



Dear SELF Participant,

Happy Spring and thank you for your continued participation in SELF: the Study of Environment, Lifestyle & Fibroids.

The first Follow-up ended in December 2014, with 1,477 (87%) of enrolled women participating. The study kicked off the second phase of Follow-up activities in June 2014, and 45% of you have already completed—we are hoping this second Follow-up has even higher participation than we saw for the first follow-up. We are pleased to say that 52 women who were not able to complete Follow-up 1 have already completed Follow-up 2! When it is time for your second Follow-up, we will contact you to schedule your clinic visit. Just a reminder: participants who complete all study activities (at the end of 5 years) will receive a \$100 bonus.

In this newsletter, our health article focuses on one of the benefits of Medicaid expansion. We also include exciting study updates, notes on a couple of Detroit events, and important reminders to consider as you complete your follow-up activities.

Sincerely,

Dr. Donna Baird  
SELF Principal Investigator

## Study Update

As of April 15, 2015:

- 1477 (87%) participants completed the first follow-up which ended in December.
- 765 (45%) participants have completed the second follow-up
- 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

- No companions (including children) are allowed at the visit. If you have children, please note that there will be **no** childcare available, so please make other arrangements.
- Remember to return your Menstrual Form after your clinic visit.
- If you will not be able to make your scheduled follow-up appointment, please give us a call at **1-877-692-SELF (7353)** as soon as possible to reschedule. This allows us to offer your original appointment slot to another SELF participant. Even if you must cancel on the same day as your appointment, it will really help SELF staff to know you will not be coming to your visit.

## Any Questions?

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

or send an email to  
***info@DetroitSELF.org***



# "Green" Spring Cleaning

www.ccceh.org

Many cleaners have harsh fragrances and chemicals, like bleach and ammonia, which can irritate your eyes and lungs. These chemicals can be found in the air you breathe and in household dust. Go green this spring, and save money and avoid unwanted chemicals by making your own home cleaners.

- Baking soda can be used for many household cleaning and deodorizing purposes. For example, tackle dirty toilets by sprinkling a little baking soda into your toilet and let it sit for several minutes. Then scrub away toilet scum. For extra germ fighting action, pour in some vinegar with the baking soda. Search the internet for other great ideas on how to clean with baking soda.
- Mix a small amount of white vinegar with water to clean countertops and windows.
- Dust with a damp cloth or mop to avoid breathing harmful dust.
- Read labels on cleaning products to avoid harmful chemicals.
  - **AVOID:** Cleaners whose labels say: Corrosive, Caustic. These can cause health problems and are unsafe to have around children.
  - **CHOOSE:** Chlorine-free products, cleaners labeled Free & Clear, cleaners labeled No-VOC or Low-VOC



## Michigan Expands Medicaid Leading to Earlier Diabetes Detection

A new study<sup>1</sup> found that the Affordable Care Act seems to be helping many get their diabetes identified earlier. In those states that expanded Medicaid under this law, newly-found diabetes among those on Medicaid increased by almost 25%, while there was essentially no increase in states that did not expand Medicaid. Once identified these diabetics can get treatment early and have better long-term health.

Diabetes can be a debilitating disease. The risk increases with age. By age 60, over 20% of African American women are likely to be diagnosed, about twice the rate for white women. Even children and young adults can develop this disease, but it is much less frequent. **Among SELF participants, 3.4% report having diabetes.** Unfortunately, many people who have diabetes don't know it. Early in the disease process, there may be no symptoms, and if any are noticed, they can be overlooked or ignored. It is estimated that about a quarter of people with diabetes don't know they have it. Early diagnosis and treatment can prevent much long-term damage.

Michigan expanded Medicaid in April of 2014 to cover all households with incomes up to 138% of the federal poverty level. That works out to \$16,243 a year for 1 person or \$33,465 for a family of 4. To find out if you qualify for Medicaid in Michigan, contact your state Medicaid agency or fill out an application through the Health Insurance Marketplace.

Visit  
<https://www.healthcare.gov/medicaid-chip/eligibility/>  
for more information.

<sup>1</sup> Kaufman, HW, Chen, Z, Fonseca, VA, & McPhaul, MJ. Surge in newly identified diabetes among Medicaid patients in 2014 within Medicaid expansion states under the Affordable Care Act. *Diabetes Care.* 2015; 38(5):833-837. doi: 10.2337/dc14-2334. Epub 2015 Mar 22.

## What Is Type II Diabetes?

Type II diabetes, the most common form of diabetes, is a chronic disease that affects how the body deals with sugar. Insulin regulates the rapid transfer of sugar out of the blood and into the organs that use it for energy. In diabetics sugar isn't transferred efficiently. It remains at high levels in the blood and spills out in the urine. This can happen if the insulin signal is too weak or if the cells that should be getting the sugar don't respond to the insulin signal.

## What are symptoms of diabetes?

Common symptoms that develop are increased thirst, frequent urination, increased hunger, fatigue, blurred vision, slow-healing sores or frequent infections.

## What long-term damage can diabetes cause?

Damage to

- blood vessels and heart that dramatically increase the risk of heart disease
- nerves leading to numbness and pain in arms or legs, and digestive problems
- kidneys that eventually can require dialysis or a kidney transplant
- eyes that increases risk of cataracts, glaucoma, and blindness
- nerves in feet that can lead to open sores and eventual amputation

Diabetics are also at higher risk of Alzheimer's disease.

## How is diabetes diagnosed?

There are several different blood sugar tests that can indicate diabetes.

The standard test measures the amount of blood hemoglobin that has sugar attached to it. This provides an estimate of the average blood sugar for the past 2-3 months. If values are high (above 6.5%) on two separate tests, diabetes is diagnosed.

## Detroit SOUP

www.detroitSOUP.com

*Do you have a great idea for your community?  
Do you need funding to get your project started?*

**Check out Detroit SOUP!**

Detroit SOUP is a dinner celebrating and supporting creative projects in Detroit. For a \$5 donation attendees receive soup, salad, bread and an opportunity to cast a vote for one of four presenters to help fund their project. The presentations range from ideas about art, urban agriculture, social justice, and social entrepreneurs to education, technology and more. Each presenter has four minutes to share their idea and answer four questions from the audience.

At the event, attendees have dinner, connect with one another, share resources and ideas, enjoy art and vote on the project they think benefits the city the most. At the end of the night, ballots are counted and the winning project gets all of the money raised that night. Winners come back to a future SOUP dinner to report their project's progress.

### Upcoming SOUP Dates:

June 14  
September 20  
October 18  
November 15  
December 6

Locations vary, so please visit  
[www.DetroitSOUP.com](http://www.DetroitSOUP.com)  
for the latest information.







**SELF** 1009 Slater Road  
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## *I have moved out the Detroit area, can I still participate in SELF?*

YES! We really appreciate all that you have already contributed to this one-of-a-kind research study and we do not want you to miss out on your chance to complete your follow-up activities.



SELF still needs your help to solve the mysteries of fibroids. If at any time you plan to be in the Detroit area, even if only for a short visit, feel free to give us a call at **1-877-692-SELF (7353)** or email us at **questions@DetroitSELF.org**. We can send your study kit to your current address and if you take advantage of completing surveys ahead of time, the clinic visit will only last a couple of hours. Staff will work hard to secure a clinic appointment just for 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.



## *Thanks for the Kudos!*

### What SELF Participants are saying...

"I overall enjoy being a participant and like the fact that I am a part of a study that is researching a topic that affects many women in my family."

"The atmosphere is always professional and comfortable."

"I am really impressed by the SELF Study and its workers. Everyone is friendly and explains procedures to ensure that you understand."

"I enjoy the experience. I hope my help in the study can help others."