



Ontario  **The LEGACY Girls Study** 

 **LEGACY DONE RECRUITING!**

Time really does fly when you're having fun! Hard to believe that just a little over a year ago, LEGACY Study posters were going up across the GTA, over 500 personal invitation letters were being stamped and mailed, and a small e-posting went live under the 'volunteers needed' ads section of our local University Health Network's Intranet - all inviting Ontario parents and daughters to join the new NIH-funded, Canadian arm of the LEGACY Girls Study (all other participating sites are in the US: Philadelphia, San Francisco Bay Area, Salt Lake City and New York City).

Altogether, the scientists were hoping for 900 girls to join across all 5 sites. In Ontario, we needed a total of 180 girls to be successful.

With our first 18 months now behind us, marking the official end to our recruitment phase, we are delighted that all of YOU have found a reason and a way to say 'YES' to spending the next 4 years with us. We are happy to report that with your hard work and success in getting friends and family involved, we now have a total of 192 fabulous Ontario girls on board. And all

together we have 1040 girls participating across all 5 LEGACY Study sites, that's a lot of girl power.

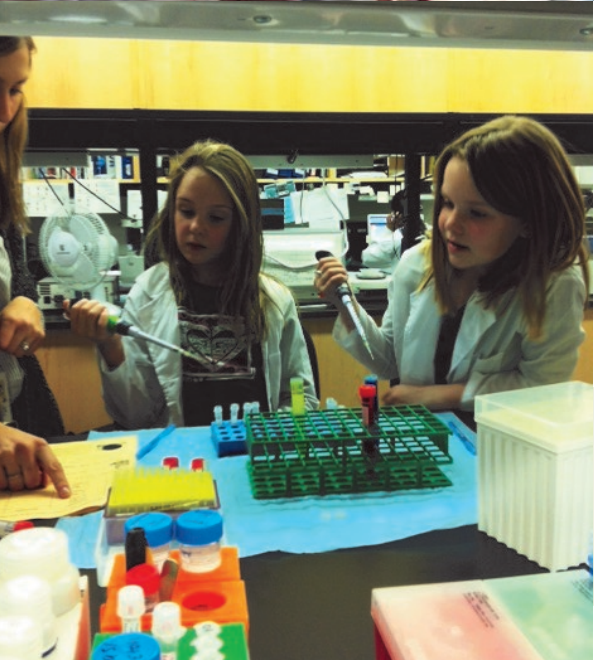
To date, we have seen all our participating families for their first visit and are now working towards our first (6month), second (12month) and even our third (18month) follow up visits. While, you and your daughter may not benefit directly from participating in this study, we can't thank you enough for all your effort.

Also, our **Jr. Scientist Program, developed exclusively for LEGACY girls**, is continuing to grow. We now have programs at two different laboratories at Mount Sinai Hospital, as well as in-house experiments such as *Saliva DNA Extraction* and *Edible DNA*, with more fun and learning on the way.

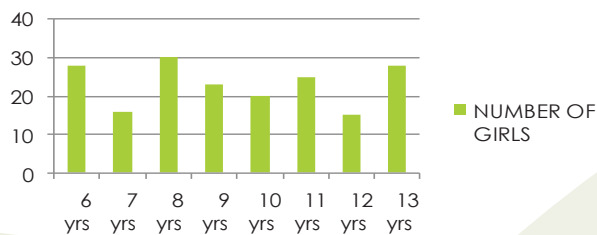
Thankyou!!Thankyou!!Thankyou!!

We look forward to seeing you grow with us and will be in touch within the next 6 months!

Thank you,  
Drs. Irene Andrulis, Julia Knight and Lothar Lilge & The ONTARIO LEGACY TEAM (Gord Glendon, Danielle Hanna, Rohini Gosai, Pauline Susanto, Mai-Liis Tamme-magi & Jennifer Batchelor).



**ONTARIO LEGACY GIRL AGES**





Don't forget to check out our website!  
[www.legacygirlsstudy.org](http://www.legacygirlsstudy.org)

## LOOK WHO'S TALKING ABOUT LEGACY!

### Lunenfeld Article: *Millennials Help Scientists Transform Breast Cancer Research*

To see the full article and video interview about go to <http://bit.ly/VPBK4J>.



'What compels a twelve year old to commit to a five-year research study? It's a mixture of cool and curiosity. Just ask Mackenzie Perry, who volunteered to participate in the largest breast cancer study of its kind in Canada.'

### Toronto Star Article; *Legacy Girls breast cancer study of 900 kids hopes to unlock the key to preventing disease*



Two dedicated LEGACY families discuss their experiences with LEGACY. To read more follow the link <http://bit.ly/197B3o5>



### City TV News: *200 girls involved in Legacy Girls Study at Mount Sinai Hospital*



City TV features a news clip about the new and exciting LEGACY Research Study happening at Mount Sinai Hospital.

To see the video clip follow the link <http://bit.ly/10jpeHm>

### NEW Pilot Study: Taking a Closer Look at Hormones in Urine

**WHAT?** All 5 LEGACY sites have just launched a new pilot study within the larger LEGACY Girls Study to better measure hormones in urine samples from girls who have had their period for a year or more.

**WHY?** Scientists hope to gain a better picture of how hormones affect the growth and development of girls who have started their menstrual cycle.

**HOW?** To be successful and learn the most, we needed 10 Ontario girls to participate. Within only 3 days, ALL 10 spots were filled, with everyone contacted saying 'YES' to the study. THANK YOU for your overwhelming willingness to help us learn more ONTARIO GIRLS!

## SEND US... Your Animal PICS or Recipes!!

CALLING ALL LEGACY GIRLS to send us:

- A photo of your family pet or photo of your favorite stuffed animal. Be sure that the photo does not include any other family member for privacy reasons.

The example below is from our ONTARIO LEGACY Staff Member and her dog Chicharito.



- A favorite recipe.

NEW

- Email us your FAVORITE thing to do in the winter.

We hope to share everything sent to us on our web site and/or to add to our next newsletter. Also remember in the email to give permission for LEGACY to use the photo/recipe .

Send to ONTARIO LEGACY  
Mai-Liis Tammemagi @  
<mtammema@uhnresearch.ca>

