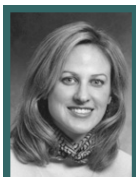




The Quarterly Fix

Chicago STOP Smoking Research Project

Director's Note



Hello again from the Chicago STOP Smoking Research Project! We hope that everyone is ready for the fall. We have one more year of recruitment for C-STOP, so if you know of someone interested, please have him/her call us soon. In this issue, we update you on our new advertising, follow-up interviews, and a recent conference.

I hope you enjoy the rest of the newsletter, which includes information about potential health effects of red wine, a lab spotlight on one of our newest staff members, and a coffee quiz.

Have a great autumn!

Dr. Andrea King
Principal Investigator

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What's New with C-STOP?

C-STOP on the CTA

From July to October 2008, if you are riding the CTA Red Line, you might see one of our new study advertisements. Our goal is to reach a larger local audience and to increase the number of male participants that we enroll. Please help us spread the word!

Follow-up celebrates a milestone

We recently completed our 200th follow-up! C-STOP boasts an incredible 97% overall completion rate for

follow-up. We owe this success to the commitment and dedication of our participants. Thank you again for your time and effort. Remember that we will follow up with you 6 and 12 months after your original quit date. We look forward to getting in touch with you for this important part of the study.

Cancer Conference

On Saturday, September 13th, the DuSable Museum of African American History hosted "Lungs

for Life: Facing the Challenge of Lung Cancer Together." This discussion centered on lung cancer as a problem that entire communities can address together when given information about prevention techniques. Dr. King spoke about smoking cessation and nicotine addiction in African-Americans. Other speakers included doctors specializing in community-based health and cancer treatment. This event was a large success!

Red Wine May Help With Aging

Researchers from Harvard Medical School and the National Institute on Aging have announced that resveratrol, a compound commonly found in grapes and red wine, may slow the negative effects of aging. After feeding mice high-, standard-, or low-calorie diets, doses of resveratrol were administered once the mice reached the age of 12 months, roughly equivalent to 35-years old in humans. Across all diet types, the

mice that received resveratrol tended to have less age-related or obesity-related declines in heart function. They also had better bone health, reduced cataract formation, and better balance and motor coordination. They were active at a level similar to that of mice fed a low-calorie diet. It is important to note that a longer life span does not appear to be a benefit of taking resveratrol. According to

David Sinclair, one of the head researchers based at Harvard, "The good news is that we can increase health. I think that's more important than increasing life span." Obviously, more research is needed before conclusions can be made.

"Fountain of youth? Red wine gives up secrets."
Source: <http://today.msnbc.msn.com/id/25517047>

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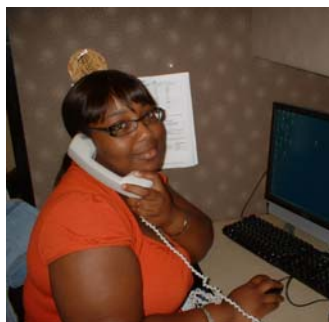
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Toni Harris



For those of you who aren't familiar with the Lab Spotlight, we feature a member of the C-STOP team in our newsletter so you have a chance to get to know them a little better. In this issue, we highlight one of our newer lab members, Toni Harris. Toni began working with us in February 2008. You may not always see her face to face, but her voice will most likely be recognizable. She conducts initial telephone interviews of candidates

Lab Spotlight: Toni Harris



interested in the study. She also assists in handling our data entry for the study and provides clerical support. A native Chicagoan, Toni hails from the city's Southside. Her favorite part about living in the Windy City is taking part

in "all the different cultural events, and of course the night life!" When she is not at C-STOP, you may find Toni reading— "my favorite book is *Fly Girl* by Omar Tyree"— or catching up on VH1 reality shows such as *I Love New York*. She also enjoys pizza, but is not the greatest fan of eggs: "I haven't been able to eat eggs since seeing the little chicks hatch at the Museum of Science & Industry on a 1st grade field trip." Toni enjoys the opportunities at C-STOP, and working with the study staff: "It's a fun atmosphere; there's never a dull moment here at C-STOP."

In the future, she hopes to attend nursing school. She is a great addition to our group.

Know someone who wants to quit smoking? Call us!

Phone: (773) 834-8654

Toll free: 1-877-CSTOP-911

For more information about the Chicago STOP Smoking Research Project, please visit <http://stopsmoking.uchicago.edu>.



Trivia Corner: Java Edition

How much do you know about this popular drink? Take this quiz to find out!

Do you know which type of roast contains the most caffeine?

- A. Espresso (darkest roast)
- B. French (dark roast)
- C. Breakfast (medium roast)
- D. New England (light roast)

What's a ristretto?

- A. A very short, super-concentrated shot of espresso
- B. A very long espresso shot containing twice the water of a regular shot
- C. A double shot of espresso in a short cup with no foam
- D. A espresso shot topped with light cream

Ordering whipped cream on your midday grande mocha adds an extra _____ calories to your daily diet.

- A. 100
- B. 150
- C. 50
- D. 10

Which of these chores can coffee NOT do?

- A. Fuel a fire in your fireplace
- B. Exfoliate and tone your skin
- C. Deodorize your freezer
- D. Clean tarnished silverware

On average, an 8-ounce cup of decaf coffee contains _____ milligrams of caffeine?

- A. Zero, it's decaf
- B. About 50-80 milligrams
- C. 25 milligrams or less
- D. 5 milligrams or less

Answers: D, A,
A, D, D



Source: MSN Health & Fitness—Diet & Fitness "Spill the Beans" Coffee Quiz by Bethany Lye