



Esperando a mi bebé: Una guía del embarazo para la mujer latina (Spanish Edition)

Lourdes Alcañiz

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Esperando a mi bebé es la única guía que aborda las cuestiones específicas de las mujeres latinas embarazadas. El embarazo en nuestra cultura latina es un gran acontecimiento familiar, y por generaciones, madres y abuelas han impartido sus consejos a sus hijas. Hoy en día, a medida que las hijas trabajan y se mudan lejos de sus familias, este enlace de apoyo familiar está desapareciendo. Durante su embarazo, Lourdes Alcañiz reconoció la necesidad de un libro que se enfocara claramente en las dificultades que confrontan las futuras madres latinas. De ahí la inspiración de *Esperando a mi bebé*, que toma una perspectiva personal y amigable sin dejar de ser una fuente de información médica sólida y precisa. En él encontrará temas concretos, tanto fisiológicos como culturales, que afectan a las mujeres latinas durante el embarazo, tales como: • Cómo llenar el vacío cultural entre pacientes hispanos y doctores que no los son, tanto como las maneras de sentirse cómoda en la consulta médica. • Información actualizada sobre la diabetes del embarazo, hipertensión, enfermedad de la vesícula, depresión y otras condiciones que afectan más a las mujeres latinas. • Dietas ideales para mujeres embarazadas que no privan el sabor de los platos latinos. • Ejercicio apropiado durante el embarazo y cómo incorporarlos a la rutina diaria. • Qué hierbas son seguras y cuáles no. • Cómo reconciliar las creencias populares del embarazo con los procedimientos médicos modernos. • La gama de emociones durante y después del embarazo, y cómo reconocer la diferencia entre un simple malestar de humores y una depresión de posparto. • Recursos para mujeres latinas embarazadas sin seguro médico. Salpicado de anécdotas de madres latinas acerca de sus experiencias físicas y emocionales durante todo el proceso del embarazo, *Esperando a mi bebé* es una verdadera guía de confianza.

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