



# LEGACY Girls Study

NEWSLETTER

SUMMER 2015

## OUR STUDY SITES:

**New York City**

Philadelphia

Ontario, Canada

Salt Lake City

San Francisco Bay Area

How many visits have you completed?

(Check off below!)

42-month follow-up (7 girls)	<input type="checkbox"/>
36-month follow-up (41 girls)	<input type="checkbox"/>
30-month follow-up (82 girls)	<input type="checkbox"/>
24-month follow-up (135 girls)	<input type="checkbox"/>
18-month follow-up (149 girls)	<input type="checkbox"/>
12-month follow-up (154 girls)	<input type="checkbox"/>
6-month follow-up (161 girls)	<input type="checkbox"/>
Baseline (168 girls)	<input checked="" type="checkbox"/>

## Happy Summer 2015!

We hope you had a wonderful winter and are enjoying the warmer weather in New York City. We are writing to you to share some exciting updates and news from the LEGACY Girls Study.

We are currently in the fifth year of the study, and we couldn't have done it without you! Many girls have completed their 4th, 5th, and 6th follow-up visits, and we are now scheduling girls for their 3 ½ year follow-up visit (Number 7!). Time really does fly by when you are having fun!

Thanks to all of our wonderful families that provided feedback on our Infection Questionnaire that we piloted here in the New York site! After incorporating your helpful comments, this questionnaire is now being used at all five LEGACY sites.

## THINKING ABOUT COLLEGE?

Participating in research is a great asset to a college application! You may be able to receive school credit or community service hours for each LEGACY Girls Study visit that you complete. Don't forget to add LEGACY to your resume of activities, and maybe even your college admissions essay!



## Fall 2015 Follow-up Visits...and beyond!

Thank you for your continued participation in the LEGACY Girls Study. You have all shown an amazing commitment to the study, and we hope that all of our wonderful families will continue to be a part of LEGACY. We plan to continue our clinic visits over the next year.

As we plan for future research studies, we would love your invaluable feedback! You may be asked to complete a brief questionnaire at your next visit about your interest in participating in additional activities at future LEGACY visits. We appreciate the many contributions of our LEGACY families to every stage of our research!

We will keep you posted on future visits, publications and other LEGACY news through our website. Thank you for everything you have done to make the study so successful!

## Optical Spectroscopy (OS) Update

We would like to thank all of the girls so far who have participated in the OS (or “light test”) component of the LEGACY Girls Study. So far more than 60 girls have participated at the New York site, and more than 350 girls have completed OS across all 5 sites!

OS is a non-invasive procedure that shines a light on the breast tissue. This allows us to learn about how the breast is growing by looking at the amount of water, fat, muscle and blood in the breast tissue. We will use this information to compare breast tissue characteristics of girls at different ages to learn how these characteristics change as girls grow.

“It was completely painless and easy and I would do it again...(Plus: you get to wear cool goggles),” says Amal, one of our awesome LEGACY girls. The light test is completed in 10-15 minutes and takes place in a private room. Like all parts of the study, OS is optional and we are always available to answer questions about any component of the study.

If you are 10 years or older, you may be asked about completing the light test at your next LEGACY visit.

**Solve the puzzle and find out exactly how many LEGACY girls have completed OS so far!**

S		3				9		
O	6	7			8			3
D				1	2			8
O		8						7
K			4	6		8	2	
U	3							9
	9				7	6		
		2			5			6 3
			7					5

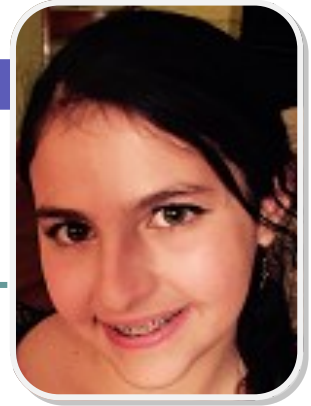
<http://www.theguardian.com/>

Contact us with any questions, or to schedule your next visit!

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## Meet Jessie!

- L:** Why did you decide to participate in LEGACY?
- J:** I decided to participate in the Legacy Girls Study because I know people who have had breast cancer and I think it is important to do everything we can to help find a cure.
- L:** What has your experience been like participating in the LEGACY Girls Study so far? What is your favorite part of a LEGACY visit?
- J:** So far my experience has been very good. Everyone is always very nice and supportive. My favorite part is coming back and seeing the same research coordinators who have been with me since the beginning.
- L:** Have you completed optical spectroscopy at a LEGACY visit? Would you do it again? What would you say about it to another LEGACY girl that was considering it?
- J:** I did the optical spectroscopy on my last visit. I think it is interesting that you can use light to see into a person's body. I would do it again and would encourage another LEGACY girl to try it because it doesn't hurt at all and takes very little time while providing important information.
- L:** What do you enjoy doing in your free time?
- J:** In my free time I like to read and spend time with my friends.
- L:** What is your favorite thing to do in NYC or favorite place to visit in general?
- J:** My favorite thing to do is bike riding because it's fun and allows me to see different neighborhoods in the city.
- L:** Do you have any pets? What is your pet's name?
- J:** I have a red-footed tortoise named Franky (she's a girl) who I love very much.

Look for updates and publications on the LEGACY website!  
[www.legacygirlsstudy.org](http://www.legacygirlsstudy.org)



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