



Dear SELF Participant,

I hope that you enjoyed your summer. We are happy to report that SELF is still in the 4th follow-up phase. A member of the Henry Ford study team will call you when it is time to schedule your follow-up 4 activities. In North Carolina, our study staff continue to review data collected from enrollment through follow-up 3. I cannot wait to share with you the details of any SELF findings.

In this newsletter, our health article focuses on an exciting new SELF finding about contraceptives. We also discuss the current opioid crisis in the US, a new related research project – SOAR, and a look to fall fashion. We have also included study updates and reminders.

Thank you for being part of SELF.

Sincerely,

Dr. Donna Baird
SELF Principal Investigator

Study of Ovarian Aging and Reserve (SOAR)

Over the next couple of months, SELF participants will have the chance to join a new research project – SOAR!

The purpose of SOAR is to study the ovarian health of young African-American women and determine how health behaviors, medical conditions and environmental factors impact ovarian reserve. Ovarian reserve helps determine the quantity of eggs a woman may have for future pregnancy. SOAR is funded by the National Institutes of Health (NIH) and being conducted in partnership between the University of Michigan and Henry Ford Health System.

Participation will require one 3-hour clinic visit. You will be compensated for your time. You must complete your follow-up 4 visit for SELF before you can complete a SOAR visit. If you are eligible for SOAR, a member of the Henry Ford team will contact you.

Study Update

As of October 1, 2019:

- 814 participants have completed all Follow-Up 4 activities.

Reminders

- Let us know if any contact information changes for you or your **secondary contacts**.
- We will continue to send regular study update mailings (3 times per year), that include 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.
- Do you have a friend or family member who is also in SELF and has not completed their Follow-Up 4 visit yet? Let them know that it is not too late to complete their visit! We are still actively completing Follow-Up 4 visits. Have them give us a call at 1-877-692-SELF (7353).

Any Questions?

Call us at

1-877-692-SELF (7353)

or send an email to

questions@DetroitSELF.org



New SELF Findings: Oral contraceptives do not increase risk of fibroids



Background:

Both estrogen and progesterone are known to increase the cellular development of fibroid tissue when tested in laboratory studies. So, oral contraceptives (OCs), made with synthetic estrogens and progestins, might also be expected to increase the risk of fibroids. Over a dozen prior studies have addressed the question, but the results have been mixed: some report increased risk, some decreased risk, and others find no association.

Why has it been difficult to get a consistent answer?

Most prior studies identify fibroid cases on the basis of a clinical diagnosis. This creates problems because women can have fibroids for years before they get diagnosed by a doctor. The big problem is that OCs can affect when women get diagnosed. For example, women who are taking the pill for contraception may develop fibroids but not develop symptoms because the pill reduces menstrual bleeding and pain. Those women may not get their fibroids diagnosed until much later, and it can look like the pill is protective even if it was just hiding the symptoms. It's just hard to study this question without the more detailed information we collect in SELF.

What did SELF do to study this question?

As you know, SELF conducted ultrasound examinations at the first study visit. Women without fibroids could be identified. Then at each subsequent visit any new fibroids could be found at the ultrasound. SELF is the first study to be able to see if women who develop fibroids during the study have used oral contraceptives more (or less) than women who do not develop fibroids. Of course, the women who use oral contraceptives a lot may be different from those who use them less in other ways (such as their average age), and those factors need to be taken into account. Sarah Hoffman took on this project for her doctoral dissertation at the University of North Carolina. The data available included all the new fibroid cases identified at the first and second follow-up visits (N=198) among the 1,110 women who were fibroid free at baseline.

Findings:

Sarah found that longer use of oral contraceptives did not increase (or decrease) the risk of fibroid development. Nor did taking OCs early in life (before age 17) increase risk, a finding reported several years ago by the Black Women's Health Study. These SELF findings should be very reassuring to women, millions of whom use the pill for contraception and/or for treatment of menstrual symptoms.

**Congratulations to
SARAH HOFFMAN and a big
THANKS to you, our SELF
participants, who made it possible!**

Opioid Crisis and Dangers of Overusing Prescribed Opioids

Opioids, sometimes called narcotics, are a type of drug that reduces pain signals to the body and brain. Opioids include legal prescription pain relievers, such as oxycodone (OxyContin), hydrocodone (Vicodin), codeine, fentanyl and morphine. The illegal drug heroin is also an opioid.

Opioids are legally prescribed to reduce pain from surgery, a major injury, and sometimes chronic pain. Regular use of opioid pain relievers can lead to dependence and misuse. Misuse of opioids can lead to addiction, overdose incidents and possibly death. This graphic summarizes the opioid epidemic statistics in the U.S. between 2018 and 2019.

If you or someone close to you needs help for a substance use disorder, talk to your doctor or call Substance Abuse and Mental Health Services (SAMHSA) National Helpline at 1-800-662-HELP. For more information about the US opioid crisis visit <https://www.hhs.gov/>.

THE OPIOID EPIDEMIC BY THE NUMBERS



130+

People died every day from opioid-related drug overdoses (Estimates for 2018 and 2019 based on provisional data)³



10.3 m

People misused prescription opioids in 2018¹



47,600

People died from overdosing on opioids (in 12-month period ending February 2019)²



2.0 million

People had an opioid use disorder in 2018¹



81,000

People used heroin for the first time in 2018¹



808,000

People used heroin in 2018¹



2 million

People misused prescription opioids for the first time in 2018¹



15,349

Deaths attributed to overdosing on heroin (in 12-month period ending February 2019)²



32,656

Deaths attributed to overdosing on synthetic opioids other than methadone (in 12-month period ending February 2019)²

SOURCES

1. 2019 National Survey on Drug Use and Health, Mortality in the United States, 2018
2. NCHS Data Brief No. 329, November 2018
3. NCHS, National Vital Statistics System. Estimates for 2018 and 2019 are based on provisional data.



oversized sweater

Fall Into Fashion

The SELF study team have selected a few must have items to add to your closet, as you transition your wardrobe into a new season!



plum colored lipstick



statement hat



small purse



capes



SELF

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RETURN SERVICE REQUESTED

I live out of state and plan to come back to Michigan for the holidays. Can I schedule a Follow-up 4 appointment for when I'm back in town?



We would love to see you when you come into town! Please give us a call as soon as you know your travel plans and we can schedule you for a Follow-Up 4 appointment. We may not be able to schedule you for an appointment with short notice, so the earlier, the better!

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 SELF staff! Thank you!!
- » I'm thankful that the study is continuing and that I am able to participate.
- » Great experience with a professional staff.
- » I appreciate being part of the study because it is very informative.

Thanks for the kudos!