What’s New with C-STOP?

We have several exciting updates to let you all know about:

C-STOP Enrollment Ends

By the end of June, our last C-STOP participants will have finished the active treatment portion of the study (first three months after the quit date). In the next year, we will conduct follow-ups with everyone who enrolled from mid-2008 to mid-2009.

Although it’s still one year away, note that in July 2010 we will be sending out cards to let everyone know which treatment group you were randomized to (naltrexone or placebo).

Stop-Smoking Options

For your friends or family members in Chicago who wish to quit smoking, see page 2 for information.

C-STOP Staff Moves

We have good news on several research assistants who will be moving on to other endeavors. Dele Gomih and Michelle Carpentier will be leaving C-STOP this summer to head back to school. We would like to thank them both for their hard work. Dele will be beginning a doctoral program in epidemiology and Michelle will be attending law school. “C-STOP gave me the opportunity to work with great staff, but also interact with wonderful people,” said Dele, “I will be sad to leave, but I am glad to have learned so much in my time here.” Best wishes to both!

Smoking Bans: Not Causing Job Loss

Illinois’ neighbor to the north, Wisconsin, this past month passed into law a state-wide smoking ban, following in the footsteps of many states including Illinois. Opponents of smoking bans often assert these policies hurt patronage at businesses and establishments where smoking will be banned. However, new research suggests community smoking bans do not have an economic effect in terms of preserving hospitality jobs in places such as bars and restaurants. The study, which looked at employment trends over a three year span in several Minnesota cities, observed communities with various types of smoking bans had relatively little change in employment levels in bars and restaurants. “We certainly did not detect anything close to the dramatic claims that opponents make based on the concerns that they have for bars,” said Elizabeth Klein, assistant professor at Ohio State University and lead author of the study. Minnesota is one of several US states to pass a state-wide smoking ban due to the health risks associated with secondhand smoke exposure. According to the US Department of Health and Human Services exposure to secondhand smoke increases nonsmokers’ risks of developing disease, in particular lung and heart.


I hope you enjoy the summer edition of the Quarterly Fix, the Official newsletter for the C-STOP study. On behalf of my entire group, I would like to thank each and every one of you for participating in this landmark study. In the next year, we will know more about the results and will update you along the way. We look forward to follow-up interviews will our last cohorts this next year.

Please enjoy the articles in this newsletter, featuring some updated information about our study, new research on smoking bans, and Chicago summer events; also note we have a time-limited no-cost smoking cessation program for the summer (page 2).
This summer the University of Chicago is offering Courage to Quit, a no-cost individualized treatment program to aid persons in their goal of quitting smoking. Sessions are currently available at both the University of Chicago and at the Respiratory Health Association of Metropolitan Chicago, and are being offered only for a limited time. Dr. April Jones will be coordinating and conducting these sessions, and the program is directed by Dr. Andrea King. Participants attend 6 weekly hour long sessions, with the goal of enabling long-term abstinence from nicotine addiction. The program targets individual smoking triggers, teaches techniques for relapse prevention, and motivational enhancement. The Courage to Quit program was developed by the Respiratory Health Association and Dr. King. Please contact Dr. Jones at 773-834-5381 to learn more about the program and to sign-up. In addition, please see below for 2 other smoking cessation programs currently available in the Chicago area: