



Hispanic Community Health Study/Study of Latinos Study Information - MIAMI

WHAT WILL I HAVE TO DO IF I PARTICIPATE?

A trained health professional will ask you a series of questions about your

- health
- health care
- occupation
- nutrition
- lifestyle activities
- and family medical history

The health professional will then measure your

- height
- weight
- waist size
- percent body fat
- blood pressure in your arms and ankles

In addition a trained technician will draw some blood so they can determine your

- cholesterol level and other blood fats
- blood sugar levels

The blood sample will also be used to test for kidney and liver function and to test for hepatitis.

Some of your blood will be stored for future studies.

It is important that blood for these tests be collected while fasting which means not eating or drinking anything after midnight the night before the examination.

During the day you will be given something to eat.

In addition to the blood sample

- you will be asked to give a small amount of urine so that the technicians can do tests of kidney function,
- complete a test with an ECG (or electrocardiogram) to check whether your heartbeat is regular.
- complete a test to check how well your lungs are working. (This requires you to blow hard into a machine.)
- and an examination of your teeth and gums.

After you have completed these exams at the clinic, you will be asked to wear a small device like to a watch for one week that will record your physical activity during your normal daily activities.

You will also be asked to wear a monitor on your forehead for one night so that we can learn more about how your sleep patterns influence health.

Four to six weeks after your visit to the clinic we will contact you to set up an appointment for a telephone interview that will last 40 minutes. During this interview you will be asked questions about your diet.

And lastly, after your visit at the clinic you will be contacted by telephone once a year to answer a brief questionnaire about your health and you will be asked whether you were hospitalized during that year.

If you have any questions,
please feel free to call us at **(305) 243-1828**
or visit us at www.saludsol.net