



Chicago Social Drinking Project

WHAT'S ON TAP?

<http://socialdrinkingproject.uchicago.edu> (773) 834-2295 Follow-Up: 1-866-662-2046

VOLUME 1, ISSUE 1

WAYS TO FOLLOW UP WITH THE CHICAGO SOCIAL DRINKING PROJECT

As the Chicago Social Drinking Project progresses, we are developing new and easier ways for you to complete follow-up tasks and to receive your supplemental gift cards. There are now two methods for you to provide your follow-up information.

For the 3-month interval brief follow-ups, in March 2005, we launched a convenient method for completion. The system is called Interactive Voice Recording (IVR), and the toll-free number for IVR is 1-866-662-2046. To access the system, you input your subject number, last 4 digits of your SSN, and birth date and the voice automated system will then record information about your current drinking, smoking, and

caffeine consumption in a quick and efficient manner. Most IVR calls will take about 5-10 minutes to complete. You can call this number whenever it is convenient for you—the line is available 24 hours a day. This system is specifically for the 3 month intervals (at 3, 6,9,15,18, and 21 months).

For the Annual Follow-ups, in May 2005, we launched an Internet method for you to complete questionnaires by an email link or through our website. The Annual Follow-ups at 12 and 24 months, update us with more detailed yearly background, moods, and substance patterns. If you do not have internet access or prefer to do the surveys on paper, we can also send

the packet to you by mail with a self-addressed stamped envelope to send it back to us. The Annual Follow-Up surveys take about 20-30 minutes to complete. After completing the surveys, there is a short 5-10 minute live phone interview with one of our staff that is needed to complete the process.

For each follow-up period you will receive an email or contact call with instructions.

As always, you will be compensated for your time in completion of these follow-up requirements with your choice of gift card from Barnes and Noble, Starbucks, or Target.



Director's Note:

In this first issue of "What's On Tap?" you will find various articles on alcohol and caffeine that we hope you find interesting and informative. We also highlight our procedures for your 3-month and annual follow-up interviews. Our goal is to make the follow-up easier and more convenient for you to use. The information you provide is especially important, as we examine different patterns of alcohol and substance use over time. Please feel free to contact me or another staff member if you have questions. Thank you again!

Dr. Andrea King
Dr. Andrea King
Principal Investigator

ALCOHOL AND BREAST CANCER: FEMALES AND DRINKING



For decades, alcohol has been linked to breast cancer risk in females. The biggest question remains, "How big of a risk, and how much does alcohol factor into the equation?"

According to a major

review in the British Journal of Cancer, as daily consumption of alcohol rises, a woman's risk of breast cancer does indeed steadily increase.

According to the study, a woman who consumes one alcoholic drink daily has a 9.4 percent chance of developing breast cancer before she reaches 80, whereas a woman who does not drink

alcohol at all has an 8.8 percent chance. Two drinks a day raises the odds to 10.1 percent, and four drinks a day raises it to 11.6 percent.

Alcohol is only likely to account for about 2,000 cases of breast cancer per year, or 4 percent of the total. Another factor worth considering

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is that in small, moderate quantities alcohol can have beneficial effects on the cardiovascular system and has been shown to reduce the risks of heart disease.



What risks are there for females who drink?

While it's true that women are drinking more - figures from the Office of National Statistics show that 86 percent of women aged more than 16 years drank regularly in 1998 - most experts believe moderate drinking is unlikely to have a dramatic effect on a woman's health.

in women aged less than 35 and is unlikely to be increased dramatically by drinking alcohol. According to experts, if you're young, then your absolute risk of breast cancer is very low anyway, and drinking moderately should not increase the risk.

Binge drinking, however, could be more harmful. Researchers say that eighteen year olds who make a habit of binge drinking are building up a significant breast cancer risk in 20 to 30 years.

menopause and, according to the Department of Health, over 60-year-olds have a one in 15 risk.

In sum, binge drinking for women may increase the risk for breast cancer, but other factors such as age, and amount of alcohol consumed should be taken into consideration as well.

Based on the following published research:

Collaborative Group on Hormonal Factors in Breast Cancer (August 2003). Alcohol, tobacco and breast cancer - collaborative reanalysis of individual data from 53 epidemiological studies, including 58,515 women with breast cancer and 95067 women without the disease. *British Journal of Cancer*, 87: 1234-1245.

Breast cancer is uncommon

The cancer risk rises after the

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Trivia Corner!

- ★ Beer is mixed with saliva and blood for a drink that is shared when two Chagga men (from Nigerian tribe) become blood brothers.
- ★ The two drugs available at AA meetings are Nicotine and Caffeine.
- ★ In the 1800's, rum was considered excellent for cleaning hair and keeping it healthy. Brandy was believed to strengthen hair roots.
- ★ Methophobia is fear of alcohol.
- ★ A labeorphillist is a collector of beer bottles.
- ★ Cigarettes were initially advertised with women in mind as an appetite suppressant.
- ★ Sucking on pennies will have no affect on the results of a breathalyzer test.
- ★ It is said that caffeine was discovered by an Ethiopian goat herder who found his goats to be acting strangely after eating berries from wild bushes.
- ★ The shallow champagne glass originated with Marie Antoinette. It was first formed from wax molds made of her breasts.

<http://www2.potsdam.edu/alcohol-info/FunFacts/AlcoholTrivia.html>