



Newsletter
Spring 2017

LEGACY Girls Study

Thank you for your continuing support of the LEGACY Girls Study! In the first 5 years of LEGACY, our New York girls have dedicated over 5,384 hours, and contributed over 2,000 biospecimens to science! We are now transitioning to the next phase of the LEGACY study, and have multiple options for visits this spring. Stay tuned for more information about visits in Fall 2017 and beyond!

Participating in LEGACY, Spring 2017

COMPLETE A VISIT IN PERSON OR BY MAIL, EMAIL OR PHONE:

IN THIS ENVELOPE, you will find a growth and development questionnaire for the LEGACY parent to complete and a growth and development questionnaire for the daughter as well, if she is 10 years of age or older. We would appreciate it if you could both complete these questionnaires and mail them back to us in the enclosed pre-addressed and pre-stamped envelope. As always, please complete these questionnaires independently. If you'd rather complete your questionnaires via phone or email, please let us know.

If you would like to come into our clinic and complete OS (the light test) along with your questionnaires, please call or email us to schedule an appointment—we'd love to see you! We will have LEGACY appointments every week on Thursdays and Fridays from 4-7pm, and one Saturday a month. Please call us at 212-304-6462 or on our study cell phone at 646-248-2414 if you want to come in!

TRACK YOUR PERIOD ON YOUR PHONE OR TABLET:

LEGACY girls who have started menstruating are eligible to participate in a pilot study that uses an app called CLUE to help track menstrual periods. We are very excited about this pilot, which has already been featured in New York Times magazine! Thank you to those who are already participating. For those not yet participating, we hope you will join us during this pilot! More details are included in this envelope, and you can join by mailing them back to us. You can also call or email us with any questions, and to join this pilot.

Moms can use the CLUE app too! The app is free to download and can be used to track many aspects of health.

Keep in touch!

Please contact us with any questions or to schedule a visit!

Ph: 212-304-6462 or

212-304-6433

Ph: 1-855-34-FAMILY

E: legacygirlsstudy@columbia.edu

Casting Call



The LEGACY study has been approached by two documentary film projects exploring puberty and the experience of teenagers. The filmmakers are looking for fun, smart and brave women who are interested in being interviewed about puberty. Please contact us via phone or email if you're interested, and we will give you more information!

New consent form for 18 year olds

LEGACY girls that turn 18 years old will be asked to sign a new consent form to continue participating in LEGACY. We hope that all of our girls will participate in LEGACY into adulthood! Please contact us if you have any questions.

