



Tomando control de su salud: Una guía para el manejo de las enfermedades del corazón, diabetes, asma, bronquitis, enfisema y otros problemas crónicos

By Virginia González MPH, María Hernández-Marin, Kate Lorig RN Dr. PH, Halsted Holman MD, David Sobel MD, Diana Laurent MPH, Marian Minor PT PhD

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Filled with hundreds of tips, suggestions, and strategies, this guide offers practical medical solutions in clear language. It explains how to develop and maintain exercise and nutrition programs, manage symptoms, determine when to seek medical help, work effectively with doctors, properly use medications and minimize side effects, find community resources, discuss the illness with family and friends, and tailor social activities for particular conditions. Written by six medical professionals, this book encourages an individual approach to the process, with the ultimate goal being greater self-management. Originally based on a five-year study conducted at Stanford University with hundreds of volunteers, this work has grown to include the feedback of medical professionals and thousands of people with chronic conditions all over the world.

Lleno de cientos de consejos, sugerencias y estrategias, esta guía ofrece soluciones médicas prácticas en un lenguaje claro y fácil de entender. Explica como desarrollar y mantener programas de nutrición y ejercicio, manejar síntomas, determinar cuando es necesario pedir ayuda médica, trabajar efectivamente con doctores, encontrar programas comunitarios, discutir la enfermedad con la familia y como adaptar ciertas actividades sociales a diferentes condiciones. Escrito por seis médicos profesionales, este libro respalda una perspectiva individual al proceso—la meta siendo el mejor manejo propio de la salud. Basado originalmente en un estudio de cinco años en la Universidad de Stanford con cientos de voluntarios, esta obra ha crecido a incluir las reacciones de médicos y pacientes alrededor del mundo.

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Editorial Review

About the Author

Virginia González, MPH, and **Diana Laurent, MPH**, are chronic disease health educators at Stanford Patient Education Research Center. **Kate Lorig, RN, DrPH**, is a director and senior research scientist at the Stanford University School of Medicine's Patient Education Research Center. **Halsted Holman, MD**, is a professor of medicine at Stanford University School of Medicine. **David Sobel, MD**, is a director of patient education and health promotion, Kaiser Permanente Medical Care Program, Northern California Region. **Marian Minor, RPT, PhD**, is an assistant professor at the University of Missouri's Department of Physical Therapy.

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