



Video Script

Scene 1: Images of 3 different African American women

Narrator: Each year, thousands of women suffer in silence from a condition that many know little about. More women in the United States have a hysterectomy because of complications with uterine fibroids than for any other reason. No one knows for sure what causes fibroids which are non-cancerous tumors that grow in the uterus. We also don't know why they grow or shrink. We need to find the answers. And the time is now!

Scene 2: Image of an African American woman

Narrator: A recent study showed that over 80% of African American women are likely to develop fibroids. While 1 in 15 white women have a hysterectomy for fibroids, for African American women it is 1 in 5. We need to understand the reasons for these striking differences and we need your help!

Scene 3: Graphic of SELF logo, ultrasound screen and machine

Narrator: SELF, the Study of Environment, Lifestyle & Fibroids, is the first and only research study of uterine fibroids to use ultrasound screening of women who do not have fibroids so that we can learn more about:

Scene 4: Display bulleted text

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

Scene 5: #1 African American woman (age 40+) speaking –

“For years I’ve suffered with pain and excessive bleeding from fibroids. I’ve often wondered, ‘What caused this?’ I encourage my daughter and her friends to join the **SELF** study so that researchers could figure out, what is this? Why is this? Why does it affect me and could it affect my daughter? What is it that affects us as African Americans more so than anybody else?”

Scene 6: #2 African American woman (in her early 30s) speaking –

“My doctor told me that having fibroids was making it hard for me to become pregnant. I was devastated at the thought of not being able to have children. That is why this study is important to me. We need to find out and learn more about fibroids.”

Scene 7: Mock orientation with women being conducted by Henry Ford Staff – One Ford Place and bulleted enrollment requirements

Narrator: Who can join SELF?

If you are an African American or 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 U.S. and can travel to Detroit, MI for study visits
- and are willing to commit to 5 years

Scene 8: #3 African American woman (in her early 30s) speaking –

“Before this study, I never knew my mom had fibroids or how it affected her quality of life. I don’t have fibroids and I hope I never get them. That’s why I joined SELF today, so my daughter and future generations of women to come can have a legacy of health.”

Scene 9: Image of African American woman and small child

Scene 10: #4 African American woman (in her early 20s) speaking –

“I don’t have fibroids and I don’t know anyone who has them, but when I heard about the study, it just made sense to join! I mean, how could I not be a part of a research study that was made for someone just like me? Hey, I even encourage my friends to join because I feel it’s important for us to know what we can do to prevent fibroids and so I hope that SELF will tell us how.”

Scene 11: Mock orientation with women (#2, #3 and #4) being conducted by Henry Ford Staff – One Ford Place

Narrator: What is involved?

Women who join SELF will complete:

- A study orientation

Scene 12: Footage of woman talking on the phone/headset

Scene 13: Images of woman completing written surveys in office area where study enrollment will be completed – One Ford Place

- Telephone and written surveys that include questions about family and personal health history as well as lifestyle

Scene 14: Images of Henry Ford Ultrasound Clinic – New Center One

- Clinic visits in the Detroit, MI area that include an ultrasound examination and other routine clinic activities.

Women will be involved with the study for at least five years to monitor fibroid development and growth.

Scene 15: Images of SELF study materials and African American woman

Financial incentives will be provided for time and effort spent to fully participate in SELF.

Scene 16: #3 African American woman (in her early 30s) speaking –

“You can count me in!”

Scene 17: #5 African American woman (in her late 20s) speaking –

“You can count me in!”

Scene 18: #6 African American woman (in her early 20s) speaking –

“You can count me in!”

Scene 19: Image of woman on phone/headset and Display Toll-free number and website

Narrator: To sign up for SELF, call toll-free 1-877-692-SELF. That’s 1-877-692-7353.

Or go to www.DetroitSELF.org to learn what you can do to help spread the word about this one-of-a-kind study.

Scene 20: All women say together:

“Don’t delay. Join SELF today!”

Text on closing screen:

SELF is being conducted by:

(Display logos for)

Department of Health & Human Services USA, National Institutes of Health, National Institute of Environmental Health Sciences, Recovery.gov

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