



# SELF

STUDY OF  
ENVIRONMENT,  
LIFESTYLE & FIBROIDS

1-877 692 SELF (7353)

www.DetroitSELF.org

Fall 2024

Dear SELF Participant,

Hope you are enjoying the season of cooler temperatures, colorful leaves and seasonal treats.

We would like to thank you for your commitment to the study. SELF has been a great success due to your time and dedication to this important research.

In this newsletter, we introduce your new SELF team. Along with study updates and reminders, we highlight some outdoor adventures for the fall season.

Thank you for being part of SELF.

Sincerely,

## Study Update

- » All Follow-up 4 activities have been completed!
- » 1387 participants completed all Follow-up 4 activities.

## Reminders

- » Please call us at 1-877-692-SELF (7353) or send an email to [info@DetroitSELF.org](mailto: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.

## Any Questions?

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

or send an  
email to  
**[questions@DetroitSELF.org](mailto:questions@DetroitSELF.org)**

## Coming Soon!

The commitment of SELF participants has been incredible. Because of your efforts, the team at Henry Ford Health will start calling SELF participants again at the end of 2024 to invite you and the other SELF members to provide a new health update with another clinic visit. Completing all SELF visits will take several years.

If you are moving soon or plan to have a name or phone number change, please call us at 1-877-692-SELF (7353) or send an email to [info@DetroitSELF.org](mailto:info@DetroitSELF.org).



# SELF News!



Dr. Quaker Harmon is a Staff Scientist in the Epidemiology Branch at NIEHS. In her work with SELF she has

documented the protective effects on fibroid development for Depo-Provera and vitamin D. She is also interested in addressing questions about how pregnancy complications impact later health.



Dr. Chandra L. Jackson leads the *Social & Environmental Determinants of Health Equity Group* in the Epidemiology Branch at NIEHS. Chandra is especially interested in sleep health and chronic health conditions such as hypertension and type 2

diabetes. Her group has found that those SELF participants who reported a less safe childhood neighborhood had poorer sleep than those reporting a safe neighborhood. A primary goal for her program is to identify interventions to improve population health and mitigate health inequities.



Dr. Lauren Wise is a professor in the Department of Epidemiology at Boston University School of Public Health. She has a long-standing interest in uterine fibroids and has conducted

studies in the Black Women's Health Study, as well as SELF. She and her colleagues have measured several potential toxicants in blood samples from SELF participants. When they examined a mixture of PFAS chemicals ("forever" chemicals), they found that blood concentrations of some (MeFOSAA and PFDA) were associated with lower fibroid risk, while another (PFNA) was associated with higher fibroid risk.

To All SELF Participants,

I want to express my heartfelt gratitude for your continued participation in SELF. You are an amazing group! After over 40 years at the National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health, I am retiring, though I'll continue with SELF as a part-time volunteer.

A wonderful SELF Team has formed to continue with the cohort: Dr. Chandra L. Jackson, Dr. Anne Marie Jukic, and Dr. Quaker Harmon at NIEHS will be joined by Dr. Ganesa Wegienka at Henry Ford Health (HFH), Dr. Lauren Wise at Boston University, and Dr. Erica Marsh, an OB-GYN physician at the University of Michigan Medical School. The point persons for the Institutional Review Boards that continues to assure participant safety are Chandra (NIH) and Ganesa (HFH). Together the team members bring not only their interest in fibroids, but also expertise in sleep health, infertility, environmental exposures, and health care, all within the context of working to expand health equity.



**THANK YOU!**

*Donna Baird*

focus on better understanding women's health issues in understudied groups and mitigating disparities in care. Her work with fibroids began nearly 20 years ago.



Dr. Ganesa Wegienka has been working on SELF since it began. She is a Senior Staff Scientist at Henry Ford Health (HFH), and she leads the efforts at HFH to conduct SELF clinic visits. Along with Drs. Lauren Wise and Erica Marsh, Dr. Wegienka has obtained additional grant funding to continue the important work of SELF. Her research interests focus on the clinical experience of people with uterine fibroids. The team at HFH is preparing for the next round of clinic visits with the goal of starting in late 2024.



Dr. Erica Marsh is an OB-GYN doctor and professor at the University of Michigan Medical School where she heads the Division of Reproductive Endocrinology and Infertility. In her clinical work she treats women with fibroids. Her studies

Dr. Anne Marie Jukic leads the *Fertility and Reproductive Health Group* in the Epidemiology Branch at NIEHS. Anne Marie is interested in female reproductive function. She focuses on identifying factors that influence fertility and pregnancy. One of her current research goals is to better understand how vitamin D influences menstrual cycles and improves pregnancy health.



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### Are masks still required for visits?

Masks are no longer mandatory for clinic visits.  
However, participants may still wear one if they choose.

### LET'S STAY IN TOUCH!

If your phone number, mailing address, or email address changes,  
please call us at 1-877 692 SELF (7353) or send an email to [info@DetroitSELF.org](mailto:info@DetroitSELF.org)



National Institute of  
Environmental Health Sciences



**HENRY  
FORD  
HEALTH**

## Fall in Love with Michigan

One of the best things to do in the fall is to spend time with family and friends. There's nothing quite like fall in Michigan. The air is crisp, the colors are beautiful, and plenty of outdoor adventures and festivals for all ages. Here are a few adventures to help you *fall* in love with Michigan:

*Yates Cider Mill* Rochester and Lake Orion

*Franklin Cider Mill* Bloomfield Hills

*Blake's Farms* Macomb County locations

*Apple Charlie's* New Boston

*Plymouth Orchards* Plymouth

*Three Cedars Farm* Northville

*Westview Orchard & Winery* Washington

And *Grand Rapids International Wine, Beer, and Food Festival* is November 21-23!

Most cider mills in the area open in September through at least November, offering apple picking, apple cider, donuts and more.