



La guía de salud: consejos y respuestas para la mujer latina (Spanish Edition)

Jane L. Delgado PhD

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Una guia de salud escrita especificamente para la creciente poblacion de mujeres hispanas en los Estados Unidos por la Presidenta y Directora Ejecutiva de la Alianza Nacional para la Salud de los Hispanos.

Hasta hace poco, no existia mucha informacion acerca de la salud de las mujeres hispanas en los Estados Unidos. Antes de 1989, el gobierno de los E.E.U.U ni siquiera recopilaba estadisticas sobre las causas de muerte entre los hispanos. Desde entonces, la investigacion ha producido una gran cantidad de informacion nueva. Lo mas sorprendente es que aunque las mujeres hispanas tienen altos indices de diabetes y tienen mas probabilidades de tener sobrepeso, si se comparan con las mujeres blancas no hispanas, sus tasas de enfermedades del corazon y accidentes cerebro vasculares son mas bajas, y viven mas tiempo que las mujeres blancas no hispanas, ya sean ricas o pobres.

Accesible para todos los lectores, esta guia incluye una seccion de "datos de salud" tales como el alcoholismo, el asma, la depresion, la diabetes, el lupus, y las enfermedades de transmision sexual. Este libro tambien incluye notas, graficos, y una lista de recursos en el Internet.

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