



# LEGACY Girls Study

Lessons in Epidemiology and Genetics of Adult Cancer from Youth

## SPRING 2016 NEWSLETTER

### Greetings from the LEGACY Girls Study

❖ Esther M. John, Ph.D., Research Director

Our study team would like to share some news and updates from the LEGACY Girls Study. We are now in our 6th year of LEGACY and our 362 girls from 277 California families have shown an amazing commitment to LEGACY over the years. Many families have completed their 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> follow-up! Being a mom myself with two daughters (now 24 and 21 years old), I remember the hectic days between school, after-school activities, and work. I understand that it has not always been easy to fit our home visits into your busy schedules. This year we are not conducting any home visits, we are collecting updates by online or mailed questionnaires. I hope it will be a little easier for you to fit LEGACY into your schedules. You can always contact our office if you need help with your questionnaires or the measurements.

We are now busy analyzing the data we collected. Below we give a brief summary of a recent publication that describes the LEGACY Girls Study. We will be happy to send you a copy if that interests you. LEGACY is truly a landmark study. THANK YOU for your dedication and commitment to this huge research project!



### Sudoku

	9		1				3		
	1			6				2	4
7			3	8					
							4		6
	8	3					1	9	
2		7							
				9	3				5
6	7			2					8
		9			4				6

www.sudoku.interviewstreet.com

### 2016 Follow-up and Beyond

We are excited that the LEGACY spring follow-ups are underway! We are collecting updates by online or mailed questionnaires, depending on your preference. As of April 2016, over 140 girls have completed their follow-ups! By now, all families should have already received a packet with paper questionnaires and instructions to record the body measurements. If you indicated preference to online questionnaires, links have been emailed to your email address.

If you have not completed the questionnaires or returned the Body Measurement forms, we would greatly appreciate it if you can complete and return them as soon as possible. If you have not received the packet and/or online links, please let us know. As always, if you need help with the completion of the questionnaires, feel free to contact us. Going forward, we will continue follow-up with a brief questionnaire every six months and we would greatly appreciate all of our families' continued participation.

### Recent LEGACY Publication

John EM, Terry MB, Keegan TH, et al. *The LEGACY Girls Study: Growth and Development in the Context of Breast Cancer Family History*. *Epidemiology*, May 2016.

Summary: This publication gives an overview of the methods of the LEGACY Girls Study. Initiated in 2011 at 5 study centers, we enrolled 1,040 girls and collected survey data and biospecimens every six months, with a focus on the girls' growth and pubertal development. One set of analyses will examine how lifestyle and having a family history of breast cancer influence the start and tempo of puberty development.



### LEGACY Girls Study

www.legacygirlsstudy.org  
1.866.878.5098 (toll-free)  
legacygirlsstudy@cpic.org

### Have you recently moved?

If you are planning to move, or recently changed your contact information (address, phone, email), please let us know by calling our toll-free number 1.866.878.5098 or emailing us at legacygirlsstudy@cpic.org.










## Girls' Corner

Did you know that some pollutants and chemicals in consumer product can affect breast development? Review the list of chemicals below and be in the know on how to reduce your exposure by using safer products! For more information, visit <http://www.zerobreastcancer.org>.



For the complete chart, visit:

[http://www.zerobreastcancer.org/images/resources/prevention/major\\_chem\\_info\\_table-eng.pdf](http://www.zerobreastcancer.org/images/resources/prevention/major_chem_info_table-eng.pdf)

Chemical	Source	How to reduce your exposure
<b>Cotinine</b> 	Tobacco smoke or second hand smoke exposure	Commit to smoke-free home and car, don't smoke around children
<b>Flame Retardants</b> 	Household dust (from furniture foam, carpet padding), contaminated water and food	Replace old furniture foam, use vacuum with HEPA filter
<b>Parabens</b> 	Cosmetics and personal care products, also used as a preservative	Reduce use of cosmetics/personal care products, purchase 'Paraben Free' products
<b>Perfluorochemicals (PFCs)</b> 	Contaminated air and water, used in making non-stick cookware and coating on food packages	Avoid non-stick cookware/utensils, use stainless steel/cast iron instead if possible, cut back on packaged/fast foods
<b>Pesticides</b> 	High-fat foods (milk products, eggs, meat, some fish)	Wash and peel fruits and veggies, buy more foods grown with fewer pesticides (local farms)
<b>Phenols</b> 	Plastic bottles, food can liners, anti-bacterial soaps, water pipes	Limit consumption of canned foods, buy BPA-free products
<b>Phytoestrogens</b> 	Natural compound found in plants, such as soybeans, tofu, peanuts, flax seeds, and other non-processed foods	Eat more foods high in phytoestrogens, which may delay onset of puberty in adolescence
<b>Polychlorinated Biphenyls (PCBs)</b> 	High-fat foods (milk products, eggs, meat, and some fish)	Limit consumption of high-fat foods (red meat) and fish (salmon, striped bass, farmed trout and oysters)
<b>Phthalates</b> 	Plastics, children's toys, cosmetics such as nail polish, hair spray, and fragrances	Limit on use of cosmetics with phthalates, don't microwave food in plastics



Dr. Thu Quach, a research scientist at Cancer Prevention Institute of California (CPIC), advised on the following when using nail polish and nail care products:



### Interested in Community Service hours?

Are you required to have community service hours for school? The LEGACY Girls Study is offering community service hours for your participation in the study! Every questionnaire you have completed and biospecimen sample you have provided will be translated into community service hours. If you are interested, email us at [legacygirlsstudy@cpic.org](mailto:legacygirlsstudy@cpic.org).

- ✚ Avoid using polishes with the toxic trio – toluene, dibutyl phthalate, and formaldehyde
- ✚ Avoid nail polish removers with ethyl or butyl acetate
- ✚ If you visit a nail salon, make sure it is well ventilated
- ✚ Replace old nail products with toxic-trio free alternatives
- ✚ If you are in San Francisco, look for the Healthy Nail Salon Program logo above
- ✚ For more information, visit [www.cpic.org](http://www.cpic.org)



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Preventing Cancer. Promoting Life.



**The LEGACY Girls Study**