



Chicago Social Drinking Project

WHAT'S ON TAP?

Volume 1, Issue 4

<http://socialdrinkingproject.uchicago.edu> (773) 834-2295 Follow-Up: 1-866-662-2046 Volume 1, Issue 4

Summer 2006



Director's Note:

Summer has nearly arrived and we hope everyone will enjoy the warm weather. By July, we should have enrolled our 200th participant in the CSDP. My staff continues to work hard to keep the study on track and to provide you with an enjoyable and interesting experience in the study.

In this issue of "What's On Tap?" you will find a behind the scenes look at the CSDP, the April lottery results and an article showing that cigarettes are not just addictive to humans!

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WHY ALL THE FOLLOW UP?

AN INSIDE LOOK AT THE CSDP

The Chicago Social Drinking Project (CSDP) employs a unique research design known as a longitudinal study. The purpose of a longitudinal study is to look at the ways in which a certain group's patterns change over time. When you came in for the experimental session (Phase I), we studied how you and other social drinkers responded to either stimulants, sedatives or alcohol. We are currently evaluating the responses from the experimental sessions on the computerized mood questionnaires as well as on eye performance tasks and stress hormone levels from the saliva sam-

ples.

In Phase II of the study, we are continuing to follow up with you. We are looking at patterns of alcohol, cigarette use and other substances and how that use may or may not change over time. So far, we have achieved a 98.3% follow up rate, which is extremely high for a study of this type. Your continued participation is the key to such success and we are thankful to each of you. The information you provide helps us to achieve our ultimate goal of providing information for substance use treatment and prevention efforts in this country.

APRIL LOTTERY RESULTS

The winner of the April 1, 2006 \$100 raffle was Subject 462. When notified of the win, #462 exclaimed, "I'm going to Disney World!" Second place winners #485 and 496 received \$20 gift cards. Subjects 482, 464 and 465 won our third place prize of a new keychain.

If you are scheduled to complete your annual follow up between April and September 2006, you could be our next winner! To be eligible for this next lottery, you need to complete your annual follow-up within two weeks of receiving your notification letter.

ALCOHOLISM AND OVEREATING, LINKED?

The same brain chemical thought to increase our desire to overeat also appears to increase alcoholic tendencies.

A study examined the behavior of drunken rats, but has implications for humans, researchers say. Scientists injected tiny amounts of the neuropeptide galanin, which has been shown to trigger excessive eating, into rats' brains and monitored their eating and drinking behaviors. Their water consumption did not change, but they drank far more alcohol after being injected with the appetite-increasing chemical.

Previously, the researchers found that drinking alcohol

increased the amount of galanin in the brain. They described this effect as a "positive feedback loop" between alcohol and the chemical, which also appears to prompt cravings for fatty foods. Foods high in fat have also been shown to trigger a similar feedback loop involving galanin.

While galanin's fat-craving effects haven't been explicitly linked to obesity, there is a possible theory that overeating and overdrinking have similar triggers.

Further research is required to understand whether galanin is triggered by alcohol's inebriating effects or its calories, being that the

rats may be drinking more alcohol solely due to the galanin making it more rewarding.

Based on the following published research: Lewis, M.J., Johnson, D.F., Waldman, D., Leibowitz, S.F. & Hoebel, B.G. (December 2004). Galanin microinjection in the third ventricle increases voluntary ethanol intake. *Alcoholism: Clinical & Experimental Research*, 28 (12):1822-1828.



Chicago Fun Facts



Nuclear Energy by Henry Moore at the University of Chicago represents the site of the first controlled nuclear reaction.

Chicago Social Drinking Project

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- * The world's longest street is Chicago's Western Avenue.
 - * The Adler Planetarium in Chicago was the first planetarium in the Western Hemisphere.
 - * The University of Chicago is the site of the world's first atomic reaction.
 - * The first Ferris Wheel made its debut in 1893 at the World's Columbian Exposition in Chicago.
 - * Famous Chicagoans: Walt Disney, Harrison Ford, Hillary Rodham Clinton, John and Joan Cusack.
 - * Chicago Inventions: Zipper (1896), Softball (1887), McDonald's (1955)
- http://www.meetinchicago.com/meet_facts.html

MONKEY SEE, MONKEY SMOKE

A chimpanzee at a safari park in northwestern China has finally managed to kick a 16-year smoking habit.

Xinhua, the official government news agency, reported that Ai Ai took up the habit in 1989. No one is certain how she learned to use cigarettes, but China has lax laws protecting the rights of animals and is also the world's largest cigarette consumer.

Keepers say Ai Ai initially found smoking consoling after her first mate died. With the death of her

second mate and removal of her daughter to another zoo in 1997, Ai Ai demanded more and more cigarettes, leading to a decline in her health.

Her caretakers at the safari park expressed concern over the habit proven to be harmful to human health, and began a new health regimen to ease Ai Ai off of tobacco use.

The plan was to engage Ai Ai in activities that were beneficial to her overall mental and physical well-being. Keepers are encouraging her to take two daily walks after

meals, and to listen to her favorite music when she needs calming.

Ai Ai appeared to be withdrawing the first few days without her cigarettes, squealing every now and then, but eventually relaxing when keepers implemented the new treatment plan.

Now at age 27, Ai Ai's health appears to be improving, as does her ability to cope without having cigarettes.

<http://www.abc.net.au/news/newsitems/200510/s1473729.htm>

Questions? Suggestions?
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