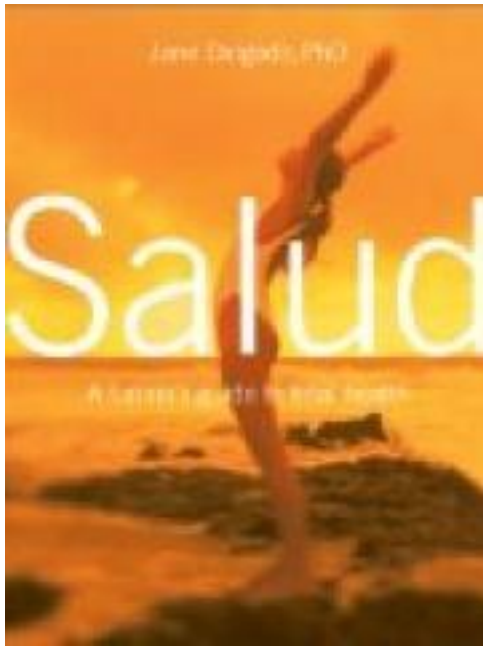


# Salud: A Latinas Guide to Total Health



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著者:

出版者:

出版时间:

装帧:

isbn:9780060006211

Featuring NEW resource lists of relevant books and NEW hotlines and organizations that help keep Latinas informed and healthy, this revised edition of Salud, compiled by a leading women's health care advocate and with authoritative guidance from the National Hispanic Women's Health Initiative, addresses with great sensitivity the special concerns of Latinas -- physiological, cultural, and spiritual. This essential resource discusses: How to become a smarter health care consumer How religious and spiritual traditions affect the way Latinas view their health Prevention and treatment of the diseases that most commonly affect Latinas, such as diabetes, cervical cancer, and depression Sexuality and reproductive health, from a Latina perspective The essential roles of diet and lifestyle in preventing health problems

作者介绍:

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