



**SELF**

1009 Slater Road  
Suite 120  
Durham NC 27703

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## *What should I do if I need to cancel my scheduled appointment?*



If an unforeseen circumstance should arise, and you are no longer able to make your scheduled appointment, please give us a call as soon as you are able. We may be able to offer that appointment slot to another participant.

### **LET'S STAY IN TOUCH!**

Please call us at 1-877-692-SELF (7353) if your phone numbers, mailing address or email address changes.



## **What SELF Participants are saying...**

"Thank you so much for allowing me to participate in this study. It hit home because my mom suffered terribly from fibroids, even had to get a full hysterectomy because of them. So hopefully this research helps someone in the future."

"Ever since starting SELF, the program has been beautiful and had a very great impact on my lifestyle, by my family having a history of fibroids, this has been an excellent experience."

"SELF has been a blast to be a part of! I hope the Study continues to evolve and carry out all it sets out to do."

"Sad that it is over for me. Great experience that I am glad I was a part of. Good to be a part of something for a great cause."

"During this experience, it was nice to be able to interact with nice patient individuals especially with my phobia of needles."



Dear SELF Participant,

I hope you had a great summer. It is with great enthusiasm that I send you the 2016 Fall SELF newsletter. I appreciate the time and effort you dedicate to participating in SELF: the Study of Environment, Lifestyle & Fibroids.

The second Follow-Up ended in September 2016 with 1438 (85%) of enrolled women participating. The study kicked off the third phase of Follow-Up activities in March 2016, and 39% of you have already completed! We are pleased to say that 28 women who were not able to complete Follow-Up 2 have already completed Follow-Up 3! Additionally, seven women that missed both Follow-Ups 1 and 2 also returned to complete Follow-Up 3! We are hoping to have every one back for this third and final Follow-Up. EVERY WOMAN IS IMPORTANT, and every single participant counts! Your continued support will help SELF find the causes of fibroids.

Thank you to those who have already scheduled or completed your 3rd Follow-Up. To all others, a member of our study staff will call you when it is time to start your next activities. We continue to try to offer clinic visits at convenient days and times. Even if you have missed a previous Follow-Up, you can still complete Follow-Up 3! Your contribution today will make a difference for generations of women to come. If you have recently changed your number or moved to a different address, please let us know by calling 1-877-692-SELF (7353) or email us changes at [questions@DetroitSELF.org](mailto:questions@DetroitSELF.org).

In this newsletter, we focus on what we've learned from SELF to date. We have compiled some SELF tips on Fashion, and exciting activities to do in Michigan, to help you and your families enjoy the Fall Season. We also include study updates and reminders of important upcoming activities.

Thank you for your continued participation.

Sincerely,

Dr. Donna Baird  
SELF Principal Investigator

## Study Update

As of October 18, 2016:

- 1438 (85%) participants completed Follow-Up 2 which ended in September.
- 656 (39%) participants have completed all Follow-Up 3 activities.
  - 28 participants that missed Follow-Up 2 returned to complete Follow-Up 3
  - 7 participants that missed both Follow-Up 1 & 2 returned to complete Follow-Up 3
- 96% of all distributed Early Life Questionnaires have been returned. If you did not return one and need another sent to you, please let us know.

## Reminders

- If your appointment is within 7 days and you have not received your clinic visit packet, please contact us at 1-877-692-SELF (7353) so that we have time to get another kit sent to you before your appointment.
- Please make sure to fill out all the forms in your packet prior to your appointment. Even if you completed phone and computer survey prior to your clinic appointment, these forms still need to be completed.

## Any Questions?

Call us at  
**1-877-692-SELF (7353)**

or send an email to  
**[info@DetroitSELF.org](mailto:info@DetroitSELF.org)**



## Fall Fashion Trends

We've said our goodbyes to Summer, but do not pack away your summer clothes just yet! This Fall season is all about wearing what you already have, and layering pieces to create a day to night transitional effect! The SELF Study team has compiled some styling tips below that may help you remain stylish and comfortable in the new season:

### Transitional Pieces

Transitional pieces are clothing items that can be worn multiple ways. A long sleeve dress is a must have this season:

1. Roll up the sleeves when it is warmer, and
2. Combine with your favorite cardigan or vest when it gets cooler. Transitional pieces are the perfect option for Fashionistas on a budget, because they offer the flexibility of creating multiple looks for the price of one item.

### Neutral Colors

Beige is the "it" color for Fall 2016! There are various shades of beige in the neutral family from "cream" to "tan" to "brown."

Experiment with different colors until you find the perfect neutral color for you!

### Sleeveless Shirts

Sleeveless shirts are known as a summer staple, but do not pack away those sleeveless shirts just yet!

Combine with your favorite blazer or light coat, to create the perfect Fall look!



## What has SELF learned?

We need to complete Follow-Up 3 and compile all the information from it and the prior follow-up visits before we can begin asking our most important question:

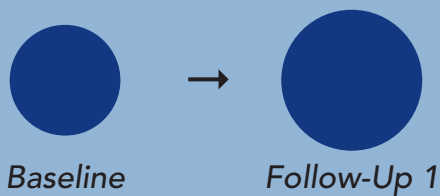
### *What can women do to reduce the health burden of fibroids?*

We are excited about the great response to this last Follow-Up. Over half of you have been contacted already, and over a third has already completed all Follow-Up 3 activities. Some women who completed Follow-Up 3 had missed both Follow-Up 1 and Follow-Up 2, but made it back for this one. HATS OFF to you, and to all of you who have participated, and made SELF so successful! If you haven't been contacted yet, you'll hear from us sometime during the next year as the time for your clinic visit approaches.

We are pleased to announce that Dr. Lauren Wise, one of the researchers working with the Black Women's Health Study, will be collaborating with us to see if phthalates (chemicals commonly found in many personal care products) and PCBs (chemicals that can build up in the body over time) may increase fibroid development. Researchers at the Centers for Disease Control measure these to estimate exposure in the general US population, and they will measure these contaminants in the urine and blood samples from you.

Even though we need to wait for most of our investigations, we have been able to describe the basics of fibroid development during the time from SELF Enrollment to the first Follow-Up approximately 20 months later. Here's what we found:

1. 22% of you had fibroids at the Enrollment ultrasound. Of women in the 22%, most had only a single fibroid and it was usually small (less than one inch in diameter). However, a few of you had numerous larger fibroids and have already had surgery to reduce your fibroid burden.
2. 10% of you without fibroids at enrollment developed at least one fibroid before the first Follow-Up.
3. Fifty-four of you who had fibroids at Enrollment lost your fibroid(s) by the first Follow-Up visit.
4. For the majority of you with fibroids at both Enrollment and Follow-Up 1, the estimated volume of fibroid tissue more than doubled during that time interval between those visits. Since many of you were starting with a single tumor smaller than a ping pong ball, typical fibroid growth would be about like that pictured below.



In the next few years as we are able to add in data for Follow-Ups 2 and 3, we will be working to identify what factors might prevent new fibroid development and what factors are associated with shrinkage or slower growth of already existing fibroids. Our aim is to find ways to help you and other women reduce the health burdens of fibroids.



## Pumpkin Patches & Apple Orchards

[www.wiards.com](http://www.wiards.com)  
[www.blakefarms.com](http://www.blakefarms.com)

Are you looking for a family friendly Fall activity in Michigan? Visit some of Michigan's best apple orchards and pumpkin patches such as Wiard's Orchard about 35 miles west of Detroit, or Blake Farms about 45 miles North of Detroit. Enjoy hay rides, pony rides, corn mazes, apple picking and more! Visit their websites for more details including activities, and locations of participating farms.

### Why do you keep bugging me after my clinic visit?



After the clinic visit we send out weekly reminders about completing the menstrual form. Each woman's next menses will come at different times over the weeks following the visit, so we decided a weekly email would be best. We know it helps for some of you, given how busy our lives can be, but sorry to bug you.