



Salud Guía para la salud integral de la mujer Latina

Jane L., PhD Delgado

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Salud está basado en el trabajo de aquellos proveedores de servicios de salud que durante décadas investigaron las singulares necesidades del cuidado de la salud de las mujeres hispanas. Las latinas encontrarán aquí la información más reciente y además consejos sobre la salud integral, el resultado de los avances científicos al igual que el fruto de experiencias personales de muchas latinas. Compilado por una defensora del cuidado de la salud de las mujeres y bajo la acreditada orientación de la Iniciativa Nacional para la Salud de las Mujeres Hispanas, *Salud* responde con gran sensibilidad a las inquietudes de las mujeres latinas en todos los aspectos: fisiológicos, culturales o espirituales. Este recurso esencial para las mujeres latinas trata de asuntos como:

- Cómo ser una mejor consumidora de los servicios de salud
- Cómo las tradiciones espirituales y religiosas afectan el modo en que las latinas ven su salud
- La prevención y el tratamiento de las enfermedades más comunes que afectan a las latinas tales como la diabetes, el cáncer cervical y la depresión
- La sexualidad y la salud reproductiva desde la perspectiva de la mujer latina
- Los papeles esenciales que la dieta y el estilo de vida que juegan en la prevención de los problemas de salud

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