

# SOUTHWESTERN NEWS

Media Contact: Mindy Baxter

(214) 648-3404

melinda.baxter@email.swmed.edu

## RESEARCHERS HOPE TO REDUCE SECOND STROKES AMONG AFRICAN-AMERICANS

DALLAS – October 25, 1999 – A new clinical study at UT Southwestern Medical Center at Dallas will address ways to reduce stroke recurrence among African-Americans.

UT Southwestern is one of 37 medical centers across the nation participating in the trial.

The first large-scale clinical trial to study secondary stroke prevention among African-Americans, the study will analyze the effectiveness of two medications in preventing recurrent strokes.

Participants will take either aspirin or ticlopidine hydrochloride twice a day for two years after a stroke. Study investigators hope to stop participants from having a second, potentially more damaging stroke.

“The overall goal is to determine which one of these two medications can best prevent a second stroke, a heart attack or any vascular-related death,” said Dr. Mark Johnson, assistant professor of neurology who is leading the study at UT Southwestern.

About 730,000 Americans have a stroke each year. It is the third-leading cause of death among Americans, and it is the leading cause of disability.

While stroke is a threat for all racial and ethnic groups, African-Americans face a higher risk. They are twice as likely as whites to die of stroke.

A 1997 study showed that African-American men between the ages of 45 and 59 are three times as likely to have a stroke as white men in the same age range. For African-American women, the risk of death from stroke is three to four times greater than in white women.

“Unfortunately, not much stroke research has focused on African-Americans,” Johnson said. “This is the first study to specifically address this problem.”

Study participants must be African-American, between the ages of 29 and 85, and have suffered a stroke within the past 90 days. Study medication will be provided free of charge, and participants must be available for 12 doctor visits over two years.

Rush-Presbyterian-St. Luke’s Medical Center in Chicago is coordinating the national study.

Call 214-648-7811 for more information.

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