



# University of Pittsburgh

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December, 2015

Dear LLFS Family:

Happy Holidays! The Long Life Family Study is well into its 9<sup>th</sup> year. Since Visit 2 follow-up began in October 2014, we have seen **1,255 people from across the United States and in Denmark**. Our Pittsburgh team has visited **317 people** (139 participants in the parent generation and 178 in the offspring generation). We greatly appreciate your willingness to open up your homes to us. In 2016, we will be contacting more of you to set up in-person Visit 2's, including seeing some of you that reside in Arizona, Florida, California, and Texas. We also very much enjoy talking to you annual on the phone to update us on your health status. Everyone will receive a phone call or in-person visit in 2016. We are pleased to report that participation has been outstanding. We appreciate your continued engagement in the Long Life Family Study.

While the Visit 2's and annual telephone calls are ongoing, our research investigators remain very busy examining the extensive data that you have provided to us thus far. One of the most striking findings is that we are seeing that there are many different paths to longevity. Some families are characterized by very high levels of strength, while others have strong lung function. Some have high physical function in spite of common chronic health conditions, thus are highly adapted. We are conducting genetic sequencing to determine whether there might be genetic patterns that are unique to a small number of families. It is even possible that some families harbor a unique set of genes specific to them alone. This is very challenging to determine, but we continue to forge ahead on refining these exceptional longevity characteristics.

Thank you again for your continued participation in this important research program. We greatly appreciate the time and effort you put forth to make this study a success. Best wishes for a wonderful 2016.

Sincerely,

A handwritten signature in black ink that reads "Anne B. Newman".

Anne B. Newman, MD, MPH  
Professor and Chair, Department of Epidemiology  
Director, Center for Aging and Population Health  
Principal Investigator, Long Life Family Study Pittsburgh Field Center