



Salud SOL!

HCHS/SOL Newsletter

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

Sleep in Neurocognitive Aging and Alzheimer's Research, SANAR

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Hispanic/Latinos have a higher risk of memory problems and Alzheimer's disease compared to non-Hispanic whites. Problems with sleep (known as sleep disorders) may play an important role in developing Alzheimer's disease. Sleep disorders are very common in Hispanic/Latinos and can also cause high blood pressure during the day and during sleep. High blood pressure can also increase the risk of memory problems and Alzheimer's disease. An international health report (The Lancet) says that up to 40 percent of dementia can be prevented by improving blood pressure, reducing obesity, stopping smoking, and increasing physical activity. However, we do not know if this is the same for sleep disorders, more so in Hispanic/Latinos. Therefore, investigators from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) and the Principal Investigator, Dr. Alberto Ramos, a sleep neurologist from the Miller School of Medicine at the University of Miami, FL, have embarked on a 5-year study sponsored by the National Institute on Aging (NIA), to study *Sleep in Neurocognitive Aging and Alzheimer's Research (SANAR)*.

The brain organizes important processes such as thinking, memory, reasoning, and problem solving. These processes can all change as we get older. Brain health and memory can be affected by multiple health conditions such as sleep apnea, high blood pressure, obesity, and smoking, among others. When doctors detect that a person has thinking or memory problems, that person may be diagnosed with some type of dementia. Alzheimer's disease is one type of dementia. The brain and memory are also affected by sleep disorders like Obstructive Sleep Apnea (OSA), which causes breathing to repeatedly stop and start during sleep as the throat muscles relax and block the airway. In a condition that is often associated with sleep apnea, called non-dipping blood pressure (NDBP), the blood pressure drop of 10% to 20% that is normally seen during sleep does not occur. Over the last decade, work from HCHS/SOL and other studies have shown that obstructive sleep apnea increases vascular disease and causes a 26 percent increase in problems with thinking and memory.

SANAR builds on previous studies linking sleep disorders to cognitive decline in HCHS/SOL. SANAR plans to enroll 3,000 people, 50 years and older that participated in SOL-INCA MRI and/or plan to be part of SOL-INCA-2. SANAR will recruit across the four sites. SANAR participants will be asked to wear a blood pressure monitor for 24 hours that will record blood pressure readings every 30 minutes, and a sleep monitor for one night and will answer questions about sleep habits. With the help of HCHS/SOL volunteers, we anticipate that SANAR will lead to new strategies to prevent Alzheimer's disease and reduce dementia risk in Hispanic/Latinos, and the whole USA population.

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Announcements / Anuncios

Annual Follow Up: We continue calling for your annual interview to learn about changes in your health and to update your records of hospitalizations and emergency room visits. Call us at [FC Phone] if you have not heard from us in the last 6 months.

Third Clinic Visit: All SOL participants are invited to complete the third clinic examination, if you have not participated yet, please call us at for an appointment at [FC Phone] After completing the visit 3 you will be eligible and invited to participate in Ancillary Studies.

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