



# The Quarterly Fix

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## What's New with C-STOP?

### The Final Stretch!

Since the study inception in July 2006, when we enrolled our first CSTOP participant, my staff has worked tremendously to keep up a pace of enrolling 10 or more smokers in this trial each month. Thirty-three months later, we now need to cease enrolling new participants.

I would like to extend my appreciation to the men and women who have participated in this exciting trial which aims to examine a potential new treatment

for tobacco dependence. By this summer and fall, we will be able to answer some of our study questions on whether naltrexone may improve smoking quit rates, and if so, for which smokers. We will keep you updated in future newsletters once we have some answers.

In the meantime, for your friends, family, or colleagues who wish to quit smoking, see page 2 for some excellent and low-cost referrals to smoking cessation programs in the Chicago area. Information

will be forthcoming for a low-cost individual stop-smoking cessation program at University of Chicago, which should begin in April or May 2009. We are taking a waiting list now.

### Where Do We Go From Here?

In the next year, if you indicated you were interested, you will receive a letter in the mail indicating whether you received naltrexone or placebo in the study. We have to wait until every last participant is completed.

## Modest Drinking Decreases Disability Risk

A recent study published in the Journal of American Epidemiology found that older adults who were light/moderate drinkers had a lower risk of developing physical disabilities. Dr. Alison Moore, one of the study investigators at the University of California-Los Angeles (UCLA), suggested that one drink (equivalent to 12oz. of beer or a 5 oz glass of wine) 5-6 times a week may help delay physical impairments. Though the reason is unclear, Moore proposed that one reason may be due

to the association of light drinking with decreased risk of cardiovascular disease, diabetes, and increased lifespan.

Investigators at UCLA followed 4276 healthy U.S. adults, 50 years old and older for 5 years. Participants classified as light/moderate drinkers had <15 drinks per week, with up to 1-2 drinks a day. At the end of 5 years, 15% developed some kind of impairment for daily physical tasks, including walking, bathing, and daily

errands. Both men and women who drank moderately from the start of the study were 25% less likely than abstainers to develop disability. However, improvement was limited to adults without any past history of major medical problems. For seniors already in poorer health, UCLA researchers speculated that alcohol may have no protective effect and perhaps worsen physical health.

Source: <http://www.msnbc.msn.com/id/29036704/>

### Director's Note



Greetings from the Chicago STOP Smoking Research Project! **Study enrollment is complete!** This news leaves most of us at CSTOP both saddened that we will not be able to include any more participants, but excited that we will begin to examine the results from this study.

Please enjoy this issue of our newsletter, featuring some updated information about our study and new research findings in caffeine and alcohol.

Have a wonderful spring!

Dr. Andrea King  
Principal Investigator

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## Food for Thought: Right Foods For a Right Mind



**Eating right can make you feel better both physically AND mentally! Try these brain foods to refresh your mind for spring...**

- **Milk: does your mind good...** Milk is rich in tryptophan, an amino acid that your body uses to produce serotonin, which helps boost your mood. Aim to drink at least 8 oz of milk a day, or try cheese and yogurt. If you are lactose-intolerant, try incorporating bananas, peanuts and turkey into your diet.
- **Here, fishy-fishy...** Certain "oily" fish, like salmon and sardines, contain omega-3 fatty acids, a nutrient that has been shown increase dopamine and serotonin levels. Try to include these fish in your meal at least twice a week.
- **Control the sweet tooth:** Avoid loading up on soda, candy, syrup, and other refined, simple carbohydrates that can induce blood sugar mood swings, leaving you tired and irritable. Instead, make an effort to eat high-quality carbs like fruits & veggies, beans, and brown rice.

Source: <http://www.msnbc.msn.com/id/15490485/> and <http://www.msnbc.msn.com/id/28619586/page/2/>

## CHICAGO AREA STOP-SMOKING PROGRAMS

Check out these programs in the Chicago area:

**Respiratory Health Association:**  
Courage to Quit Program  
**312-243-2000**

**Northwestern Memorial Hospital:**  
Smoking Cessation Program  
**773-395-9514**

**Illinois Tobacco Quitline:**  
**1-866-QUIT-YES**  
(1-866-784-8937)

## Caffeine No Substitute for a Nap

While 90% percent of Americans use caffeine daily, usually to increase alertness, little is known about caffeine's effects on learning and memory. Researchers at the University of California—San Diego (UCSD) recently published an article comparing the benefits of caffeine vs. a mid-day nap on learning and memory tasks. All participants trained on a finger tapping exercise (learning) and word recall task (memory) before receiving a caffeine pill or placebo, or napping for 60-90 minutes.

When tested in the afternoon, the nap group performed significantly better on the finger tapping exercise and word recall task than the both the caffeine and placebo groups. Interestingly, there were no significant differences in performance between those who received placebo and those who took a caffeine pill. These findings contribute to evidence suggests that, while caffeine may help with general alertness and concentration, it may also interfere with tasks that require processing ex-

PLICIT information, such as the word recall task used here, which required participants to remember words they had heard 7 hours before. In light of these findings, Sara Mednick, who heads UCSD's research group, cautions against using caffeine as a substitute for sleep, as "no medicinal alternative to a good night's rest has been discovered."

NIMH News, "Caffeine no substitute for a nap to enhance memory." Source: <http://www.nimh.nih.gov/science-news/2008/caffeine-no-substitute-for-a-nap-to-enhance-memory.shtml>

Questions? Contact us!  
Call 1-877-C-STOP-911  
or visit our website at

[www.stopsmoking.uchicago.edu](http://www.stopsmoking.uchicago.edu)