



¡Salud Sol!

HCHS/SOL Newsletter

Volume 4, Issue 4

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

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We still need your participation!

Dear SOL participant,

Recruitment for the HCHS-SOL study concluded June 2011. Recruitment for multiple ancillary studies has already begun. The studies that are currently active are the SOL Youth study, ECHO-SOL and the “Sueño” study. We expect to have even more in the future. The recruitment is strictly from the original participants for the HCHS-SOL study. If you would like to participate in these studies, please call (305) 243-1828 and we will be able to let you know if you have been selected. If you want to continue to participate in studies as they come up it is very important that we keep your address and phone numbers up to date or we will not be able to invite you. *Update your information today!* Call:



(305) 243-1828

Miami, Florida
 University of Miami
 1-305-243-1828
miamihchssol.blogspot.com
miami.hchs@gmail.com

Chicago, Illinois
 Northwestern
 University
 1-800-749-4765
chicago.hchs.blogspot.com
chicago.hchs@gmail.com

Bronx, New York
 Albert Einstein
 College of Medicine
 at Yeshiva University
 1-718-584-1563
bronxhchssol.blogspot.com
bronx.hchs@gmail.com

San Diego, California
 San Diego State
 University
 1-619-205-1923
sandiegohchssol.blogspot.com
sandiego.hchs@gmail.com

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

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 National Institute of Health (NIH)
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 1-301-435-0450

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HCHS/SOL Ancillary Studies

The HCHS/SOL network of participating institutions has received funding to conduct additional studies known as Ancillary Studies on a given topic of interest. This section will highlight two of them.

The Youth study is an ancillary study which focuses on the children of our SOL participants.

This is a shorter version of the HCHS/SOL study. Children and their parents will complete some questionnaires and interviews about children's dietary and physical activity habits, as well as family behaviors and psychological and cultural factors related to these. The children will have various tests to assess risk for cardiovascular disease and type 2 diabetes. This study will help us better understand the ways in which your health and your children's health are connected based on the final results from the Hispanic Community Health Study-Study of Latinos. Parents will receive a report concerning their children's health.



The “Sueño” study has already seen 65 participants in Miami.

In recent years, medical research has found that sleep may be important for health. The “Sueño” study will take a closer look at how Hispanic Americans/Latinos sleep and how this might affect their health. This study will also allow scientists to do a better assessment of the final results from the Hispanic Community Health Study-Study of Latinos. The “Sueño” ancillary study started in October of 2011 and ends in December 2013. We will continue recruiting until we complete 550 participants. The participants have all been selected and the field centers are currently sending invitation letters.



Healthy Eyes

Your eyes are an important part of your health. There are several ways you can keep your eyes healthy. Follow these simple guidelines to maintain your eye health:

Have an eye exam

Visit an eye care professional to have your eyes checked regularly. You may not realize that you are having eye problems because many eye diseases often do not have any symptoms. During the appointment, your doctor will examine your eyes and ask you several questions to determine if your eyes are healthy. If you are diabetic, it is even more important that you make sure to have regular eye exams.

Know your family's eye health history

Ask your family members if they have any eye problems. This is important to know because you may be at higher risk of developing eye problems if your family has a history of it.

Don't smoke

Smokers are 4 times more likely to develop macular degeneration than non-smokers. Smoking is bad for your eye health — if you do smoke, *quit!*

Eat healthy/Maintain a healthy weight

Eating a healthy diet, along with a lot of fruits and vegetables will keep your weight under control and also help your eye health.

Wear protective eyewear

If you play sports or engage in activities where you could potentially injure your eyes wear protective eye wear such as goggles or safety glasses

Be safe at work

If wearing protective eyewear is a part of your job, make sure you do!

Wear sunglasses

Wearing sunglasses helps protect your eyes from harmful rays from the sun.

Rest your eyes

If you work on the computer a lot, take a break from looking at the screen every 20 minutes to reduce straining your eyes.

Clean your contact lenses properly

If you wear contact lenses, be sure to wash your hands before putting in or taking out your lenses to avoid eye infections. Also be sure to disinfect your lenses correctly.

For more information about eye health visit:

<http://www.nei.nih.gov/healthyeyes>

Financial Assistance for Eye Care

To see if you qualify for a free eye exam, visit the following websites:

<http://www.eyecareamerica.org/>

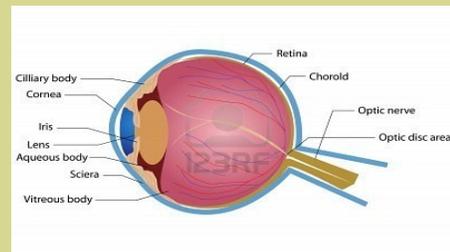
Lion's Club:

<http://www.lcif.org>

Basic eye care and vision services to those who qualify:

<http://www.aoa.org/visionusa.xml>

Or call Vision USA at 1-800-766-4466. 7:00 a.m. to 7:00p.m., CST, Monday through Friday



For free programs to quit smoking visit:

<http://www.mdahec.org/quitnow>

Or call (305)994-9268, Extension 311

If you would like to know if you have been selected to participate in one of our ancillary studies, please contact Ms. Ester Parra at 305-243-7734