

Racial, ethnic disparities seen in cerebrovascular disease in midlife

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Racial and ethnic disparities in small vessel cerebrovascular disease are

seen in midlife, according to a study published online Nov. 14 in *JAMA Neurology*.

Indira C. Turney, Ph.D., from the Taub Institute for Research on Alzheimer's Disease and the Aging Brain at Columbia University in New York City, and colleagues examined the racial and ethnic disparities in [magnetic resonance](#) imaging (MRI) markers of cerebrovascular disease and neurodegeneration using data from two community-based cohort studies (Washington Heights-Inwood Columbia Aging Project [WHICAP] and the Offspring Study of Racial and Ethnic Disparities in Alzheimer Disease [Offspring]). The final sample included 1,467 participants: 970 from WHICAP and 497 from Offspring.

The researchers observed racial and [ethnic disparities](#) in [cerebrovascular disease](#) in both midlife and late life, while disparities in cortical thickness were only seen in late life. For cortical thickness and white matter hyperintensity volume, Black-White disparities were larger than Latinx-White disparities. For Latinx and White, but not Black participants, brain aging, or the association of age with MRI measures, was greater in late life than in midlife. For Black participants, the association between age and MRI measures was similarly strong in midlife and late life.

"This study shows that race and ethnicity disparities observed at older ages are apparent in midlife, suggesting accelerated brain aging in Black participants," the authors write.

One author disclosed financial ties to the [biotechnology industry](#) and a patent for white matter hyperintensity quantification.

More information: Indira C. Turney et al, Brain Aging Among Racially and Ethnically Diverse Middle-Aged and Older Adults, *JAMA Neurology* (2022). [DOI: 10.1001/jamaneurol.2022.3919](https://doi.org/10.1001/jamaneurol.2022.3919)

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