



# The Women's Health Study

## *From Adolescence to Adulthood*

Dear Participant,

Thank you for your continued participation in this study. Your questionnaires and samples are being used anonymously for important women's health research. Learn more about what we are working on in this newsletter.

This is also a reminder to expect two emails from us soon: one with a link to your annual health questionnaire and one with a contact information update. It is important for our research that participants complete a questionnaire each year.

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

### Congratulations

- Dr. Stacey Missmer, WHS: A2A Scientific Director, accepted a position with the global Impact Initiative at Michigan State University. Dr. Missmer will continue to lead the WHS: A2A study while building relationships between our center in Boston and research centers around the world.
- Dr. Amy Divasta was promoted to Co-Scientific Director at Boston Children's Hospital.

### Happy 18th Birthday

Having young women participate in our study is what makes us unique! If you enrolled as a minor (<18 years old), you needed a parent's permission. When you turn 18, you can continue participating, but you need to sign a new consent form, without your parent. Please return it as soon as possible to make sure you do not miss your chance to participate.

### What We Know

Here are some fun things we were able to learn from your questionnaires.



**5 feet, 4 inches**

Average height of our participants

**7.2 hours**

Average hours of sleep per night



**34%** of participants report drinking milk daily

Most popular types of exercise:



Number of participants

**1,000+**

### New Studies—now enrolling

**Pain Study:** The Children's Department of Anesthesia is recruiting young women with endometriosis and chronic pelvic pain to answer a one-time questionnaire and participate in sensory testing.

**NOTE Trial:** Dr. Amy Divasta is leading this study of a non-hormonal medication for endometriosis.

For more information on this and other clinical trials from the Boston Center for Endometriosis, please visit our website at [bostoncenterendometriosis.org](http://bostoncenterendometriosis.org) or email [bce@childrens.harvard.edu](mailto:bce@childrens.harvard.edu).

## Take a Look Ahead! What it means to be in a “longitudinal” study

Each year, we ask participants to complete an online health questionnaire.

Some years, we ask you to provide saliva and urine samples or to fill out a food frequency questionnaire.



If you were one of the first women to join the study in 2012, you will get your Year 4 questionnaires soon.

Newer to the study? You will get an email questionnaire every year, but only asked for samples in Year 1 and Year 3.

### New Staff

- Kathryn Terry, ScD joined our team as the Co-Scientific Director at Brigham and Women's Hospital. Dr. Terry's work focuses on genetic and environmental factors in women's health.
- Amy Schafir, ScD joined us as a postdoctoral research fellow. Dr. Schafir is leading a project to learn more about treatment outcomes.

Ayo Fadayomi, MD MPH joined the team to help with data analysis.

Learn more about our research team online at [whsboston.org](http://whsboston.org)

### New Findings

- Migraines are more common in women with endometriosis than in women without endometriosis.
- Preliminary results from the SAGE Study show that taking vitamin D or fish oil supplements may not help with menstrual or abdominal pain.
- Different types of endometriosis lesions are associated with different types of patient-reported symptoms.
- Women who used Lupron to treat endometriosis report satisfaction with treatment, despite side effects.
- Women with endometriosis are more likely to report other conditions such as allergies, asthma, anxiety and irritable bowel syndrome than women without endometriosis.
- Teenagers with endometriosis and adults with endometriosis report similar symptoms.

**Please visit our website to learn more about these and other recent publications.**

### Moving? New email address?

Please let us know if any of these have changed:

- Mailing address
- Email address
- Preferred name
- Phone number
- Gift Card preference



**WHS: A2A at Boston Children's Hospital**  
[womenshealthstudy@childrens.harvard.edu](mailto:womenshealthstudy@childrens.harvard.edu)  
617-355-3309



  
Boston Center for Endometriosis

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