



Hispanic Community Health Study

¡Salud Sol!

HCHS/SOL Newsletter

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

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SOL NEWS

Dear Participants,

We want to thank you for joining the SOL family! Your participation will make a difference in our communities. That is why it's important for you to complete the following:

- Two weeks after your first visit to our research center you will receive a call to conduct a nutritional survey.
- One year after your initial visit to the research center, you will receive a call to complete an annual interview to document any updates in your health.

The **annual follow-up interview** is usually completed over the phone. It is important that we stay connected with you to update contact information, such as new telephone numbers or changes in your address.

Please keep reading our newsletters, birthday cards, and invitations to community events. We hope you enjoy this newsletter feature articles on ancillary studies, and our health note on depression.

Thank You!



Chicago Annual Follow-Up Team

SOL Study Opportunities

You may be invited to participate in other great studies under SOL known as "ancillary studies". These studies take a closer look at many of the SOL study components and are important because they will help to increase our understanding of Hispanic or Latino health and develop future studies to prevent health complications.

Your participation is strictly voluntary and separate from your initial commitment to SOL and to the annual follow-up interviews.

Currently three ancillary studies are taking place: **Socio-cultural**, **Sueño** and **SOLNAS**.

- **Socio-cultural:** Asses how personal relationships, culture, experiences and feelings influence the risk of heart disease in the Hispanic or Latino community.
- **Sueño:** Attempts to understand the sleep patterns of Hispanics or Latinos in the U.S. and whether sleeping habits might affect health problems like diabetes and heart disease.
- **SOLNAS** (*Study of Latinos Nutritional and Physical Activity Assessment Study*): will look at the amount of calories participants consume daily and how it affects their health.

If you are invited to participate in the Ancillary Studies, please accept it!



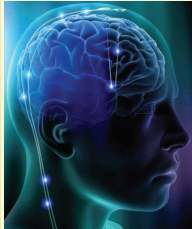
Chicago Socio-Cultural Ancillary Study Team

La Salud Mental: La Depresión

¿Sabía usted?

Los problemas y tensiones de la vida diaria pueden afectar nuestro bienestar emocional y psicológico, al punto que pudiéramos padecer enfermedades mentales. La salud mental es una de las varias áreas que se evalúa en el estudio de HCHS/SOL. Las enfermedades mentales son comunes en los Estados Unidos. Entre éstas se encuentra **la depresión**.

¿Qué es?



La depresión es **una enfermedad médica seria** que afecta el cerebro. Es algo **más que un mero sentimiento de tristeza** que dura unos días. Si usted es uno de los más de 20 millones de personas en los Estados Unidos que padece de depresión, debe saber que estos sentimientos de tristeza no desaparecen por sí solos, sino que persisten, y pueden interferir con su vida diaria.

Según los Institutos Nacionales de la Salud, la depresión puede causar **síntomas** tales como:

- Tristeza continua
- Pérdida de interés o placer en lo que antes se disfrutaba
- Pérdida o aumento de peso
- Problemas para dormir o dormir demasiado
- Falta de energía
- Problemas de la memoria
- Sentimientos de baja autoestima
- Pensamientos de suicidio o muerte



¿Quién está a riesgo?

La depresión puede ocurrir en personas con **historial familiar** de esta condición, y puede afectar **a personas de cualquier edad**. En algunos ancianos, la depresión y la demencia muestran síntomas parecidos. Algunas mujeres sufren de depresión después de dar a luz, lo que se conoce como **depresión postparto**. Algunas condiciones de salud también pueden causar depresión.

¿Existe una cura?

Hay **tratamientos eficaces para la depresión**, incluyendo medicamentos y psicoterapia. Si usted cree que sufre de depresión, **hable con su médico** para determinar si padece de esta enfermedad, y cuál de estos tratamientos es el indicado para usted. Además, se ha observado que **la actividad física, el diálogo con familiares o personas de confianza, y la consejería espiritual** pueden ayudarle a **reducir los niveles de estrés**, y a desarrollar destrezas para lidiar con los problemas y dificultades del diario vivir.

Otras fuentes de información

Para más información:

<http://www.nlm.nih.gov/medlineplus/spanish/depression.html>,
<http://www.nlm.nih.gov/health/publications/espanol/depression/>
<http://www.nlm.nih.gov/health/topics/depression/index.html>,
<http://www.cdc.gov/Features/Depression/>

Referencia: Biblioteca Nacional de Medicina de EE. UU., agosto del 2010 (accesible por la página del internet www.nlm.nih.gov/medlineplus/spanish/depression.html)

*Las imágenes vienen de Google.

Recipes / Recetas

Carrot and Cabbage Salad-From Mexico and Central America

- 2 cups shredded cabbage
- 1 small carrot, grated
- 3 Tbsp fresh lime juice or 1/4 cup vinegar, any type
- 1/2 tsp sugar
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1 Tbsp chopped cilantro
- 1-3 Tbsp chopped jalapeno or Serrano peppers (optional)
- Mix all ingredients and toss well



Ensalada de Zanahoria y Col de México y América Central

- 2 tazas de col (repollo), picado en tiras
- 1 zanahoria pequeña, rallada
- 3 cucharadas jugo de lima o 1/4 taza de vinagre (de acuerdo a su gusto)
- 1/2 cucharadita azúcar
- 1/4 cucharadita de sal
- 1/2 cucharadita pimienta negra
- 1 cucharada cilantro picado
- 1-3 cucharadas de chile jalapeño o serrano (opcional)
- Mezcle todos los ingredientes y revuelva bien

Mental Health: Depression

Did you know?

Daily problems and stresses affect our psychological or emotional well-being and may lead to mental illness. Mental health is one of the many areas being assessed by HCHS/SOL. Mental illnesses are widespread in the United States and include a number of conditions, including **depression**.

What is it?



Depression is a **serious medical illness** that involves the brain. It's **more than just a feeling of being "down in the dumps" or "blue"** for a few days. If you are one of the more than 20 million people in the United States who have depression, you need to know that these feelings do not go away on their own, but they persist and may interfere with your everyday life.

According to the National Institutes of Health, **symptoms** associated with depression can include:

- Prolonged sadness
- Loss of interest or pleasure in activities you used to enjoy
- Weight loss or gain
- Difficulty sleeping or oversleeping
- Energy loss
- Memory problems
- Feelings of worthlessness
- Thoughts of death or suicide



Who is at risk?

Depression **may run in the family. It can happen at any age.** In some elderly persons, depression and dementia show similar symptoms. Some women may experience depression after delivery, which is known as **postpartum depression**. Some health conditions may cause depression.

Is there a cure?

There are **effective treatments for depression**, which include medications and psychotherapy. If you think you have depression, **talk to your physician** to determine whether you have depression, and which of these treatments is the best for you. Also, it has been observed that **physical activity, reaching out and talking** with relatives and friends, and **seeking spiritual counseling**, not only can help you **reduce stress levels**, but these can also help you develop skills to cope with daily problems and difficulties.

Sources of Information

For more information:

<http://www.nlm.nih.gov/medlineplus/spanish/depression.html>,
<http://www.nlm.nih.gov/health/publications/espanol/depression/>
<http://www.nlm.nih.gov/health/topics/depression/index.shtml>,
<http://www.cdc.gov/Features/Depression/>

Reference: US National Library of Medicine, August, 2010
 (accessed online through
www.nlm.nih.gov/medlineplus/spanish/depression.html)

*Images taken from Google Images



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