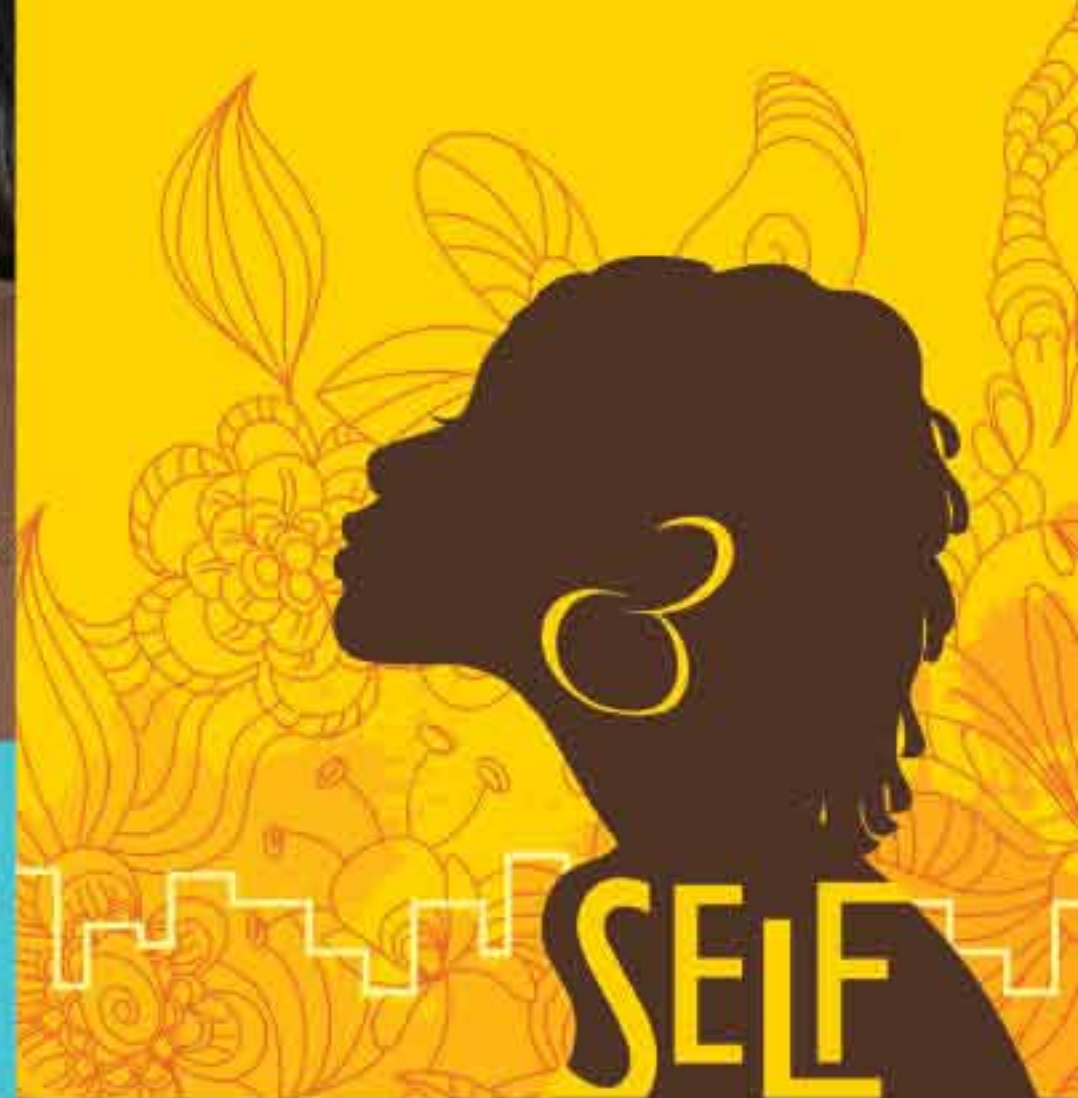


Participants will receive:

- ▶ \$150–\$200 for enrollment activities
- ▶ \$100–\$120 for follow-up activities every 15 months (4 follow-ups)
- ▶ \$100 bonus for completing all study activities



To learn more, visit:

www.DetroitSELF.org

or call 1-877-692-SELF (7353)

SELF is being conducted by :



WHAT CAN
YOU DO
FOR SELF?

Coordinated by Social & Scientific Systems, Inc. in collaboration with Henry Ford Health System

Study of Environment, Lifestyle & Fibroids

UNDERSTANDING THE CAUSES OF FIBROIDS IN AFRICAN AMERICAN WOMEN

Many women suffer in silence with symptoms of fibroids. Fibroids are noncancerous tumors of the uterus that tend to develop during a woman's 20s and 30s. Fibroids could affect fertility or cause complications during pregnancy. While 1 in 15 white women have a hysterectomy for fibroids, for African American women it is 1 in 5. We hope to find reasons for this striking difference.

SELF is the first and only research study of uterine fibroids to use ultrasound screening for women who have not been diagnosed with fibroids so that we can finally learn:

- ▶ **Who** gets fibroids
- ▶ **What** women can do to help prevent fibroids
- ▶ **When** fibroids first begin to develop
- ▶ **Why** women get fibroids in the first place and
- ▶ **How** fibroids grow

WHY SHOULD I JOIN?

A recent study showed that more than 80% of African American women are likely to develop fibroids.

SELF is only inviting women who have never had fibroids to join. Your participation can help discover what triggers fibroid development and growth in African American women. Ultimately, you may help unlock the mysteries of fibroids so that future generations of women will not have to suffer with this condition.

WHO CAN JOIN SELF?

If you are an African American/Black woman, you may be able to join this study if you:

- Are between the ages of 23 and 34
- Have NEVER been diagnosed with fibroids
- Live in the United States and can travel to Detroit for study visits
- Are willing to commit to 5 years

Call 1-800-692-SELF (7353)

for a complete list of requirements

WHAT IS INVOLVED?

Women who join SELF will complete:

- A study orientation
- Telephone surveys and written questionnaires including questions about family and personal health history as well as lifestyle
- Clinic visits in the Detroit area that include an ultrasound examination and other routine clinic activities

Giving Today
for Tomorrow's Sisters



Join SELF