



Dear SELF Participant,

Happy Spring!

Follow-up 3 is winding down, and we're happy to report that over 90% of you have completed your activities. Epidemiologic studies take years, but our initial goals are right on track, THANKS TO YOU. We are so grateful for your willingness to give of your time, to provide those blood, urine, and vaginal swab samples, and to share your information for the study. We look forward to sharing results as we analyze the information from the 3 follow-up visits.

If you have not yet scheduled your 3rd follow-up, there is still time! We would love to speak with you regarding your scheduling options. Please call us today at 1-877-692-SELF (7353) or email us at [questions@DetroitSELF.org](mailto:questions@DetroitSELF.org) to schedule. If you have moved out of state, and are back for even a short visit, we'll squeeze you in so you can participate!

If you have recently changed your number or moved to a different address, please let us know by calling 1-877-692-SELF (7353) or email us changes at [questions@DetroitSELF.org](mailto:questions@DetroitSELF.org).

In this newsletter, our health article focuses on the link between body weight and sleep problems. We also include exciting study updates, important reminders to consider as you complete your follow-up activities, and a look to Spring fashion.

Thank you for your continued participation in SELF: the Study of Environment, Lifestyle & Fibroids.

Sincerely,

Dr. Donna Baird  
SELF Principal Investigator

## Study Update

As of April 27, 2018:

- 1515 (90.0%) participants have completed all **Follow-Up 3** activities.
  - 94 participants that missed **Follow-Up 2** returned to complete **Follow-Up 3**
  - 31 participants that missed both **Follow-Up 1 & 2** returned to complete **Follow-Up 3**
- 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

- Remember to return your Menstrual Form after your clinic visit.
- Let us know if any contact information changes for you or your secondary contacts.
- Please make sure to fill out all the forms in your packet prior to your appointment. Even if you completed the phone and computer survey prior to your clinic appointment, these forms still need to be completed.

## Any Questions?

Call us at  
**1-877-692-SELF (7353)**  
or send an email to  
**[questions@DetroitSELF.org](mailto:questions@DetroitSELF.org)**





## Health in the News!

# Sleep Problems and Body Weight

Sleep is a time when our bodies are restored. It strengthens the immune system, helping to fight infections. It is critical for good brain function, enhancing learning and helping to prevent accidents. It reduces irritability, boosting our mood.

### What does body weight have to do with it?

It has long been recognized that **extra body weight is linked to sleep problems**, especially sleep apnea. Sleep apnea is a common sleep disorder resulting in short-term episodes when breathing stops. The most common form is obstructive sleep apnea caused by narrowing or closure of the airway in the throat. People with extra weight often have fat deposits around their upper airway that increases the chance of airway closure. The impact of extra weight on sleep apnea is illustrated by a patient who was followed for several years with visits to a sleep clinic. During those years the patient's weight fluctuated from a low of 187 pounds to a high of 245 pounds. More apnea events occurred when weight was high. At the lowest weight (187 pounds), the number of apnea events averaged

3 per hour, but at the highest weight (245 pounds) the number escalated to 60 per hour. This study showed that weight gain can increase apnea exponentially. The good news is that the opposite is also true: a moderate weight loss can have a substantial impact on reducing apnea. Treatments other than weight loss are also available including a commonly used machine that provides continuous positive airway pressure (CPAP) which helps keep the airway open.

However, research also shows that **poor sleep can cause weight gain**. This probably works through numerous body changes that are seen when sleep is inadequate or of poor-quality. There can be adverse effects on the insulin/glucose balance that could increase diabetes risk, but perhaps most striking are changes in the brain that affect food intake. When there is inadequate sleep, food intake increases and there is also a change in food choice. Compared to times of adequate sleep, people in experimentally controlled sleep deprivation studies are more likely to choose high-calorie foods such as sweets and starchy foods, big determinants of weight gain.

So, how can we help ourselves and our family get adequate, restorative sleep? First, we need to allow for adequate sleep time. The CDC recommends 7-9 hours of sleep per night for adults. Our kids need even more: 10-14 hours for pre-schoolers, 9-12 hours for school-age kids, and at least 8 hours for teen-agers. We all know that caffeine can keep us awake, but large meals and alcohol before bedtime cause sleep problems, too. Get in the habit of turning off electronic devices at least 30 minutes before bedtime, and create a relaxing bedtime routine.

#### Sources:

Greer, S. M. (2013). The impact of sleep deprivation on food desire in the human brain. *Nature Communications*.

[www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/diagnosis-treatment/drc-20352095](http://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/diagnosis-treatment/drc-20352095)

[www.cdc.gov/sleep](http://www.cdc.gov/sleep)



## *I'm not able to make my scheduled SELF appointment. When should I notify SELF?*

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.

### THE SELF TEAM IS TALKING ABOUT...

## SPRING 2018 FASHION TRENDS



HEADWRAPS  
& SCARVES

Pack away those boots and heavy coats, and pull out your sandals, because spring is finally here!

The SELF Study team have selected a few must have items, that are on trend for the 2018 spring season. Create and style your own look by combining several different trends together, or wear them separately!



RHINESTONE  
EMBELLISHMENTS



MIX & MATCH  
PRINTS



JUMPSUITS



ROMPERS



FANNY PACKS



**SELF**

4505 Emperor Blvd.  
Suite 400  
Durham, NC 27703

RETURN SERVICE REQUESTED

## Will I get study results?



Receiving final results will take some time. We will need to wait until the 3rd Follow-Up phase is complete before we are able to address questions about factors associated with fibroid development and growth. In the next few years as we are able to add in data for Follow-Ups 2 and 3, we will be working to identify what factors might prevent new fibroid development and what factors are associated with shrinkage or slower growth of already existing fibroids. Our aim is to find ways to help you and other women reduce the health burdens 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.



## What SELF Participants are saying...

"Great experience. I would participate another 5 years if I could. Love it!"

"My interviewer was absolutely wonderful. She was very polite and it was a pleasure meeting her."

"My representative was very polite and knowledgeable. I loved her. She made me feel comfortable. Great people skills. Keep her!"

"My representative was very friendly and warm. I really appreciated her kindness."

"Both people from the interview (in person and over the phone) were very kind, patient, and caring."

"Staff has been very understanding with scheduling visits after I moved out of the area—greatly appreciated! Would love to see the final published study."