



Salud SOL!

HCHS/SOL Newsletter

Volume 9, Number 1

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

Kidney Disease & What I Need to Know!

The HCHS/SOL study looks at conditions that impact Hispanics/Latinos and allows us to better understand what can be done to lead healthier lives. Chronic Kidney Disease (CKD) is a growing problem. More than 20 million Americans are already affected and many more are at risk. Anyone can develop CKD, regardless of age or race and the symptoms, can go unnoticed until it is very advanced.

Recent evidence confirms that Hispanics/Latinos are unequally affected by CKD. Research by Dr. Ana Ricardo at the University of Illinois-Chicago College of Medicine, shows that over 90,000 U.S. Hispanics/Latinos affected in 2011 were on dialysis and that the number of cases among Hispanics/Latinos was 50% greater than in non-Hispanics



Blood test checks your GFR, which tells how well your kidneys are filtering.

Dr. Ricardo's study showed that the overall prevalence among Hispanics/Latinos was 14%. Among women, the rate was 13.0%, and it was lowest among South American women and highest in Puerto Rican women. Among men, the rate of CKD was 15%, and it was lowest in South Americans and highest in those reported as, "other" Hispanic/Latino. Low income, diabetes mellitus, hypertension, and cardiovascular disease were each linked to a higher risk of CKD.

HCHS/SOL participants receive a complete health examination that evaluates their overall health and potential risk for cardiovascular diseases. Checking blood pressure, diabetes, cholesterol and other blood fats, weight, height, as well as kidney function, these are all important tests to assess your current health.

If you need information, contact us [INPUT SITE HERE] at: **1-800-749-4765**. Thanks to your participation, the study continues!

Para Su Salud/ For Your Health

What are tests you need?

Kidney disease can be diagnosed by a series of tests. These are:

1. A blood test which checks your **glomerular** (glow-MAIR-you-lure) **filtration rate(GFR)** and tells how well your kidneys are filtering.
2. A urine test which checks for albumin in your urine. Albumin is a protein that can pass into the urine when kidneys are damaged.

Early detection is important to slow down or stop the progression of this disease or reduce your risk of chronic kidney disease.

<https://www.kidney.org/kidneydisease/aboutckd>

Prevention!

To reduce your risk of chronic kidney disease:

- Exercise Regularly
- Monitor Cholesterol Levels
- Quit smoking
- Know Your Family History
- Control weight
- Get an Annual Physical
- Drink in Moderation
- Follow a Balanced Diet

www.hispanichealth.org/study-of-latinos-sol.html

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