



¡Salud Sol!

HCHS/SOL Newsletter

Volume 3, Number 4

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

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Miami, Florida

University of Miami

305-243-1828

305-243-1480

miamihchssol.blogspot.com

Hchs-sol@miami.edu

Chicago, Illinois

Northwestern University

1-800-749-4765

chicagohchssol.blogspot.com

chicago.hchs@gmail.com

Bronx, New York

Albert Einstein College of
Medicine at Yeshiva University

1-718-584-1563

bronxhchssol.blogspot.com

bronx.hchs@gmail.com

San Diego, California

San Diego State University

1-619-205-1923

sandegohchssol.blogspot.com

sandiego.hchs@gmail.com

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

SOL New Phase 2011

Dear SOL participants,

We have reached our third and final year of recruitment of the Hispanic Community Health Study—Study of Latinos. This study is the largest study conducted to date of Hispanic/Latinos living in the United States. Each of the four centers has worked hard to reach our goal of 16,000 recruited participants by June of this year. Your participation will not only have a tremendous effect on Hispanic/Latino Health in the near future, but also for generations to come.

Your support has left a powerful impression on all of us working in this study. As participants you have touched our lives in such a positive way. You inspired us to recruit in your various neighborhoods, where you welcomed us into your homes and shared your stories. We appreciate your time and commitment. Although this phase of the study is ending, several new and exciting studies will soon follow. We hope you will continue to participate.

Thank you for your time and support and we wish you much health and happiness,

-Miami Recruitment Team



Follow-up Calls - Retention Message

The third year of follow up for the HCHS/SOL study starts in March. Participants will receive a reminder letter and a phone call from our interviewers. The call will take **ONLY 7 minutes** and will consist of various questions related to any changes in your health.

If you visited the clinic in 2009 and 2010 you will receive a letter asking for an alternate contact. This person should be a relative or friend who the study staff can contact to get information about your health and whereabouts in case we are unable to reach you. Please fill out the form, sign it and return it as soon as you can.

If you need to update your address or phone number, please call us at :

305-243-1480

**THANK YOU FOR YOUR
COOPERATION AND SUPPORT**



Lung Disease

What is it?

Chronic obstructive pulmonary disease (COPD), is a progressive disease that makes it hard to breathe. "Progressive" means the disease gets worse over time. COPD can cause coughing that produces large amounts of mucus (a slimy substance), wheezing, shortness of breath, chest tightness, and other symptoms.

Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. Long-term exposure to other lung irritants, such as air pollution, chemical fumes, or dust, also may contribute to COPD.

In the United States, the term "COPD" includes two main conditions—emphysema and chronic bronchitis.

COPD develops slowly. Symptoms often worsen over time and can limit your ability to do routine activities. Severe COPD may prevent you from doing even basic activities like walking, cooking, or taking care of yourself.

Who is at risk?

The disease isn't passed from person to person—you can't catch it from someone else.

Most of the time, COPD is diagnosed in middle-aged or older people. Most people who have COPD are at least 40 years old when symptoms begin.

The main risk factor for COPD is smoking. Most people who have COPD smoke or used to smoke. People who have a family history of COPD are more likely to develop the disease if they smoke.

Numbers here for Latinos?)

Is there a cure?

COPD has no cure yet, and doctors don't know how to reverse the damage to the airways and lungs. However, treatments and lifestyle changes can help you feel better, stay more active, and slow the progress of the disease.

Prevent it before it starts

You can take steps to prevent COPD before it starts. The best way to prevent COPD is to not start smoking or to quit smoking. Also, try to avoid other lung irritants that can contribute to COPD.



TREATMENT

Quitting smoking is the most important step you can take to treat COPD. Other treatments include medicines, vaccines, pulmonary rehabilitation, oxygen therapy, and surgery.

Sources of Information

http://www.nhlbi.nih.gov/health/dci/Diseases/Copd/Copd_WhatIs.html
<http://www.mayoclinic.com/health/copd/DS00916>
<http://www.nlm.nih.gov/medlineplus/opdchronicobstructivepulmonarydisease.html>

Local Resources/Recursos locales



MIAMI-DADE AHEC

Conference room/Sala de conferencias

Blanche Morton Service Center

300 E 1st Ave, Hialeah



Miami-Dade Area Health Education Center

Tobacco Program

www.mdahec.org/quitnow

(305) 994-9268 Ext. 234

Ayuda en grupo – un programa de seis semanas de duración desarrollado por ex-fumadores

Apoyo individual por cita previa con uno de los Especialistas del Programa Dejar de Fumar de Miami-Dade AHEC

Educación, información y recursos sobre la terapia de reemplazo de la nicotina, manejo del estrés, nutrición y otros