



The Buena Salud Guide to Arthritis and Your Life

By Jane L. Delgado

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Buena Salud Guide to Arthritis and Your Life, Jane L. Delgado, "The Buena Salud Guide to Arthritis and Your Life deserves a place in every American household. It is a must-read guide to preventing, managing, and living a full and healthy life with arthritis." -Dr. John Klippel, President and CEO, The Arthritis Foundation The latest volume in the immensely popular Buena Salud(TM) medical guides by Dr. Jane L. Delgado, The Buena Salud Guide to Arthritis and Your Life provides helpful guidance and strategies for dealing with the intense, debilitating pain and the lifestyle interruptions and inconveniences caused by arthritis. Though primarily aimed at a Hispanic audience-who, as studies have shown, are twice as likely as non-Hispanics to report severe joint pain and work limitations-the information and help in this essential book will be a boon to all arthritis sufferers, of every culture and national origin. The Buena Salud Guide to Arthritis and Your Life is also available in a Spanish language edition.



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