



SOUTHERN ENVIRONMENTAL HEALTH STUDY

PROGRESS UPDATE



855-710-9489 | www.SEHStudy.org

WELCOME TO THE SOUTHERN ENVIRONMENTAL HEALTH STUDY!

By joining this study, you have demonstrated your commitment to improving the health of Americans across the South. Over 5,000 people have joined you in the Southern Environmental Health Study. You are the first to join a group that hopes to be 35,000 strong in the next few years. We sincerely appreciate your participation in this important work.

We look forward to staying connected with you over the course of this project. These newsletters allow us to provide study-related updates as well as important resources.

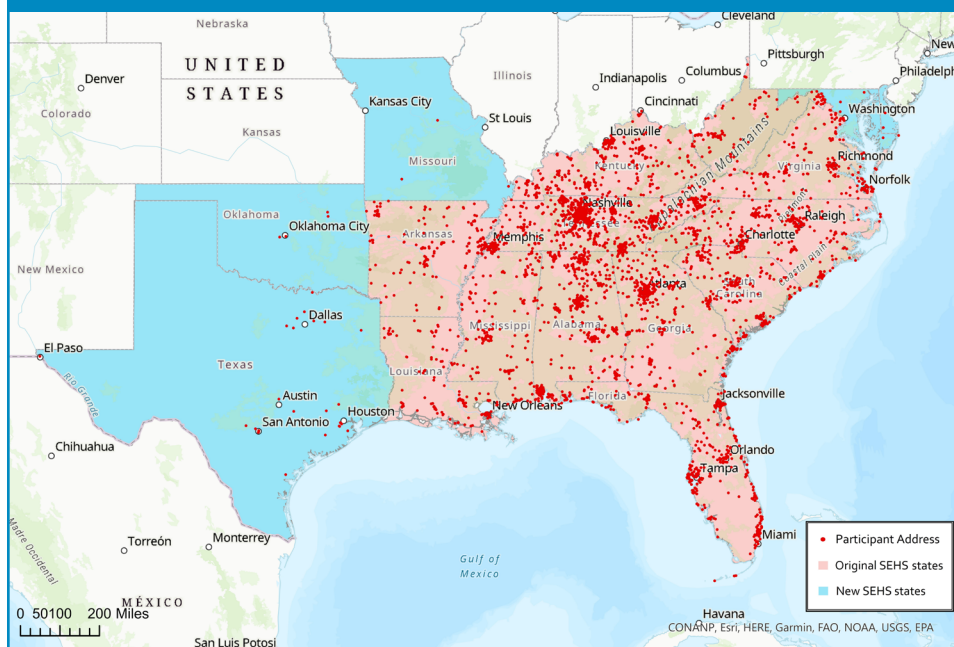
As always, if you have any questions or concerns, please visit SEHStudy.org/contactus or call us toll-free at **855-710-9489**.

WHAT WILL HAPPEN TO MY WRISTBAND AFTER I SEND IT BACK TO THE SEHS?

After receiving the wristbands, SEHS laboratory staff store them in ultra-cold freezers until it's time for testing. Then, SEHS scientists analyze a small piece of the wristband using a process called high resolution gas chromatography/mass spectrometry. This process detects substances like flame retardants, pesticides, and over 150 other volatile chemicals, as well as thousands of other substances. By combining wristband data from thousands of SEHS participants, over time researchers can look for connections between environmental exposures and health conditions like cancer. To protect your personal information, we identify each wristband by an ID number. The scientists doing the analysis do not know your name or other identifying information.

SEE WHERE SEHS PARTICIPANTS LIVE

Each dot represents 1 participant.



THE SOUTHERN ENVIRONMENTAL HEALTH STUDY IS EXPANDING

The Southern Environmental Health Study is expanding to Delaware, Maryland, Missouri, Oklahoma, Texas, and Washington DC in addition to our current states Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, and West Virginia.

We need your help! The SEHS is recruiting new participants aged 40-70 who live in the South. Do you know someone who may be interested in joining the SEHS? Please help us by sharing our website www.SEHStudy.org or phone number **855-710-9489** with your friends, family, and community.



HAVE YOU FINISHED ALL OF YOUR STEPS OF THE SEHS?



- Survey: If you have not finished the survey, check your email for a link to your survey or call us toll-free at 855-710-9489.
- Wristband: You will be sent a wristband once your survey is complete. If you have misplaced your wristband, contact us for a new one.
- Payment: Once your survey and wristband are both received you will be sent a thank you payment.

Have questions? Contact the study about the steps at SEHStudy.org/contactus or toll-free at **855-710-9489**.

We will not contact you about any individual test results found from conducting our laboratory research as part of this study.



5,000+
PARTICIPANTS



3,100+
WRISTBANDS
RETURNED



1,000+
BLOOD AND URINE
SAMPLES DONATED

STAY IN TOUCH WITH SEHS!

Have you moved or changed
your phone number?

Let us know at
SEHStudy.org/contactus
or call us toll-free **855-710-9489**



**We are excited to announce
new videos on our website!**

Please visit **SEHStudy.org**
to watch an overview video as well as
informational videos about
wristbands, samples, and data security.

Calling all community groups!

Do you know of a community group
or organization interested in
spreading the word about the SEHS?
We are always looking for new
partners such as faith-based,
professional, healthcare, and
service organizations.

Please email **SEHStudy@vumc.org**
to set up a virtual meeting.

SPOTLIGHT ON SEHS PARTNERS

The SEHS is proud to partner with outstanding community health centers throughout the South. One of these centers is the East Arkansas Family Health Center (EAFHC) in West Memphis, Arkansas. The EAFHC provides primary and preventive healthcare services to West Memphis and surrounding communities. Dr. Susan Ward-Jones, CEO, of EAFHC, told us, *"It's important that people throughout the South have the opportunity to join research studies such as the SEHS. When our communities are represented in research, it moves us all closer to a cleaner and healthier environment."*

Another exceptional partner is Franklin Primary Health Center. Headquartered in Mobile, AL, Franklin Primary Health Center (FPHC) is a leading health provider across the state of Alabama. We are honored for this community health center partner to join the Southern Environmental Health Study.



Community outreach events hosted by East Arkansas Family Health Center. Linda Clemons (pictured above) is a Patient Care Coordinator/Clinical Health Coach with EAFHC.

Community health centers are a critical resource with a mission to treat individuals who may be uninsured or otherwise have limited access to healthcare. These underserved communities have not always been adequately included within health research studies. We continue to expand our partnerships with community health centers in the South so that the SEHS is representative of the full diversity of people living in the South.

Thank you EAFHC, FPHC and all of the other community health centers for the work you do to make healthier communities.

NEW! SALIVA SAMPLES

The Southern Environmental Health Study has added a new step: saliva collection! SEHS scientists will use your saliva sample, along with those of thousands of other SEHS participants, to look at how genes (DNA) and chemicals in the environment might affect cancer risk.

If you choose to donate a saliva sample, we will mail you a home collection kit. It only takes a few minutes to collect the sample at home by spitting into a tube and mailing the sample back. When we get your saliva sample back, we will mail you \$5 for this step.



CUCUMBER AND TOMATO SALAD

Serves 4

Ingredients

- 1 cup cherry tomatoes, halved
- 3 cucumbers, peeled and diced
- ½ cup red onion, diced
- ¼ cup feta cheese, crumbled
- ¼ cup red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon black pepper
- 1 teaspoon salt

Make this recipe your own by adding your favorite herbs and spices!

Instructions

Place tomatoes, cucumbers, red onion and feta cheese into a large bowl.

Whisk together vinegar, olive oil, pepper and salt.

Pour over other ingredients and mix.

Chill for at least 30 minutes and serve.



Nutrition Information

Calories: 115 Fat: 9 grams Carbohydrates: 4 grams Protein: 3 grams

Cost ~\$12 or ~\$3 per serving

SOURCE: My.VanderbiltHealth.com

ADDRESS SERVICE REQUESTED

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