We are now celebrating one year of recruitment and the first seen participants are due for the annual follow up call. This is also a very important part of the study that provides new information concerning your health.

One year after the visit to the HCHS-SOL center, all participants are contacted via letter or by phone with information about the follow up interview. At the phone interview, you will be asked to answer questions about your health that include emergency room visits, hospitalizations, medications you are taking, and about the foods you eat.

It is very important that you read the letter and keep the answer guide, medical information and medicines you are taking at hand, to have ready for that phone interview.

We are looking forward to talking to you again soon for your follow up!!
Prevention: Heart disease is the leading cause of death in the U.S. Over one quarter of all deaths are from heart disease. It is also a major cause of disability. The risk of heart disease increases as you age. You are also at risk if you have a close family member who had heart disease at an early age. Fortunately, there are many things you can do to reduce your chances of getting heart disease.

You should:
- NOT smoke.
- Reduce the amount of salt in your meals, and reduce the consumption of canned foods (which contain a lot of salt). This will help your blood pressure stay within control.
- Maintain a healthy weight.
- Exercise regularly, like walking, gardening, and dancing.
- Get tested for diabetes and if you have it, keep it under control by doing regular visits with your doctor.
- Know your cholesterol and triglyceride levels: reduce saturated fats.
- Increase your consumption of fiber: a lot of fruits and vegetables.

Source: www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html

Claudia Berrios from Nicaragua says: “When Ester, a HCSH-SOL Miami recruiter, knocked on my door, I couldn’t imagine my life would dramatically change—for the better. I became excited to take part in a collaborative study that would affect my community. After a wonderful experience at the clinic, I learned I was pre-diabetic. I was only 28-years-old and decided to make some dietary changes.

Now as a recruiter/participant I look forward to helping others in my community, just like Ester did for me when she knocked on my door not long ago.”

Silvia Mirabal has been part of the Nutrition team at the center in Miami since we opened. Born in Santiago de Cuba, she trained as a Medical Doctor at the University of Santiago. In 1990, she finished a Master’s degree in Nutrition at the University of Gent in Belgium. Before she joined our team, she worked for about 8 years as a Public Health Nutritionist Supervisor at the Florida Department of Health in Miami-Dade County. She has shared with us a unique understanding of the food, culture and health issues that affect the Hispanic population, in particular those affecting the Cuban community.

Meet our staff!

Community Relations Committee (CAC) and Outreach

We work with dedicated individuals and organizations, members of our local CAC, to do community events like health fairs, information sessions, expert panels and outreach. The CAC is made up of community leaders and professional groups, businesses, and health and human services providers.

Brendaly Rodriguez, Community Relations and Outreach Manager, also promotes SOL via internet, radio, television, print media, and information sessions.

Call to let us know if you would like to join the CAC.

For updates on upcoming activities please visit our website:

www.saludsol.net