



iSalud SOL!

HCHS/SOL Newsletter

Vol. 2 Issue 4

Hispanic Community Health Study/Study of Latinos

MIAMI FIELD CENTER: Study Updates

Welcome to this March-Spring 2010 edition!

1st and 2nd Annual Follow-Ups

All sites will be contacting participants for an annual follow up interview. This annual interview is a very important part of the HCHS-SOL study to provide new information concerning your health and update our records with your current contact info. 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*. Two years after the visit to the HCHS/SOL center, all participants will have a follow up call, shorter than the first. You will be asked a short list of questions regarding health events since our last phone call. It is very important that you keep at hand the answer guide, medical information and medicines you are taking, to have ready for that phone interview. If you move or change your phone number, please let us know at: 305-243-1828. Also, **Dr. Nora Cobo is available at 305-243-1480 to answer any AFU questions. We are looking forward to talking to you again soon!**

Clinic Staff-Miami



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, CA

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State University

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University of

North Carolina

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Sponsors

National Institute of Health (NIH)

National Heart, Lung and Blood Institute (NHLBI)

1-301-435-0450

www.saludsol.net

Follow us on:

Facebook: Salud Sol

Miami Blog:

<http://miamihchssol.blogspot.com>

Be Healthy!

Free Tobacco Cessation Support Program and Blood Pressure Screenings sessions: every Wednesday at 1 pm

At: Blanche Morton Neighborhood Center at 300 E 1st Ave., Hialeah, FL

Check insert for complete calendar of healthy events for March/April/May!

Community Advisory Committee (CAC) and SOL Healthy Lifestyle Activities in 2010

We work with SOL participants and groups, members of our local CAC, for community events like health fairs, education sessions, expert panels and outreach. The Community Relations team also promotes SOL at local events, and via internet, radio, television, and print media.

Call us if you would like to join in!

Help us understand the health of our Community! Your input and participation is important! We would like to feature your story as a SOL participant. There is also a list of monthly activities and privileges exclusive for you, members of the **SOL Healthy Lifestyle Club**.

Call us to register at 305-243-1392 or for more info.



Metabolic Syndrome

What is it? This is a condition that describes a group of risk factors that increases the risk for heart disease, stroke and diabetes. The exact cause is not known, however, it is associated with factors such as extra weight around the waist “apple shape”, aging, hereditary factors, lack of exercise, hormonal changes and insulin resistance. Insulin resistance is a condition in which your body cells do not respond to insulin. Insulin helps blood sugar (glucose) enters the cell when resistance is present, the body produces more insulin and the blood sugar and blood fat levels rise.

The metabolic syndrome is more common in certain ethnic groups including **Hispanics**. Most people who have Metabolic Syndrome feel healthy and do not have any signs or symptoms. However, they are at risk to develop chronic conditions like diabetes and heart disease.

You might be at risk for the syndrome if you:

- Do not engage in regular physical activity
- Have gained weight, especially around the waist
- Have a parent or sibling with diabetes
- Have high levels of fat or sugar in your blood
- Have high blood pressure.

How is the metabolic syndrome diagnosed?

Diagnosis is made if you have 3 or more of the following:

- Elevated blood pressure equal to or higher than 130/85 mm Hg
- Large waist measurement of more than 40 inches in men; 35 in women
- Fasting blood sugar (glucose) equal or higher than 100mg/dL
- Low HDL, sometimes called “good cholesterol”: in men under 40 mg/dL and in women under 50 mg/dL
- Triglycerides, a form of fat in the bloodstream, equal to or higher than 150 mg/dL

How can metabolic syndrome be prevented? Making healthy lifestyles choices are the best way to prevent metabolic syndrome. Examples of these are:

- ✓ Eating a low-fat diet rich in fruit, vegetables, whole grains and Omega 3-rich foods, like salmon.
- ✓ Exercising regularly for at least 30 minutes every day.
- ✓ Not smoking.
- ✓ Losing weight to decrease your Body Mass index, or BMI, to less than 25.
- ✓ Managing your blood pressure and blood sugar.

For more resources visit the American Heart Association at www.americanheart.org

Dr. Gellman with our friendly SOL drivers: **Carlos and Manuel**



Recruiters





Síndrome Metabólico

¿De qué se trata? Es una condición que describe un grupo de factores de riesgo que aumenta la probabilidad de sufrir de enfermedades del corazón y de diabetes. La causa no se conoce, sin embargo, se sabe que está asociada con factores como el peso extra alrededor de la cintura o “forma de manzana” del cuerpo, el envejecimiento, factores hereditarios, falta de ejercicio, cambios hormonales y la resistencia a la insulina. La resistencia a la insulina es una condición en la cual las células de su cuerpo no responden a la insulina. La insulina ayuda al azúcar en la sangre (glucosa) a entrar las células, cuando hay resistencia, el cuerpo produce más insulina y los niveles de la glucosa (azúcar en la sangre) y de grasa se elevan en la sangre.

El síndrome metabólico es más común en ciertos grupos étnicos, que incluyen a los **Hispanos**. Muchas personas que tienen síndrome metabólico se sienten bien y no tienen síntomas. Sin embargo, están en riesgo a desarrollar condiciones crónicas como la diabetes y enfermedades del corazón.

Usted está en riesgo si:

Reclutadores



**Dr. Gellman y
nuestros choferes:
Carlos y Manuel**



- No hace ejercicio regularmente
- Ha ganado peso, especialmente alrededor de la cintura
- Tiene un familiar cercano con diabetes
- Tiene un nivel alto de grasa o azúcar en la sangre
- Tiene presión arterial alta.

¿Cómo se hace un diagnóstico?

Se hace la diagnosis si usted tiene 3 o más de lo siguiente:

- presión arterial elevada de 135/85 mm Hg o más
- medida de su cintura de 40 pulgadas o más en hombres; 35 o más en mujeres
- azúcar en la sangre (glucosa) de 100mg/dL o más
- HDL bajo, o “buen colesterol”: en hombres bajo 40 mg/dL, y en mujeres bajo 50 mg/dL
- Triglicéridos, un tipo de grasa en la sangre, de 150 mg/dL o más

¿Cómo se previene? Lo mejor es hacer cambios en su estilo de vida:

- ✓ Coma más frutas, vegetales, harina integral y comidas que tengan Omega 3 (como el salmón)
- ✓ Haga ejercicio por lo menos 30 minutos al día.
- ✓ No fume.
- ✓ Pierda peso suficiente para que su Body Mass index, o BMI, sea de menos de 25.
- ✓ Mantenga bajo control su presión arterial y la azúcar en la sangre.

Para más información, visite American Heart Association en www.americanheart.org

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