SELF
STUDY OF ENVIRONMENT, LIFESTYLE & FIBROIDS

Dear SELF Participant,

Many of us have settled into new routines and overcome initial obstacles during these unprecedented times. The Centers for Disease Control and Prevention (CDC) reminds us that coping with stress will make you, the people you care about, and your community stronger. Work to take care of your body, make time to unwind, and connect with others. We are all in this together!

In this issue of the newsletter, we highlight vaccines – a little history and current challenges. We also share simple instructions for a no-sew face covering, a tasty spring pasta recipe and recent study updates and reminders.

Thank you for your continued support of SELF!

Sincerely,

Dr. Donna Baird
SELF Principal Investigator

Study Update

- 1,043 participants have completed all Follow-Up 4 activities to date.
- The Study of Ovarian Aging and Reserve (SOAR) started data collection in October 2019. To date, 103 participants have completed SOAR clinic visits. If you are interested in learning more about SOAR, or to determine if you are eligible, give us a call or shoot us an email and a member of the Henry Ford team will contact you.

Reminders

- We will continue to share SELF findings and regular study update mailings (3 times per year). 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.
- Let us know if any contact information changes for **your secondary contacts**.

Any Questions?

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

or send an email to
questions@DetroitSELF.org

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.**

Cheers for Vaccines—*Past, Present, and Future!*

A vaccine works by training the immune system to recognize and fight an infection from invading pathogens, such as viruses and bacteria. To do this, parts of the pathogen are introduced into the body to imitate an infection without causing an actual illness. This triggers our bodies to make antibodies, proteins that protect against the actual illness if we get exposed to the pathogen in the future. The Chinese began vaccinating as early as 200 B.C. They ground up smallpox scabs and inoculated healthy persons by scratching that material into their skin or blowing it into their nostrils. Unfortunately, this material sometime included actual live virus, and some people got the deadly disease. It wasn't until 2000 years later that Edward Jenner discovered a much safer inoculant. He substituted cowpox for the scab. Now safe inoculants to protect against numerous diseases have been developed in the laboratory. Children routinely receive safe and highly effective vaccines for hepatitis A and B, chicken pox, diphtheria, tetanus, pertussis, measles, mumps, rubella, polio, pneumonia, and meningitis. A person is generally resistant for years, because the viruses or bacteria that cause these diseases don't change much over time, and the antibodies stick with us. That is not the case for the flu vaccine, which needs to be updated every year.

Most flu is caused by influenza viral types A or B. These single-stranded RNA viruses do not have proof-reading mechanisms to keep their genetic material stable when they multiply in each infected person. With all this genetic change, there are lots of strains out there. Each year the World Health Organization (WHO) determines which 3 or 4 strains will be included in the upcoming year's flu shot based on careful monitoring of vaccine effectiveness during the flu season. This world-wide effort saves thousands of lives.

Now we are in a pandemic of COVID-19. It is caused by a single new coronavirus that seems to have jumped from a nonhuman host to humans in late 2019. Like the influenza viruses, the new virus is an RNA virus that can change over time. So far, the changes don't seem to be major. This is important because the first vaccines have already been developed, and it will take many months to identify a safe and effective one and get it out to the general public. Careful monitoring of changes in the COVID-19 virus will allow researchers to evaluate whether vaccine effectiveness is likely to be affected.

This pandemic will continue to be a difficult time. With all the health and economic challenges it brings, we hope you and yours can be safe.

https://www.publichealth.org/public-awareness/ understanding-vaccines/vaccines-work/;

https://www.historyofvaccines.org/timeline;

https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html

Taubenberger JK, Morens DM. The pathology of influenza virus infections. Annu Rev Pathol 2008: 499—522.

Looking for a simple, light dinner? Give this easy pasta recipe a try!

Simple Spring Pasta –

Fettuccine tossed in a light garlic sauce with fresh asparagus and juicy tomatoes.

https://www.forkinthekitchen.com/simple-spring-pasta/

Ingredients:

- 8oz. fettuccine noodles
- 3 Tablespoons butter (or olive oil)
- 1/2 cup yellow onion, finely chopped
- 3 garlic cloves, finely chopped
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon sea salt
- 1 bunch asparagus, cut into 1 inch pieces
- 1 1/2 cups cherry tomatoes
- 1/4 cup broth or dry white wine
- 1/4 cup reserved pasta water

Instructions:

1. Bring a large pot of salted water to a boil; begin cooking fettuccine noodles according to package.

2. Melt butter over medium-high heat in a large skillet. Add onion and cook for 2 minutes. Add garlic, red pepper flakes, and salt. Cook for an additional 2 minutes. Deglaze pan with broth/wine.

3. Add asparagus to skillet. Cook for 2 minutes and then add the tomatoes to the skillet. Toss and let cook for an additional 4 minutes or until asparagus is tender but still has a slight crunch. Add pasta water and transfer pasta to skillet. Toss pasta and vegetables. Serve immediately (excellent with shaved parmesan cheese and basil – or on its own!).

How to Make a Face Mask

Bandana Face Covering (no-sew method)

Materials:

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
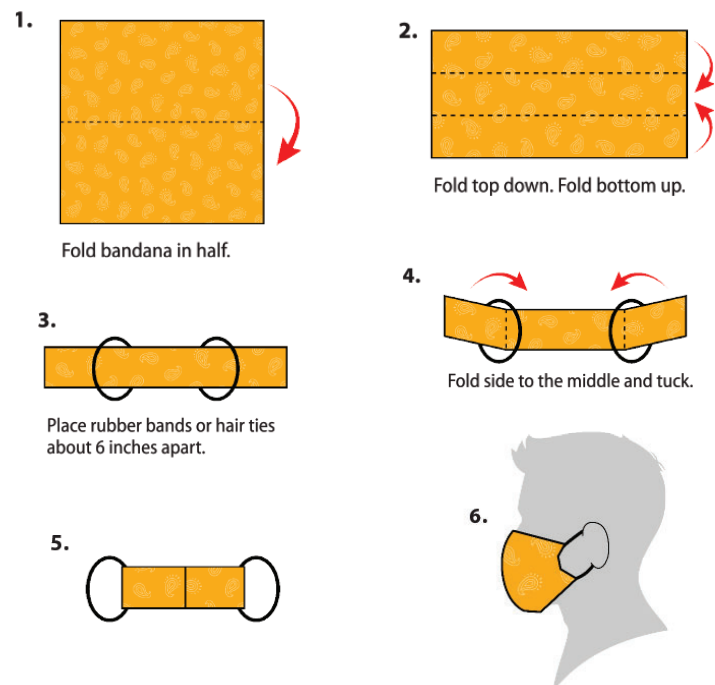4. Fold side to the middle and tuck.
5.
6.

The CDC recommends wearing a covering in public settings where it is difficult to maintain social distancing guidelines (e.g., grocery stores and pharmacies). Use of a simple cloth face covering may help slow the spread of the virus from those who are infected but do not have symptoms, to those who are uninfected.

Cloth face coverings should be washed routinely depending on the frequency of use. Additionally, they should not be placed on children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or unable to remove the mask without assistance.

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

Can I still complete my Follow-up 4 visit during the COVID-19 pandemic?

For the safety of our participants and staff study clinic visits have been placed on hold. When it is safe for clinic visits to continue, a Henry Ford staff member will contact 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.

NIH National Institute of Environmental Health Sciences   **RECOVERY**.gov   **Social & Scientific Systems, Inc.**   **Henry Ford HEALTH SYSTEM**

What SELF Participants are saying...

» Excellent, competent staff.

» Candace was very nice and helpful. Thank you!

» Keoni was very informative. She rocks!

» Debbie was great, she explained everything so that I could understand and was very nice. Bravo!

» I enjoy being a part of something so grand, very good experience.

» I had a pleasant experience from start to finish. Everyone who I encountered was very kind and helpful.

Thanks for the kudos!