We will be undergoing some extensive renovations in the Spring of 2007 to create a new state-of-the-art facility that will be more spacious and comfortable.

All of us here at C-STOP are very enthusiastic for the new improvements. Various changes will be made to the subject rooms to allow for more comfortable surroundings, as well as the addition of new computers to ease in the completion of questionnaires.

We will be moving out of our current space for two months and will be located in a temporary location one floor above. We will send everyone specific information and directions very soon.

We appreciate your patience during this transitional period, and ask, as always, that you do not hesitate to email or call us with any additional questions you may have. We will be excited to show off the new offices this summer!

**Pardon Our Dust!**

On January 18, 2007 a Harvard study announced that the amount of nicotine inhaled from the average cigarette has increased by 11% between 1998 and 2005.

The Harvard School of Public Health researchers analyzed data submitted by major cigarette manufacturers to the Massachusetts Department of Public Health and found that the amount of nicotine inhaled per cigarette, regardless of brand, has steadily increased by 1.6% per year over the seven year period.

These rises were seen in each of the four major manufacturers and across all major cigarette market categories including mentholated and non-mentholated, full-flavored and ultra light.

Harvard’s associate dean for public health practice and former Massachusetts commissioner of public heath, Howard Koh responded alarmingly to the results, saying, “Cigarettes are finely tuned drug delivery devices designed to perpetuate a tobacco pandemic.”

Harvard researches explain that cigarette makers are boosting the amount of nicotine inhaled by smokers by both increasing the concentration of nicotine in the tobacco they use and by altering cigarette designs to increase the number of puffs per cigarette.

The results of the study were countered strongly by the cigarette manufacturing companies. Philip Morris, one of the largest cigarette makers, claimed that the data submitted showed “random variations in cigarette nicotine yields, both upwards and downwards.”

Makers of Camel and Kool cigarettes, R.J. Reynolds Tobacco Co., claims that it does not have any program to increase nicotine content or increase smoked nicotine yields in its products.

The strongest refute was Marlboro Cigarettes who added that its data showed no change in nicotine yield in 1997 compared with 2006.

Interesting Approaches to a Healthier Heart

Numerous studies have shown that even the simplest daily activities may help in achieving a healthier heart. Here are some of the most interesting examples.

Got Milk? A study sponsored by the national Heart, Lung, and Blood Institute found that three daily servings of dairy per day can lower systolic blood pressure (the top number) by almost four points compared to those eating only half a serving daily.

Laughing is the best medicine. In a recent study the University of Maryland School of Medicine showed that people who watch comedies over dramas had better blood flow; they recommend an average 15 minutes of laughter a day.

Relax! Tai chi is a great form of relaxation that can lower systolic blood pressure by almost 16 points after just 3 months!

Nothing fishy about it. A Harvard Medical School study showed that people who ate five or more servings of fish per month (baked or broiled) decreased their resting heart rate, and therefore risk of heart attack, by an average of 3.2 beats per minute.

Nothing but happiness about it. A study done by the Brigham and Women’s Hospital in Boston, Massachusetts concluded that women who sleep less than 5 hours a night increase their risk of heart disease by 30% compared to women who get eight hours.

Just breathe. A study done at the National Institute on Aging showed that shallow breathing may delay the bodies’ excretion of salt, causing high blood pressure. By simply taking 10 breaths per minute (instead of the average 16 to 19) for 15 minutes a day you can lower your blood pressure in just two months.

Break out the Jazz. University of Oxford research showed that meditative musical rhythms such as smooth jazz can cause a healthy drop in heart rate, while faster rhythms speed up circulation and breathing rate.


Questions? Suggestions?
Contact us!
Email: stopsmoking@uchicago.edu
Web: stopsmoking.uchicago.edu
Telephone: (773) 834-5794

Identify the common smoking triggers below to reveal the important tool used to manage your triggers.

Unscramble each of the clue words.
Copy the letters in the numbered cells to other cells with the same number. The answers are located above.

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What important tool will help you manage triggers?

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