



# ¡Salud Sol!

HCHS/SOL Newsletter

Volume 1, Issue 2

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

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### Miami, FL:

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### San Diego, CA:

San Diego State University (1-619-205-1923)

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## Coordinating Center:

University of North Carolina

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## Hispanic Heritage Month

### Celebrate with a recipe

The Hispanic Community Health Study in the Bronx ended their celebration of Hispanic Heritage Month with a potluck feast and music representing the heritage of the study staff: Puerto Rico, the Dominican Republic, Venezuela and Guatemala.

Hispanic Heritage Month runs from September 15 to October 15. During this time, five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua celebrate their independence. In addition, Mexico declared its independence on September 16, and Chile

on September 18. The Puerto Rican commemoration, El Grito de Lares, is on September 23rd. In the Dominican Republic, Día del Encuentro de dos Culturas is recognized in October on the anniversary of Columbus' journey to Guanahani.



### Festive Corn and Bean Salad

2 Cans (16oz) Whole Kernel Mexican-Flavored Corn, drained

1 Can (15oz) Black Beans, drained

1 Cup Chopped Cucumber, peeled

1 Cup Chopped Tomato, seeded

1 Tablespoon Chopped Cilantro

3 Tablespoons Fresh or Bottled Lime Juice

Salt and Pepper to Taste

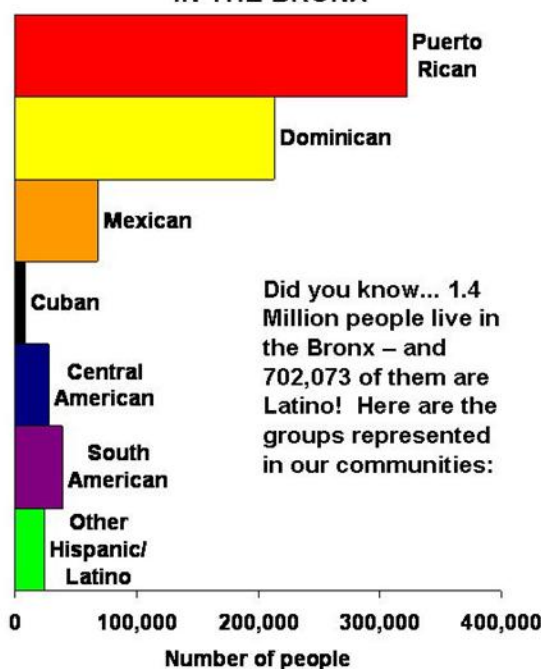
### Directions:

Combine first four ingredients in a medium bowl; toss gently. Combine lime juice and remaining ingredients. Pour lime juice mixture over corn salad and toss gently. Cover and chill thoroughly. For best results, chill overnight.

**Yield:** 6 one-cup servings

**Options:** Serve on a bed of lettuce or as a relish; substitute sweet corn; try a variety of beans; add 1/4 Cup chopped scallions and 1 Tablespoon Jalapeno Pepper; eliminate tomato and cucumber.

HISPANIC / LATINO POPULATION IN THE BRONX



Did you know... 1.4 Million people live in the Bronx – and 702,073 of them are Latino! Here are the groups represented in our communities:



## Your SOL Sleep Study

**Your SOL sleep study** For part of your SOL visit, you were sent home with a sleep monitor. This will let us study "sleep apnea" (also called "sleep disordered breathing"). People with sleep apnea usually are sleepy during the daytime and snore loudly. This is caused by abnormal breathing during sleep.

*Do Not Disturb*



**What does sleep apnea do to a person?** Sleep apnea can cause sleepiness, irritability, and feeling "slow" in one's body and mind. Sometimes sleep apnea

can cause stress on the heart, high blood pressure, or stroke.

**Who gets sleep apnea?** Sleep apnea is common, affecting up to 1 of every 10 adults. One of the biggest causes of sleep apnea is being overweight, although thin people may also have sleep apnea. Why certain people get sleep apnea and others don't is an important question we are trying to answer.

**How is sleep apnea diagnosed?** The sleep test we are doing in SOL is not the same that a doctor would do. If you have abnormal test results in your SOL Sleep Study, this does not mean you have a sleep disorder – however, we will recommend that you see your doctor about the test result. Certain

doctors specialize in sleep problems, and can do additional tests that will provide more information.

**How is sleep apnea treated?** If your doctor thinks you may have sleep apnea, he or she may recommend losing weight (if you are overweight), sleeping on your side rather than on your back, taking nasal decongestants, avoiding alcohol, and keeping regular bedtimes and waking times. Some people wear a mechanical device when they are sleeping or have surgery to correct sleep apnea.

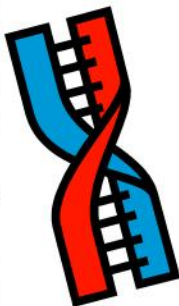


## Health & Science Corner

This is the era of genetics research – which holds great promise for improving health but also inspires some unease and much discussion.

### A very few basics:

Genes are chemical components of every cell in the human body and they are passed down from parent to child (more about that later); they are the method of inheritance. But when we say that something runs in families, it does not



necessarily mean that it is passed down through the genes. For example obesity runs in families, but is that because children of parents who are obese tend to eat what the parents eat and have similar lifestyles, which may be what causes obesity? Or in fact, are there genetic variants that make people pre-disposed to obesity or to slenderness? We all know people who seem to eat everything in sight and yet are very thin (those of us who are always struggling with our weight, hate those people). Other people seem to gain weight if they so much as think about food. So something that runs in families (is familial)

does not necessarily have to be genetic, but something that is genetic will also be familial.

Actually, obesity is probably due to both genetic factors and lifestyle factors and their interaction. The focus of the majority of current genetic research projects is to clarify the relationship between genes and the environment. In other words, we want to understand what in the environment makes genes become active or inactive. By understanding this relationship, we could better understand the relationship between genes, some diseases and how to stay healthy."