



LEGACY Girls Study Newsletter

Our Study Sites

- San Francisco Bay Area
- New York City
- Ontario, Canada
- Philadelphia
- Salt Lake City



Spring Flower Word Search

Try to find all of the hidden spring flower related words in the puzzle below. Remember, words can be diagonal, vertical, horizontal, forward or backward.

Bluebells
Buttercup
Crocus
Daffodil

Freesia
Hyacinth
Iris
Lady's Slipper

R	E	P	P	I	L	S	S	Y	D	A	L	L
A	I	H	T	N	I	C	A	Y	H	B	S	S
A	F	R	E	E	S	I	A	Q	F	U	P	P
P	B	L	U	E	B	E	L	L	S	T	O	P
P	D	A	F	F	O	D	I	L	U	T	R	R
B	S	T	E	L	O	I	V	I	C	E	D	E
S	P	I	L	U	T	J	R	O	R	W		
W	O	R	C	H	I	D	I	R	C	O		
Q	Y	L	I	L	A	C	S	C	U	N		
S	U	S	S	I	C	R	A	N	P	S		
O	P	P	O	P	P	Y	Y	P				

Lilac
Lily
Narcissus
Orchid

Poppy
Snowdrops
Tulips
Violets

HAPPY SPRING 2014

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

Updates!

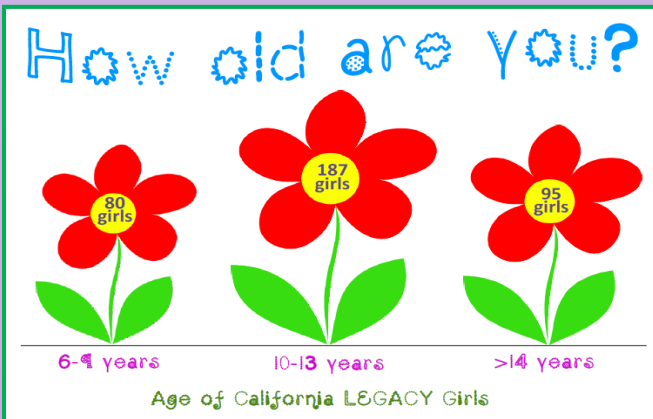
In January of this year, the LEGACY Girls Study began its fourth year (age breakdown of girls is shown below). Many of you have completed your 2nd, 3rd, and 4th follow-up visits! Some of you are already scheduled for your 5th visit starting in April 2014.

A friendly reminder: Please complete your online questionnaires before your home visit. It means a shorter home visit for you and your interviewer and ensures that all components of the visit are completed.

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

Supplemental Nutrition Questionnaire

A big thank-you to all the parents who provided us with feedback on the LEGACY food frequency questionnaire (FFQ). We heard that not all the foods you eat regularly were included in the FFQ. At the 5th follow-up, we are adding a supplemental nutrition questionnaire that will give you the opportunity to list additional foods and beverages that you consume regularly. The questionnaire also will ask some other food-related questions not covered in the FFQ.





Optical Breast Spectroscopy (OS)

If you are 10 years of age and older, you may have already been asked by your interviewer about coming to the Cancer Prevention Institute of California (CPIC) in Fremont for one of your next follow-up appointments to complete the OS (or “light test”) component of the LEGACY Girls Study.

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. The light test was selected because it is safe for use on adolescent girls, it does not hurt, and it can be completed in 5-10 minutes. The light test will take place in a private office (pictured below).

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 come to Fremont for the light test.



Look for new updates to the
LEGACY Website!
www.legacygirlsstudy.org



CANCER PREVENTION INSTITUTE
 OF CALIFORNIA

Preventing Cancer. Promoting Life.



Meet Chloe!

Chloe has been with the LEGACY Girls Study since the pilot study in 2009. She decided to continue participating because she wants to help cancer research. In her free time, she likes to ice skate, swim and play softball. Her favorite color is aqua because it



looks like the ocean. Her favorite place to visit is Hawaii because of the beaches and she has a cat named Maui. Overall, her experience in the LEGACY Girls Study has been great because she gets to learn a lot about herself and how she can help cancer research. We are very happy to have Chloe and her mom Celia in the study!

SPRING GARDEN!



Planting a vegetable garden is not only fun, it also helps save _____ (noun/s). You will need a piece of _____ (adjective) land. You may need a _____ (noun) to keep the _____ (noun/s) _____ (noun/s) out. As soon as _____ (noun) is here you can go out there with your _____ (type of tool) and plant all kinds of _____ (noun/s). Then in a few months, you will have corn on the _____ (noun)

and big, _____ (adjective) flowers.



Mad Lib!