



SELF

STUDY OF
ENVIRONMENT,
LIFESTYLE & FIBROIDS

1-877-692-SELF (7353)

www.DetroitSELF.org

Fall 2015

Dear SELF Participant,

I hope you had a great summer. It is with great enthusiasm that I send you the 2015 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. Follow up 3 will begin this winter. A member of our study staff will call you when it is time to schedule your next follow up.

In this newsletter, we focus on new health findings from the Black Women's Health Study. We also discuss domestic violence, and ways to raise awareness. We have compiled some SELF tips on fall fashion, and exciting activities to do in Michigan, to help you and your families enjoy the fall season.

We also include 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, 2015:

- 1214 (72%) participants have completed all **Follow-Up 2** activities.
- 96% 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

- If you have not received your clinic visit kit at least 10 days prior to your appointment, please contact us at 1-877-692-SELF (7353) to request another kit.
- At the conclusion of the study, if you have completed all scheduled Follow up study activities you will receive an additional \$100.
- 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

Michigan Fall Color Tours

Fall is wonderful time to explore nature's beauty. The leaves of over 19 million acres of trees begin to change color, and creates a beautiful landscape of crimson reds, oranges and golds. Treat yourself and your family to a wonderful sight by taking a trip to the beach, going for a walk through the trails, hiking through the forests, or even taking a drive to view the changing leaves.

For more information about
Michigan's Fall Color Tours, visit:

<http://www.michigan.org/fall-color-tours/>



Domestic Violence Awareness

What is Domestic Violence?

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control, perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death.¹

The 2010 Summary Report of the National Intimate Partner and Sexual Violence Survey reports that 1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime.²

October is Domestic Violence Awareness Month

Let's help put an end to domestic violence. Here are a few ways to help raise awareness:

- Donate your time by volunteering with organizations that cater to victims of abuse
- Donate items to domestic violence shelters including new women's & children's clothing, personal care products, child care products (diapers, wipes, etc.) or make a financial contribution
- Organize a community candlelight vigil or other public event to raise awareness
- Wear clothing with a logo or slogan to show your support
- Support the "Put The Nail In It" campaign by painting your left ring fingernail purple.

Contact your local domestic violence shelter to find out more ways that you can help.

Resources

Visit our SELF Domestic Violence Resource page <http://detroitself.org/resources.htm> if you or someone that you know needs help. The Centers are anonymous, confidential, and provide 24/7 help.

WC Safe

Crisis/24 Hour Hotline: 313-430-8000

YWCA Interim House Detroit Domestic Violence Shelter

Crisis/24 Hour Hotline: 313-861-5300

¹<http://www.ncadv.org/need-support/what-is-domestic-violence>

²http://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf



New Findings from the Black Women's Health Study

The Black Women's Health Study (BWHS) began in 1995 with nearly 60,000 volunteers from 17 US states. African-American women aged 21-69 shared information about their demographics, reproductive history, lifestyle factors, and medical history at enrollment and then began reporting their health status to the study every 2 years along with updates on the baseline information. Several questions have been addressed with recent reports.

Q. Are women with fibroids at higher risk of breast cancer? It wouldn't be surprising if the answer to this question were "yes." Both conditions are influenced by estrogen and progesterone. Both conditions share some risk factors such as early age of menarche.

A. Those who reported having been diagnosed with fibroids were *not* at higher risk of developing breast cancer during the 18 years of study follow-up. However, when the investigators looked at particular subgroups of participants, they found that those who reported being diagnosed with fibroids before age 30 did have an increased risk. There was a 26% increased risk of premenopausal breast cancer but not of postmenopausal breast cancer. Given the small number of premenopausal cancers in this subgroup, the investigators concluded that future studies would be needed to look at this group with early onset fibroids.

Wise, L. A., et al. (2015). History of uterine leiomyomata and incidence of breast cancer. *Cancer Causes Control*, 26(10), 1487-1493. DOI: 10.1007/s10552-015-0647-8

Q. Does physical activity decrease the risk of breast cancer for African-Americans?

A. There's a fair amount of evidence suggesting this is the case for white women, but not much data from black women. An earlier look at this from the Black Women's Health Study showed that participants who were doing vigorous physical activity at time of enrollment were less likely to report a prior diagnosis of breast cancer, but now they can answer the more important question:

Q. Does vigorous physical activity reduce the risk of future breast cancer?

A. Vigorous activity of 7 or more hours per week was associated with a 26% reduction in risk of future breast cancer. Similar results were found for brisk walking. An exciting further analysis found that vigorous activity was associated with reduced risk of both estrogen-receptor positive and estrogen-receptor negative breast cancer (the type that seems to be more prevalent in black women than white women, and is more difficult to treat).

Rosenberg, P. S., et al. (2014). A web tool for age-period-cohort analysis of cancer incidence and mortality rates. *Cancer Epidemiol Biomarkers Prev*, 23(11), 2296-2302. DOI: 10.1158/1055-9965.epi-14-0300

Q. Is hair style a barrier to exercise?

A. A separate small study of 103 African-American women in North Carolina reported that nearly a third of participants reported they exercised less than they wanted because of their hair. The two major problems were that 1) exercise could sweat out the style, and 2) that it took too long to wash, dry, and restyle hair after exercise.

Hall, R. R., et al. (2013). Hair care practices as a barrier to physical activity in African-American women. *JAMA Dermatol*, 149(3), 310-314. DOI: 10.1001/jamadermatol.2013.1946

Q. Does shift-work increase the risk of Type II diabetes? Type II diabetes is more common in black women than white women, often goes undiagnosed, and is associated with later development of major health problems (See Spring 2015 Newsletter on *detroitself.org*). Shift work has also been associated with increased risk of diabetes in the Nurses Health Study, a study like the Black Women's Health Study, but comprised mostly of white participants.

A. Among participants in the Black Women's Health Study, doing night shift work was associated with increased risk of being diagnosed with Type II diabetes during follow-up, even after accounting for obesity. The risk increased from 17% for 1-2 years of shift work to 42% for 10 or more years of shift work. This finding is especially important because an estimated 35% of African-American workers do shift work, higher than the estimated 28% of white workers.

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Vimalananda, V. G., et al. (2015). Night-shift work and incident diabetes among African-American women. *Diabetologia*, 58(4), 699-706. DOI: 10.1007/s00125-014-3480-9

Fall Fashion Trends

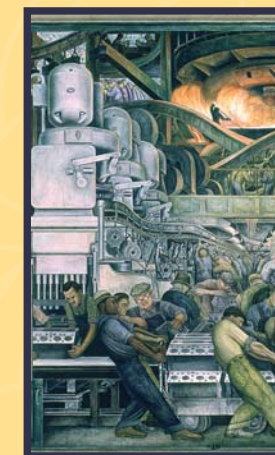
Summer has now come to a close, and Fall has arrived with cooler temperatures, crisp air, and boundless style options for your Fall wardrobe! This season is all about showcasing your individual style while staying warm. The SELF Study team has compiled some tips below that may help as you transition your wardrobe into a new season!

Oversized Knit Sweaters

Incorporate a cozy oversized sweater into your fall wardrobe. A sweater offers simple stylish comfort, and is great for layering in cooler weather. It can be worn over a tank top, blouse, or even a dress!

Boots

Boots are a Fall wardrobe staple that will never go out of style! Depending on your fashion preferences, there are many styles of boots ranging from high heel, wedges, over the knee, to low heel and ankle boots. Choose the color and style that suit you, and wear them with your favorite pair of jeans, skirt, maxi dress, or shorts. The possibilities are endless!



Diego Rivera's
Detroit Industry

Detroit Institute of Arts

Are you looking for something fun and exciting to do?

Visit and support the Detroit Institute of Arts!

The Detroit Institute of Arts was in jeopardy of bankruptcy, but was rescued only last fall. By visiting one of DIA's exciting exhibitions or by taking a free guided tour, you can help the museum continue to keep its doors open. For more information about featured exhibitions and scheduling free tours, visit www.dia.org.



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Do I need to reschedule my clinic visit if I start my menstrual period?



No, you may still attend your clinic visit if you start your menstrual period. The ultrasound examination can be performed during your menstrual period. If you are on your menstrual period and wearing a tampon, you will need to remove the tampon before the ultrasound examination. The ultrasound examination will be used to screen for fibroids and is a critical part of study participation.

LET'S STAY IN TOUCH!

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



Thanks for the Kudos! What SELF Participants are saying...

"I enjoy being a part of a study to find a possible cure. I feel very connected to this study being a black woman. I love devoting my time to this study."

"Ladies at clinic visit are very welcoming and knowledgeable. Thanks ladies."

"I am so grateful to the entire SELF staff study. I am grateful to Henry Ford Health System for paying attention and taking the time to investigate such a huge problem for African-American women. Every woman I know in her 40's has had a hysterectomy due to fibroids—we need an answer."

"The staff was so patient professional and polite. The rooms were very clean and comfortable."

"I love the SELF Study and the goal behind it. I will always faithfully continue with my participation."

I've been excited to be a part of this study since I found out about it. The SELF team is great. Very organized."