



NEWS from REGARDS

REasons for Geographic And Racial Differences in Stroke

YOU ARE HELPING TO MAKE A DIFFERENCE!

Winter/Spring 2022

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

You can also email us at:

regards@uab.edu

REGARDS is a unique research study. Many research studies ask that you go to a clinic for evaluation or testing. REGARDS collected information by telephone interviews, visits in your home, and through mail questionnaires. These approaches allow us to collect a lot of different kinds of information about your health. It also allowed us to enroll people from all over the US – especially people who live in rural areas or people who do not have readily available transportation.

REGARDS is getting national recognition for our innovation! Other scientists are looking at our methods to see if similar methods will work for their research. We also work with college students and scientists in training to help them learn from REGARDS to develop hypotheses and study them. Recently, our methods and some results were highlighted in a workshop sponsored by the National Institutes of Health. The purpose of that workshop was to help the national research community plan ways to reduce the burden of neurological disease in underserved groups such as those in different race/ethnic groups, sex/gender minorities and rural groups.

TELL US WHAT YOU THINK

Some of you send us notes or cards and email or call us on the toll-free number. We would love to hear more from you! We want to hear what you like and don't like about the study. We want to hear about ideas you have for new questions to ask or better ways to ask them. We want to learn about the best ways to keep in touch with you. Send us an email, and send your cards and letters to:

REGARDS-UAB
1717 11th Ave S
Ste 416
Birmingham, AL 35205

POSITIVE NEWS FROM REGARDS ABOUT CAREGIVING

Caregiving can be stressful, but it can also have positive health outcomes for the caregivers. We interviewed 283 caregivers. We found that caregivers with higher social engagement reported higher levels of life satisfaction. African American caregivers reported higher positive traits compared to white caregivers.

People who had been caregivers for the longest time reported the highest levels of positive mental health. This information is important related to the COVID-19 pandemic because many individuals with limited experience or training are becoming caregivers. Resources with a focus on finding meaning and creating positive experiences while caring for others can be provided to caregivers as they move into this role.



DON'T SHY AWAY

People are generally social by nature. Some people like being alone and some alone time is good for us. High-quality social relationships can help us live longer, healthier lives. Here are some tips for staying connected with others.

- Help others through volunteering
- Find an activity that you enjoy, restart an old hobby, or take a class to learn something new
- Schedule time each day to stay in touch with family, friends, and neighbors in person, by email, social media, telephone or text
- Send letters or cards
- Introduce yourself to your neighbors
- Join a cause and get involved in the community

Remember to take steps to help keep you safe and active during the COVID-19 pandemic.

SETTING A FITNESS GOAL

Setting a fitness goal can help you establish a fitness routine, monitor your progress, and stay on track. The REGARDS research team is in the process of setting some fitness goals for this year, too. There are many ways you can start the process if you are thinking about becoming more active.

SHORT-TERM GOALS

- Having the appropriate shoes and clothing for exercise
- Finding a fitness class that is safe and effective for you
- Starting an exercise log or worksheet to monitor your progress

LONG-TERM GOALS

- Being able to walk a mile by the end of the year
- Losing a certain amount of weight in 6 months (if recommended by your doctor)
- Improving your overall fitness in two years