

# Reflections on Our Results



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*As an HCHS/SOL participant:* I could make a big impact on my health by learning more about how my brain ages. My participation helps SOL understand the causes of memory and thinking problems. I am helping Latinos like me understand how we can prevent memory decline.

**2 in 3**

study participants reported worries



about memory decline.

*Mild cognitive impairment is:*

- A condition in which people have more memory or thinking problems than other people their age.
- A warning sign of Alzheimer's disease and dementia.

The **SOL–Investigation of Neurocognitive Aging (SOL-INCA)** is a study that aims to:

- Understand the risks for cognitive impairment among Hispanics/Latinos.
- Identify cost-effective ways to prevent serious cognitive decline, Alzheimer's disease and dementia.
- Find ways to maintain brain and cognitive health as we age.

**1 in 10**

SOL-INCA participants had Mild Cognitive Impairment.

We found that the following factors are linked to cognitive decline. They double the risk of Mild Cognitive Impairment:

Diabetes and poor blood glucose control

High blood pressure

Poor sleep

Better heart health is *also* good for your brain, so increase physical activity. Try a healthy diet high in beans, fruits and vegetables. [Learn more about healthy aging here.](#)