



# ¡SALUD!

**A Latina's Guide to  
Total Health—  
Body, Mind, and Spirit**

Jane L. Delgado, Ph.D.

WITH THE NATIONAL HISPANIC WOMEN'S HEALTH INITIATIVE

Foreword by Dr. Antonia Coello Novello, former Surgeon General of the United States

# Salud A Latinas Guide To Total Health

**Jane L. Delgado**



## **Salud A Latinas Guide To Total Health:**

**The Latina Guide to Health** Jane L. Delgado, 2010-02-16 Written by Dr Jane L Delgado the nation's leading expert on Hispanic health The Latina Guide to Health features cutting edge medical information and advice for all Hispanic women With a deep understanding of what it means to be a Latina in the U S today Dr Delgado offers practical advice on the health issues women face separates myths from facts and answers questions about what to do She thoroughly discusses concerns for Latinas including higher rates of arthritis cervical cancer depression and diabetes and the greater likelihood of being overweight She also points to the good news Latinas have lower rates of heart disease stroke and breast cancer and live longer The Latina Guide to Health provides advice on Understanding the medical system Preparing for an annual wellness visit Developing healthy eating habits and an exercise program Keeping good health records Caring for children and other loved ones Nurturing your spirit through healthy relationships and faith Authoritative and accessible this invaluable guide includes an extensive quick reference health section five essential tools to help Latinas keep track of their health and sidebars charts and website resources throughout

**Salud** Jane L. Delgado, 2002-02 Based upon her two decades of experience working to promote health education and wellness in the Latina community Dr Delgado has compiled the only comprehensive health guide to focus on the issues that affect Latinas most

**The New Latina's Bible** Sandra Guzmán, 2011-05-03 In this new edition of a book that's been a go to guide for young Latinas for years award winning journalist Sandra Guzman tackles the real world complications facing Latinas today With warmth humor and wisdom The New Latina's Bible explores a widerange of issues touching on everything from family to dating to the workplace Guzman offers helpful tips on improving self esteem and provides simple easy to follow women's health advice New chapters take on important topics like sexual abuse domestic violence interracial relationships and LGBTQ issues In The New Latina's Bible Guzman shows other Latinas that they are not alone in the day to day dilemmas that they encounter and that understanding these challenges can strengthen and empower them as women A must read for any Latina who faces the trials of living loving and dreaming in two worlds the old world of their mam t as and abuelitas and the new world in which they are immersed this comprehensive book helps to bridge the gap between the dual realities that shape and define the nueva Latina

**Latina's Guide to Total Health** Jane L. Delgado, 1997-01-01 Despite the fact that Hispanics are the fastest growing population in America few resources address their special health needs Sensitively written by a Latina health care professional and featuring a combination of state of the art medicine advice and anecdotes from Latinas SALUD emphasizes a practical approach to staying healthy that is geared to Hispanic tastes and values Illustrated

**Speaking from the Body** Angie Chabram-Dernersesian, Adela de la Torre, 2008-11-20 In compelling first person accounts Latinas speak freely about dealing with serious health episodes as patients family caregivers or friends They show how the complex interweaving of gender class and race impacts the health status of Latinas and how family spirituality and culture affect the experience of illness

Here are stories of Latinas living with conditions common to many hypertension breast cancer obesity diabetes depression osteoarthritis rheumatoid arthritis dementia Parkinson s lupus and hyper hypothyroidism By bringing these narratives out from the shadows of private lives they demonstrate how such ailments form part of the larger whole of Latina lives that encompasses family community the medical profession and society They show how personal identity and community intersect to affect the interpretation of illness compliance with treatment and the utilization of allopathic medicine alternative therapies and traditional healing practices The book also includes a retrospective analysis of the narratives and a discussion of Latina health issues and policy recommendations These Latina cultural narratives illustrate important aspects of the social contexts and real world family relationships crucial to understanding illness *Speaking from the Body* is a trailblazing collection of personal testimonies that integrates professional and personal perspectives and shows that our understanding of health remains incomplete if Latina cultural narratives are not included **Salud** Jane L. Delgado,2002-03-01 Compiled by a

leading women s health care advocate how religious prevention sexuality the essential roles of diet lifestyle in preventing health problems Illustrated **Quality Health Services for Hispanics** ,2000 **Health Issues in the Latino**

**Community** Marilyn Aguirre-Molina,Carlos W. Molina,Ruth Enid Zambrana,2002-02-28 Sweeping in scope *Health Issues in the Latino Community* identifies and offers an in depth examination of the most critical health issues that affect Latino s health and health care within the United States This resource offers a comprehensive approach that informs and promotes the advancement of the practice program planning research and public policy to improve health care of all Latino citizens

*An Latina's Guide to Total Health* Jane L. Delgado,2002-03-01 [Encyclopedia of Human Services and Diversity](#) Linwood H. Cousins,2014-09-05 *Encyclopedia of Human Services and Diversity* is the first encyclopedia to reflect the changes in the mission of human services professionals as they face today s increasingly diverse service population Diversity encompasses a broad range of human differences including differences in ability and disability age education level ethnicity gender geographic origin religion sexual orientation socioeconomic class and values Understanding the needs and problems of Asian Americans Hispanic Americans the deaf the blind the LGBT community and many other groups demands an up to date and cutting edge reference This three volume encyclopedia provides human services students professors librarians and practitioners the reference information they need to meet the needs of an increasingly diverse population Features 600 signed entries are organized A to Z across three volumes Entries authored by key figures in the field conclude with cross references and further readings A Reader s Guide groups related articles within broad thematic areas such as aging community mental health family and child services substance abuse etc A detailed index the Reader s Guide and cross references combine for search and browse in the electronic version A helpful Resource Guide guides students to classic books journals and web sites and a glossary assists them with the terminology of the field Available in both print and electronic formats *Encyclopedia of Human Services and Diversity* is an ideal reference for students practitioners faculty and

librarians      *Chicana and Chicano Mental Health* Yvette G. Flores, 2013-05-02 *Chicana and Chicano Mental Health* offers a model to understand and to address the mental health challenges and service disparities affecting Mexican immigrants and Mexican Americans Chicanos Yvette G Flores who has more than thirty years of experience as a clinical psychologist provides in depth analysis of the major mental health challenges facing these groups depression anxiety disorders including post traumatic stress disorder substance abuse and intimate partner violence      **Mexican Americans and Health** Adela de la Torre, Antonio Estrada, 2015-04-16 By the middle of the twenty first century one out of every six Americans will be of Mexican descent and as health care becomes of increasing concern to all Americans the particular needs of Mexican Americans will have to be more thoroughly addressed *Mexican Americans and Health* explains how the health of Mexican origin people is often related to sociodemographic conditions and genetic factors while historical and political factors influence how Mexican Americans enter the health care system and how they are treated once they access it It considers such issues as occupational hazards for Mexican origin agricultural workers including pesticide poisoning heat related conditions and musculoskeletal disorders and women s health concerns such as prenatal care preventable cancers and domestic violence The authors clearly discuss the health status of Mexican Americans relative to the rest of the U S population interweaving voices of everyday people to explain how today s most pressing health issues have special relevance to the Mexican American community how values such as machismo familismo and marianismo influence care seeking decisions and treatment of illness how factors such as cultural values socioeconomic status peer pressure and family concerns can contribute to substance abuse how cultural attitudes toward sex can heighten the risk of AIDS and how approaches to AIDS prevention and education need to reflect core cultural values such as familismo respeto and confianza The book also addresses concerns of Mexican Americans regarding the health care system These include not only access to care and to health insurance but also the shortage of bilingual and bicultural health care professionals This coverage stresses not only the importance of linguistic competency but also the need to understand folklore illnesses herbal remedies and spiritual practices that can delay the treatment of illness and either complement or compromise treatment Of all the issues that face the contemporary Mexican American community none is as important to its very survival as health and health care This timely book gives readers a broad understanding of these complex issues and points the way toward a healthier future for all people of Mexican origin *Mexican Americans and Health* and *Chicano Popular Culture* are the first volumes in the series *The Mexican American Experience* a cluster of modular texts designed to provide greater flexibility in undergraduate education Each book deals with a single topic concerning the Mexican American population Instructors can create a semester length course from any combination of volumes or may choose to use one or two volumes to complement other texts      **The Best of AAMR** Jan Blacher, Bruce L. Baker, 2002 A historical reference that chronicles parental involvement or the surprising lack of in mental retardation services from 1876 to 2000 in America      *Mexican Americans & Health : Sana! Sana!* Adela de la Torre, Antonio L.

Estrada,2001-08 By the middle of the twenty first century one out of every six Americans will be of Mexican descent and as health care becomes of increasing concern to all Americans the particular needs of Mexican Americans will have to be more thoroughly addressed Mexican Americans and Health explains how the health of Mexican origin people is often related to sociodemographic conditions and genetic factors while historical and political factors influence how Mexican Americans enter the health care system and how they are treated once they access it It considers such issues as occupational hazards for Mexican origin agricultural workers including pesticide poisoning heat related conditions and musculoskeletal disorders and women s health concerns such as prenatal care preventable cancers and domestic violence The authors clearly discuss the health status of Mexican Americans relative to the rest of the U S population interweaving voices of everyday people to explain how today s most pressing health issues have special relevance to the Mexican American community how values such as machismo familismo and marianismo influence care seeking decisions and treatment of illness how factors such as cultural values socioeconomic status peer pressure and family concerns can contribute to substance abuse how cultural attitudes toward sex can heighten the risk of AIDS and how approaches to AIDS prevention and education need to reflect core cultural values such as familismo respeto and confianza The book also addresses concerns of Mexican Americans regarding the health care system These include not only access to care and to health insurance but also the shortage of bilingual and bicultural health care professionals This coverage stresses not only the importance of linguistic competency but also the need to understand folklore illnesses herbal remedies and spiritual practices that can delay the treatment of illness and either complement or compromise treatment Of all the issues that face the contemporary Mexican American community none is as important to its very survival as health and health care This timely book gives readers a broad understanding of these complex issues and points the way toward a healthier future for all people of Mexican origin Mexican Americans and Health and Chicano Popular Culture are the first volumes in the series The Mexican American Experience a cluster of modular texts designed to provide greater flexibility in undergraduate education Each book deals with a single topic concerning the Mexican American population Instructors can create a semester length course from any combination of volumes or may choose to use one or two volumes to complement other texts *Agenda for Research on Women's Health for the 21st Century: without special title* ,1999 **In Any language -Health Care For Immigrants** Peter Kramer,2003-04

**Agenda for Research on Women's Health for the 21st Century: Differences among populations of women** ,1999

**Exercise and Sport in Feminist Therapy** Ruth Hall,Carole Oglesby,2014-01-14 Integrate physical activity into feminist therapy This book explores the healing use of exercise and sport as a helpful adjunct to therapy from several therapeutic orientations within the feminist context It looks at the ways that feminist orientations challenge the mind body dichotomy and explores the benefits of integrating physical activity exercise and sport into therapy From the editors The contributors to this book display a diversity of theory and research approaches including the integration of the exercise sport sciences and

exercise physiology This volume is unique in that there has been comparatively little written about the use of exercise in therapy even though exercise is a wonderful and useful intervention tool in the treatment of depression stress anxiety disorders and chronic pain This book illustrates how exercise can be applied to inpatient and outpatient populations to the neurotic and to the chronically mentally ill Exercise can reduce the incidence of chronic diseases including diabetes and hypertension as well as address physical problems such as obesity Exercise can give one a sense of mastery and self confidence As our authors suggest exercise must be tailored to specific issues and client populations and diagnoses level of functioning age overall health and cultural context must all be taken into account Exercise and Sport in Feminist Therapy Constructing Modalities and Assessing Outcomes examines the theory supporting the use of physicality to enhance various types of psychotherapypsychanalytic cognitive behavioral constructivist narrative and organismic systems practical methods of integrating exercise into varied orientations an exercise program for women with fibromyalgia a way to use exercise to enhance rehabilitation from breast cancer the use of exercise in group therapy for women suffering with chronic mental illness the tend and befriend model which can help clients to meet their exercise program responsibilities *Latinos in Science, Math, and Professions* David E. Newton, 2014-05-14 Provides short biographies of more than 175 notable Hispanic American professionals in science mathematics medicine and related fields *Latinas in the United States, set* Vicki L. Ruiz, Virginia Sánchez Korrol, 2006-05-03 Latinas in the United States A Historical Encyclopedia records the contribution of women of Latin American birth or heritage to the economic and cultural development of the United States The encyclopedia edited by Vicki L Ruiz and Virginia S nchez Korrol is the first comprehensive gathering of scholarship on Latinas This encyclopedia will serve as an essential reference for decades to come In more than 580 entries the historical and cultural narratives of Latinas come to life From mestizo settlement pioneer life and diasporic communities the encyclopedia details the contributions of women as settlers comadres and landowners as organizers and nuns More than 200 scholars explore the experiences of Latinas during and after EuroAmerican colonization and conquest the early 19th century migration of Puerto Ricans and Cubans 20th century issues of migration cultural tradition labor gender roles community organization and politics and much more Individual biographical entries profile women who have left their mark on the historical and cultural landscape With more than 300 photographs Latinas in the United States offers a mosaic of historical experiences detailing how Latinas have shaped their own lives cultures and communities through mutual assistance and collective action while confronting the pressures of colonialism racism discrimination sexism and poverty Meant for scholars and general readers this is a great resource on Latinas and historical topics connected with them curledup com

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