

# The LEGACY Girls Study Newsletter



HAPPY SPRING 2015!

## Our Study Sites

San Francisco Bay Area

New York City

Ontario, Canada

Philadelphia

Salt Lake City



## *Did you know?*

There have been more than 10,000 questionnaires completed by participants across five sites during the last five years!

## Spring Sudoku

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

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We hope you had a great winter and are enjoying spring in the Bay Area. We are writing to you to share some updates and news from the LEGACY Girls Study.

## UPDATES

The LEGACY Girls Study has reached its fifth year and we couldn't have done it without you! Many of you have completed your 4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> follow-up visit. Some of you are already scheduled for your 7<sup>th</sup> follow-up visit starting in April 2015!

We completed the light test, using Optical Spectroscopy (OS), on nearly 70 girls in Fremont at the Cancer Prevention Institute of California (CPIC), and on 279 girls across all LEGACY centers.

The procedure is safe, does not cause any pain, and is completed in about 5-10 minutes. As a reminder, all electrical surfaces are grounded and have protective coverings as an extra precaution. Girls will also be provided with protective goggles to wear during the OS measurements.

We thank the many families who came to Fremont for their appointment! We look forward to seeing more families in the upcoming months.



## Fall 2015 Follow-up Visits

A big thank-you for your continued participation with the LEGACY Girls Study! Our families have shown an amazing commitment to the study and the number of families who have completed multiple follow-up visits is impressive. As you know, your follow-up visits are scheduled every 6 months. If you have had an appointment in 2015, it is likely the only home visit you will have in 2015. We will follow-up with you in the summer/fall this year. Stay tuned!

## Thank you!

We want to thank our interviewers/phlebotomists for their hard work and dedication to the LEGACY Girls Study. They have contributed tremendously to the success of the study.



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## Meet All Our LEGACY Interviewers/Phlebotomists!

I began working at CPIC as an Interviewer/Phlebotomist for the Family Registry Study in 2003. Since then I've been fortunate to work on other studies as well. I enjoy my position interfacing with people from all walks of life and ages and am happy to work with such a friendly and supportive staff. For the past few years, I've been working with the LEGACY Girls Study. I enjoy seeing the young girls grow and mature over the course of the study. In the beginning, the girls looked forward to receiving the gifts that we give them. But as they evolve, I notice they find even more satisfaction in volunteering their time, having their blood drawn for the first time, and knowing that their participation helps in our research studies.



Debbie Serva 



Rita Zendejas-Brewer 

I have worked at CPIC for 8 years. It has been a pleasure working with a team of experts in a large-scale study, the LEGACY Girls Study. I have met many wonderful families and as busy as they are, they welcome me into their homes as if nothing is more important. I am happy to meet with the girls at their appointments and watch as they change and grow. I am honored to be a part of the LEGACY Girls Study.

As an Interviewer/Phlebotomist for the LEGACY Girls Study, I have had the pleasure of getting to know many different families. But one of the aspects that I also enjoy is interacting with pets of the families. Many of them have 5 or 6 dogs, a dozen of chickens, birds, and more! At one of my home visits, I was greeted by a 120-lb. goat. I was a little surprised, a little different than your usual dog or cat but still welcomed on my part. He gently walked over to me and allowed me to pet him. I came to find out later he somehow got out of the backyard and that's how he ended up meeting me at the front door. I had a good laugh and left happy knowing I made a new friend that day, in a goat.



Shanika Anderson 



Jenna Luckhardt 

Greetings from Jenna: About six months ago I left the LEGACY Girls Study in order to go to nursing school in Boston, Massachusetts. All the cold and snow have been a big change from the Bay Area weather, but I'm having a great time and learning a lot. I am especially looking forward to my pediatric rotation, where I will finally be able to work with kids again. Thank you to all my families and young ladies, you taught me so much. I miss seeing all of you.



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