

# HEALTH

## AS PEOPLE WE FACE MANY HEALTH PROBLEMS

HEALTH? WELL...

GOOD THING I ASKED FOR THE WHOLE DAY OFF-WORK!

We wait for hours in queues at the clinic.

I DIDN'T KNOW THE PILL MEANT CHOOSING BETWEEN HEADACHES OR BABIES!

At the family-planning clinics, all they are interested in doing is ensuring that you don't fall pregnant at any cost. The bad side-effects on our health, or the dangers of different contraceptives, are not talked about.

YES DOCTOR

Doctors often treat us like children. They don't tell us what is wrong with us, nor how we can prevent it from happening again. Owing to such a shortage of hospitals and doctors each patient only gets to see the doctor for about 2 mins!

BUT DOCTOR, YOU HAVEN'T EXPLAINED...

SORRY, NO TIME!

All in all our health system is costly and unsatisfactory.

- ★ OVERCROWDED HOSPITALS
- ★ SHORTAGE OF CLINICS
- ★ TRANSPORT COSTS
- ★ TIME SPENT
- ★ SHORTAGES OF DOCTORS AND NURSES
- ★ POORLY PAID NURSES
- ★ MEDICINES



## AS WOMEN WE FACE MANY ADDED HEALTH PROBLEMS

CHANGE OF LIFE?

WONDER WHAT THESE SULPHUR FUMES ARE DOING TO MY UNBORN CHILD?

PERIOD PAINS AND BACKACHE

FORCED CONTRACEPTION AT THE FACTORY

AND MANY MORE...

In our newsletter we want to have a series of articles on health. In most cases, we will focus particularly on women's health.

In the first of our series, we want to look at methods of contraception, taking into account that no birth-control methods presently available are

completely safe.

We will look at the different methods and the pros and cons of each. It is only when women have enough information about these things that we will be in a better position to choose and decide what is best for ourselves.