



LEGACY GIRLS STUDY NEWSLETTER

Dear Legacy Families,

Thank you for participating in another successful year of the LEGACY Girls Study! We are so grateful to have such a dedicated group of families, and we truly appreciate your commitment to LEGACY and furthering research on women and girls.

You may recall that our goal was to enroll 150 girls and their parent here in New York, and a total of 900 girls in all 5 LEGACY sites (New York, Northern California, Utah, Philadelphia and Ontario). With baseline recruitment now complete, we are excited to announce that we have 168 girls participating at our New York site, and over 1,000 in the U.S. and Canada! We have also begun seeing families for their fourth follow-up visit here at Columbia.

There are many new developments to look forward to this coming year. We have started a pilot study to examine the changing levels of hormones in girls during their menstrual cycle. We will also be starting measurements of breast tissue using optical spectroscopy, a technique using light to examine the development of breast tissue in adolescents with no radiation exposure. As with all parts of LEGACY, each study component is optional and we are always available to answer questions about each component.

Finally, our website has been updated to include a special location for our girls to provide information about themselves and learn more about other girls participating across the U.S. and Canada. Log on to <http://www.legacygirlsstudy.org> to see photos of other girl's pets and their favorite recipes. Please feel free to send in the reply card below with your favorite recipe, movie, book, and summer activity, and we will share it on our website!

Best regards,

Mary Beth Terry, PhD

FUN FACTS FOR NY LEGACY GIRLS!

Out of 168 NY LEGACY Girls:

- 6 girls* are named Sophie or Sofia
- 9 years* is the average age of girls when they joined the study
- 7 girls* are identical or fraternal twins
- 121 girls* have completed a 6-month follow-up visit
- 59 girls* have completed a 12-month follow-up visit

NY LEGACY STAFF PETS

(Please send us your pet photos!)



Jackson



Zoe



Sydney

LEGACY GIRLS FAVORITE ACTIVITIES (REPLY CARD)

Favorite Movie: _____

Favorite Book: _____

Favorite Type of Music: _____

Summer Activity (check one):

- Reading
- Summer Camp
- Sports

- Arts and Crafts
- Amusement Park/Water Park
- Horseback Riding
- Swimming
- Other: _____

Please email your favorite healthy recipe and/or photos of your pets to legacygirlsstudy@columbia.edu.

We can't wait to hear what you have been up to this summer!

LEGACY Appointments: Questions and Answers

Q: Why do we collect urine, saliva and blood at each appointment?

A: Collecting urine, saliva and blood, referred to in science as ‘biospecimens’, helps us understand what is going on inside a girl’s body, in addition to what we can measure on the outside. We try to collect your first urine of the day because there is a hormone in your urine called melatonin. Melatonin helps your body regulate when to sleep and when to wake, and is related to other important processes in the body such as heart health and DNA replication. Saliva is important to the study because it allows us to collect actual samples of your DNA to look at under a microscope. Blood samples allow us to look at certain compounds and genes in your body that tell us more about how you are growing and developing.

Q: How are we helping girls & women’s health by participating in LEGACY?

A: The LEGACY Girls Study hopes to learn how lifestyle, environment and biology affect growth and development in early life, and whether growth is different in girls with a family history of certain health conditions. By participating and providing us with information about yourself and your environment, you are helping us investigate how girls’ growth and development are important in women’s health.

Q: How will we find out about results from the study? Will we have access to the study publications?

A: Our first publication will be a paper describing the research methods underpinning the LEGACY Study, and will be available on our website as soon as it is published. Further scientific publications will emerge in the later years of the study and will be made available to participants who are interested via the website and mailings.

LEGACY Girls Study Mad Lib

Directions: Have another person ask for the part of speech indicated, fill in the mad lib story, and read it back to you. [v=verb, adj=adjective] Enjoy!

The LEGACY Girls Study is _____ (adj)! I _____ (v) participating in LEGACY because I get to _____ (v) and because it is _____ (adj).

At each visit, it is _____ (adj) to spit in a tube and pee in a cup. When spitting, I _____ (v) to be _____ (adj) so that I don’t _____ (v) all over _____ (family member). I always _____ (v) what they do with my spit – do they _____ (v) it under a microscope or _____ (v) it in the _____ (place/location)?

Then comes the _____ (adj) part, when we _____ (v) my _____ (adj) feet!

Afterwards, I always feel _____ (adv) and am _____ (feeling) that I am supporting research for women and girls health! _____ (exclamation)!



LEGACY Girls Study
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