

Salud SOL!

HCHS/SOL Newsletter

Volumen 8 Number 2

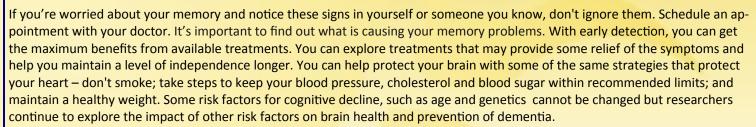
Hispanic Community Health Study / Study of Latinos (HCHS/SOL)

Let's keep a healthy brain!

The human brain is a specialized organ that is responsible for all thought and movement that the body produces. Each part of the brain has a unique function that allows humans to observe and interact with their environment effectively. A healthy brain is one that can perform all its functions; among others the mental processes that are collectively known as cognition, including the ability to learn new things, intuition, judgment, language, and remembering. Cognitive health is a major factor in ensuring the quality of life of older adults and preserving their independence. The overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills is known as dementia. It may be severe enough to reduce a person's ability to perform everyday activities. However, dementia is not a specific disease, nor is it limited to a specific age group. Alzheimer's disease accounts for 60 to 80 percent of such cognitive impairment cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. However, there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

A few commons signs of cognitive impairment include the following:

- Memory loss
- Frequently asking the same question or repeating the same story over and over
- Not recognizing familiar people and places
- Having trouble exercising judgment, such as knowing what to do in an emergency
- Changes in mood or behavior
- Difficulty planning and carrying out tasks, such as following a recipe or keeping track of monthly bills



Sources:http://www.cdc.gov http://www.alz.org

New Ancillary Study! SOL-INCA

SOL-INCA is an ancillary study to find out more about the cognitive status of the Hispanic/Latinos in the United States. If you are a HCHS/SOL participant **52 years old** or older you might be eligible to participate.

Contact us to find out more by calling

718. 584.1563

Other Resources

The Alzheimer's Association's 24/7 Helpline provides information and support to people with memory loss, caregivers, health care professionals, and the public at 1-800-272-3900.

NIH's Alzheimer's Disease Education and Referral Center can be contacted Monday to Friday via phone at 1-800-438-4380 or via email at adear@nia.nih.gov.

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