



SELF

STUDY OF
ENVIRONMENT,
LIFESTYLE & FIBROIDS

1-877-692-SELF (7353)

www.DetroitSELF.org

Spring 2014

Dear SELF Participant,

Happy Spring and thank you for your continued participation in SELF. Thank you for all you have done to ensure the success of SELF! As you know, the study kicked off the first follow-up clinic visits and activities in October 2012. To date nearly 82% of you have completed all Follow-Up 1 activities. If you have not already scheduled or completed your clinic visit, please know that we are trying to reach you and would like to get you scheduled as soon as possible...we have many open appointments now.

The second phase of follow-up activities, Follow-Up 2, is scheduled to begin this summer. When it is time for your second follow-up, we will contact you. Just a reminder: participants who complete all study activities (at the end of 5 years) will receive a \$100 bonus.

In this newsletter, we include several Health News items of interest. We also include exciting study updates and important reminders to consider as you complete your follow-up activities.

Sincerely,

Dr. Donna Baird
SELF Principal Investigator

Study Update

As of April 30, 2014,

- 1390 participants have completed all Follow-Up 1 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

- Follow-Up 2 activities will kick off about June 2014.
- Remember to return your Menstrual Form after your clinic visit.
- Let us know if any contact information changes for you or your secondary contacts.

Any Questions?

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

or send an email to
info@DetroitSELF.org



The SELF Team is talking about...

Spring is finally here, and fashion is in the air!

Spring has sprung and for many that means putting away the heavy coats and sweaters, removing some of the layers and embracing beautiful bright colors. The SELF Study team has compiled some tips below on the biggest trends of the season that may help you showcase your individual style!



The Trend: Maxi Dresses

Not only are maxi dresses beautiful and very comfortable, but also some of the most versatile fashion pieces. These can be long or short, and by adding accessories such as a bracelet, breezy scarf, or blazer, the look for 1 dress can transform and suit multiple occasions. From work to play, maxi dresses should fit!



The Trend: Orange

From apricot to tangerine, pumpkin to carrot hues, orange proves to be one of the biggest spring 2014 color trends. Orange skirts, crop pants, tops, dresses; the possibilities are endless! The best thing about this bright and energetic color is that you can choose the shade that fits perfectly to your style.



The Trend: Colorful/Bright Lipsticks and Glosses

Colorful lipstick and glosses such as bright pinks, purples, and oranges are in for the spring. Have fun experimenting with different colors and lipstick finishes. There are many shades and brands, or you may even want to try your hand at making your own!

SELF Question Corner



I have already completed my first follow-up, what should I expect next?

Starting in June 2014, we will begin writing and calling participants about scheduling their second follow-up activities.

What if I get pregnant before my visit?

If you become pregnant before a scheduled visit occurs, it is extremely important that you call the study office so we can postpone your study activities until the end of your pregnancy. The reason for this is that the ultrasound may not view fibroids clearly during the pregnancy and the ultrasound images are an important part of the study.

Why do you keep bugging me after my clinic visit?

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, so we decided a weekly email would be best. We know it helps for some of you, given how busy our lives can be, but sorry to bug you.

Health News!



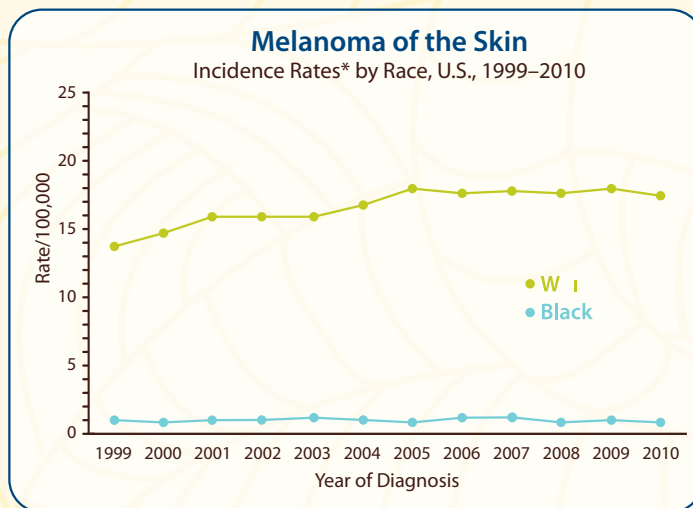
Black/White Differences in Life Span Narrowing

The difference in life span between black and white men and women in the U.S. is now the smallest it has been since the 1930s, when the government began tracking the disparity. Then, life span for black Americans was only about 48 years compared to 60 for white Americans. Life expectancy for black women increased to 78 over the past decades, but there is still a little over a 3-year gap with white women. Life expectancy for black men is nearly 72 years compared to 76 and a half for white men.

Heart disease, the #1 killer of U.S. men and women of both racial groups, is the biggest factor in the disparity. Both black men and black women are at higher risk of dying from heart disease than white men and women. Obesity is one of the risk factors for heart disease that affects black women more than other racial groups. Women usually gain 2–4 (or more) pounds per year, and as women age the health consequences of extra weight increases. Weight stability can help limit health risks. A recent Duke University study suggests that one strategy to limit the poor health effects of obesity is to focus on stopping weight gain—*“Maintain, Don’t Gain.”*

Melanin-Associated Health Outcomes

Melanin is the major pigment that darkens skin of people with African heritage. The darkness of the skin depends on the number, size, and melanin content of cellular containers made by special melanin-making cells. These cells are most common in skin. They transfer the containers of melanin up to the cells above them (closer to the skin’s surface). One melanin-producing skin cell services the melanin needs of 30 or more of the overlaying cells. The darker the skin, the greater the protection from ultraviolet radiation and damage it can cause. As a result, signs of skin aging are less common in black women than white women. People of color have lower rates of skin cancers than whites, including the most deadly form, melanoma. Melanoma is increasing among white women, but not black women. In the U.S., white women are about 8 times more likely to die from melanoma than black women.



Melanin-producing cells are not just in the skin. They are also found in the inner ear. The darker the skin, the more melanin will be in the inner ear. Several studies have suggested that darker-skinned people are less likely to experience hearing loss from long-term exposure to loud noise, and a well-designed study of short term noise exposure also showed that more inner-ear melanin protects against damage from loud noise. Melanin-producing cells are also found in the brain, but the function of melanin there is not yet known.



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How do I continue my participation in SELF?

All participants are asked to complete a total of three follow-up visits with additional surveys about every 20 months. Please keep your contact information up to date.

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...

"Everyone is so friendly and welcoming. They don't make you feel like just a survey participant."

"Keep up the good work, look forward to my next visit. Outstanding group of people and workers."

"My visit was comfortable and welcoming. Staff was very friendly and helpful."

"From making my appointment to my telephone interview and the follow-up appointment, I received awesome assistance. I am very pleased with the help provided!"

"I really appreciate the study. It helps me to see how important it is to get checkups on your feminine health."