



# ¡Salud SOL!

HCHS/SOL Newsletter

Vol. 2 Issue 1

Hispanic Community Health Study/ Study of Latinos

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# What's New for the San Diego Team

Dear SOL participant,

On behalf of the San Diego SOL team, I would like to extend our sincere appreciation for your continuous support. Your participation in this historic study has allowed us to reach a milestone of over 1,000 study participants in our first year of recruitment.

To make your experience in this study a pleasant one, we have made some minor improvements. We have expanded our facility and have added more SOL members to our team.

In our efforts to learn more about Hispanic/Latino health, we have started the annual follow up interviews. The annual interviews are an extremely important component of the SOL study. Therefore, your cooperation in completing the annual follow up interview is key for the study's success. In advance, we thank you for your time and we look forward to speaking with you soon.

Warm regards,  
Dr. Gregory Talavera



Dr. Gregory Talavera

# Who is Dr. Elder?

Dr. John Elder, Co-Principal Investigator for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) at the San Diego field site, is an internationally-recognized scholar in health promotion. He has developed programs, conducted research and taught in 30 different countries in the Americas, Asia, Africa, and Europe.

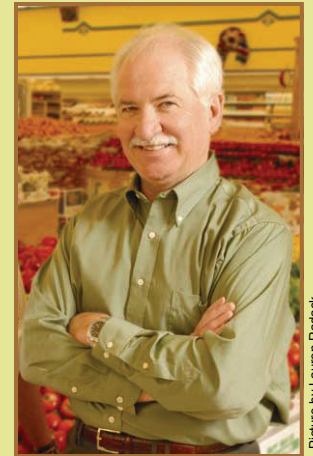
In his first job as a clinical psychologist in rural West Virginia, he became frustrated with encountering individuals and families who had many mental, physical and social problems that could have been prevented had they been addressed much earlier.

It was this experience that motivated Dr. Elder to pursue a profession that focused more on "upstream interventions," thereby bringing him to the Graduate School of Public Health at San Diego State University, where he currently directs the Center of Behavioral and Community Health Studies (BACH).

Throughout his professional career, Dr. Elder has been committed to community service. He has lead nearly 30 research projects emphasis-

ing on the promotion of physical activity, obesity prevention, tobacco use, sun exposure, and diet/nutrition. His work has also contributed in the fields of behavior modification applied to health promotion, child survival and infectious disease control, health promotion in underdeveloped countries, and prevention of chronic disease risk factors in adolescents.

In his spare time, Dr. Elder enjoys traveling, watching sports and just being with friends and family. After a hard day's work, Dr. Elder is fortunate to be able to say, "I am lucky to have a job in which I work with people who are also among my best friends."



Dr. John Elder

Picture by Lauren Radack

# Gum Disease and Diabetes

If you have diabetes, you probably know this disease can cause problems with your eyes, nerves, kidneys, heart, and other parts of your body. In addition, diabetes lowers your resistance to infection and can delay healing.

Periodontal disease (also known as gum disease), is an infection that if left untreated may cause damage to the bone and can even cause tooth loss. Because people with diabetes have decreased resistance to infection, they are more likely to develop periodontal disease. Like any other infection in the body, periodontal disease can also disturb the body's ability to process and utilize insulin causing diabetes to be more difficult to control.

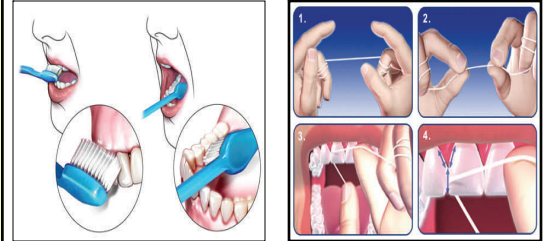
Periodontal disease is often silent, which means you may not know you have it until it has reached an advanced stage. So, whether you have diabetes or not, be on the lookout for the following warning signs of gum disease:

- Red, swollen, or tender gums
- Bleeding while brushing, eating hard food, or for no apparent reason
- Gums that are receding or pulling away from the teeth
- Teeth that look longer than before or that are moving away from each other
- Loose teeth
- Pus coming out from between your gums and teeth
- Sores in your mouth
- Constant bad breath
- Changes in the way your teeth fit together when you bite
- Changes in the way your partial dentures fit

If you have diabetes, you probably understand that it is very important to measure your blood sugar and control the disease with diet, exercise and medicine.

However, members of the SOL study would like you to know that good oral health can not only help prevent periodontal disease, but can also help make it much easier to control your diabetes.

## Good Oral Health Habits



### How to brush

Using a soft-bristled toothbrush, clean the outer surfaces of each tooth. Angle the brush along the gum line. Brush the inside surface of each tooth. Brush gently back and forth. Use the tip of the brush to clean behind each front tooth, both top and bottom. Then, gently brush the chewing surface of each tooth.

### How to floss

Use about 18" of floss, leaving an inch or two to work with. Gently follow the curves of your teeth. Be sure to clean beneath the gum line, but avoid snapping the floss directly on the gums.

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