In this edition of What’s on Tap?, we are celebrating our 40th edition with you! The goal of the newsletter was to keep all of you informed on study progress, updated on new research, and appreciated for all your efforts to make the Chicago Social Drinking Project a success!

Since the beginning of What’s on Tap?, we’ve included:

⇒ 15 follow-up raffles
⇒ 20 CSDP employee updates
⇒ 26 trivia/puzzles
⇒ 49 updates on substance use research

We’ve enjoyed over 30 conference presentations and 16 publications from this research.

Enjoy our trip down memory lane and laugh with us at our review of our own past - on the next page, we dug out our own high school and shared some memories with you. These pictures span quite a long time for some of us on staff. Join us as we reminisce and enjoy the Fall!!

Our First Research Update: Alcohol and Breast Cancer

In our first issue of What’s on Tap?, in August 2005, we discussed how the use of alcohol is linked to an increased risk of developing breast cancer. While moderate consumption of alcohol can be protective against some conditions, such as heart disease, the relationship between alcohol and breast cancer isn’t as clear. Since we first wrote about this topic in 2005, Philip J. Brooks, NIAAA, stated that, “Understanding how and when alcohol consumption increases breast cancer risk is important for a full understanding of how moderate alcohol drinking impacts health. “

Research has found that the risk of breast cancer increases with the amount of consumed. Compared with non-drinkers, women who consume 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1½ times the risk of women who don’t drink alcohol.

Although researchers are trying to gain further insight into this relationship, a significant problem with current alcohol and breast cancer studies has been that people tend to report less alcohol than they actually consume. As a result, such studies can overestimate the effect of a given amount of alcohol on breast cancer risk. Another limitation of these studies is the lack of detail regarding drinking patterns.

Content:


Director’s Note

Believe it or not, this marks our 40th edition of our quarterly newsletter, What’s On Tap. In August 2005, we inaugurated the newsletter. 10 years later, after 3 NIH grant awards, dozens of scientific articles and thousands of follow-ups, we reflect on CSDP in this anniversary edition. We review some of the first research we reported on alcohol and breast cancer on page 1. We had fun with a fall “back to school” theme on page 2, where we show our own updates from our early days of the 1980s, 1990s, 2000s... to now!

Dr. Andrea King
Principal Investigator
Then & Now: Back to School for CSDP Staff

Andrea King
Principal Investigator
“Believe it or not, this was the look in the 1980s—the bigger the hair, the better”

Dan Fridberg
Study Consultant
“I started my lifelong golfing addiction in high-school and have never looked back!”

Lia Smith
Research Assistant
“This picture is from my Senior superlative, ‘Most Versatile’, which apparently meant playing basketball and reading at the same time. Funny how I still haven’t mastered that!”

Patrick McNamara
Project Coordinator
“As you can see, I was involved in every activity, comes with the territory when you have a class of 23.”

Dingcai Cao
Statistician
“I’m still as cool as I was in high school.”

Patrick Smith
Research Assistant
“Despite graduating from high school 5 years ago, I still get carded for R-rated movies.”

Sandra Rueger
Study Consultant
“I miss the fun family times that we had when we were kids!”

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