



LEGACY Girls Study Newsletter

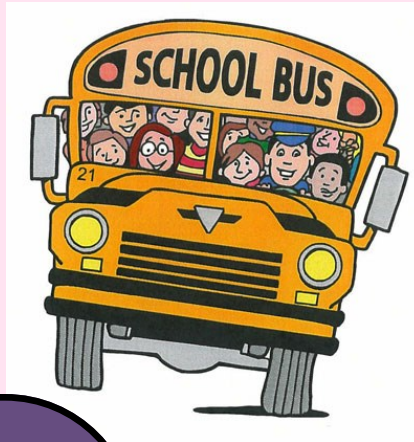
Fall 2014

A friendly reminder:

Please complete your online questionnaires before your visit. It saves you and your interviewer time and ensures that all components of the visit are completed.

Congratulations and many thanks to all of you for your ongoing participation in this important study. We could not do it without you!

We hope you have had a great summer vacation and that you are ready to start the new school year! We are writing to you to share some updates and news from the LEGACY Girls Study.



Updates!

We continue to follow-up with our LEGACY families and many of the fifth follow-up visits have begun.

We are currently piloting a new questionnaire for parents to complete at the LEGACY follow-up visit. The new questionnaire asks about exposure to infection during infancy and early life. In addition to the questionnaire, we are asking parents to complete a short survey to collect valuable feedback that can help us enhance future questionnaires.

Thanks to your feedback on the LEGACY Food Frequency Questionnaire (FFQ) we are adding a supplemental nutrition questionnaire for the fifth follow-up visits. This new questionnaire will give you the opportunity to list additional foods and beverages, that you consume regularly, that were not included in the FFQ. The questionnaire also will ask some other food-related questions not covered in the FFQ.



Find all 17 words hidden below for a special message for our LEGACY girls!



T	R	H	A	V	R	P	S	C	R	E	E
E	U	A	G	E	E	T	L	O	N	D	R
A	L	E	S	N	U	A	T	G	A	U	T
C	E	A	C	D	S	A	L	S	C	C	H
H	R	I	E	S	L	I	O	O	N	A	K
E	L	N	R	U	S	L	Y	E	O	T	O
R	T	O	C	H	M	A	T	H	T	I	O
S	O	L	I	B	R	A	R	Y	E	O	B
M	A	K	C	A	P	K	C	A	B	N	T
C	H	O	M	E	W	O	R	K	O	A	X
N	O	I	T	A	C	A	V	R	O	X	E
S	C	I	E	N	C	E	V	C	K	H	T

- Backpack
- Calculator
- Classroom
- Education
- English
- Eraser
- Homework
- Library
- Math
- Notebook
- Pencil
- Ruler
- Science
- Students
- Teacher
- Textbook

And an important bonus word: Vacation

Created by Puzzlemaker at DiscoveryEducation.com

Our Study Sites

New York City, NY

San Francisco, CA

Salt Lake City, UT

Philadelphia, PA

Ontario, Canada



The LEGACY Girls Study is funded through the National Institutes of Health. We are the largest study of growth and development in the US that follows girls every six months. We love having all of the wonderful LEGACY families participating in this study. Thank you for your continued dedication to our research.



Meet Rachel!

Rachel joined the LEGACY team last fall and will be helping at study visits throughout the year. Rachel is currently an undergraduate student at NYU studying global public health and applied psychology. She has completed coursework in psychology and she is looking forward to her courses in research methods and epidemiology this fall. Rachel enjoys reading, singing, traveling and spending time with her three younger sisters.



How old are NY LEGACY Girls?

53 LEGACY Girls are 7-9 years old.

82 girls are 10-13 years old

35 girls are older than 14 years old

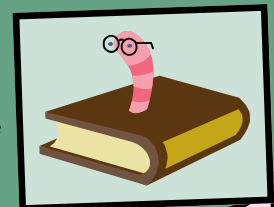


Optical Breast Spectroscopy (OS)

If you are 10 years of age and older, you may be asked by your interviewer about completing the OS (or “light test”) component of the LEGACY Girls Study at your next follow-up appointment.

OS is a non-invasive procedure that shines a light on breast tissue so that we can learn how the breast is growing inside by looking at the amount of water, fat, muscle, and blood in the breast tissue. We will use the information from the light test to compare breast tissue characteristics in girls of different ages and to learn how breast tissue characteristics change as the girls get older and how they are influenced by lifestyle and other factors. Many families have already told us they would be happy to complete the light test at their next LEGACY visit.

The light test was selected because it is safe for use on adolescent girls, it does not hurt, and it can be completed in 10-15 minutes. The light test will take place in a private room. Like other parts of the study, OS is optional and we are always available to answer questions about any component of the study.



Look for new updates and publications on the LEGACY website!

www.legacygirlsstudy.org



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