



SELF

STUDY OF
ENVIRONMENT,
LIFESTYLE & FIBROIDS

1-877-692-SELF (7353)

www.DetroitSELF.org

Fall 2021

Dear SELF Participant,

I hope you and your families have enjoyed the summer and that you have a safe and healthy fall season. As always, I sincerely thank you for your dedication to SELF: Study of Environment, Lifestyles and Fibroids.

SELF is continuing in the 4th follow-up phase. A member of Henry Ford study staff will call you when it is time to schedule your Follow-up 4 activities.

In this newsletter, our health article focuses on the use of Depo-Provera as it relates to reduced fibroid development. We will discuss tips on starting a fresh vegetable garden and highlight the Detroit Riverwalk. It also includes study updates and reminders.

Thank you for being part of SELF.

Sincerely,

Dr. Donna Baird
SELF Principal Investigator

SELF Is Excited to Introduce a New Study



The inVitD study will look at how vitamin D might help a woman have a regular cycle and get pregnant when she

wants to. You, or women you know, may be eligible to join inVitD if you are a woman between the ages of 19 and 40, not planning to get pregnant, and not taking hormones.

We are currently planning to officially launch in January. However, you may email us now at info@invitedtrial.net for more information. We will let you know when enrollment starts. And tell a friend!!

Study Update

- 1293 participants have completed all Follow-up 4 activities to date.
- The Study of Ovarian Aging and Reserve (SOAR) started data collection in October 2019. To date, 218 participants have completed SOAR clinic visits. If you are interested in learning more about SOAR, or to determine if you are eligible, give us a call or send us an email and a member of the Henry Ford team will contact you.

Reminders

- We will continue to share SELF findings and regular study update mailings (three times per year). Please call us at 1-877-692-SELF (7353) or send an email to info@DetroitSELF.org if your contact information changes, so that you will not miss these important updates.
- Let us know if any contact information changes for **your secondary contacts**.
- If you live out-of-state and will be in the Detroit area, please reach out to us as soon as you have your dates, so that we can schedule you for a SELF visit. To thank you for your continued participation and time completing this visit, you will receive a \$150 gift card.

Any Questions?

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

or send an email to
questions@DetroitSELF.org

Newsletter Suggestions

We want to hear from you! What would you like to see in future SELF newsletters? Submit your ideas and suggestions to info@DetroitSELF.org.

New SELF Results: Depo-Provera Contraceptive Shots and Reduced Fibroid Development

The contraceptive shot, widely known as Depo-Provera or Depo, was approved by the FDA for use in the United States in 1992. If given every three months, it is very effective (only one in a hundred women become pregnant over a year). Depo prevents ovulation, thickens cervical mucus preventing easy entry by sperm, and thins the uterine lining making implantation less likely. Side effects include irregular bleeding that usually decreases with time, and many have complete absence of bleeding after several months of use. The FDA added a warning for users in 2004: bone loss can occur with prolonged use. Depo use for more than two years is deemed high risk. A lower dose product is now on the market, but it has shown similar bone-loss effects.

As you will recall, we asked about hormonal contraceptive use at all the SELF telephone interviews. Though 43% of you reported having used Depo at some point by the time you enrolled, many used it for only a short time, and only 7% were using it at the beginning of the study. We used the interview data along with our ultrasound data on fibroids from all four visits to ask: *Does Depo use influence fibroid development?*

To Learn More About Depo-Provera

Cleveland Clinic:

my.clevelandclinic.org/health/drugs/4086-depo-provera%C2%AE-birth-control-shot

Mayo Clinic:

mayoclinic.org/tests-procedures/depo-provera/about/pac-20392204



Dr. Quaker Harmon led the project. Short-term use had little influence, but among those who had used Depo for more than nine months, current or recent users were less likely to develop

fibroids. Those who had no fibroids at a given ultrasound were 40% less likely than never users to have a fibroid at the next ultrasound. For Depo users with fibroids, their fibroids were more likely to shrink over time compared to non-users. Even more impressive was that Depo users were more likely to have fibroids disappear. Those who used Depo within two years of a given ultrasound exam were 50% more likely than never users to lose a fibroid, and those who had used Depo even further back in time (within 2-4 years prior to an ultrasound when fibroids were seen) were more than twice as likely than never users to have fibroid loss by the subsequent ultrasound. We conclude that this contraceptive method appears to have the beneficial side-effect of reducing fibroid development, and its beneficial effects last for months to a few years after stopping Depo. However, a woman's family-planning choices depend on numerous factors, both medical and social. The potential for less fibroid development would be just one of these. These are exciting new findings, and we want to thank all of you for sharing your information in those interviews. 🙌

Six Essential Steps for Starting Your First Vegetable Garden Off Right

Growing vegetables and herbs at home can be a way to save money while you get up close and personal with nature. You'll also find that the flavor and texture of garden-grown produce is even better than what you're used to finding at the grocery store. Now is a good time to begin planning for that spring project!



1. **Start with a Small Space:** A good size for a beginner's vegetable garden is 6x6 feet. Select up to five types of vegetables to grow, and plant a few of each type.
2. **Grow What You Love to Eat:** Start by choosing veggies you like to eat, then look into their sizes and care needs. Pay close attention to the description on the seed packet, tag, or label. Each variety of vegetable comes with certain characteristics.
3. **Choose the Spot for Your Garden:** there are two basic requirements that your location needs to meet for the best success: water and light.

4. Plan Your Vegetable Garden Layout

Row Cropping: Place plants single file in rows at least 18 inches apart so you can walk easily between them. This approach makes the most sense for large vegetable gardens.

Intensive Cropping: Space two or three plants close together in a bed about four feet wide. This works well for most types of vegetables, excluding ones that vine (such as cucumbers).

5. **Start Plants in Rich Soil:** You want soil that is dark, crumbly, and literally full of life!
6. **Be Ready for Pests and Diseases**

Stop Weeds in Their Tracks: A mulch of clean straw, compost, or plastic can reduce weeds around larger plants like tomatoes. Use a hoe on weeds that pop up.

Deter Destructive Insects: Picking off large insects and caterpillars by hand (and dropping them into a bucket of sudsy water) is a safe, effective way to deal with limited infestations. For bigger quantities of insects, try insecticidal soap sprays found at a garden center. Whichever pest-control chemicals you use, carefully follow the manufacturers' directions.

Fight Fungal Diseases: Reduce fungal diseases by watering the soil, not the leaves of the plants. If you use a sprinkler, do it early in the day so leaves will dry by nightfall.

Dig into these tips and tricks to get your vegetable garden off to a strong start. And remember, tending your vegetable garden counts as exercise!

Detroit Riverfront Conservancy



If you are looking for a nice outdoor venture for the family, try the Detroit Riverfront. Families can walk, stroll, bike (rentals are available!), sail, or play along the 5 ½ miles of Riverfront. There are multiple public restrooms and free public parking lots, making it easy to spend an entire day exploring. And if you are not able to make it to the park, they also offer virtual activities to enjoy from the comfort of your home. Visit the website to see all the Riverwalk has to offer: detroitriverfront.org.



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Have we found out what causes fibroids?



We have learned that reproductive tract infections such as genital herpes and bacterial vaginosis, previously suspected of increasing fibroid development, don't appear important. Oral contraceptive also seem to have little impact, but we have more detailed analyses to do. As for reducing risk of fibroids: Depo-Provera appears to decrease fibroid development. We are excited to learn more as we continue to examine numerous other factors now that data for all four visits have been organized for analysis. Keep asking questions, and check out our updated SELF website where we have begun posting publications: detroitself.org.

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...

- » Ms. Debbie was very nice to me at all times.
- » Great clinic visit. Rita and Nikki were awesome! I love this study! I had a pleasant experience from start to finish. Everyone who I encountered was very kind and helpful.
- » I enjoyed my appointment and it went very well. Appreciated the staff with her clarity to asking questions.

Thanks for the kudos!