



What's On Tap?

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Summer 2015

CSDP Travels to San Antonio

This summer, Dr. King and the staff of the Chicago Social Drinking Project travel to San Antonio, Texas to present data at the 38th annual meeting of the Research Society on Alcoholism.

Dr. King's two year tenure as secretary of the organization will end at this meeting. When not touring historic sites such

as the Alamo, the CSDP staff looks forward to learning about current research from some of the country's most prominent research scientists. Here is a snapshot of our presentations:

- Alcohol sensitivity in tolerant and non-tolerant drinkers.
- Motivations for drinking among Asian

American youth.

- Associations between mood and heavy alcohol drinking.
- Longitudinal methods for studies with young adults.



Director's Note

Welcome to our summer issue of "What's On Tap?". In this issue, we update you on our research presentations, genetic factors in alcohol use, and the new trend in Hookah use. We also provide an additional compensation opportunity via one of our puzzle contests.



Thank you for your continued dedication to the Chicago Social Drinking Project and enjoy your summer!

Warmest wishes,

Dr. Andrea King
Principal Investigator

Alcohol Consumption: 10 million Years Strong



Scientists used to say that our predecessors began drinking alcohol around 9,000 years ago along with the beginning of food storage and the manipulation of the natural fermentation process. However, according to a recent analysis of ancient alcohol-metabolizing enzymes, apes began consuming ethanol nearly 10 million years ago. According to scientists, apes

were ingesting ethanol through fleshy fruits.

The enzyme that scientists analyzed is called *alcohol dehydrogenase class IV* (ADH4). The researchers studied 28 different animals and found that apes had a genetic mutation with this enzyme around 10 million years ago. This genetic mutation enhanced apes' ability to metabolize alcohol. This enhanced ability to metabolize alcohol occurred long before human-directed fermentation.

It was likely advantageous to primates living in areas where fermented fruit was available, especially

when food was scarce.

Without this ADH4 mutation, apes would have gotten sick or drunk of the fruit much faster, making them unable to defend their territory or to look for food.

April Follow-Up Raffle Winners

\$100: Participant #647

\$20: #675, #677, #684, #642

For our April 15th raffle, 102 participants were eligible for prizes for their on-time follow-up.

When we gave out the \$100 prize, participant #647 stated, "Wow, that's amazing, thank you!"

Would YOU like to win one of these raffles? If so, please keep your contact information up to date with our CSDP staff. Our next drawing will be **October 2015.**

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Reference: Plackett, B. (2015). Will there ever be a truly safe way to smoke? ; American Lung Association. Hookah Smoking.

Are Steam Stones a Hookah Replacement?



Hookah (or waterpipe) smoking is gaining popularity nation-

wide, particularly among urban youth, college students, and young professionals. Research indicates that nearly half of college students have used hookah in their lifetime. Despite this growing prevalence, the products remain largely unregulated.

The latest trend in hookah smoking is called *Steam Stones*. These pebble-like porous rocks are used in place of traditional tobacco hookah and

are available in over 30 countries. Most steam stones do not contain nicotine, however some brands do.

Steam stones are not currently regulated by the FDA and research is under way to find out more about this new synthetic smoking technology. Researchers at the University of Cincinnati recently found that steam stone vapor contains substantially lower toxic compounds than traditional hookah tobacco. However, researchers warn that there is still a lot to learn about this new product. How the stones are made, for ex-

ample, remains unclear. The lack of information regarding e-cigarette production has hampered research.

Will this new Hookah technology increase in the synthetic smoking market as e-cigarettes have? Are steam stones less harmful than tobacco? We may not know the answers to these questions for awhile. Stay posted for more updates on current trends in smoking and other substance use.



Secret Word Contest: Enter for a Chance to Win!

In *The Chicago Social Drinking Project*, we study common substances such as sedatives, stimulants, and alcohol. While some use sedatives when they experience bouts of sleeping difficulty, others never have trouble catching some z's. **Narcolepsy** is a chronic sleep disorder that affects 1 in every 2000 Americans. The disorder causes overwhelming daytime drowsiness and sudden bouts of sleep that can occur at any time, which usually last from a few seconds to several minutes. *See if you can guess which of the 3 famous individuals below have narcolepsy.* This information is readily found online.

Directions:

- 1) Identify which of the 3 individuals below that you think may have narcolepsy.
- 2) When complete, e-mail the letters associated with the names of the individuals to socdrink@uchicago.edu
- 3) All entries received by midnight on Tuesday, June 30, 2015 will be entered into a drawing for a \$40 gift card to Amazon.com, Starbucks, Target, or Barnes and Noble (\$20 and \$10 runner-up prizes drawn as well).



Winston Churchill

(A)



Chris Rock

(B)



Caitlyn Jenner

(C)



Kurt Cobain

(D)



Beyoncé

(E)



Jimmy Kimmel

(F)

