



WHAT'S ON TAP?

The Chicago Social Drinking Project (CSDP)

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October 2006 Lottery Results

The Chicago Social Drinking Project (CSDP) conducted its third Bi-Annual Raffle on October 13, 2006. The first place winner, #515, received a \$100 Target Gift Card. When asked for a statement for the newsletter, #515 said, "This is great, I have never won any kind of raffle in my life." Subjects 434 and 437 won our second-place prize of a CSDP coffee mug. Third place winners 404, 418 and 530 won a CSDP pen.

We will conduct Bi-Annual raffles for the next 2 years, until October 2008. To be eligible for these lotteries, you must complete your Annual Follow-Up by the 15th of the month that it is due. Those subjects completing their Annual Follow-Up between April and September will be in the October Raffle, and those with Annual Follow-Ups due between October and March will be eligible for the April raffle.

Could you use an extra \$100?

If you are scheduled to complete your Annual follow-up between October 2006 and March 2007, be sure to complete it within two weeks of receiving your notification letter. Good luck to all!



Director's Note:

Season's Greetings from the Chicago Social Drinking Project! We hope this holiday season finds you well and ready for a bright new year.

The Chicago Social Drinking Project has achieved a lot this year. We completed our laboratory sessions and raised our follow-up success rate to an amazing **98.8%**. Our study's success would not be possible without the dedication of our subjects. I would like to thank each of you for the time you put into follow-up this past year. We are all looking forward to another year of follow-up success!

Andrea King

Andrea King, Ph.D.
Principal Investigator

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How Does Your Drinking Compare?

Alcohol abuse and dependence are serious issues affecting many Americans. A 2004 study by Grant, B.F. et al. found that 9.7 million adult Americans meet alcohol abuse criteria, while 7.9 million suffer from alcohol dependence.

If you are concerned about your own drinking habits or those of a friend or family member, don't hesitate to contact our primary investigator, Dr. Andrea King. Dr. King is a licensed clinical psychologist and would be happy to speak with you confidentially and make referrals, if needed. To contact her, please call her direct line at 773-702-6181.

There are also many resources online that can give you information on alcohol

use. A few such sites are:

- www.niaaa.nih.gov

The website for the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a division of the National Institutes of Health (NIH) provides a wealth of information on Alcohol Abuse and Alcoholism, including recent academic studies, education materials and links to other online information.

- drinkerscheckup.com

This site is designed to give you a better understanding of your drinking habits, teach you the risks your drinking habits may pose and show you how to begin to change if you decide you need to. Visitors can take a brief, free survey to check if their drinking patterns may be problematic, and can then choose to register with the site if they

would like a more in-depth analysis. Registration is \$25.

- moderation.org

Moderation Management is an organization that addresses the needs of problem drinkers looking to make a change in their drinking habits. They believe that reaching out to people in the beginning stages of a drinking problem is necessary and will prevent individuals from becoming alcoholics. The group advocates using moderation to control drinking, as opposed to total abstinence.

Source:

Grant, B.F., [The 12-Month Prevalence and Trends in DSM-IV Alcohol Abuse and Dependence: United States, 1991-1992 and 2001-2001](#), pp. 223-234, 2004.





Your Daily Fix: The Benefits and Risks of Caffeine

With Starbucks stores popping up on every corner nationwide, it comes as little surprise that nearly 90% of Americans drink caffeine. Coffee is the most popular drink, representing 71% of all caffeine consumed. Soft drinks are a distant second, representing 16% of caffeine consumption; tea is last at 12%.

Experts recommend drinking about three 8 oz. cups of coffee a day or less. More than that may cause dehydration, high blood pressure or insomnia.

Despite these risks, moderate coffee and tea drinking may have some health benefits. Tea and coffee both contain antioxidants that may prevent cancer and heart disease. Coffee also contains minerals

that help the way the body responds to insulin, thus reducing your risk of type 2 diabetes. Decaffeinated coffee also lowers the risk of diabetes, meaning it's more likely that the coffee, not the caffeine, provides these health benefits. Similarly, caffeinated sodas and energy drinks have not been found to have any health benefits, especially if they have a high sugar content.

However, coffee can pose some health risks. If your daily dose contains lots of half-and-half, whipped cream or other extras, it can make you gain weight. Experts recommend drinking coffee or tea unsweetened and with skim milk, and choosing diet soft drinks.

So how do you know how much caffeine is right for you? If you're sleeping well and don't feel jittery during the day, the amount you're drinking is probably fine. Similarly, if you feel shaky, irritable or can't sleep, you may want to cut back on your caffeine consumption.

"Caffeine is the most widely used mood-altering drug in the world."

-Roland Griffiths, Ph.D., Johns Hopkins University

Source: "I need my caffeine!" by Rebecca Traister, October 2006 Glamour.

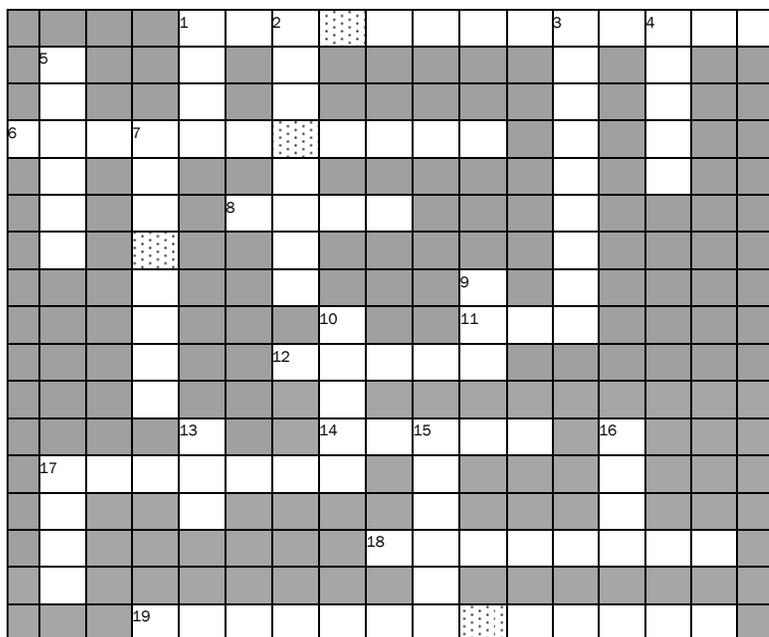
Crossword Puzzle

Across

- City spending most \$ on alcohol
- Director of Chicago Social Drinking Project
- Extremely caffeinated soda brand
- Drink in an Irish pub
- Number of states that are smoke-free
- Drink on the "_____"
- Jack _____ Whiskey
- Alcohol made from wormwood
- Where the Cubs call home

Down

- Japanese rice wine
- Big Apple that banned smoking
- Marlboro, Winston, Camel...
- Type of beer, e.g. Guinness
- In Germany, home of Oktoberfest
- Gives you Wings!
- Black & _____
- Tallest building in Chicago
- Alcohol flavored with juniper berries
- Marlboro Man
- 16 oz. Glass for beer
- Homer Simpsons' beer of choice



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