



# NEWS from REGARDS

REasons for Geographic And Racial Differences in Stroke

## FROM OUR PLACE TO YOUR PLACE

We love keeping in touch with you! We appreciate your notes, cards, emails, and phone calls—and truly welcome your feedback. Now, it's our turn to share! We thought you'd enjoy seeing photos of who we are and what we do, so that you may get to know us, too... Hello from all of us to you!

### Spring/Summer 2025

If you would like to contact our Operations Center, the toll-free number is:  
1-888-REGARD8  
(1-888-734-2738)

### The Operations Center is open:

Monday-Friday  
8am-5pm CDT.

If you reach our answering machine, please leave a message and we will return your call.

### Visit us at:

[www.regardsstudy.org](http://www.regardsstudy.org)

### You can also email us at:

[regards@uab.edu](mailto:regards@uab.edu)



## HEALTHY EATING LINKED TO BETTER BRAIN HEALTH

Some studies have found links between healthy eating and improved thinking and memory. Examples include the Mediterranean diet, which emphasizes fruit, vegetables, and protein from fish, chicken, or beans, and the DASH eating plan, designed to lower blood pressure by reducing salt.

Our REGARDS team studied whether the MIND diet is linked to cognitive health. The MIND diet merges key features of the Mediterranean and the DASH diets. About 14,000 REGARDS participants had sufficient data on their cognitive health and diet at the beginning and end of the 10-year study period. About 57% were women, 30% were Black, and 70% were White. Overall, people who were eating foods most similar to the MIND diet were less likely to have problems with thinking and memory. They also had slower rates of cognitive decline.

It is important to find changes people can make to delay or slow down the development of cognitive problems. Our results support that further studies should be done, especially to examine potential differences among men and women and Black and White people.

## TRANSIENT ISCHEMIC ATTACK – TIA

A transient ischemic attack, or TIA, is a temporary blockage of blood flow to the brain. A TIA usually lasts only a few minutes. The symptoms of a TIA are similar to those that occur early in a stroke. The symptoms happen suddenly and may include:



- Weakness, numbness, or paralysis in the face, arm, or leg, typically on one side of the body
- Slurred speech or trouble understanding others
- Blindness in one or both eyes, or double vision
- Dizziness, or loss of balance or coordination

When you first notice any symptoms, get medical attention right away, even if symptoms go away. This is important because about one-third of TIAs are followed later by a real stroke that potentially can be prevented.

## COGNITIVE HEALTH AFTER A TIA

A new study from REGARDS looked at cognitive health in 356 individuals with a first-time TIA, 965 with a first-time stroke, and 14,882 individuals without a stroke or TIA. While it is known that cognitive health can decrease after stroke, we found that individuals with TIA also had progressive cognitive decline even though brain images did not show brain injury. Moreover, the cognitive decline after a TIA was faster than in individuals without stroke or TIA.

This adds to the importance of being aware of symptoms of TIA and seeking medical attention. If you think you have had a TIA, you need to be evaluated and treated for stroke risk factors and also evaluated for changes in your cognitive health. In general, keeping a healthy lifestyle of being physically active, eating a healthy diet, sleeping well, and controlling risk factors of hypertension and diabetes can help reduce your stroke risk—and is also good for your brain health!

## GOOD THINGS COME IN THREES!

- This quote means that if two positive events have already happened, a third positive event is likely to follow.
- We are excited to share that REGARDS has been refunded to conduct another home health visit with you!
- This will be the 3rd home visit!
- We will start in certain parts of the country first.
- Be on the lookout for a letter of invitation.
- We have exciting new ways to collect data over the telephone, online, and in your home based on what is easiest for you.

