

# A Health Handbook for **Women with Disabilities**

Jane Maxwell, Julia Watts Belser, and Darlena David



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This book provides basic information to help women with disabilities stay healthy, and will also help those who assist women with disabilities to provide good care. You can help us improve this health guide. So, if you are a woman with a disability, a caregiver, or anyone with ideas or suggestions about how to improve this book and the health of women with disabilities, please write to us. We would like to hear about your experiences and practices.

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She worked as the Womens Health Editor at Hesperian Health Guides, and has supervised or contributed to several of its books, including Where There Is No Doctor, Where Women Have no Doctor, A Health Handbook for Women with Disabilities, and