



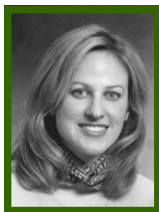
QUARTERLY FIX

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[HTTP://STOPSMOKING.UCHICAGO.EDU](http://STOPSMOKING.UCHICAGO.EDU)

TOLL FREE: 1-877-CSTOP-911



Director's Note:

All of us at C-STOP are looking forward to the approach of the new season. Many of our expectations for the first quarter of 2008 have been met or exceeded. We have been thrilled with recruitment for the study that is four times higher than our usual rate, thanks to media exposure in the Sun Times and WBBM-radio. In this newsletter, we present our alcohol research as well as new findings about caffeine. We also highlight Ryan Stachowiak, one of our hardest-working research assistants. All the best!

Dr. Andrea King
Principal Investigator

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Dr. King on the Road: Social Drinking Talks

You may recognize Dr. Andrea King as the principal investigator for C-STOP, but her research stretches far beyond tobacco addiction. Her efforts also include investigations of social drinking. Over the past six months, Dr. King has been "hitting the road," giving several presentations on alcohol response in social drinkers. In July 2007, she led a symposium at the 30th Annual Meeting of the Research Society on Alcoholism which took place in Chicago, IL. Dr. King presented data on

different mood responses to alcohol in subgroups of social drinkers. While more experienced drinkers were just as impaired on motor tasks as less experienced drinkers, they self-rated less perceived impairment which may put some at risk for harm.

Other research highlighted studies using intravenous alcohol and a technique being developed to examine processes that occur when one loses control of drinking.

At the end of last year, Dr. King was also invited to present research findings to colleagues at the Center for

Drug and Alcohol Programs at the Medical University of South Carolina, Charleston SC. The study results were well received and quite a bit of enthusiasm was expressed by leaders in the field about the longer term follow-up portion of the study. It was pointed out by a senior researcher that follow-up in studies longer than two years is rare but quite valuable. We are one of the first groups to investigate whether alcohol stimulation or sedation predicts future drinking problems years later.

Caffeine Research Reveals New Benefit, Risk

Caffeine, in the form of coffee and tea, has been used as an early morning pick-me-up for hundreds of years. Recent research has shed light on some additional benefits and risks for this ever-popular drug.

Benefit: Once thought detrimental to an athlete's diet, research at the University of Nebraska has revealed that caffeine may improve athletic perform-

ance. Weight training men given a dose of caffeine (3-6 mg/kg body weight) an hour prior to working out significantly increased both the number of total bench press reps and the max bench amount (by 5 lbs.) It is believed that caffeine acts to blunt muscle pain, allowing one to persevere through a weight training set.

Risk: A recent study of over 1000 pregnant women

found that as little as 200 mg of caffeine per day (~1.5 cups of coffee) during pregnancy doubles the risk of miscarriage. Moreover, even smaller doses of caffeine increases this risk by up to 40%

Sources:

*<http://abclocal.go.com/wis/story?section=news/health&id=5904330>

*http://findarticles.com/p/articles/mi_m0801/is_12_68/ai_n21119453

C-STOP Enrolls 150th Subject

As of New Year's Day, we have reached the half-way point for our study recruitment. Our 150th subject enrolled in C-STOP in December 2007. The overall goal is to enroll up to 350 participants by the end of Summer 2009. If you know anyone interested in quitting smoking cigarettes and would like to participate, please have them contact our study line or visit our website.



Lab Spotlight: Ryan Stachoviak

In this issue, we highlight one of our newest staff members and help you get to know him a little better.

Ryan Stachoviak joined the C-STOP team in October 2007. In addition to conducting phone interviews, in-person screens, and visits, Ryan is also responsible for keeping track of our enrollment figures, maintaining the study website, and assisting with monitoring our finances. When asked what he likes best about working on the Chicago STOP Smoking Research Project, he answered, "I enjoy meeting with new people every day and



working to make a positive impact on our participants' lives."

As our resident "*Cheesehead*," Ryan attended school close to home at the University of Wisconsin-Madison before moving to Milwaukee, WI and then to Chicago last fall. His favorite part about living in the Windy City is "being able to find something new

and interesting to do on any given day—there is always something going on if you just take the time to look for it."

In his free time, Ryan enjoys cooking (his favorite food is a Moroccan dish named B'Stilla) and surfing the web to find new music ("I'm always on the look-out for new and interesting bands"). He's also a big fan of the C-STOP stress ball, as "it's pretty awesome and people always seem to get a kick out of it." In the future, he plans to attend graduate school in psychology. We've enjoyed welcoming him to the team!

Know someone who wants to quit smoking?

Contact us!

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

Toll free: 1-877-CSTOP-911

PUZZLE CORNER



**C-STOP
In the News!**

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The clues below consist of 15 Cigarette and Beer slogans, logos, and spokespeople. Good Luck! (Answers at bottom pg. 2)

- _____ 1. Great Taste, Less Filling
- _____ 2. Come to where the flavor is
- _____ 3. Head for the mountains
- _____ 4. I love you, man
- _____ 5. A silly millimeter longer
- _____ 6. Silver Bullet
- _____ 7. 33
- _____ 8. Willie the Penguin
- _____ 9. Light beer for a heavy world
- _____ 10. You never forget your first girl
- _____ 11. You've come a long way baby
- _____ 12. Billie Dee Williams
- _____ 13. XX
- _____ 14. Least bitter beer in America
- _____ 15. You can't take the country out of...

- A.** Virginia Slims
- B.** Amstel Light
- C.** Rolling Rock
- D.** Miller Lite
- E.** Colt .45
- F.** Bud Light
- G.** Keystone Light
- H.** Marlboro
- I.** Busch
- J.** Dos Equis
- K.** Salem
- L.** St. Pauli Girl
- M.** Chesterfield 101's
- N.** Coors Light
- O.** Kool

Recently, C-STOP has been receiving quite a bit of media attention, beginning with an article written about our study in the January 28th, 2008 issue of the Chicago Sun-Times. The article sparked a significant amount of response, producing a total of 627 inquiries over 2-3 weeks. It also caught the interest of a local Korean news station, CLTV, WBBM News Radio 78, and NBC 5 News.

