



Salud SOL!

HCHS/SOL Newsletter

Volume 7, Number 2

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



New Information on Diabetes Among Hispanics/Latinos

Diabetes is a serious chronic disease caused by the inability of the body to move sugar (glucose) into the cells to be stored as energy which causes elevated blood sugar. In individuals with diabetes, insulin, the hormone that allows the body to use glucose as a source of energy is either produced in low amounts or the cells of the body, have a poor response to it or both. There are 2 types of Diabetes, Type 1 and Type 2, the most common form.

Thanks to your participation in the Hispanic Community Health Study HCHS/SOL, we have found out important new data on Diabetes among Hispanics. These results have been recently published in an important medical journal. The overall frequency of Diabetes among Hispanics is 17% which is higher than previously known. In addition, there are important differences in the occurrence of Diabetes Type 2 among Hispanics of different backgrounds. It ranges from 10% in South Americans, 13.4% in Cubans, to 18% in Central Americans, Dominicans, Puerto Ricans and Mexicans. About 60% of individuals with Diabetes were aware of their diabetes at the time of the baseline exam. Other important findings of the study are that the older group of individuals had better control of their diabetes and that close to half of the individuals with Diabetes did not have health insurance.

Diabetes is a risk factor for cardiovascular disease and increases at least twice the risk of having coronary heart disease and stroke causing death and disabilities. Hispanics are more likely to develop Type 2 Diabetes and complications of the disease than non Hispanic whites. As we continue the study we expect to learn more about the development of Diabetes that may occur during the six year period between your first visit to the SOL clinic and the current Visit 2.

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Announcements / Anuncios

Second SOL Visit from 2014 until 2017

We will be inviting all participants to come back for a second SOL exam from October 2014 to September 2017. Please update your contact information if you are planning to move. If you are living out of the country or the area and are planning a visit to _____ please call us to schedule an appointment: (phone)

Segunda Visita de SOL desde el 2014 al 2017

Estaremos invitando a todos los participantes para que regresen al Segundo examen the SOL desde Octubre del 2014 a Setiembre del 2017.

Si está planificando mudarse, por favor actualice su información de contacto. Si esta viviendo fuera del país or fuera de el area del estudio y esta planificando una visita a _____ por favor llame para coordinar una cita para su visita al: (phone)

American Diabetes Association (Asociación Americana de Diabetes) (local number)

Find advise on how to prevent and manage
Diabetes at:

Encuentre información de como prevenir o
manejar la diabetes en:

www.diabetes.org or www.YourDiabetesInfo.org

For HCHS/SOL _____ Field Center news visit
Para noticias sobre HCHS/SOL visite _____

Miami, Florida

1-305-243-1828



Bronx, New York

1-718-584-1563



Chicago, Illinois

1-800-749-4765



San Diego, California

1-619-205-1926



Coordinating Center

1-919-962-3254



www.saludsol.net

Blog: <http://miamihchs.blogspot.com>