



iSalud SOL!

HCHS-SOL Newsletter

Vol. 1 Issue 4

Hispanic Community Health Study/SOL Study of Latinos

HCHS/SOL Centers:

Miami, Florida:

University of Miami

1-305-243-1828

Chicago, Illinois

Northwestern

University

University of Illinois at
Chicago

1-866-551-7882

Bronx, New York

Albert Einstein College
of Medicine at

Yeshiva University

1-718-584-1563

San Diego, California

San Diego

State University

1-619-205-1923

Coordinating Center

University of

North Carolina

1-919-962-3254

Sponsors

National Institute of
Health (NIH)

National Heart, Lung
and Blood Institute
(NHLBI)

1-301-435-0450

www.saludsol.net

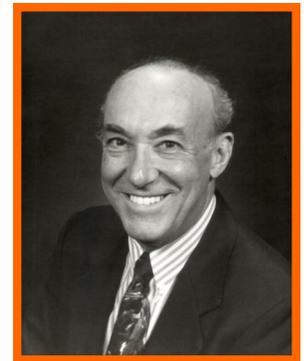
Introducing the Miami Field Center!

Dear Participant:

The Hispanic Community Health Study/ Study of Latinos (HCHS/SOL) is the largest long-term study of health and disease in Hispanic/Latino populations living in the United States.

As part of 4 participating HCHS-SOL centers, the **University of Miami**, is proud to conduct this groundbreaking study that will make a significant contribution to the nation's health. Our staff is composed of a highly motivated group of individuals from many countries such as Cuba, Colombia, Belize, Dominican Republic, Ecuador, Mexico, Nicaragua, Puerto Rico, Uruguay, and the US. We are experienced professionals in our native countries and have received additional training to work in different aspects of the study. Our team is lead by Dr. Neil Schneiderman, from the Behavioral Medicine Research Center at UM.

UNIVERSITY OF
Miami



Dr. Neil Schneiderman

Annual Follow up

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!!*



HCHS-SOL expanded into
Hialeah!



We will be recruiting
participants in Hialeah.
If you get
an invitation letter,
please call us at:

305-243-1828

In Miami, contact:

Marc D. Gellman, PhD
Project Manager
&
María Pattany, MD
Clinic Manager
Clinic: (305) 243-1418

Brendaly Rodríguez, MA
Recruitment and
Outreach:
(305) 243-1828

HCHS-SOL@miami.edu



Prevention: Heart disease is the leading cause of the 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

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 Rodríguez, 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.

Meet our staff!



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.



Claudia Berríos 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."

We are very proud and fortunate to have them as part of our team!

Hispanic Community Health Study (HCHS-SOL)

1120 NW 14th Street, LOC 204
Miami, FL 33136

For updates on upcoming activities please visit our website

www.saludsol.net