

Hispanic Heritage Month

Silvio W. de Melo Jr., M.D. AGAF
Orlando VA Health Care System

What is Hispanic/Latino?

- Macroperspective
 - Rich versus Poor
- Microperspective
 - Body (Microbiome)
 - Mind (Gut-Brain Axis)
 - Spirit (Faith)

Is this person Latino(a)?



Is this person Latino(a)?



Is this person Latino(a)?



Is this person Latino(a)?



Is this person Latino(a)?



Is this person Latino(a)?



Poverty is the great unifier



What can we do about it?

- Macroperspective
 - Melting Pot versus Salad Bowl
- Microperspective
 - Body (Microbiome) – Nutrition
 - Mind (Gut-Brain Axis) - Nutrition
 - Spirit (Faith) – Spiritual Nutrition

Are you ready to raise up to the challenge?

- Thank you!
- Silvio.demelo@va.gov