



What's On Tap?



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2012 Year In Review

As another successful yet busy year for the Chicago Social Drinking Project has drawn to a close, we would like to summarize our 2012 progress and highlights:

Follow-Up Success

• We are currently almost done with the 8th year of the study and are humbled by the astonishment of our scientific colleagues on the success in follow-up. Our historically high follow-up rates (98+%) are all due to the dedication of each and every one of you as CSDP participants.

• In 2012, the CSDP continued with diligent follow-up of our first (*Subject #s 400-600*) and second (*#s 600-710*) subject cohorts. These included both brief quarterly follow-ups and more extensive annual follow-ups (at 1, 2, 4, 5, 6, and 8 years). With nearly 300 participants, Patrick and Michael were busy conducting interviews and completing other follow-up related tasks.

• In 2012, 293 follow-ups were conducted, with 137 quarterly

and 156 annual follow-ups achieved. With very few follow-ups missed, we boast a **98.3%** successful completion rate for the year, similar to past years.



Conference Presentations

• In 2012, we had many opportunities to share our data from both the CSDP and other research with other members of the scientific community.

• We presented findings from our laboratory at 4 national conferences (in California, Florida, in 2012, as well as several local sessions at Northwestern, Lutheran General Hospital, and the Haymarket Summer Institute.

Manuscript and Publications

• In the past year, we published more peer-reviewed scientific papers than

in any other year, with 12 papers either published or in press. The purpose of these publications is to share and summarize results from the CSDP and other studies from our lab.

• We have summarized how individuals vary in their responses to substances, and we are now examining how these responses may help explain differences over time in drinking patterns. We also have examined several stop-smoking drugs in treatment or laboratory studies and have conducted research on improving research methods for future studies.

In all, 2012 was a very successful year. We hope our findings continue to help with discovery of the range of social drinking patterns over time, and how they may relate to responses to various substances from the laboratory challenge.

Thanks again for all of your hard work and continued dedication to the CSDP!



Director's Note

Happy New Year! In this issue of "What's On Tap?", we recap our progress in 2012.

We also include a few articles featuring new research on possible benefits of beer and a new invention to assist in monitoring one's alcoholic beverage consumption.

Thank you all for your continued support for CSDP this past year. We look forward to following up with you again in 2013!

Dr. Andrea King
Principal Investigator

Drinking a glass of wine or beer?

Moderate consumption of alcohol—whether it's beer, wine, or a shot of -tequila—has been found to guard against heart disease, improve cholesterol levels, and even boost cognitive function. But in terms of additional benefits, you might be surprised to learn that beer comes out on top, according to -Andrea Giancoli, R.D., spokeswoman for the Academy of Nutrition and Dietetics.



Wine contains the antioxidant -resveratrol, but, -says Giancoli, "You'd need to drink much more than a glass or two of wine [a day] to obtain enough to be beneficial." Meanwhile, compared to wine, "beer contains more - B vitamins, including folate and niacin, plus silicon, which is associated with better bone health. Moderate beer consumption also seems to lower the risk of kidney stones in men. It's even got a little bit of fiber!"

Source: Parade Magazine 11/11/12: <http://www.parade.com/health/stay-healthy/2012/11/11-whats-healthier-drinking-wine-beer.html>

Next Follow-Up Raffle

The next CSDP Follow-Up Raffle will be held on **April 11, 2013**

All participants successfully completing an Annual follow-up interview by their due date will automatically be entered to win additional gift cards, with the grand prize winner receiving a \$100 gift card.

Make sure to keep your contact information updated to receive notification of this and other raffles we hold throughout the year!



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Ice Cubes to Monitor Drinking

After an alcohol-induced black out put MIT Media Lab researcher Dhairya Dand in the hospital, he was asked to write a research paper on alcohol consumption as part of his administrative hearing. Instead, he conceived the idea to create a tool that could actually help monitor intoxication.

Dand created LED ice cubes that detect alcohol level, monitor consumption, and flash various colors based on the total number of drinks and speed of drinking to provide visual feedback to a drinker. The initial prototype consists of 3 edible gelatin cubes holding a coin cell battery, a microcontroller and IR transceiver, and one of three LED light colors (green, orange, or red).

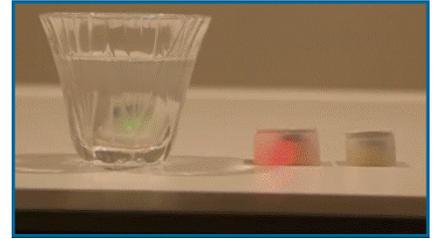
In a drinking situation, each cube utilizes sensors to detect the amount of alcohol in the beverage and records both the overall drinking time and number of sips taken. Taking all of these factors into account, the cubes will either turn off or on to signal that the drinker needs to adjust his

or her rate of consumption. For example, at the beginning of a drinking episode, the green cube flashes to signal an acceptable pace. If the drinker were to finish the first drink and move onto a second

beverage under a specified amount of time, the green cube would cease to flash and the orange cube would begin, signaling that the drinker should utilize caution. Finishing the second drink quickly and moving on to a third (all within 30 minutes) would activate the red cube to signal to the user to temporarily cease consumption. As a precaution, if the drinker were to continue drinking beyond the red cube's warning, the LED cubes are also capable of electronically transmitting a text message warning to a pre-specified friend via the IR channel.

The color levels are unique to each situation depending on the total time spent drinking and the alcoholic strength of the

drink: If you monitor your pace, it might take 5 drinks to hit the red color



or if you stick to a mild strength beverage, it might take 6 or 7.

While in the early development phase, future improvements controlling for factors such as gender, age, and weight might provide a useful feedback tool to assist those attempting to moderate their drinking patterns.

For additional information, be sure to watch the informational video for this project at:

vimeo.com/56772409

Source:

Huffington Post 1/9/13 — www.huffingtonpost.com/2013/01/09/led-ice-cubes-alcohol-prevent-blackouts-dhairya-dand_n_2440825.html



In need of a CSDP Travel Mug? Frisbee? Bag clip?

Be sure to check out the 'Raffle & Gifts' section of our website at

<http://socialdrinking.uchicago.edu/>

to view photos of past CSDP study gifts.

If you see anything you'd like, send us an e-mail at socdrink@uchicago.edu and, if we have it in stock, we'll mail it out to you!



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