

The Women's Health Study: From Adolescence to Adulthood

2015

Dear Participants,

On behalf of the entire team from the Women's Health Study: From Adolescence to Adulthood, thank you for your continued participation. You are helping us understand more about factors that affect the health and well-being of women over the lifespan.

This newsletter is our chance to update you on what we've been busy working on this year. **This is also a reminder to keep your eyes open for an email or letter from the study team with details about your annual participation.**

The annual questionnaire is your chance to tell us about your health: what has changed and what has stayed the same. You may also be asked to collect samples. We match up these samples of urine, saliva, or blood to the information in your questionnaire to learn even more about women's health. Remember, all of the samples and questionnaires are confidential and labeled only with your study identification number.

Thank you again for taking the time to contribute to The Women's Health Study: From Adolescence to Adulthood. As always, if you have any questions or comments, please reach out to a member of the study team by email or phone.

Sincerely,

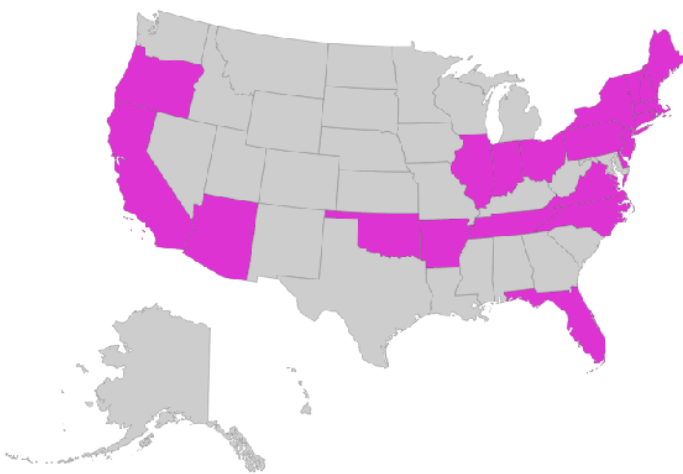
Marc R. Laufer, MD
Director

Stacey A. Missmer, ScD
Scientific Director



Watch us grow!

The Women's Health Study: From Adolescence to Adulthood is based in Boston, but we have participants in 22 states and 3 countries!



"Why do you need my saliva?"

and other frequently asked questions

- Why do you need my saliva?

Saliva can tell us a lot about your health. We might look at your stress hormones, hormones involved with the menstrual cycle, or DNA. The results of any tests will be de-identified.

- Why is the questionnaire so long?

A lot can change in a year and we want to hear all about it! We ask lots of questions once per year, rather than asking you fewer questions multiple times per year.

- How many years can I participate?

The Women's Health Study: From Adolescence to Adulthood is a longitudinal study, meaning we will be collecting questionnaires and specimens for many years to come. We hope participants will want to be involved each year!

Updates from the study team

This was another busy year for us in Boston. Here's what we've been working on!

The Progression Study—We are enrolling 100 adolescents into the Progression study to learn more about endometriosis, and how it changes following surgery and over time.

The SAGE Trial—We want to learn more about the effects of vitamin D and fish oil supplementation on pain in adolescents with endometriosis. We hope to enroll 100 participants this year.

More to come! **Check the Women's Health Study: From Adolescence to Adulthood Facebook page for more updates.**



International efforts

We are proud to be a member of EPHeCT, an international collaboration of endometriosis researchers at more than 30 academic research centers around the world. We are working together to better understand endometriosis and find a cure.



WERF EPHeCT
Endometriosis Phenome
and Biobanking Harmonisation Project

Find A FedEx location!

Ready to return your kit, but not sure where the closest FedEx box or store is? Try the "Find a Location" tool on the FedEx website at www.fedex.com/locate.



Thanks to our interns!

We are lucky to participate in the Student Success Jobs Program, a year-round internship program at Brigham and Women's Hospital to introduce Boston high school students to medical, health and science professions. Thank you to our SSJP intern Emmanuel, and college interns Lara and Yonina.



Boston Center for Endometriosis



Staff Spotlight: Tegan Gomez

Tegan Gomez joined the Women's Health Study: From Adolescence to Adulthood in April 2013 as a Research Assistant. This position gives her the opportunity to meet and enroll new participants, collect and process important specimens, and witness exciting new study developments firsthand. She looks forward to following study findings for years to come!



Tegan received her bachelor's degree in Food Science and Human Nutrition from the University of Illinois at Urbana-Champaign. She often visited Boston during college, and was amazed by the clinical care and research being conducted here. She hopes to continue learning and contributing to the medical community as a physician.

In her free time, Tegan enjoys traveling and salsa dancing. She has visited Belize and Peru to serve disadvantaged communities, and performed at the 2014 Boston Salsa Festival!

Do you have extra study materials?

If you already returned your samples but have a silver insulated envelope or blue and white reusable freezer pack at home, please contact the study team to return these materials to us at no cost to you!



Moved? New phone number?

Please let us know any time your contact information changes or you change your mind about how you prefer to be contacted (phone call, email, text, mail).

Stay connected

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