

welcome to the mcwh  
**multilingual** resource collection!

May 2007

**urdu collection** topics list 1

**Women's Health**

- Cystitis
- Nutrition
- Osteoporosis
- Menstruation:  
*Painful and Heavy Periods*
- Pap Smear/Tests

**General Health**

- Child Development
- Diabetes
- Exercise
- Heart Health
- HIV/AIDS
- Insomnia
- Sexual Health:  
*STIs*

**Occupational Health & Safety**

- Health and Hygiene



contact: multicultural centre for women's health  
telephone: 03 9418 0999 email: [info@mcwh.com.au](mailto:info@mcwh.com.au)  
website: [www.mcwh.com.au](http://www.mcwh.com.au) fax: 03 9417 7877

welcome to the mcwh  
**multilingual** resource collection!

May 2007

**urdu collection** topics list 2

**Social Health**

- Drugs and Alcohol:  
*Amphetamine Sulphate*  
*Antibiotics*  
*Cannabis*  
*Cocaine*  
*Crack*  
*Ecstasy*  
*Heroin*  
*LSD*  
*Smoking*  
*Solvents*
- Mental Health:  
*Mental Illness*  
*Panic Attack*  
*Stress*
- People's Charter for Health



contact: multicultural centre for women's health  
telephone: 03 9418 0999 email: [info@mcwh.com.au](mailto:info@mcwh.com.au)  
website: [www.mcwh.com.au](http://www.mcwh.com.au) fax: 03 9417 7877