

Director's Note:

C-STOP continues to grow and expand. We have new resources, three study sites and an updated webpage. We are on our way to meeting our study enrollment goals and average about 10 new participants each month! As we are hoping to help as many smokers as possible, if you know anyone interested in C-STOP, please have them call 1-877-CSTOP-911 or visit our study website. All my best for a happy, healthy holiday season!

Andrea King

Dr. Andrea King
Principal Investigator

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The Quarterly Fix

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WEBSITE: [HTTP://STOPSMOKING.UCHICAGO.EDU](http://stopsmoking.uchicago.edu)
TOLL FREE PHONE: 1-877-CSTOP-911

C-STOP Expands to Lakeview

In addition to the renovations that have occurred at the University of Chicago Medical Center site, C-STOP has added a third satellite location.

In September of this year, we incorporated the Howard Brown Health Center, available on Tuesdays. Located in Lakeview, the newest addition to our study provides accommodations for participants who live or work on the North side of Chicago.

Besides partnering with us to provide a study site on Tuesdays for C-STOP, the health center is also dedicated to promoting the well-being of the lesbian, gay, bisexual and transgender community. Note that C-STOP participants can enroll there at the Howard Brown study site regardless of sexual orientation. If you have any questions about this site, please feel free to contact us.



Howard Brown Health Center
4025 N. Sheridan Road
Lakeview, IL Chicago 60613



Spotlight: Meet Michelle Carpentier

In this month's newsletter, we highlight one of the newest members of our staff and help you get to know her a little better.

Michelle Carpentier started working on C-STOP in September 2007. Her duties as a Research Assistant include conducting phone interviews with study candidates and interviewing participants during study visits. Also, as head of study recruitment, she is responsible for placing

advertisements and organizing distribution of pamphlets and posters. When asked what she likes best about working for C-STOP, she said, "I really enjoy working with the participants and being a part of their rewarding experience of quitting smoking."

Michelle grew up in Webster Groves, MO and graduated from the University of Missouri at Columbia in May 2007 with a Bachelor's degree in Psychology: "My favorite class was health psy-

chology. The topics we discussed in class were really intriguing."

In her free time, Michelle likes to listen to music (Radiohead and Jimmy Eat World are her favorites) and make jewelry (mostly necklaces, bracelets, and earrings). She has loved her first few months in Chicago, as "it's a great city and there is always something to do." Michelle plans to attend graduate school in psychology or law school in the future. She's been a great addition to C-STOP!

Dwight Eisenhower rolled his own cigarettes, smoked the equivalent of four packs a day, and quit cold turkey before being elected president of the United States!



New Nicotine “Vaccine”

While many are trying to avoid sickness by getting flu vaccinations, new findings may allow for a new vaccine specifically for smokers. Researchers have been working on a new shot to “immunize” smokers from nicotine. The shot, called NicVAX, works against the pleasure of receiving nicotine from tobacco.

Similar to other vaccines, the injection of NicVAX triggers the immune system to create antibodies par-

ticularly against nicotine. These antibodies bind to the nicotine circulating in the human system, and block it from reaching the blood-brain barrier. This interaction therefore keeps nicotine from reaching the brain, removing the “pleasure” from smoking cigarettes.

The studies have taken place in Wisconsin, Maryland, North Carolina, Nebraska, and other states across the nation. Dr.

Stephen Rennard of University of Nebraska remarks “There’s merit in it,” but the vaccine won’t be available right away. Although the Food and Drug Administration has permitted fast-track review of NicVAX and its development, the process may take several years to evaluate to ensure safety and effectiveness. Research efforts are in progress.

Source: <http://www.chicagotribune.com/news/nationworld/sns-ap-tobacco-caccine.0.648931.story>

Know someone who wants to quit smoking?

Contact Us!

Web: <http://stopsmoking.uchicago.edu>

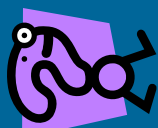
Toll Free Phone: 1-877-CSTOP-911

5 EASY TIPS FOR STAYING HEALTHY THIS WINTER

If you haven’t opted for the flu shot, try these ideas to avoid the bug!

1. **Eat healthy**—Try to eat more fruits, veggies & whole grains and less sweets and high-fat foods.
2. **“De-germ yourself”**—Wash your hands thoroughly and often, using warm or hot water and antimicrobial hand soap. Also try to keep hand sanitizer with you.
3. **Stay active**—Use indoor exercise alternatives like recreational facilities, or expense-free options such as using the stairs instead of elevators.
4. **Stay hydrated**— Drink at least 6-8 glasses of water a day to help flush out your system of potentially harmful toxins, especially during the dryness of winter.
5. **Dress Warmly**— Wear coat, thermal undergarments, & mittens for extreme cold.

Sources: <http://www.ext.colostate.edu/pubs/columnnn/n040112.html>



C-STOP PUZZLE CORNER

How much do you know about Chicago? Test your Windy City knowledge on our quiz!! (Answers below)

1. Which of these was NOT first produced in Chicago?
A. McDonald’s B. Dunkin Donuts C. Now & Later D. Cracker Jack E. Butterfingers/Baby Ruth
2. When did the University of Chicago first open?
A. 1900 B. 1947 C. 1889 D. 1892
3. Which Chicago museum is the largest of its kind in the nation?
A. Field Museum B. Shedd Aquarium C. Adler Planetarium D. Museum of Science and Industry
4. What street is longest street in Chicago (and claimed in the world too)?
A. Western Ave. B. Halsted St. C. Cicero Ave. D. State St.

Source: <http://www.chicagorelo.com/1/category.php?catID=6&st=101&lst=108>

