



# The Women's Health Study

## From Adolescence to Adulthood

### 2021 NEWSLETTER

## A Letter from the Directors

Dear all,

Thank you for your continued participation in The Women's Health Study: From Adolescence to Adulthood. While this year has been challenging for many of us, our research is moving forward thanks to your ongoing efforts. Without your surveys and samples, this study would not be so remarkably special and impactful.

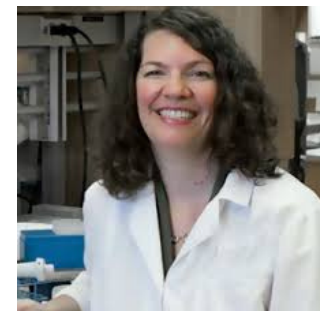
We are delighted to share this year's newsletter with you. Read on to learn about our recent publications, new studies, and so much more. You can continue to stay updated throughout the year by checking our website and Facebook page. Please do not hesitate to contact the study team via email or phone with any questions or concerns.

This letter is also a reminder that you will be receiving an email from us soon with a link to your annual health questionnaire. We would not have been able to come this far in our study without your dedicated contributions towards research on women's health and well-being. We are so proud of our 8 years of achievements, and look forward to another year of working together!

Thank you again!



Marc Laufer, MD



Stacey Missmer, ScD

## Recent Publications

For a full and up-to-date list of publications, visit the [website](#).

Zondervan KT, Becker CM, Missmer SA. Endometriosis. N Engl J Med. 2020 Mar 26;382(13):1244-1256. doi: 10.1056/NEJMra1810764. PMID: 32212520.

Brady PC, Horne AW, Saunders PTK, Thomas AM, Missmer SA, Farland LV. Research priorities for endometriosis differ among patients, clinicians, and researchers. Am J Obstet Gynecol. 2020 Jun;222(6):630-632. doi: 10.1016/j.ajog.2020.02.047. Epub 2020 Mar 3. PMID: 32142827.

Schneider MP, Vitonis AF, Fadayomi AB, Charlton BM, Missmer SA, DiVasta AD. Quality of Life in Adolescent and Young Adult Women With Dyspareunia and Endometriosis. J Adolesc Health. 2020 Apr 11:S1054-139X(20)30098-7. doi: 10.1016/j.jadohealth.2020.02.024. Epub ahead of print. PMID: 32291152.

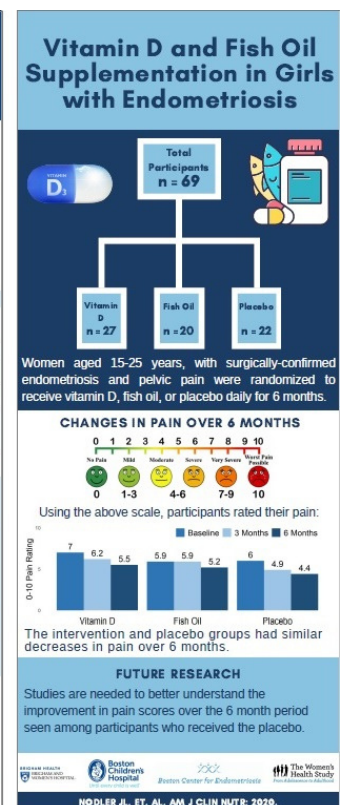
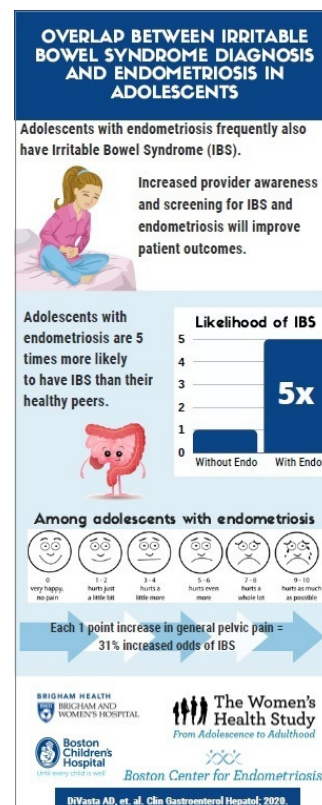
Sasamoto N, Farland LV, Vitonis AF, Harris HR, DiVasta AD, Laufer MR, Terry KL, Missmer SA. In utero and early life exposures in relation to endometriosis in adolescents and young adults. Eur J Obstet Gynecol Reprod Biol. 2020 Jul 15;252:393-398. doi: 10.1016/j.ejogrb.2020.07.014. Epub ahead of print. PMID: 32688135.

Nodler JL, DiVasta AD, Vitonis AF, Karevicius S, Malsch M, Sarda V, Fadayomi A, Harris HR, Missmer SA. Supplementation with vitamin D or  $\omega$ -3 fatty acids in adolescent girls and young women with endometriosis (SAGE): a double-blind, randomized, placebo-controlled trial. Am J Clin Nutr. 2020 Jul 1;112(1):229-236. doi: 10.1093/ajcn/nqaa096. PMID: 32453393; PMCID: PMC7326593.

*"When women say that they're suffering, take them seriously."  
- Dr. Stacey Missmer, in conversation regarding  
the New England Journal of Medicine article*

## Visual Abstracts

Led by Dr. Amy Shafir and Research Assistant Anna Kapral, our team published several visual research abstracts. Visual abstracts are a new and popular way for researchers to communicate their results with research participants and the community at large. Click the image below to see full size versions on our website.



# New Research Staff

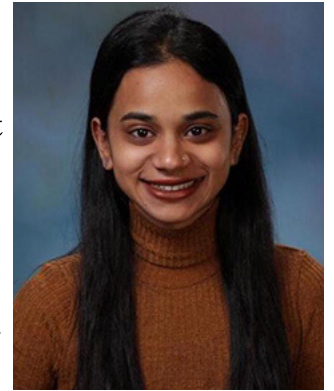


**Emma Singleton, BA, BS, Research Assistant**

Emma graduated from Tufts University in 2020 with an BS in Biopsychology and a BA in Religion. During her time at Tufts, Emma volunteered as a peer health educator in Boston's public schools to address disparities in healthcare access and empower young people through candid conversations about health and identity. Emma is passionate about young people's reproductive health and minimizing health disparities that impact individuals of marginalized identities.

**Sukanya Shukla, BA, Research Assistant**

Sukanya graduated from Bates College in 2020 with a BA in Psychology and Theater. She completed her senior thesis on "Bureaucratic Representation and its Effect on the Rate of Female-Identifying Students Reporting Sexual Assault on College Campuses". Her experience in Gwalior, India where she started project Kamna, a program that includes workshops on managing period hygiene and provides free hygiene kits for women, led to her passion for women's sexual and reproductive health.



## NOTE-2 Study

The NOTE-2 (Novel Treatments for Endometriosis) Study is a 6-month clinical trial investigating whether an existing non-hormonal medication called cabergoline is effective for controlling pain and symptoms of endometriosis. We will be comparing this study medication to a placebo pill. You may be eligible if you are female, 15-40 years old, have surgically-confirmed endometriosis, are experiencing chronic pain due to endometriosis, and are using hormonal treatment for your endometriosis, such as birth control pills, norethindrone acetate, or a hormonal intrauterine device (IUD). **For more details, please email [bce@childrens.harvard.edu](mailto:bce@childrens.harvard.edu).**



*"Just as clinical research is a global endeavor, diversity and inclusion in clinical research requires global commitment and collaboration."*

*- Multi-Regional Clinical Trials Center of Brigham and Women's Hospital and Harvard*

## Happy Birthday!

Celebrating your 18th birthday soon? Check your mailbox for a research re-consent form. Please complete it as soon as possible to make sure you do not miss your chance to continue participating in the study.

## Sample collection kits

- Samples are collected every other year. Check your annual questionnaire link to see if it is your year.
- Please make sure to complete your sample collection and saliva/urine questionnaire on the same day, at about the same time, and ship your kit back (via FedEx only) that same day.
- It is important that you ship your kit back to us only on Monday, Tuesday, or Wednesday. Our lab cannot receive kits over the weekend so samples must arrive by Thursday.
- Not all FedEx locations will accept our kits. Please refer to the information in the kit about which FedEx locations will accept the kit and which will not!
- Call or email us with any questions.

## Stay Connected

BCH: 617-355-3309 | [womenshealthstudy@childrens.harvard.edu](mailto:womenshealthstudy@childrens.harvard.edu)

BWH: 617-732-4242 | [womenshealthstudy@bwh.harvard.edu](mailto:womenshealthstudy@bwh.harvard.edu)

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