



Dear SELF Participant,

I hope you had a great summer. It is with great enthusiasm that I send you the 2014 Fall SELF newsletter. We are now in the Follow-up 2 phase of the study and I appreciate the time and effort you dedicate to participating in SELF: the Study of Environment, Lifestyle & Fibroids. Your contribution today will make a difference for generations of women to come.

In this newsletter, we focus on identifying the causes of the common cold, and provide some prevention strategies. We also include a few tips for a more healthy diet, as well as 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 September 30, 2014:

- 1472 participants have completed all **Follow-Up 1** activities.
- 253 participants have completed all **Follow-Up 2** activities.
- 95% 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

- You will receive an additional \$100 if you complete all currently planned study activities.
- Remember to return your Menstrual Form after your clinic visit.
- Update your contact information if it changes.
- Update your secondary contact information if it changes.
- Please read through all of the study materials in your folder before your clinic visit. The kit contains important tips about your upcoming visit, and detailed directions and parking information.
- Visit www.DetroitSELF.org for future study updates and answers to Frequently Asked Questions (FAQS).

Any Questions?

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

or send an email to
info@DetroitSELF.org



What Is a Healthy Diet?



According to the Dietary Guidelines, issued every 5 years by the USDA and HHS, a healthy diet focuses on foods and drinks, that help achieve and maintain a healthy weight, promote health, and prevent disease.

Try these tips for a more healthy diet and lifestyle:

- A healthy meal should look similar to the plate picture above, with 50% of the food on your plate being fruits and vegetables.
- Eat a variety of food from all food groups including: vegetable, fruits, whole grains, fat-free or low-fat milk and milk products, and lean meats.
- Eat food that is low in saturated fats, trans fats, and cholesterol.
- Compare salt (sodium) in foods that you buy, and choose those with a lower number.
- Drink more water.
- Make foods that are high in fats and sugars, occasional choices, and not everyday foods.
- Consume fewer calories by remembering to control food portion size.
- Become physically active to reach and maintain a healthy weight.

Cold Season!

Yes, it's getting colder, but what about those sniffles?

Colds are the most common reason for missed work and school.

Causes

There are more than 200 viral strains that can cause colds. But you can have the virus without getting a cold: probably a quarter of infections lead to no symptoms. When infected people cough or sneeze the small water droplets in the air carry the virus. You get it by breathing in the viral-laden droplet, or touching a contaminated surface, then touching your mouth, nose, or eyes. It can spread rapidly within a household, school, or workplace.

Prevention

- Wash hands often, especially before preparing food or eating.
- Use a disinfectant to clean areas that are touched a lot (e.g., door knobs).
- A healthy immune system can sometimes prevent a cold. Avoid tobacco smoke, drink lots of water, and get plenty of rest. Eating yogurt with active cultures may help.

Symptoms

Symptoms usually start 2-3 days after contact with the virus. Primary symptoms are nasal congestion, runny nose, scratchy throat, and sneezing. Young children often run a fever.

Treatment

There is no cure, and treatments rarely shorten infections, but symptoms can be reduced.

Do:

- Rest.
- Drink lots of fluids (8-10 glasses/day), warm liquids like tea can help.
- Take hot showers and use a humidifier.
- Have some chicken soup (see recipe)!
- Nasal sprays may reduce symptoms, but can be used for only 3 days.
- See a doctor if you have trouble breathing.

Don't:

- Don't take antibiotics (they don't work on the viral infections that cause colds).
- Don't give over-the-counter cold and cough medicines to infants and young children (there is a risk of dangerous side effects).

Quick and Easy Chicken Noodle Soup

Serves: 4

Prep: 10 min. Cook: 30 min Total: 40 min

Ingredients

1 tablespoon butter
1/2 cup chopped onion
1/2 cup chopped celery
4 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can vegetable broth
1/2 pound chopped cooked chicken breast
1 1/2 cups egg noodles
1 cup sliced carrots
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
salt and pepper to taste

Directions

1. In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes.
2. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.



Can I participate in Follow-Up 2, even if I did not participate in Follow-Up 1?

Yes, you can still participate in Follow-Up 2, even if you were not able to complete Follow-Up 1. A SELF Study team member will contact you to schedule your next appointment, when your window opens.

Reviewing Your Contact Information...

We realize that over a 5 year period, you may move or you may change your telephone number or email address. In the event that we are unable to get in touch with you directly, we will reach out to your secondary contacts. We will only contact these individuals if we are unable to locate you by phone, mail or email. We will not disclose any of your personal information to your contacts. It's important that you review your secondary contacts, and provide us with any updates. Soon, SELF will be mailing you a form to update your contacts. Stay tuned!

Health in the News!

An Unusual Virus in the Midwest

Illinois and Missouri were the first to see an unusually high number of cases with severe respiratory problems that require hospitalization, mostly children. A virus thought to be causing the outbreak, has been identified by the Centers for Disease Control (CDC) as an enterovirus (EV-D68) related to the viruses that cause the common cold. Symptoms can be mild, but some patients develop severe breathing problems requiring hospitalization. As of September 24, 2014, the CDC had identified about 220 cases in 32 states, including Michigan. Children with asthma may be at highest risk. The virus spreads like cold viruses, and the same prevention strategies should be used.

Breastfeeding Disparities

Breastfeeding benefits infant health, but black babies are less likely to be breastfed than white babies in the U.S. Researchers at the Centers for Disease Control wondered if part of the reason may be lack of support for breastfeeding in the maternity ward. In a study of about 2500 maternity care centers surveyed in 2011, they found that those in areas with higher than average black populations do not provide as much support for breastfeeding as others in the U.S.

Lind JN, et al. Racial disparities in access to maternity care practices that support breastfeeding – United States, 2011. *MMWR* 63(33):725-728, 2014.

Black Women's Health Study's New Findings about Adult-Onset Asthma

Participants with symptoms of depression were more likely to develop asthma than those without depression. The authors think that stress might be the link between depression and asthma. Stress could lead to alterations in the immune system that could increase allergy and airway inflammation, resulting in development of asthma.

Coogan PF et al., Depressive symptoms and the incidence of adult-onset asthma in African American women. *Ann Allergy Asthma Immunol* 112:333-338, 2014.

Thanks for the Kudos!

What SELF Participants are saying...

"It's an awesome experience being involved in a study that I know will help so many women in the future."

"It has been a wonderful and informative experience."

"Everyone is great and easy to understand and I would do it all over again if needed."

"The nurse was very personable, inviting, and informative. This was by far my favorite visit. She enlightened me on things that may affect me medically."



Can I get study results?

Yes, we will periodically send out SELF newsletters to women who participate in SELF. Study updates will also be listed on the study website (www.DetroitSELF.org). However, many things won't be known until the end of the study, so we will continue to send you newsletters even after your participation ends.

LET'S STAY IN TOUCH!

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



SELF 1009 Slater Road
Suite 120
Durham NC 27703

RETURN SERVICE REQUESTED