that pertain to personal health care decision making. The content is presented in simple language in order to make it understandable by most literate women. In addition, a detailed glossary at the end explains all the technical terms used in the book. The text is organised in three parts: In Part I, the concepts of reproductive health and rights are introduced. The reader is provided with basic information that is crucial to a full appreciation of the symptoms of reproductive health disorders that are discussed later in the book. Part II discusses common manifestation of selected sexual and reproductive health disorders which have significant impact on the physical, social and psychological well being of women. In Part III, some specific reproductive health concerns that commonly confront women are discussed. Such knowledge is intended to empower them to face with confidence, the various issues that require their decision and action. Responsibility for personal health is a running theme throughout the book, and so is the need to empower oneself with information regarding health issues and where services may be accessed.

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