

Fall 2003

Recognizing Your Investment in Women's Health

During this session you will:

- ◆ *Review plans for the final year of Dietary Change sessions.*
- ◆ *Explore the priceless value of WHI in women's health research.*
- ◆ *Revisit your personal reasons for participating in WHI and current benefits.*



Next Steps Follow-Up

- ◆ At the Summer session, we talked about potential ways to increase enjoyment of summertime fruits and vegetables. What did you do to increase or broaden your enjoyment of summertime fruits or vegetables?
- ◆ What summer fruits or vegetables did you try or decide to use more frequently?

Recognizing Your Investment in Women's Health

■ This session provides an opportunity for you to explore and express your feelings about WHI in your own life and in the advancement of women's health. The session also provides a chance for you to strengthen your commitment to the study and begin to prepare for closure of the Dietary Change group sessions.

As we enter the final year of Dietary sessions, we want you to continue to feel connected and involved with the study and with your group members. This session helps you begin this process by giving:

- ◆ A "BIG" picture overview of what is planned for the last four group sessions.
- ◆ A brief review of the priceless value of WHI in women's health research and the importance of the WHI Dietary Study.

- ◆ An opportunity to revisit some of the reasons why you are participating in WHI and some of the benefits of your participation.



Looking Ahead: Plans for the Last Four Group Sessions

When you joined WHI, you made a commitment to contribute your time and effort to help answer important women's health-related questions. Your participation in WHI could be compared to the planting of a garden. The time and energy that you have contributed to WHI are similar to the time and energy it takes to get a productive garden started: preparing the soil, planting the seeds and then taking care to water, weed and fertilize. After some time, the garden begins to grow and finally it is ready to harvest.

We will need to continue to water, weed and fertilize our WHI garden. The last four group sessions can help you continue to care for the WHI garden by providing the following opportunities:

- ◆ Fall 2003 (today's session) - A chance to strengthen your commitment to WHI by recognizing the importance of the study and reflecting on the reasons for your participation.
- ◆ Winter 2003 - A chance to identify personal skills and strategies that can help you maintain your investment in WHI and continue to meet (or maintain) your fat gram goal.

- ◆ Spring 2004 - An opportunity to reinforce your efforts to meet (or maintain) your WHI fat gram goal by comparing the WHI eating pattern to the Institute of Medicine's recommendations for the general public.
- ◆ Summer 2004 - A chance to celebrate each person's contribution to WHI and receive session close-out materials.

What are your thoughts or feelings when you hear that this is the last year of Dietary Change group sessions?

It's possible that you are thinking and feeling many different things about the group sessions ending. For example, you might have a mixture of feelings such as excitement or disappointment. Or, maybe you're thinking that it might be nice to come to the last four sessions and stay connected.



WHI: Answers for Tomorrow

In earlier group sessions, we have talked about the importance of the WHI study in women's health research. Now is a great time to reflect on how being part of this very important study makes you feel.

Picture yourself alone in a huge, empty football stadium. Gradually a few more women enter, then dozens more, hundreds more, even thousands flood in. Finally, after the last women walk through the door – there you are – sitting among more than 160,000 women. Imagine the vastness of that crowd, its energy, potential and enthusiasm. You belong to such a group – the Women's Health Initiative.

What one word or sentence would you use to describe how being part of WHI makes you feel?

The following pages briefly review some of the reasons that WHI is so valuable and important. We hope that this review inspires you to recognize the priceless contribution you are making to women for all time – by being part of WHI.

Why is WHI a landmark study?

There are many reasons that WHI is a ground-breaking study. The box below highlights some of the reasons you may have heard before. As you explore the information, think about the impact WHI will have on the long-term picture of women's health.

WHI is a landmark study because:

- ◆ It looks at diseases that have major health implications for women.
- ◆ It is the largest and most complex clinical trial ever undertaken in the U.S.
- ◆ It focuses on women and women's health problems.

Your participation has helped.

What makes WHI a "landmark or ground-breaking" study for you?



What information has WHI already provided about postmenopausal women?

There have been several scientific papers published using WHI data. Although these papers are not the main Dietary Study results, which will not be ready for a few more years, they can help us understand other important women's health issues.

For example, scientific papers have looked at a variety of areas for postmenopausal women such as:

- ◆ frequency and treatment of high blood pressure,
- ◆ fat intake of WHI Dietary Change participants' husbands, and
- ◆ how health insurance coverage affects women's access to cancer screenings.

At the time of this writing, the most notable WHI publication has focused on the WHI Hormone Trial Estrogen-Progestin Component (E+P).

WHI Hormone Trial (E+P)
Detailed information about the E+P study was sent to all WHI participants in July 2002 and a participant website (www.whi.org) helps keep you informed. Below is a summary of the most significant results of the E+P study.

- ◆ Women taking active E+P had more heart attacks, strokes, blood clots, and breast cancer than women taking placebo (inactive) pills.

- ◆ Fewer women taking E+P hormones had colorectal cancer and hip fractures.

- ◆ There were no differences in the number of women with endometrial cancer or in the number of deaths.

Thus, the E+P trial answered the major study question: *Does estrogen plus progestin decrease a women's risk of heart disease?* The answer is no.

Estrogen plus progestin does not prevent heart disease and is not beneficial overall. These results were a major women's health care finding.

How does it feel being part of a study that is already finding answers to questions about women's health?



Why is the WHI Dietary Study important and unique?

The WHI Dietary Study is important because there are still gaps in our knowledge about the link between diet and disease risk. Much of what needs to be learned can only come from a randomized, controlled clinical trial, like the WHI Dietary Study. Only this type of trial can provide an answer to the effectiveness and safety of a preventive measure such as diet.

The WHI Dietary Study is also unique from other clinical trials in that it is testing prevention of disease in healthy post-menopausal women rather than treatments for patients with disease. Therefore, the WHI findings about diet and cancer and heart disease will apply to all healthy post-menopausal women.

It's also important to keep in mind that the WHI Dietary Study design affects when study results will be available. In this type of study:

- ◆ Information (data about disease outcomes) is collected until the very end of the study.
- ◆ All the final outcome information needs to be entered into the WHI database before the study results can be analyzed and evaluated.

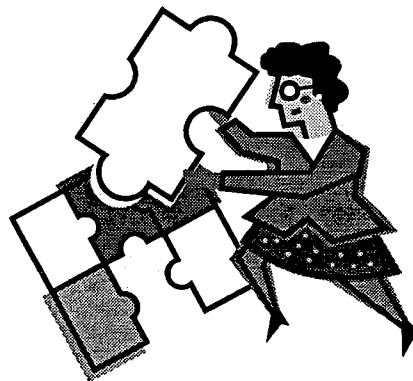
Thus, the information collected at the close-out contact provides an important piece of the puzzle for the study.

Why is your contribution so vital?

Imagine that you are putting together a 50,000 piece puzzle filled with beautiful scenery. There are hundreds of colorful flowers, trees, butterflies and fluffy clouds in a bright blue sky. All the pieces seem to look alike and it takes a very long time to put the puzzle together. This is just like the WHI Dietary Study. You are a piece of the puzzle.

- **What happens when a puzzle has pieces missing?**
- **What could you do, as an individual, to see that WHI has as many of the puzzle pieces as possible at the end of the study?**

Each of you is irreplaceable! Staying involved and connected with the study will help guarantee that WHI has as many puzzle pieces as possible.



The Women of WHI

One important way to stay connected with the study is to think about some of the things that inspired you to join WHI in the beginning.

Reasons for WHI Participation

The reasons you joined WHI and what excites and motivates you to continue participating may be different from other women in your group. Consider using the questions below to reflect on your WHI participation.

- What excited or attracted you to participate in the WHI Dietary Study?

- What has kept you participating in the study?

- What will keep you going?

Benefits of WHI Participation

It's possible that as you were thinking about some of the reasons that keep you participating in WHI, you may have also identified some potential benefits.

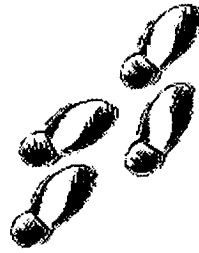
Some of the benefits that other participants have identified include: healthier bodies and minds, the beneficial effect that WHI has had on their families' eating patterns, the sense of accomplishment that WHI is providing, and the admirable and honorable women that they have met in their groups.

What do you see today as a benefit(s) of participating in WHI?



Next Steps

■ ■ This session looked at the landmark nature of the WHI Study - - for women's health and provided an opportunity for you to reflect on some of the reasons that you joined WHI, as well as some of the benefits that you continue to receive. Think about the reasons that you joined WHI and the investment that you made over



the years. Also, think about how your contributions have made WHI what it is today and how WHI can help serve women in the future.

Questions for Thought

- ◆ What discoveries (old or new) has this session helped you find?
- ◆ How might this session help you maintain or rekindle your motivation to continue contributing to the study?

Pork with Sweet Potatoes

- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 pound pork tenderloin, cut into 1/4-inch thick slices
- 1 tablespoon oil
- 1 cup chopped onion
- 3/4 cup apple cider
- 3/4 cup chicken broth
- 4 cloves garlic, minced
- 1 large or 2 small sweet potatoes (about 1/2 pound), peeled and cut into 1/2-inch thick slices
- 2 Granny Smith or small Red Delicious apples, cored and cut into 1/2-inch wedges

Combine 2 tablespoons flour with the salt and pepper in a shallow dish; dredge the pork in the flour mixture. Heat the oil in a large, deep skillet over medium-high heat. Add the pork and onion and sauté until the pork is browned on both sides, about 2 minutes on each side. Remove from heat and set aside.

Peel the sweet potato, cut into 1/2-inch thick slices, and then cut the slices in half. Core the apples and cut into 1/2-inch wedges. Combine the cider with the remaining 1 tablespoon flour and stir until smooth.

Add the cider mixture, chicken broth, sweet potato, and apple slices to the skillet with the pork. Return to medium-high heat and bring to a boil. Cover, reduce heat and simmer for 20 minutes.

Makes 4 servings (1 cup each)

Fat: 6 grams per serving

F/V Servings: 1 per serving

Recipe from *Volumetrics* by Barbara Rolls and Robert A. Barnett

Warm Blackberry Crustless Pie

1 pound bag of frozen blackberries (do not thaw)
3 tablespoons dry bread crumbs
2 tablespoons sugar
1 teaspoon cinnamon
2 tablespoons quick-cooking tapioca
1 cup fat-free sour cream
3/4 cup sugar
1/4 cup all-purpose flour

Preheat oven to 375° F. Arrange the blackberries evenly on a 9-inch pie plate. In a small cup combine the bread crumbs, 2 tablespoons sugar, and cinnamon to make bread-crumb mixture. Sprinkle the tapioca and 1/2 of the bread-crumb mixture over the berries.

In a small bowl, mix together the sour cream, 3/4 cup sugar and flour. Pour this mixture evenly over the bread-crum layer. Sprinkle the remaining 1/2 of the bread-crum mixture on top of the sour-cream mixture. Bake for 35 minutes until bubbly and golden. Serve warm in six dessert bowls.

Note: Tastes as good if chilled.

Makes 6 servings

Fat: 0.5 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Recipe from *Stealth Health* by Evelyn Tribole