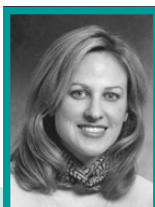


C-STOP The Quarterly Fix

Director's Note



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

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C-STOP: Searching for a Few Good Men

Thanks to all CSTOP participants. Because of your commitment to this trial, we are happy to report that we are on track with our recruitment and retention goals. Our initial aim was to recruit 10 new participants each month. Thus far, we have enrolled 230 participants over a two-year period, so we are on target. Note that we are continuing to enroll smokers in CSTOP for one more year. **We are particularly interested in enrolling more men in**

CSTOP, as we have a 2:1 ratio of women to men thus far. To this end, we are modifying flyers and materials to appeal to men and we are attending sporting games to spread the word.

If you have suggestions for outreach for men smokers, please give Michelle Carpentier a call: (773) 834-5372; or email stopsmoking@uchicago.edu If we use your idea, we'll send you a gift card or other token of our appreciation.

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%

These follow-up rates are outstanding—thanks for your commitment and follow-through. -A. King

Community Outreach for Smokers in Hyde Park

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 results are similar to smoking cessation rates in Caucasians and other racial and ethnic groups. A community-centered approach may be a viable option for African-American smokers who want to quit. Providing greater accessibility to smoking cessation resources and developing a strong extended social network could play a large role in the success of these programs.

King et al. (2008). A pilot community-based intensive smoking cessation intervention in African Americans: Feasibility, acceptability, and early outcome indicators. *JNMA* 100: 208-217.

Lab Spotlight: Dele Gomih



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!

RESEARCH STAFF

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Caren Walker, MA
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Know someone who wants to quit smoking? (men or women)
Contact us!
NWeb: <http://stopsmoking.uchicago.edu>
Toll free: 1-877-CSTOP-911



READY... SET... SUMMER! Ideas for a Fun Season

FITNESS AND HEALTH: Tips for a Healthy Summer

1. Pick Up Your Pace

Summer =longer daylight hours =more time get moving! start walking, running, dancing, cleaning, mowing your lawn. Try moving in some way every hour for 10 minutes, and you’ll have included 80 minutes of physical movement in the day.

2. Lose the Soda

Drink water to re-hydrate the body during the heat waves of summer and to help digestion.

3. Be A Kid Again

Don’t be afraid to enjoy outdoor activities such as swimming, camping, , even going to an amusement park. Why not have fun and burn calories at the same time?

Check Out America’s Greatest Festivals in Downtown Chicago

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|--|-----------------|
| 28th Annual Taste of Chicago | June 27– July 6 |
| www.tasteofchicago.us | |
| 50th Annual Chicago Air & Water Show | Aug 16-17 |
| www.chicagoairandwatershow.us | |
| 9th Annual Chicago Outdoor Film Festival | July 15– Aug 26 |
| www.chicagooutdoorfilmfestival.us | |
| 51st Annual Venetian Night | July 26 |
| www.venetiannightchicago.us | |
| Chicago Jazz Festival | Aug 28-31 |
| www.chicagojazzfestival.us | |