



News from REGARDS

Fall/Winter 2007-08

REasons for Geographic And Racial Differences in Sroke

REGARDS Toll-Free Number

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

The Operations Center is open Monday – Friday between the hours of 8:00 am and 5:00 pm Central Standard Time.

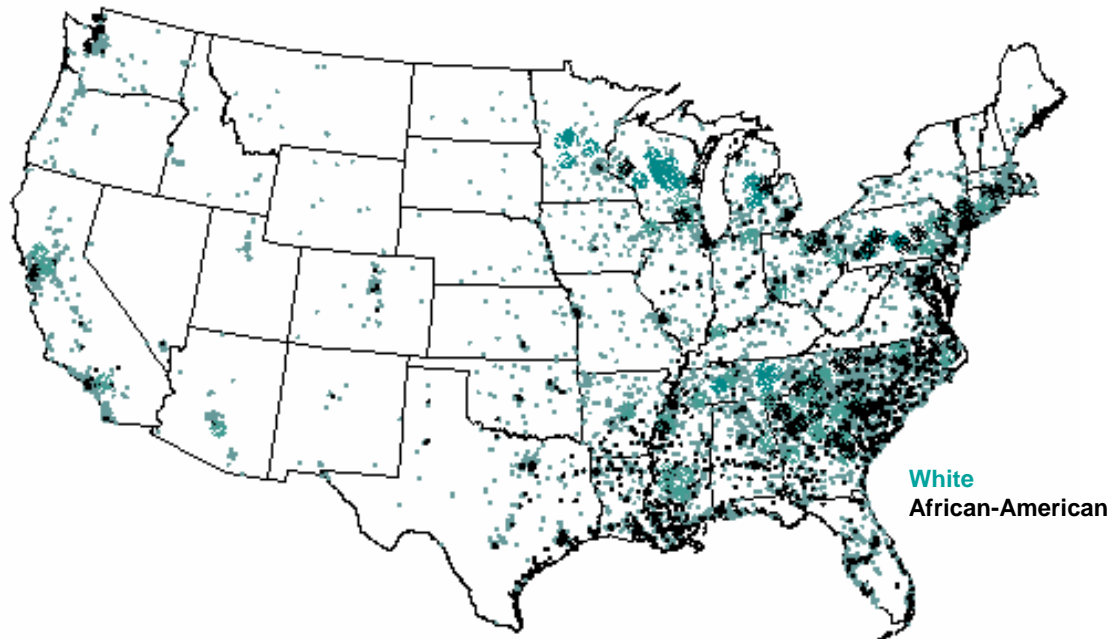
If you reach our answering machine, please leave a message and someone will return your call.

We appreciate your involvement and will make every effort to answer any questions concerning your participation.

Email:
regards@uab.edu

Website:
RegardsStudy.org

The REGARDS Stroke Project is proud to announce...



We will be continuing for five more years!!!

THANKS TO YOU...

The National Institutes of Health think this is such an important project that they are supporting the REGARDS Stroke Project for five more years. Your continued participation will help scientists understand how to prevent stroke. Thank you so much for your time in answering our questions every six months. With your help, we can learn more about how to save lives and improve health.

YOU are the most important part of this project. We'll be talking to you soon.

Stroke News from REGARDS

Thanks to the information provided to us by our REGARDS volunteers, we have just published one of our first major findings about stroke. It was published by the American Heart Association in their journal *Stroke*.

What we found was that REGARDS volunteers who have had one or more symptoms of stroke, but had never been told they had a stroke or a TIA reported worse physical and mental health than volunteers who had not had any symptoms of stroke. What we think this means is that some people may have had a very small stroke, or TIA, and didn't know it.

Doctors have known that some people have a stroke and never realize it because they had no symptoms- this has been called a "silent" stroke. Based on what we have found, we suggest that having undiagnosed symptoms of a stroke could be called a "whispering" stroke – it isn't entirely "silent". These "whispering" strokes result in a decline in physical and mental functioning.

This should remind us that we should take stroke symptoms seriously, even if they seem minor. If you have any of these warning symptoms, be sure to tell your doctor! Quick treatment can make a big difference.

Warning Signs of Stroke:

- ❖ **Sudden confusion, trouble speaking or understanding.**
- ❖ **Sudden numbness or weakness of face, arm or leg - especially on one side of the body.**
- ❖ **Sudden trouble seeing in one or both eyes.**
- ❖ **Sudden trouble walking, dizziness, loss of balance or coordination.**
- ❖ **Sudden severe headache with no known cause.**

Who are you talking to on the phone?

The calls that you get for the REGARDS stroke project come from the Survey Research Unit at the University of Alabama at Birmingham. We are the ones who called you the first time. We're also the ones who call back every six months to see how you are doing. All the calls come from our office in Birmingham.

Our survey unit reflects the students and employees of our university, and our local community. Of the interviewers, over 60% are African American/Black, about 20% are Asian/Middle Eastern and about 20% are White. 92% of our employees are women and only 8% are men.

We also pride ourselves in employing people with disabilities. In 2004 we won an award for this.

If you ever have trouble understanding someone who calls you, just ask to speak to another interviewer. We'll be happy to let you talk with someone else.
