



# La guía de Buena Salud sobre la artritis y tu vida (Buena Salud Guides) (Spanish Edition)

*Jane L., PhD Delgado*

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Lo que mucha gente no sabe es que hay casi cien enfermedades que pueden causar artritis. En *La guia de Buena Salud® sobre la artritis y tu vida*, la Dra. Delgado separa los hechos de los mitos. Les da a las personas con artritis ayuda y orientacion crucial, las aconseja sobre los cambios de estilo de vida que deben hacer, ofrece las mejores fuentes de informacion por Internet e incluye herramientas para controlar mejor la artritis y disfrutar de una vida saludable. Este libro trata los siguientes temas:

- Los diferentes trastornos que pueden causar artritis y su tratamiento respectivo
- El hecho que la artritis puede provocar estres y afectar el animo y la relacion con otras personas
- El programa de 10 puntos para la salud de la Dra. Delgado
- Historias de la vida real con ejemplos de como hombres y mujeres le hacen frente a la artritis
- Preguntas clave para el proveedor de atencion de salud
- Los mejores recursos de Internet con informacion en ingles y espanol, y mucho mas.

Tambien disponible en ingles: *The Buena Salud® Guide to Arthritis and Your Life*

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