



Thank you for participating in the MESA-MIND, a study about how your heart health relates to your brain health. Your time and effort in MESA and MESA-MIND will help us learn more about this important relationship and we are very grateful to have you as a continuing participant. Here are a couple of common questions about MESA-MIND and answers.

*What are these tasks measuring?*

The cognitive tasks you completed provide information about your memory and other basic cognitive functions. Just like a treadmill stress test for your heart, our cognitive tests are designed to be increasingly difficult as you progress through them, so no one gets all questions right. We expect people's performance to decline a little over time as they age; this is normal. Please note that these tests are part of a research study designed to answer certain research questions. They are not a substitute for tests done as a part of routine medical care or a clinical cognitive exam. If you have any concerns about your brain health, please discuss them with your doctor.

*What do you do with my cognitive results?*

After we remove your personal identifying information, your cognitive and brain imaging data are combined with other MESA participants across the country so our scientists can study the vascular contributions to brain health. Another step we take is to have a panel of experts in cognitive function and aging review your test results. If the experts think there could be a problem, you will receive a letter with a recommendation that you follow-up with your health care provider. With thousands of participants it takes time to double check, score, and review all of the tests. As a result, the process of getting results to participants can be slower than we wish. If you have concerns about your cognitive functioning, you can consult your personal health care provider at any time.

*What can I do about my brain health?*

The MESA-MIND team has put together the enclosed packet that briefly describes several key cognitive functions, and ways that might improve them. **Generally, what is good for your heart is good for your brain!** Please check with your physician before changing your diet or starting any exercise routines.

Thank you again for your participation in MESA Exam 7 and MESA-MIND.