One of Dr. King’s more recent publications is a smoking cessation trial tailored to African-American smokers. The importance of this study is underscored by the fact that, when compared to other ethnic groups, African-American smokers have higher rates of lung cancer and other tobacco-related problems while their smoking cessation rates are lower than other racial/ethnic groups.

Historically, smoking cessation clinical trials have recruited low numbers of African-American participants. This may be due to the lack of outreach from the researchers as well as lack of access to and comfort with clinic treatment in African-American smokers.

Several years ago, Dr. King and her group piloted a community-delivered smoking cessation study in mostly African-American neighborhoods on the South Side (Woodlawn and Englewood). Participants were 50 African-American smokers who were interested in quitting smoking. They were offered nicotine replacement patches for 4 weeks and attended 6 weekly group counseling sessions in their community (schools, churches, etc.). They then completed follow-up visits 3 and 6 months after their quit date. Overall, 74% of those enrolled completed the treatment, and at the end of 4 weeks of treatment, 34% were smoke-free. Quit rates at 3 and 6 months were 22% and 18%, respectively. These follow-up rates are outstanding—thanks for your commitment and follow-through. -A. King

Current summary of CSTOP averages:
Age: 43
Sex: 63% F; 37% M
Smoking: 20 cigs/day
Past quit attempts: 5
Follow-up rates:
At 6 months: 98.9%
At 12 months: 97.6%

We at C-STOP are happy to see that summer has arrived. Thanks to everyone for your commitment and dedication to the study. To your left, you’ll see some updated information about C-STOP and how we are aiming to enroll more men. This issue of the newsletter also features outreach in minority smokers. On the back page we highlight our very dedicated research assistant, Dele Gomih. She may be a familiar face to many of you.

Have a wonderful and healthy summer!

Dr. Andrea King
Principal Investigator

Community Outreach for Smokers in Hyde Park

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This issue of “The Quarterly Fix” features an interview with one of our staff members—we hope that it will help you get to know her a little better! Dele Gomih joined our staff in June 2007 and now splits her time between the Chicago STOP Smoking Research Project and a cancer research lab here at the University of Chicago. Born and raised in the Chicagoland area, she graduated from the University of Illinois at Urbana-Champaign in May 2007 with a degree in molecular and cellular biology. Dele “loves meeting and working with all of the C-STOP participants” as well as being part of the project’s “incredibly talented and dynamic staff.”

As a research assistant, Dele sees participants for in-person screens and visits and works on special projects like our newsletter and greeting cards. In her spare time, she loves to catch up on reality TV shows (“my favorites are Top Chef, America’s Next Top Model, and almost every dance competition show”) and cook (baking and making Nigerian food are her specialties). She also collects Converse Chuck Taylor sneakers, saying, “I love them and I think I have only one conventional pair. All the others have a funky design or a funky color…or both.” Dele hopes to attend medical school in the future, or go to graduate school in medical health and research. We are certainly lucky to have her as a part of our team!