



Dear SELF Participant,

Happy Fall! I hope that you had a great summer.

As you know, we've recently closed SELF Follow-Up 3 activities. During this phase, we saw 1530 (90%) of all enrolled women return and complete your clinic visit and activities. This is the highest return rate of any follow up, so hats off to each of you! Thanks especially to those of you who moved away from Detroit but took the time for a SELF study visit when you took a trip back to the area. Special thanks to SELF staff, as well, who rearranged schedules and made it happen!

SELF will continue to send you quarterly newsletters every Spring and Fall to update you on SELF findings. Please call us at 1-877-692-SELF (7353) or send an email to info@DetroitSELF.org if your contact information changes, so that you will not miss these important updates.

In this newsletter, we include health news, a look back on SELF highlights, and a look to Fall fashion.

A century ago, women with fibroids often died from their surgical treatment. Once surgery became relatively safe, there was little effort to find other ways to treat fibroids. That has finally begun to change, with SELF being at the forefront of that change. Together we will find ways to prevent the debilitating symptoms that women endure because of fibroids.

Thank you for being part of SELF.

Sincerely,

Dr. Donna Baird
SELF Principal Investigator

Study Update

As of August 31, 2018:

- 1530 (90%) participants completed all Follow-Up 3 activities.
 - 96 participants that missed Follow-Up 2 returned to complete Follow-Up 3
 - 34 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.
- SELF staff in North Carolina are currently organizing the SELF data so we can begin to look for answers to our questions about fibroids. Having 90% of you complete the 3rd follow-up is important for the next analysis phase. **THANK YOU!**

Reminders

- Let us know if any contact information changes for you or **your secondary contacts**.

Newsletter Suggestions?

- We want to hear from you! What would you like to see in future SELF newsletters? Submit your ideas and suggestions to info@DetroitSELF.org

Any Questions?

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



I still have my Follow-Up 3 menstrual form. Is it too late to return the form to SELF?

It is not too late for you to return your completed menstrual form. 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. If you need an envelope, please contact us.



Flu Season!

The Centers for Disease Control (CDC) recommends annual flu shots for you and your children. Babies younger than 6 months should not get shots, but if everyone around them is vaccinated, the risk of getting the flu goes down for them too. If it is a first-time flu vaccination for 8-year-olds and younger, they'll require two shots for protection.

Health In The News!



HPV Vaccine Age Extension: *Boys to Age 21, Girls to Age 26*

Human papilloma virus (HPV) refers to a group of over 100 viruses. Most infections are cleared within 2 years of the initial infection, but some persist to cause cancer (cancer of mouth/throat, anus/rectum in both men and women, cancer of cervix, vagina, and vulva in women and cancer of penis in men). Thirteen HPV types have been identified as cancer-causing types. The virus is most often spread from one person to another through oral, vaginal, or anal sex. Most infections result in no symptoms, so many people who have an HPV infection are not aware of being exposed.

HPV vaccine has been developed to prevent infection by the viral types most likely to cause cancer, thus preventing many cancers. The current vaccine is active against 11 of the identified 13 high-risk HPV types. The CDC recommends that kids 11 or 12 years old get the protective vaccine (2 shots given 6-12 months apart), but it is available for children as early as age 9. The aim is for the vaccine to stimulate the development of immunity before young people are exposed. Then the infection will be prevented by the immune system. The vaccine does not treat existing infections.

Children and young adults who have not received the properly-timed doses by age 12 should get vaccinated as soon as possible to prevent future cancer. Upper age limits in the United States have now been extended to 21 for boys and 26 for girls. By these ages many men and women will already have been exposed to several HPV types and if the infection is cleared, will have built up immunity to them. However, individuals older than the age limit might also benefit from the vaccine and can often obtain it, but costs would rarely be covered by insurance.

www.cdc.gov/hpv/parents/whatishpv.html

Blood Clots and Pregnancy: *Black Women at Higher Risk*

When Serena Williams shared her story of life-threatening blood clots forming after her C-section for baby Olympia, it alerted many women to this problem. CDC now has lots of helpful information on their website, including a checklist of factors in addition to C-section that increase your risk:

- twin pregnancies,
- being pregnant at 35 or older,
- smoking,
- being overweight,
- or conditions such as diabetes.

www.vogue.com/article/serena-williams-vogue-cover-interview-february-2018

www.cdc.gov/ncbddd/dvt/materials/pregnancy-blood-clot-prevention-checklist.html

A Look Back: *SELF Highlights*

SELF is a huge success because of dedicated participants like you. Thank you for staying actively involved over the past 5 years. Here's a look back at SELF milestones and highlights.

Enrollment

SELF began recruiting and enrolling in October 2010, and ended in September 2012. The study achieved its targeted enrollment goal with a total of 1693 participants completing enrollment activities.

Follow-Up 1

SELF kicked off the first follow-up clinic visits and activities in October 2012, and ended in December 2014 with 1477 (87%) of enrolled women completing all Follow-Up 1 activities.

Follow-Up 2

Follow-Up 2 began in June 2014, and ended in September 2016 with 1438 (85%) of enrolled women completing the second follow-up.

Follow-Up 3

The study kicked off the third phase of follow-up activities in March 2016, and ended August 2018 with 1530 (90%) of women completing study activities. This was the highest return rate out of any of the follow ups. Many thanks to you!!

Fall Into Fashion



The SELF Study team has selected a few special items that are on trend for the 2018 fall season. Create and style your own look by combining several different trends together, or wear them separately!



fringe



animal prints



duster cardigans



versized bags



colored lens glasses



SELF

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RETURN SERVICE REQUESTED

Is there a SELF Follow-Up 4?



Henry Ford Health System has been granted the opportunity to continue SELF! The women of SELF are now being invited to return for an additional clinic visit. You will receive more information in the mail from Henry Ford Health System inviting you to join the nearly 240 women of SELF who have already completed their Follow-Up 4 Visit! If your contact information has changed, please let us know so that we can update your information.

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...

- » Great experience. I would participate another 5 years if I could, love it!
- » I've been delighted to participate! Everything is very well organized.
- » For the last 5 years the SELF study has been very informative.
- » Thank you for the opportunity to help. I hope it makes a difference.