

Volume 9, Number 2

# Salud SOL!

## HCHS/SOL Newsletter

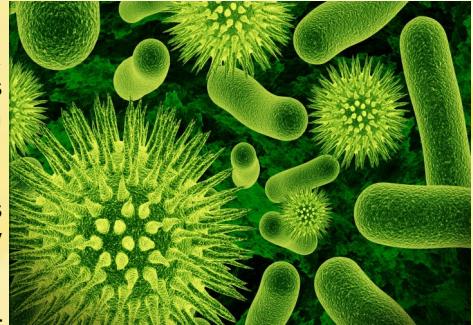
Hispanic Community Health Study / Study of Latinos (HCHS/SOL)

### Finding GOLD!

#### New HCHS/SOL Ancillary Study looks into Gut Microbes

The "human microbiome" is the community of microscopic organisms that live on and inside our body. Our microbiome is composed of 100 trillion microorganisms that include bacteria, fungi and viruses that cluster together and live in places such as the skin, eyes and gut. Most of these organisms live in the intestines, and this is called the intestinal *microbiome* or "gut flora."

While germs sometimes make us sick, research has shown that microbes play a very important role in keeping us healthy. The intestinal *microbiome* performs important vital functions such as helping us maintain a proper balance between healthy and disease-causing bacteria protecting us from disease. In addition, the microbiome helps us to digest and absorb nutrients from the foods we eat, and may produce chemical substances that yield health benefits. Each person's microbiome is influenced by their birthplace, diet, genetics, and age as well as by many other factors.



The Gut Origins of Latino Diabetes or GOLD study will invite all participants of the Hispanic Community Health Study/Study of Latinos HCHS/SOL to collect a sample of fecal matter (stool). We will show participants a simple procedure for collecting a sample at home and mailing it back to our laboratory. The fecal sample will provide information on the composition of the intestinal microbiome of Hispanics/Latinos. After SOL participants answer a brief questionnaire about their diet and mail in their fecal sample, they will receive \$20 as compensation for their time.

GOLD study investigators will analyze and compare the study results among Hispanics/Latinos of different nationality, ages and health status. Diabetes, for example, is a very common disease among Hispanics that we may find is influenced by the composition of our microbiome. The HCHS/SOL researchers will also use existing participant information including laboratory tests, country of origin and health behaviors to complement the investigation about the interaction of intestinal microbiome and health.

**We hope you will find the chance to participate in this study an exciting opportunity.  
Contact your SOL Center at **305-243-1828** for more details!**

### Complete your SOL Visit 2 before October 2017!

The Miami SOL field center is open for second HCHS/SOL examinations for study participants until October 2017. If you still have not completed the second examination please call us at 305-243-1828 to schedule an appointment today. The visit will last about 4 hours and it will include among others weight, height, body fat and blood pressure measurements, blood sugar test for diabetes, tests for cholesterol, other blood fats, and kidney function test among others. If you are 45 or older you will also have an echocardiogram. The day of your visit you will receive health assessment results and \$50. Also, once you have completed the second SOL examination you become eligible for additional ancillary studies and incentives.

If you completed SOL Visit 2, you might be eligible to participate in COMPASS, a new SOL ancillary study on physical activity and diabetes that will start soon. Stay tuned! More information coming soon.



#### Miami, Florida

1-305-243-1828



#### Bronx, New York

1-718-584-1563



#### Chicago, Illinois



#### San Diego, California

1-619-205-1926



#### Coordinating Center

1-919-962-3254



[www.saludsol.net](http://www.saludsol.net)

Blog: <http://miamihchs.blogspot.com/>