

Pardon Our Dust!

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!

Nicotine on the Rise

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 health, Howard Koh responded alarmingly to the results, saying, "Cigarettes are finely turned drug delivery devices designed to perpetuate a tobacco pandemic."

Harvard researchers 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.

Source: <http://www.cnn.com/2007/HEALTH/01/18/nicotine.study.reut/index.html>



Director's Note:

Welcome to the first issue of the C-STOP "Quarterly Fix". The purpose of this newsletter is to keep everyone up to date on the study and provide articles of interest on smoking and other health related topics.

I would like to personally thank each and every one of you for your participation in the Chicago Stop Smoking Research Project.

Dr. Andrea King
Principal Investigator

Chicago Stop Smoking Project Staff

Principal Investigator:
Andrea C. King, Ph.D.

Study Physician:
Tracie Wilcox, M.D.

Project Coordinator:
Mihai (Mee-hi) Raicu, MS

Study Therapists
Michelle Wasserman, Ph.D.
Rachel Torello, MA

Current Research Assistants:
Ethan Brown
Megan Conrad
Rachel Rigg
Catherine Vanier

Diagnostic Interviewer
Doug Lepisto

