



iSalud SOL!

HCHS/SOL Newsletter

Vol 2 Issue 3

Hispanic Community Health Study/Study of Latinos

RECRUITMENT NEWS

To our dear SOL participants,

We have officially reached the end of our first year of recruitment. Within our first year we have obtained great success, thanks to those 6,000 Latinos who agreed to participate in the SOL study and the many groups and organizations that collaborated with us. In our first recruitment year, the four HCHS/SOL centers, San Diego, Chicago, Bronx and Miami, visited roughly 42,000 households. It is the communities we visit that help display the vast diversity of our country's Hispanic/Latino population. We began year two by revisiting your communities to recruit new participants. HCHS/SOL is a monumental study assessing heart, lung, blood, hearing and sleep disorders, kidney and liver function, diabetes, and dental conditions. It is a public health landscape and will bring forth positive changes through your very much appreciated participation.

Thank you,
The HCHS/SOL Recruitment Team



CHICAGO RECRUITMENT TEAM

UPCOMING EVENTS

The Community Advisory Board has been hard at work creating Health Education workshops in your local community. Now that you have participated in our exam center visit, we don't want our partnership to end. The HCHS/ SOL study offers a variety of events to increase your understanding of health promotion, disease prevention, and access to healthcare related services. Several topics to be presented include diabetes, heart diseases, sleeping disorders, genetic education and testing, nutrition, physical activity, asthma care, etc. All of the information for these events comes from organizations that exist in your own community. This allows you to have access to the information even after your participation in the study is complete. These health education workshops are provided to HCHS/SOL participants, but they are also open to the public, your friends, and your family. If there is a community health education topic you would like to include, let us know. For more information on upcoming community events please check your HCHS/SOL Center blog or contact them at their telephone numbers listed below. Also, don't forget to let us know if you have changed your phone number and/or address. If you participated in the months of **January, February, or March, of 2009** you will soon be receiving a phone call from our friendly staff at the SOL Exam Center.



NUTRITION HEALTH EDUCATION



HCHS/SOL Centers:

Chicago, Illinois
Northwestern University
University of Illinois at Chicago
1-800-749-4765

Miami, Florida
University of Miami
1-305-243-1828

Bronx, New York
Albert Einstein
College of Medicine
1-718-584-1563

San Diego, California
San Diego
State University
1-619-205-1923

Coordinating Center
University of
North Carolina
1-919-962-3254

Sponsors: National Institute of Health (NIH)

National Heart, Lung and Blood Institute (NHLBI)

www.saludsol.net



HEARING LOSS

Hearing loss or impairment, including deafness, appears to be high among U.S. Hispanics. Among adults, hearing loss is caused by advancing age, injury, diabetes, arthritis, and hypertension. Another reason for hearing loss may be exposure to too much loud noise. This condition is known as noise-induced hearing loss. Many construction workers, farmers, musicians, airport workers, and people in the armed forces have hearing problems because of too much exposure to loud noise. Sometimes loud noise can cause a ringing, hissing, or roaring sound in the ears, called **tinnitus**. Adult hearing loss can also be caused by a virus or bacterial infection, heart conditions or stroke, head injuries, tumors, and certain medicines. Regular consumption of alcohol and smoking also may be risk factors. Latino agricultural workers have been found to have higher levels of hearing loss.

The HCHS/SOL is exploring the causes or risk factors and onset (development) of hearing loss among Hispanics/Latinos. The National Institute on Deafness and Other Communication Disorders (NIDCD) of the National Institutes of Health is co-sponsor of this activity. During the SOL study, participants complete a brief questionnaire asking

Figure 1: Otoscope

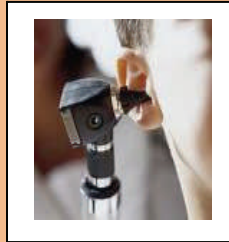


Figure 2: Ear Canal

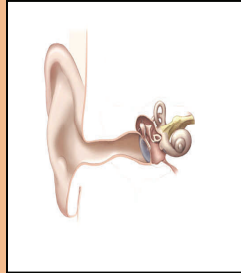


Figure 3: Headphones



about noise exposures and hearing history. Next, the examiner looks into their ears with an **otoscope** [see figure 1] to see if they can have the two tests that follow. **Tympanometry** is a test to measure how well an eardrum is able to move. This test does not require the participant to do anything. A probe is placed snugly against the opening of your ear canal [see figure 2], and the volunteer hears a hum and feels a little pressure; then hears a couple of loud beeps. Finally, participants receive the **audiometry** test to determine their hearing thresholds, the lowest level or softest sounds people can hear, through a series of tones. Testing is conducted in a sound-proof booth, using headphones [see figure 3]. Testing is consistent with guidelines established by the American Speech-Language-Hearing Association (ASHA). Study participants will receive the results of their tests. Noise-related hearing loss can be prevented by avoiding loud noise and by using hearing protection devices (ear muffs or ear plugs), Treatments and services are available for hearing impaired persons and the deaf (including hearing aids and **cochlear implants**). For more information, visit the NIDCD website: <http://www.nidcd.nih.gov/>

VISITING THE SOL LAB

Olga Garcia is the head lab technician at the Chicago center. She demonstrates great passion, efficiency and commitment to her job with 10 years of experience. She is compassionate and makes participants feel calm and relaxed. A full blood test for the SOL study includes red and white cell count, total cholesterol, and triglycerides. If a participant qualifies for a glucose tolerance exam, a second blood draw is done. The lab testing of blood is one of the most important parts of this study. Each blood draw is carefully analyzed. Lab technicians like Olga make the participants feel at ease when getting blood drawn. Her smile and good spirit helps people to enjoy the time spent in the lab. It can easily be said that the success of SOL has been and will continue to be the dedication of all our staff.



Olga Garcia,
Head Lab
Technician



VISITANDO EL LABORATORIO DE SOL

Olga García es la técnica de laboratorio en el centro de Chicago que ha demostrado gran pasión, eficiencia y compromiso con su trabajo de 10 años de experiencia. Su compasión hace a los participantes sentirse relajados y calmados. Un examen de sangre para el estudio SOL incluye la cuenta de células rojas y blancas, colesterol total y triglicéridos. Si un participante califica para el examen de tolerancia a la glucosa, se le tomara una segunda muestra de sangre. Las pruebas de sangre en el laboratorio son una de las más importantes partes del estudio. Cada muestra de sangre es analizada cuidadosamente. Técnicas de laboratorio como Olga hacen a los participantes sentirse a gusto cuando están dando sangre. Su sonrisa y buen espíritu ayuda a la gente a disfrutar el tiempo que pasan en el laboratorio. Puede fácilmente decirse que el éxito de SOL ha sido y continuara siendo por la dedicación de todo nuestro personal.



PÉRDIDA DE LA AUDICIÓN

La pérdida o disminución de la audición, incluyendo la sordera, parece ser bastante alta entre los hispanos en los Estados Unidos. En los Adultos, la pérdida de la audición es causada por la edad avanzada, lesiones del oído, diabetes, artritis, y presión alta. Otra razón para la pérdida de la audición puede deberse a la exposición a niveles de ruidos muy altos, condición conocida como pérdida auditiva inducida por ruido. Muchos trabajadores de construcción, granjeros, músicos, trabajadores de los aeropuertos, y personas en las fuerzas armadas podrían tener problemas de pérdida auditiva debido a mayor frecuencia de exposición a ruidos altos. A veces los ruidos altos pueden producir un campaneo, zumbido, o silbido en los oídos, llamado **tinnitus**. La pérdida auditiva del adulto puede ser causada por infecciones bacterianas o virales, condiciones cardiacas o accidentes cerebrovasculares, lesiones de la cabeza, tumores, y ciertos medicamentos. El consumo regular de alcohol y fumar cigarrillos podría ser también un factor de riesgo. Se ha encontrado que los trabajadores agrícolas hispanos tienen mayores niveles de pérdida auditiva.

El estudio HCHS/SOL está explorando las causas o factores de riesgo y el desarrollo de la pérdida de audición entre hispanos/latinos. El Instituto Nacional de Salud bajo el Instituto Nacional de la Sordera y otros Desordenes de Comunicación (NIDCD,

figura1: un otoscopio

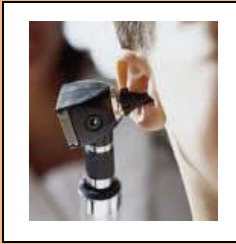


Figura 2: el canal auditivo externo

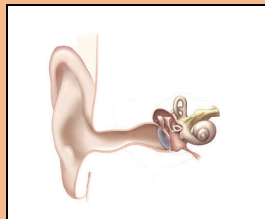


Figura 3: los audífonos



por sus siglas en ingles) co-auspician esta actividad. Durante el estudio SOL, los participantes completaran un breve cuestionario acerca de su exposición al ruido y historia auditiva. Luego, el examinador mirara dentro de los oídos con un **otoscopio [ver figura1]** para ver si pueden tomar los dos exámenes que siguen. La timpanometría es un examen para medir que tan bien se mueve el tímpano. Este examen no requiere que el participante haga algo. Una sonda es colocada confortablemente en la apertura **del canal auditivo externo [ver figura 2]** y el participante escuchara un sonido bajo seguido por un par de sonidos altos. Finalmente, el participante hará la prueba de **audiometría** que determina sus umbrales de audición, los niveles más bajos de sonido que la persona pueda escuchar, a través de probarlo con una serie de tonos. Este examen es realizado generalmente dentro de una cabina a prueba de sonido, usando **audífonos [ver figura 3]**. Las pruebas son consistentes con las guías establecidas por la Asociación Americana del Habla, Lenguaje y Audición (ASHA, por sus siglas en ingles). Los participantes recibirán los resultados de sus pruebas. La pérdida auditiva inducida por ruido puede ser prevenida evitando el sonido muy alto y usando protección para los oídos [tapones y orejeras], tratamiento y servicios están disponibles para personas con sordera y disminución de la audición (incluyendo los audífonos y los implantes cocleares). Para mayor información visite la página del internet de NIDCD: <http://www.nidcd.nih.gov/>

Return Address

HCHS/SOL CHICAGO FIELD CENTER

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