



# iSalud SOL!

## HCHS/SOL Newsletter

Vol. 1 Issue 1

Hispanic Community Health Study/Study of Latinos

# Welcome !

Dear participant:

The San Diego Field Site for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) welcomes you to the largest study of Hispanic/Latino health in the history of the United States. Your participation and contribution to this study is very important for our community. During your visit to the SOL clinic you received several examinations. The results of these examinations will help us understand the health of our community.

I hope that you had an opportunity to meet Johanne Hernandez, SOL Clinic Manager and Registered Nurse. She brings over 15 years of administrative and nursing experience to the study. Johanne, along with her enthusiastic clinic team, extend their sincere appreciation for your patience and willingness to spend one day of your busy week with them.

We hope you enjoy this newsletter which will be sent quarterly to keep you informed of the progress of the study. We look forward to talking with you again in one year during your annual health phone interview.

On behalf of the HCHS/SOL San Diego Field Site, we thank you again for your participation. Sincerely,

Ana Talavera  
Project Manger

Johanne Hernandez  
Clinic Manager



## San Diego SOL Clinic Inauguration

The San Diego field site inaugurated the SOL clinic in Chula Vista on August 14th, 2008. Members of the academic and community at large came to visit the clinic and toured the facility.

The clinic is open Monday through Friday from 7:30am to 5:00 pm and one Saturday per month.

The clinic telephone number is  
**619-205-1923**

## Who is Dr. Talavera?

Dr. Gregory A. Talavera, Principal Investigator for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) at the San Diego Field Site, is a bilingual/bicultural physician trained in public health and preventive medicine. Dr. Talavera has over 20 years of experience in health promotion, clinical research and student training.

During the early part of his career, Dr. Talavera practiced medicine in the Spanish-speaking underserved communities of San Diego's border region. As a family practitioner, he came to understand the importance of cultural driven health benefits as potential barriers to providing quality health care within the Latino community.

Dr. Talavera is a professor of Health Promotion and Behavioral Sciences in the Graduate School of Public Health at San Diego State University and Director of the Latino Research Center and Health Promotion at San Ysidro Health Center, Inc.

His primary research interests have been chronic disease prevention and control; cardiovascular disease; breast and cervical cancer; recruitment of minorities into clinical trials, diabetes, smoking cessation, and colorectal cancer screening. Dr. Talavera is dedicated and passionate about serving the Hispanic/Latino community.





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## The Hispanic Paradox .....

Over the past few decades, research studies have shown that Hispanic/Latinos are disproportionately affected by cardiovascular risk factors such as obesity, diabetes, uncontrolled hypertension and high rates of being uninsured. Yet, Hispanic/Latinos seem to have lower rates of death from cardiovascular disease (for example heart attacks and stroke) when compared to the general population.

The reasons for this “paradox” or puzzle between the high number of risk factors and the lower rates of cardiovascular disease are not fully understood. One explanation given is that Hispanic/Latinos may return to their country of origin when they become seriously ill and do not show up in US health statistics. Additionally, health care institutions perhaps are not doing an adequate job of identifying Hispanic/Latino ethnicity when they become ill.

Another explanation is that there is something, not yet detected, about the Hispanic/Latino culture that provides protection or buffering against heart attack and stroke. This buffering capacity is thought to be related to the Hispanic/Latino culture, possibly the diet, lifestyle or approach to life. If this turns out to be true then Hispanic/Latinos would have something wonderful to share with all Americans.

The HCHS/SOL is designed to explore this paradox and determine what factors are responsible for the differences between cardiovascular risk factors and death from heart attacks and stroke. Hispanic/Latinos represent a large group of people from many different backgrounds. For this reason, it is more likely that multiple factors contribute to the Hispanic Paradox rather than a single factor. However, the health of Hispanic/Latinos must be accurately profiled before any real inferences can be made about the state of the Hispanic/Latino health.



Recruitment Staff: Sylvia Andrade, Elizabeth Pastrana, Karla Nuñez, Hiram Cardoza, Andrea Hernandez, Rosalinda Rodriguez (Recruitment Manager) Gabriela Villavicencio and Martha Muniz.

## What happens after the clinic visit?

A HCHS/SOL staff member will call you to: 1) Conduct a nutritional interview (30 days after your clinic visit); 2) Collect the sleep and physical activity monitor and 3) Complete an annual health update interview. You will receive a respond in the mail with your test results. Our clinic manager will contact you if the test results indicate any potential concerns. We will continue to send you newsletters every three months in order to update you on the study’s progress. As our research progresses there will be many opportunities to help us make history by participating in additional studies of Latino health. Thank you for your effort in continuing to serve our community!

San Diego (619) 205-1923 \* Chicago (866) 551-7882 \* Miami (305) 243-1828 \* New York (718) 584-1563

# Collaborators



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