



Dear SELF Participant,

I hope you had a great summer. As busy as your life may be, I really appreciate the time and effort you dedicate to participating in SELF: the Study of Environment, Lifestyle & Fibroids.

We are working to finish up the remaining visits. If you have not yet scheduled your appointment, please give us a call today! We do not want you to miss out! We have many available appointment slots and we want to make sure you have one secured. EVERY WOMAN IS IMPORTANT, and every single participant counts!

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.

In this newsletter, we consider heart-healthy fats and provide some prevention strategies that may help prepare you and your families for the cold and flu 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 25, 2017:

- 1471 (87.4%) participants have completed all Follow-Up 3 activities.
 - 86 participants that missed Follow-Up 2 returned to complete Follow-Up 3
 - 27 participants that missed both Follow-Up 1 & 2 returned to complete Follow-Up 3
- 97.3% 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

- Companions (including children) are not allowed at clinic visits. If you have children, please note that childcare is not available, so please make other arrangements.
- Remember to return your Menstrual Form after your clinic visit.
- Let us know if any contact information changes for you or your **secondary contacts**.

Any Questions?

Call us at
1-877-692-SELF (7353)
or send an email to
info@DetroitSELF.org



Great News!

Henry Ford Health System is happy to announce that we have been granted the opportunity to continue SELF! We will ask the women of SELF to return for an additional clinic visit with the next wave starting in 2018. You will receive further information in the mail regarding this extension of the study. If your contact information has changed, please let us know so that we can update your information.



Are You Ready For The Cold and Flu Season?

Cold and Influenza (flu) viruses occur year round, but are most common during the fall and winter seasons. Colds tend to have a gradual onset with symptoms developing over a few days. The onset of flu symptoms are quick, and become full blown within a few days of exposure. Symptoms can last 5-7 days and may include cough, high fever, sore throat, severe headache, fatigue, chills, and body aches. Below are a few strategies, provided by the Center for Disease Control and Prevention (CDC), that may keep you and your family healthy through the cold and flu season.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing.

Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

<https://www.cdc.gov/flu/protect/habits.htm>



I've recently changed my phone number and email address, but I've already completed my 3rd Follow-Up. Should I contact SELF and update my contact information?

Yes, please keep SELF updated with your contact information so that we may contact you for future SELF opportunities! We also want to be able to send you future newsletters. SELF results will be coming out over the next few years.



Think Twice About Coconut Oil

A new advisory statement from the American Heart Association summarizes the evidence on how dietary fat affects heart disease and stroke risk. As you know there have been changing views and controversy over this issue: *Fats are bad! No, fats are good! Avoid trans fats! Use olive oil!*

The need to avoid trans fats was the first to become clear. These are artificial fats used in cooking oil and numerous processed foods (labeled “partially hydrogenated oil” in ingredients list). Many of us have been eating them for years in such familiar products as Ritz Crackers, Hostess Twinkies, Sara Lee New York Style Cheesecake, the Girl Scout’s Thin Mints, microwave popcorns, Nestle Coffee-mate, Nabisco saltine crackers, and even Bisquick. New York City restricted use in eateries back in 2006, and several other areas followed their lead. In 2015 many areas in New York banned all trans-fat products; heart attacks and strokes rates fell in those areas. The FDA starts a national ban in 2018, but national use has already dropped dramatically following the FDA ruling that trans fats had to be listed on the nutrition label.

Saturated fats, the predominant fats in butter, lard, and coconut oil were found to increase cardiovascular risk in studies done as far back as the 1960s, but results over the years have been inconsistent. The new advisory statement explains why. Research studies have compared the high saturated fat diet to other diets with similar calories to equalize energy intake. When the other diets substitute processed carbohydrates (like sugars and simple starches), those diets look just as bad as the high-saturated-fat diets. However, when they substitute complex carbohydrate, monosaturated fats, or polyunsaturated fats, the high-saturated fat diets look worse than these. So, the message seems clear: a diet high in saturated fats increases risk of heart disease and stroke.

Risk estimates from the Nurses Health Study show about a 9% reduction if you switch from saturated fats to mostly whole-grain carbohydrates, about a 15% reduction if you switch to mostly monosaturated fats such as olive oil, and about a 25% reduction if you switch to polyunsaturated fats. The decrease in risk does not occur immediately. It takes at least 1-2 years of a sustained dietary change to see change in risk. The table below (modified from the advisory report) shows the composition of several common fats and oils on the market. Choice of fats will also depend on if you want to cook at high temperatures. If they have a low tolerance for heat they begin to smoke, indicating break down of the constituents and a potential fire hazard. Read the labels.

Product	Fat Composition*		
	Saturated Fat (g/100 g)	Mono-saturated Fat (g/100 g)	Poly-unsaturated Fat (g/100 g)
Predominantly Saturated			
Coconut	82	6	2
Dairy (butter)	63	26	4
Palm oil	49	37	9
Tallow (beef)	50	42	4
Predominantly Monosaturated			
Canola oil	7	63	28
Olive oil	14	73	10
Peanut oil	17	46	32
Predominantly Polyunsaturated			
Corn oil	13	28	55

* Numbers do not add to 100 because there are small quantities of other fats not listed.

Sacks et al, “Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association,” *Circulation* 136:e1–e23, 2017.



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I haven't completed a SELF visit in years! Can I still participate in the 3rd Follow-Up?



Yes you can! We would love to have you back, it's not too late to participate. Even if you have missed a previous follow-up, you can still complete Follow-Up 3. There's also a bonus incentive for Follow-Up 3!

Please give us a call to schedule today. We have many convenient appointment slots available just for you.

LET'S STAY IN TOUCH!

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



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What SELF Participants are saying...

- » I loved every moment, all 5 years of this study. Thank you for allowing me to be a part of this.
- » I had a great experience! The workers were awesome! They did a great job!
- » I am grateful to be a part of such an important and historic study. I pray that there is an extension. I look forward to being a part of SELF as well as reading about it in the years to come.
- » I love the program and the cause. Thank you for doing this!!
- » Very professional and friendly. I have had a great experience with every visit!!