Thank you for agreeing to continue participating in the Women’s Health Initiative Extension Study! This important study is working toward improving the health and quality of life of women for generations to come. To date, over 90,000 women have agreed to continue as WHI Extension Study participants. As a participant, you’ll be asked to fill out forms each year, as you have in previous years. You will also continue to get a WHI Matters each year, in addition to this supplemental newsletter, which is being sent as a special thank you for your continued participation. With your help, the WHI has already provided answers to important questions about women’s health. Your partnership in WHI has created a legacy that will improve the lives of future generations. With the continued involvement of you and other women like you, the WHI can help us learn how women can lead healthier lives into their 80s, 90s and beyond.

What’s new?

- As mentioned in your consent materials, the original WHI Clinical Centers have been combined into several WHI Regional Centers. These regional centers were selected from a subset of the original WHI Clinical Centers. The Regional Centers will assist in the annual follow-up of study participants similar to what the Clinical Centers did in the past. If you have any questions about the forms or need help filling them out, you may call your WHI Regional Center. You should also call your Regional Center if you move to a different address or if your phone number changes. The phone number for your Regional Center is located on the back of this newsletter.

- When you receive your annual study questionnaires, you will notice that the Medical History Update form has changed. This is the form that you have completed each year from the beginning of the study. We have changed the form this year, and there are now two sections to the form. The questions that all women need to complete appear in the first section of the form. Women who have experienced certain health events, such as a broken bone or hospitalization, will also complete the second part of the form, so that we can collect additional details on their health.

Your continued participation is very important to us. On behalf of the entire WHI, we thank you again for your ongoing commitment to the study!
Over the years, we have received hundreds of letters from WHI participants expressing appreciation for the WHI Matters newsletter and for the opportunity to participate in this ground-breaking study. WHI participants are an amazing group of women – teachers, artists, doctors, nurses, writers, volunteers, mothers, daughters, aunts, sisters, grandmothers, and great-grandmothers. We want you to know that we read and enjoy every single letter, and have been moved and inspired by your stories. Here are just a few of the hundreds of comments we received in the past year – we hope you are as inspired as we are by this awesome group of women.

Dear Friends, I commend you for maintaining this huge study over so long a time! It has been my privilege as well as my responsibility to participate in this study. I have five daughters, seven granddaughters, and two great-granddaughters. Information from this study and related studies will help them to have even better lives than I have had. May the good work continue! Sincerely, Gerry Loupee, Cedar Rapids, Iowa

Great newsletter! I plan to stay with WHI until I hit 100 (24 more years), which I have every intention of doing, by sheer force of will, if nothing else! Some of the graphs and pie charts are eye-opening. News of studies winnowed from WHI findings are interesting and valuable - keep it up. I'm very proud to be a participant. Lori McCaffery, Burbank, CA

I do enjoy your newsletter, particularly the last one bringing us up to date from 1993 to 2009. I have been proud to be included in this study. I will be 65 in June. I don't know who to thank for inviting me to be in the WHI study. I don't have any friends or family who are also involved but have told some of them about my involvement. Thank you for giving me this opportunity to help make a difference for future generations of women. Sincerely, Patricia Wilbanks, Houston, Texas

As a long time person involved with WHI, I wanted to send my appreciation for the current publication, WHI Matters. It is brief enough to be readable and yet touches on all the important issues that have been covered. All the research in the world is not valuable unless it reaches the people who are going through the growing older process. From the first time I heard of this program, I wanted to be part of the solution as I become advanced in years. The side effect of your program has been that I have been careful to have Dr. checkups, and made time and been committed to good exercise and good food. So you have not only been part of the solution but also you have helped thousands to take care of themselves and live longer and better lives. Thank you, Carol Livezey, Fort Meade, FL

I have just received my copy of WHI Matters Extension Study. I immediately sat down and read it cover to cover with great joy and pleasure in having been one of the first women to join WHI in 1994. It has been my pleasure to watch us grow and produce incredible information that is invaluable and irreplaceable. Of course I will continue, but I am writing so that I can thank you for producing this wonderfully informative piece that I feel proud to be a part of. Reading the results of years of study, that I was part of, leaves me with a feeling of having been special. Thank you again, for myself, my daughter, and all the future generations of women. Sincerely, Irene Iatridis, Newark, NJ
Focus on Findings

We receive many letters from study participants expressing appreciation for the reports on study findings that we provide in WHI Matters. These findings help demonstrate just a few of the many, many ways the health information you provide is used by WHI scientists.

- **Lifestyles Related to Age-Related Macular Degeneration**
  In an article in the *Archives of Ophthalmology* (Dec 2010), Dr. Julie Mares and her colleagues examined the relationship between the lifestyle behaviors of diet, smoking, and physical activity, and eye disease (specifically, age-related macular degeneration, or AMD). They found that women who had a combination of three healthy behaviors – healthy diet, physical activity, and not smoking – had a lower risk for AMD. Their findings suggest that modifying dietary, activity, or smoking habits may help lower a person’s risk for early AMD.

- **Insecticide Use, Rheumatoid Arthritis, and Lupus**
  In a report in *Arthritis Care Research* (Aug 2010), WHI investigators looked at the relationship between insecticides and the autoimmune rheumatic diseases: rheumatoid arthritis, and systemic lupus erythematosus. Looking at residential or workplace insecticide use reported by WHI Observational Study women, researchers found that personal use of insecticides was associated with an increased risk for one of these diseases, compared with those who had never used insecticides. Women who had been exposed to long-term insecticide application by others were also at higher risk for disease.

- **Bone Fracture and Anemia**
  Dr. Zhao Chen and other WHI scientists looked at the relationship between anemia and broken bones in WHI women over a period of 7.8 years. In an article published in the *Journal of the American Geriatric Society* (Dec 2010), they reported that 8739 (5.5%) of WHI participants were anemic. The rate of broken hips, when adjusted for age, was 21.4 per 10,000 in women with anemia, compared to 15 per 10,000 in women without anemia. Higher rates for other types of broken bones were also observed in anemic women. The authors conclude that given the high rates of anemia in the elderly population, it is important for research to continue in this area, to help us better understand the relationship between anemia and risk for broken bones.

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**Letters:** We’d love to hear feedback on the newsletter. We regret that we cannot answer questions about individual medical conditions. Send a letter to: WHI Matters, Fred Hutchinson Cancer Research Center, 1100 Fairview Ave N, M3-A410, P.O. Box 19024, Seattle, WA 98109

**Staff Information:** WHI Matters is produced by the WHI Coordinating Center at the Fred Hutchinson Cancer Research Center. Editor: Julie Hunt, Ph.D.
Stay in Touch

Please call your Regional Center if your address or phone number changes.

To locate your Regional Center, find the name of your WHI clinic center on the list below.
The Regional Center and phone number for each center is shown in the right-hand column.

### WESTERN REGIONAL CENTERS
- Kaiser Permanente/Bay Area Clinic, Oakland, CA
- South Bay WHI Program, Torrance, CA
- Stanford University/San Jose Clinical Center, Palo Alto, CA
- UCLA Center for Health Sciences, Los Angeles, CA
- University of California, Davis, CA
- WHI-UC Irvine Clinical Center, Orange, CA
- Center for Health Research, Portland, OR
- University of Arizona, Phoenix, AZ
- University of Arizona, Tucson, AZ
- University of Hawaii School of Medicine, Honolulu, HI
- University of Nevada, Reno, NV
- UC San Diego Clinical Center, Seattle, WA
- Seattle Clinical Center, Seattle, WA

### MIDWESTERN REGIONAL CENTERS
- Evanston Hospital (Northwestern University), Evanston, IL
- Northwestern University, Chicago, IL
- Medical College of Wisconsin, Milwaukee, WI
- Rush-Presbyterian-St. Luke’s Medical Center, Chicago, IL
- Ohio State University, Columbus, OH
- University of Cincinnati College of Medicine, Cincinnati, OH
- Berman Center for Outcomes and Clinical Research, Minneapolis, MN
- University of Iowa, Davenport, IA
- University of Iowa, Des Moines, IA
- University of Iowa, Iowa City, IA
- University of Wisconsin, Madison, WI
- Detroit Clinical Center, Detroit, MI
- University of Pittsburgh, Pittsburgh, PA

### NORTHEASTERN REGIONAL CENTERS
- University of Pennsylvania, Philadelphia, PA
- New Jersey Medical School, Newark, NJ
- UMDNJ – Robert Wood Johnson Medical School, New Brunswick, NJ
- Albert Einstein College of Medicine, Bronx, NY
- School of Medicine, SUNY, Stony Brook, NY
- University of Buffalo, Buffalo, NY
- Brigham and Women’s Hospital, Chestnut Hill, MA
- Charlestown Memorial Hospital, Fall River, MA
- Memorial Hospital of Rhode Island, Pawtucket, RI
- UMass/Fallon Women’s Health, Worcester, MA
- George Washington University, Washington, DC
- WHI of the Nation’s Capital – Medstar, Hyattsville, MD

### SOUTHEASTERN REGIONAL CENTERS
- UNC Women’s Health Initiative, Chapel Hill and Durham, NC
- Women’s Health Initiative of the Triad, Greensboro, NC
- Women’s Health Initiative, Winston-Salem, NC
- University of Tennessee, Germantown, TN
- University of Tennessee – Medical Center, Memphis, TN
- Baylor College of Medicine, Houston, TX
- University of Texas Health Science Center, San Antonio, TX
- University of Alabama, Birmingham, AL
- Emory University, Decatur, GA
- University of Florida Clinical Center, Gainesville, FL
- University of Florida College of Medicine, Jacksonville, FL
- University of Miami School of Medicine, Miami, FL

### WHI CLINICAL COORDINATING CENTER
- Fred Hutchinson Cancer Research Center, Seattle

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