

# What's On Tap?

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## In the News: Dr. King Discusses E-Cigs

In late January, Dr. King was interviewed as part of a news segment on our local Chicago affiliate (NBC 5) detailing the use of electronic cigarettes (e-cigs) both nationally and in the Chicago-land area.\*

E-cigarettes consist of a plastic cartridge that serves as a mouthpiece and a reservoir for liquid, an "atomizer" that vaporizes the liquid, and a battery. They are currently sold in both reusable and one-time-use brands. First introduced into the Chinese domestic market in 2004, both the technology and distribution of e-cigarettes have developed into an estimated 500 million dollar per year industry, with several online and storefront vendors located within the Chicago area.

As the devices 'technically'



*Dr. King (left) interviewed 1/31/13 by NBC-5 reporter Nesita Kwan (right)*

do not involve combustible smoking but still do deliver nicotine, a legal battle is being waged between those attempting to regulate the devices and those attempting to profit from their distribution.

Dr. King warns that little data is available to judge the effectiveness of these devices as a smoking cessation tool, commenting that, for some, smoking e-cigs may just be replacing one addiction with another. Also, there are concerns about the marketing of these devices,

particularly the flavors and device designs (i.e. jewels, colors, shapes) which may attract adolescents.

The current lack of data has prompted Dr. King and her team to plan a pilot study this summer to assess use of e-cigs within Chicago's young adult population. The details of the study will be forthcoming.

\*Video of interview posted on our website at:

<http://addiction.uchicago.edu>

## Director's Note

In this issue of "What's On Tap?", we update you on our recent



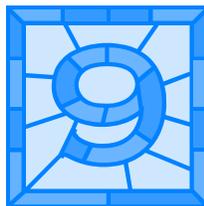
local media interview about e-cigarette use, celebrate CSDP's 9th year, provide details about our upcoming follow-up raffle, and congratulate our former graduate student, Daniel Roche. Be sure to check out the puzzle on the back page and to e-mail us your responses for a chance to win gift card prizes!

Thanks again for another successful year with the study. We look forward to following up with you soon.

Dr. Andrea King  
Principal Investigator

## CSDP Enters 9th Year

This March, the CSDP entered its 9th Year! Originally starting in 2004, the study now has nearly 300 participants, separated into two cohorts (those enrolled between 2004-2006 and those enrolled between 2009-2011).



Thanks for your continued dedication to the success of the Chicago Social Drinking Project! Plans are currently underway to map out the future of the CSDP, and we look forward to sharing these with you as soon as possible.

## Follow-Up \$100 Raffle Schedule 2013

All participants completing an Annual Follow-Up Interview on time are automatically entered into a drawing for prizes what includes a \$100 gift card

- April 18, 2013—Drawing for all those completing an Annual Follow-up between Oct '12 and Mar '13
- October 17, 2013—Drawing for all those completing an Annual Follow-up between Apr '13 and Sept '13

All eligible participants and winners will be notified in advance via e-mail, so make sure to keep your contact info up to date!

## CSDP Contact Information

### Address

5841 S. Maryland Ave.  
Rm. L470, MC 3077  
Chicago, IL 60637

**Telephone:** 773-834-3878

**Fax:** 773-702-0096

**E-mail:** socdrink@uchicago.edu

**Web:** socialdrinking.uchicago.edu

**Principal Investigator**  
Andrea King, Ph.D.

**Project Coordinator**  
Patrick McNamara

**Study Physician**  
Royce Lee, M.D.

**Research Assistant**  
Michael Palmeri

### Former Staff

Constantine Trela , Katie Foster  
Ty Brumback , Toni Harris,  
Adrienne Dellinger Sarah Butler,  
Megan Conrad, Roslynn Riley  
Lauren Kemp, Curt Van Riper,  
Dr. Irene Tobis, Dan Roche,  
Alyssa Epstein, Sandra Rueger

## Random Facts About....

### Marijuana

- Marijuana is created from the dried, shredded flowers and leaves of the hemp plant *Cannabis sativa*.
- Worldwide, it is estimated that about 162 million adults use marijuana at least once per year, and 22.5 million use the drug daily.
- The name *marijuana* comes from a Mexican slang term for cannabis and is believed to have derived from the Spanish pronunciation of the names Mary and Jane. Marijuana came into popularity as a name for cannabis in the U.S. during the late 1800s.
- The cannabis plant can grow in nearly any environment and averages 1-2 inches of growth per day and up to 18 feet total in ideal conditions.
- The primary active ingredient in marijuana is THC (delta 9 tetrahydrocannabinol). It is this chemical that produces marijuana's mind-altering effects.
- The first recorded use of marijuana as a medicinal drug occurred in 2737 B.C. by Chinese emperor Shen Nung. The emperor documented the drug's effectiveness in treating the pains of rheumatism and gout.



SOURCE: [http://facts.randomhistory.com/2009/02/27\\_marijuana.html](http://facts.randomhistory.com/2009/02/27_marijuana.html)

## Congratulations, Dan!

The CSDP would like to congratulate Daniel Roche on obtaining his recent Ph.D. degree in neurobiology at the University of Chicago and accepting a post-doctorate position at UCLA.



Dan joined the lab as a graduate student in 2008 and, while here, has worked on several projects, presentations, and manuscripts, including work involving data obtained through the CSDP.

Congratulations, Dr. Roche!

In the Spring, I have counted 136 different kinds of weather inside of 24 hours.

-Mark Twain



Concerned about your drinking or substance use or about that of a friend or a family member?

Feel free to call Dr. Andrea King (who is a licensed clinical psychologist) on a confidential basis, for suggestions or referrals at 773-702-6181

## Pictogram Puzzle Contest: Enter for a chance to win!

Decipher these three pictogram puzzles for a chance to win a \$40 gift card from the CSDP.

### Directions:

A) Determine the word or phrase represented by each box. For example, the solution to the box to the right would be "Jack in the Box" \_\_\_\_\_ →

Example

JACK

B) When complete, e-mail your answers to [socdrink@uchicago.edu](mailto:socdrink@uchicago.edu)

C) All entries received by midnight **Friday, April 26, 2013** will be entered into a drawing for a \$40 gift card to Amazon.com, Starbucks, Target, or Barnes and Noble (with additional \$20 and \$10 runner-up prizes drawn as well).

1)



2)



3)

