

PSAS LA RED HISPANA

	Date	Description English
OCTOBER	10/2/2023	When Hispanics participate in clinical studies, we obtain medical solutions that are beneficial for both, ourselves and our community.
	10/2/2023	Despite our community demonstrating resilience, we find ourselves on the front lines facing the growing challenges of climate change. Climate Power provides essential information about the progress in the fight against climate change.
	10/2/2023	Have you ever wondered if artificial sweeteners can be a healthy alternative? Dr. Ilan Shapiro responds to this concern and helps us in evaluating options for sweetening our beverages.
	10/2/2023	Once you've identified if you harbor resentment, Dr. Isabel shares the necessary steps to overcome those barriers that often hinder our progress.
	10/2/2023	Did you know that practicing gratitude is beneficial for your mental health? Dr. Eduardo Lopez-Navarro shares practical tips to start cultivating gratitude in your life.
	10/2/2023	When Hispanics participate in clinical studies, we obtain medical solutions that are beneficial for both, ourselves and our community.
	10/9/2023	Skin-lightening products that contain hydroquinone or mercury ingredients can cause harm. Protect your skin!
	10/9/2023	When Hispanics participate in clinical studies, we obtain medical solutions that are beneficial for both ourselves and our community.
	10/9/2023	Have you ever wondered how you can control your blood pressure? Dr. Ilan Shapiro shares easy ways to keep our blood pressure in check.
	10/9/2023	How do you know if you're experiencing emotional trauma? Dr. Isabel shares vital information.
	10/9/2023	In the pursuit of the American dream, technology becomes our best ally. La Red Hispana shares how applications like Zelle can make your life in the United States easier and more prosperous.
	10/9/2023	When Hispanics participate in clinical studies, we obtain medical solutions that are beneficial for both ourselves and our community.
	10/16/2023	Four years ago, we heard that the Latino vote would define the election result. And in 2024, it won't be any different. La Red Hispana shares ways to get involved and make a difference.
	10/16/2023	Skin-lightening products that contain hydroquinone or mercury ingredients can cause harm. Protect your skin!

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10/16/2023	The Latino community is at the forefront of change, and clean energy is paving the way. Climate Power explains what this means for our community.
10/16/2023	Do you know what Chagas is? This infection is often found in Latin America but can also be in the United States. Paula Andalo shares vital information about this unusual and delicate infection.
10/16/2023	Debt repayment is a concern for many of us. Our financial expert, Elaine King, offers tips to avoid debt and prepare in advance for end-of-year expenses.
10/23/2023	Have you heard of Mindfulness? This practice might help you in your daily life. Dr. Isabel shares what it means and how it can help you.
10/23/2023	When Hispanics participate in clinical studies, we obtain medical solutions that are beneficial for both ourselves and our community.
10/23/2023	There are aspects you should assess before choosing an immigration lawyer. La Red Hispana explains what you should consider when seeking legal assistance.
10/23/2023	The environment is a constant concern, but what can we do? La Red Hispana provides you with several ideas for family activities to take care of the environment.
10/23/2023	Skin-lightening products that contain hydroquinone or mercury ingredients can cause harm. Protect your skin!
10/23/2023	We've all heard about depression, some of us even believe we suffer from it, but what is it? Dr. Eduardo Lopez-Navarro tells us more.
10/30/2023	How can you obtain a green card? The goal is clear: legality, which comes with the famous Green Card or permanent resident card. There are several paths to achieving legal status in the United States, and La Red Hispana shares the ways to obtain this important document.
10/30/2023	Have you heard of the term "Anticipatory Losses"? Paula Andaló, from Kaiser Health News, shares what it is and what we can do to better face this situation.
10/30/2023	During adolescence, our young people go through many changes, many of them physical. Dr. Eduardo López-Navarro helps us how to help our teenagers during these changes.
10/30/2023	This week, we are commemorating World Lung Cancer Day! Dr. Ilan Shapiro shares how we should be aware.
10/30/2023	Did you know that 10 people drown every day in the United States? José López Zamorano has this vital information and shares easy steps for you and your family to avoid a tragedy.
10/30/2023	How can you manage work-related stress? Dr. Isabel gives easy tips on what you can do to have a happier and calmer life.

NOVEMBER

11/6/2023	We often avoid discussing specific topics and Colon Cancer is one of them. Dr. Ilan Shapiro emphasizes the importance of discussing these diseases and the need for preventive exams.
11/6/2023	On Veterans Day, we remember those who gave their lives in defense of this country. La Red Hispana presents the story of a father from our community who lost his son in the war.
11/6/2023	Have you ever wondered how safe tap water is? La Red Hispana provides a handy tool to determine which contaminants affect your area's water.
11/6/2023	Do you know what phobias are and why they affect you? Dr. Isabel explains what the most common phobias are.
11/6/2023	If you find yourself in an overwhelming financial situation and are considering declaring bankruptcy in the United States, La Red Hispana explains the consequences of this decision.
11/6/2023	When Hispanics participate in clinical studies, we obtain medical solutions that benefit us and our community.
11/13/2023	It is essential to know how to control sugar levels naturally. Dr. Ilan Shapiro shares recommendations to keep your body healthy and prevent diseases like diabetes.
11/13/2023	There are different ways to maintain mental health; exercising is very useful in avoiding mood swings and depression.
11/13/2023	We hear that recycling is important, but why? In La Red Hispana, we explain the reason for taking care of our planet.
11/13/2023	Cooking is the leading cause of domestic fires in the United States during Thanksgiving. La Red Hispana shares these safety tips to protect everyone's well-being.
11/13/2023	Do you have a loved one struggling with an addiction? Dr. Isabel has important tools that will help you manage this situation.
11/13/2023	Building a credit history is very important for financial development in this country. La Red Hispana shares tips to help you build favorable credit in the United States.
11/20/2023	In this season, many of us are thinking about preparing our homes for the holidays. But how do you prepare to take care of your family and yourself? Dr. Lucía Abascal shares her insights.
11/20/2023	Year-end celebrations don't necessarily have to leave you with extra pounds. We have recommendations so you can enjoy the holidays without indulging in excess or engaging in practices that may affect your health.
11/20/2023	Community health fairs "I Take Care of Myself" offer free services such as vaccination and preventive check-ups for sugar and blood pressure. For more information, visit laredhispana.org/yomecuido
11/20/2023	Gratitude is necessary in your daily life. Dr. Isabel explains how to practice gratitude and tells us why it is beneficial for our emotional development.
11/20/2023	Misinformation is a problem for everyone. Factchequeado.com, in partnership with La Red Hispana, brings you some tips to consider if the content you're consuming is misinformation.

11/20/2023	Often, we cling to stereotypes that have persisted over the centuries. The alpha male, the strong man, the provider - are these labels truly representative of the complexity of being a man?
11/27/2023	Obesity is a treatable chronic disease, but individuals facing it encounter significant challenges on their journey towards health and weight control.
11/27/2023	The "Yo Me Cuido" community health fairs provide free services such as vaccination and preventive check-ups for sugar and blood pressure. For more information, visit laredhispana.org/yomecuido
11/27/2023	Combatting climate change helps improve the environment and agriculture. In this edition, we discuss how it affects us.
11/27/2023	Undocumented immigrants have requested administrative action to grant work permits to over eleven million immigrants in the country.
11/27/2023	This is National Crime Prevention month. In this edition, we tell you how you can protect yourself and keep our streets safe.
11/27/2023	Emotional intelligence in your finances is possible. Elaine King, a financial advisor, explains how we can maintain financial health in the family.
12/4/2023	Take control of your health with the "Yo Me Cuido" community fairs, where you can receive free preventive services such as vaccines and sugar check-ups. For more information, visit laredhispana.org/yomecuido .
12/4/2023	Chronic Obstructive Pulmonary Disease, or COPD, historically linked to smoking, now also affects those who have never smoked. La Red Hispana brings essential information on how to manage your respiratory health.
12/4/2023	In our country, community organizations are developing programs and events for the health of the communities they serve, providing free services such as vaccination and preventive checks for sugar and blood pressure, among others.
12/4/2023	Are you interested in working legally in the United States? Attorney Rafael Borrás shares several options that can help you achieve this dream.
12/4/2023	Did you know that the same device you use for calls can be used to monitor your health? Paula Andalo from KFF Health News shares how to use this technology to your advantage.
12/4/2023	Can you be an entrepreneur and change the world at the same time? Juan del Cerro, author of the manual on social entrepreneurship, shares the essential points you should follow to embark on entrepreneurship and change the world successfully.
12/11/2023	The holiday season is just around the corner, bringing the opportunity to spend time with family. This period can generate conflicts within the family, so Dr. Eduardo López-Navarro shares simple advice on what you can do and what you should avoid during this season.
12/11/2023	There are places where you can access free services, such as vaccination and preventive checks for sugar and blood pressure. In 'Para Vivir Mejor' we have resources you can use.

DECEMBER

12/11/2023	With the arrival of winter and low temperatures, it is crucial to take care of our health. Did you know that herbal teas can be your best ally against the cold? La Red Hispana shares several recipes that can help you during this cold season.
12/11/2023	Health is one of the most valuable assets we possess, and taking care of it is essential for leading a full and active life. In 'Actualidades' we emphasize the importance of annual medical check-ups for the prevention and early detection of various diseases.
12/11/2023	In the United States, everyone has rights as tenants. Although these rights may vary by state, there are fundamental aspects that we discuss in this edition.
12/11/2023	You can teach your children the value of savings by applying the easy and practical techniques shared by the Top 10 financial advisor, Elaine King.
12/18/2023	During family gatherings, there are easy and enjoyable strategies for your family and friends to feel united and divert from possible conflicts. Dr. Eduardo López Navarro explains how we can apply these strategies.
12/18/2023	Thousands of Mexicans travel to meet their relatives during these holidays. Information is available for those.
12/18/2023	During family gatherings, there are easy and enjoyable strategies for your family and friends.
12/18/2023	If you've ever heard of applications to make money, in this edition, La Red Hispana in collaboration with Factchequeado, explains what you need to know about these types of initiatives.
12/18/2023	Did you know that young people today may be facing Climate Anxiety? In 'Planeta Azul' we explain what this term is all about.
12/18/2023	There are places where you can access free health services, such as vaccination and preventive check-ups for sugar and pressure levels. In 'Para Vivir Mejor,' we provide details to inform you about these resources.
12/25/2023	Otitis infection during winter can be a concern, but there are ways you can use to take care of yourself. We explain how you can prevent it on 'Fuente de Salud'.
12/25/2023	Celebrate the good and encourage your loved ones to prioritize a positive atmosphere. In this edition, Dr. Eduardo López Navarro tells us how we can do it.
12/25/2023	Vitamin D has a lot to offer during winter. In 'Minuto de Salud' we discuss the importance of this vitamin and its effects on our nervous, muscular, and immune systems.
12/25/2023	If you reside in the United States and were born in Mexico, there is important information you should be aware of. Rafael Laveaga, the head of the consular section of Mexico in Washington DC, shares the details.
12/25/2023	Communicating with your children is fundamental for strengthening bonds and preventing dangers. Speaking on time can save you many worries.

12/25/2023

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