



Thanks for the Kudos!

This is what SELF Participants are saying about...

Study Orientations

- Very professional, thorough and informative. Answered all of my questions.
- Tangi was very knowledgeable about the study and very helpful.
- I enjoyed meeting other women who want to help.

Clinic Visits

- Everyone was very nice and explained very thoroughly everything that was required!
- Sherae G was an excellent hostess! She was awesome!!
- I was very pleased with my clinic visit. I felt very welcomed.

Telephone Interviews

- It really helped to have a convenient time to complete the interview.
- The interviewer was very patient and made sure I understood each question.
- Telephone interviewer called me back when the call dropped. She was very pleasant.



Can fibroids be inherited as a trait?

Traits like sickle cell are caused by a single gene variant and can be traced through families. Most chronic diseases, including fibroids, are not like that. They involve interaction of numerous genetic and environmental factors. We don't yet know to what extent family history influences risk of fibroids.

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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Dear SELF Participant,

Thank you for your commitment to stay involved in this important research study! We hope you take pride in knowing that your contribution to SELF may help future generations of women learn how to prevent fibroids.

This newsletter provides a quick update on the enrollment phase of the study and highlights important reminders related to your continued participation. It also includes brief summaries of health-related topics that may be of interest to you.

Thank you again for your support.

Sincerely,

Dr. Donna Baird
SELF Principal Investigator

Study Update

As of April, 2012,

- Over 2,100 women have called in to see if they are eligible to participate
- Over 1,000 clinic visits have been completed
- 600 more women are needed to reach our goal...

***Spread the word
to other women!***

Reminders

- Follow-up visits will begin this summer
- Remember to return the Menstrual Diary, the Menstrual Questionnaire and the Early Life Questionnaire

Any Questions?

Call us at

1-877-692-SELF (7353)

or send an email to

info@DetroitSELF.org



Health News Your Family Can Use



Pap Smears: New Recommendations for Women with Normal Screening Results

The U.S. Preventive Services Task Force now recommends waiting until age 21 for the first Pap smear test that screens for cervical cancer. Then, if results are normal, testing can be done just every 3 years. Though a cervical swab sample taken with the Pap smear can be tested for the virus that causes cervical cancer (human papillomavirus, or HPV) this is not recommended for women in their 20s. HPV infections are common, and most of the infections are cleared naturally by a woman's immune system. The Pap smear test looks for changes in the cervical cells, so it is used to find early changes in cells of the cervix, not just the infection. These recommendations are for women with normal pap smear exams. The changes were made to limit damage to the cervix that can be caused by the procedures used to followup on Pap smears that come back abnormal.

www.uspreventiveservicestaskforce.org/uspstf11/cervcancer/cervcancerrs.htm#summary

Use of Hair Relaxer Associated with Increased Risk of Fibroids

The Black Women's Health Study enrolled nearly 60,000 U.S. black women, ages 21-69 in 1995. The study has been following the women's health ever since. Most premenopausal participants had used hair relaxers, but those who reported more frequent use were about 20% more likely to be diagnosed with fibroids during follow-up than those who rarely used relaxers. The type of relaxer did not seem to matter. However, the authors remind us that this is a first report and further research is needed. SELF is also collecting information about relaxers.

Wise & coauthors, American Journal of Epidemiology, advance online access, January 2012

SELF Participants Report a High Percentage of Preterm Births

Preterm birth (delivery 3 or more weeks early) can lead to increased infant illness and death. National estimates suggest as high as 18% of births for African Americans are preterm compared to 12%-13% for whites. Preterm birth appears high for SELF participants, as well. We were able to look at interview data from the first nearly 700 SELF participants. About 400 of these women reported having had at least one baby, and 15% of the babies were preterm.

Colhane & Goldenberg, Seminars in Perinatology, 2011; unpublished data from SELF

Progesterone Treatment Helps Prevent Preterm Birth

The American College of Obstetricians and Gynecologists recommends progesterone to help prevent preterm birth. Women with a prior spontaneous preterm birth or women with a very short cervix (seen at ultrasound) can get either shots or daily vaginal suppositories starting in mid-pregnancy. Most studies show a 30-40% reduction in preterm birth with treatment.

Thevenet & coauthors, American Journal of Obstetrics and Gynecology, March 2009

Better Drug Therapy for Hepatitis C

Hepatitis C is a viral infection of the liver. It's mild symptoms allow it to go undiagnosed, but it can remain in the body and, over time, cause liver damage, liver cancer, and death unless a liver transplant can be done. The prevalence is about 2% in the U.S., but blacks have twice the rate of whites. Last year a new drug to treat Hepatitis C, Incivek, was approved by the Food and Drug Administration. Addition of Incivek to previous therapy increases cure rates to 80% (up from less than 50%).

www.fda.gov/NewsEvents/Vewsroom/PressAnnouncements/ucm256299.htm



Why does SELF ask about HPV and genital warts separately, aren't they the same thing?

No. We ask about them separately because they may be diagnosed separately. There are more than 100 different types of human papillomavirus (HPV). Infection is common with about 50% of women being infected at some time in their life. Most such infections are asymptomatic. Some types, called "high risk HPV" can cause cervical cancer. Some low risk types can cause genital warts.

Blood Pressure Improves When Patients Hear Personal Stories from Other Patients

This study investigated ways to motivate patients with high blood pressure to maintain diet, exercise, and medication therapy. Participants were all African Americans with high blood pressure who were advised about their treatment in the clinic. They were randomly assigned to one of two groups. One group watched a video showing black patients telling their own stories about their high blood pressure management. The other group watched a video about health tips. Improvement was best for the group that heard personal stories.

Houston & coauthors, Annals of Internal Medicine, January 2011

Yoga Beats Usual Medical Care for Treatment of Chronic Low Back Pain

More clinical trials of alternative therapies are needed, but yoga was recently tested as a treatment for chronic low back pain. Patients (total number = 313) were randomly assigned to yoga (12 weekly classes) or usual care. Those in yoga had lower disability scores at the end of a year compared to the usual care group. All the participants in this study were men. So, a similar study with women is needed.

Tilbrook & coauthors, Annals of Internal Medicine, November 2011