



Environmental Impact on Adult Hormones and Reproductive Health

Part of the Observation of Environment and Reproductive Endocrine Effects Study (OBSERVE Study)

The purpose of this study is to learn how an adult's environment may cause problems with their hormones and reproductive system. Things in the environment may include pollution, chemicals at home and work, the food and medicine you take, and how much you sleep. Some of the health conditions to be studied are delayed puberty, irregular menstrual periods, polycystic ovarian syndrome (PCOS), female or male reproductive dysfunction and infertility (hypogonadism), and other disorders of androgen excess, including congenital adrenal hyperplasia (CAH).



Who can participate?

- Women and men who are 18 years of age or older.
- Confirmed or suspected diagnosis of endocrine-reproductive disorders.
- Able to travel to Research Triangle Park, North Carolina, or Bethesda, Maryland.

What is required?

- Study visits every 12-15 months for five years.
- Medical history, physical exam, blood and urine samples, answering questionnaires.
- Specialty testing measuring body composition and metabolism, if needed.

What are the advantages for participants?

- Evaluation and consultation by a specialist to confirm the diagnosis.
- Individualized medical care and treatment at no cost.
- Clinical laboratory tests, X-rays, and ultrasounds may be available at no cost.

Compensation is provided upon completion of each study visit.

Who is running the study?

- A team, led by Skand Shekhar, M.D., Janet Hall, M.D., and Natalie Shaw, M.D., from the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina, and the NIH Clinical Center in Bethesda, Maryland.

For information about this study:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email myniehs@niehs.nih.gov.
- Visit our website at <https://www.niehs.nih.gov/observe>.

