



The Women's Health Study

From Adolescence to Adulthood

Dear Participants,

On behalf of the entire Women's Health Study: From Adolescence to Adulthood team, we want to thank you for your ongoing commitment to our study. There are over 1000 women enrolled, ranging in age from 9 to 57. Our ability to study women in this broad age range is what makes our study unique. Thank you for being a part of this ongoing investigation into women's health issues.

Read on to find out what we have been working on this year. This newsletter is also a reminder to **keep your eyes open for your next annual questionnaire** which will give you the opportunity to update us about your health.

Once again, thank you for your important contributions 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



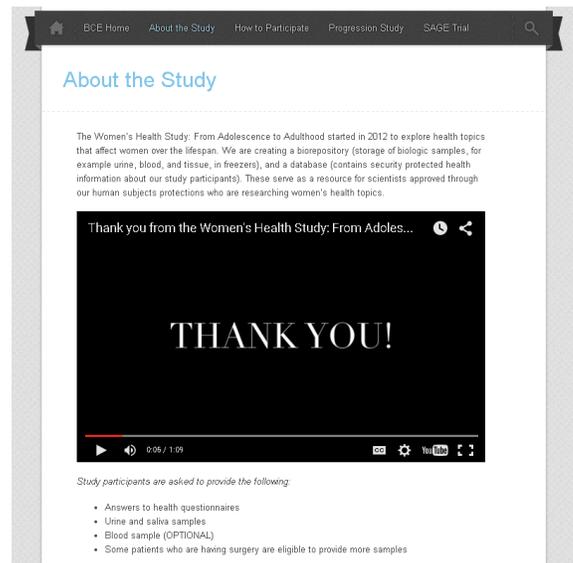
Moved? New phone number?

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).

Check out our updated website

We updated our website — whsboston.org

We added videos, photos, and a link to our Facebook page. You can also email us directly from the website.



What are we working on?

The goal of the Women's Health Study: From Adolescence to Adulthood is to build a biorepository of samples and a database of health information to fuel research focused on women's health.

Here's some examples of what we are focused on right now:

- How adolescents learn to cope with pelvic pain
- Migraine headaches
- How health impacts quality of life in adolescents and young adults



Meet our Research Assistants! Learn more about us at whsboston.org



Sarah Karevicius, B.A.
Research Assistant at Brigham and Women's Hospital



Sheila Egan, B.S.
Research Assistant at Brigham and Women's Hospital



Jerri Miller, B.S.
Research Assistant at Boston Children's Hospital



Kelsey Mehegan, B.A.
Research Assistant at Boston Children's Hospital



Sarah Miller, B.A.
Research Assistant at Boston Children's Hospital

You asked, we answered!

I lost part of my sample collection kit. What should I do?

No problem! Email or call us, and we'll send you a replacement.

What happens to my samples after I send them to you?

When you FedEx or drop off samples, they go to our biorepository. Trained lab staff process and label the samples. Next, they are placed in a large freezer that is kept at -80 degrees Celsius. Brr! When we want to use the samples for studies, we take them out of the freezer and let them defrost.

I'm moving away from Boston. Can I still participate?

Sure! Send us your new mailing address. We will make sure your annual sample collection kit gets to you. You can fill out your questionnaires online, or we can mail them to you.

Is it okay for my sister/friend/cousin to participate?

Yes! She should call or email us directly to find out how to enroll in the study.

Got another question for us? Email or call us!

Stay connected

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WHS:A2A at Brigham and Women's Hospital
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Clinical Trial Updates

As well as creating a database and biorepository for future research into women's health, we are part of the Boston Center for Endometriosis which runs several clinical trials. Here's a list of the current BCE trials:

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 omega-3 fatty acid supplementation on pain in adolescents with endometriosis. We hope to enroll 100 participants this year.

The NOTE Trial— We are exploring an investigational non-hormonal therapy for endometriosis-associated pain. We hope to enroll 10 participants this year.

Keep an eye on our Facebook page for more updates!

Recent publications

DiVasta AD, Feldman HA, Sadler Gallagher J, Stokes NA, Laufer MR, Hornstein MD, Gordon CM. Hormonal Add-Back Therapy for Females Treated With Gonadotropin-Releasing Hormone Agonist for Endometriosis: A Randomized Controlled Trial. *Obstet Gynecol.* 2015 Sep;126(3):617-27.

Shah DK, **Vitonis AF, Missmer SA.** Association of body mass index and morbidity after abdominal, vaginal, and laparoscopic hysterectomy. *Obstet Gynecol.* 2015 Mar;125(3):589-98.

Vitonis AF, Vincent K, Rahmioglu N, Fassbender A, Buck Louis GM, Hummelshoj L, Giudice LC, Stratton P, Adamson GD, Becker CM, Zondervan KT, Missmer SA; WERF EPHeCT Working Group. World Endometriosis Research Foundation Endometriosis Phenome and Biobanking Harmonization Project: II. Clinical and covariate phenotype data collection in endometriosis research. *Fertil Steril.* 2014 Nov;102(5):1223-32.