



What's On Tap?

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Seeing Vape Pens in Use Boosts Desire To Smoke

In addition to our work with the Chicago Social Drinking Project, our lab has been conducting a series of studies examining the impact of viewing e-cigarette use in young adult smokers.

Previously, we found that smokers who view a type of e-cigarette which closely resembles a regular, traditional cigarette (i.e. a 'cigalike') experience an immediate, significant and lasting increase in their desire to smoke. We were curious to see if this effect would extend

to the newer 'vape pen' e-cigarettes (pictured, below) which have much lower resemblance to cigarettes than cigalikes.



Surprisingly, we found that despite looking less like a cigarette, vape pens stimulated the urge to smoke as powerfully as watching someone smoke a regular cigarette or a cigalike. This effect even extend-

ed into participants who had never before used a vape pen.

We theorize that features of the act of smoking beyond visual appearance—such as inhalation, density of the exhaled cloud, hand-to-mouth behaviors—make vape pens a potent trigger to smoke; however, future studies are needed to determine which specific characteristics might be most responsible for this effect.

Reference: King, A. C., Smith, L. J., McNamara, P. J., & Cao, D. (2017). Second Generation Electronic Nicotine Delivery System Vape Pen Exposure Generalizes as a Smoking Cue. *Nicotine & Tobacco Research*. Epub ahead of print.

Director's Note

In this spring issue of "What's On Tap?", we discuss our



most recent publication studying vape pens and the urge to smoke, report on findings linking caffeine to longevity, and reveal our own secrets to staying 'forever young'.

The Chicago Social Drinking Project enters its 13th year in March! We truly appreciate the dedication and participation which has resulted in thirteen years of continued study success.

We look forward to catching up with you soon!

Dr. Andrea King, Principal Investigator



Follow-up Raffle

The next follow-up raffle will take place on: April 1, 2017

All participants completing a follow-up on time during the 6 months prior are automatically entered to win an additional \$100 gift card

Update your contact information to make certain you receive notifications about the upcoming drawing: (socdrink@uchicago.edu).

Winners will be notified via e-mail!

CSDP Turns Thirteen

The CSDP enrolled its first participant in March of 2004 and currently includes over 300 participants completing follow-up interviews at intervals from 6 months to 12 years!

Thanks for your continued dedication to the study!





Caffeine To Counter Age-Related Diseases?

Past research has shown that caffeine has a wide variety of health benefits to offer from improving memory to hair growth. A new study has recently added another perk to the list: caffeine can counter certain effects of aging.

Researchers at Stanford University School of Medicine studied blood samples and medical histories obtained from over 100 participants and revealed a link between caffeine consumption and chronic inflammation, a naturally occurring process that is associated with many age-related diseases.

The study provides evidence that

caffeine may counter the negative effects of inflammation and, in so doing, decrease the risk of age-related diseases such as heart disease, cancer, and Alzheimer's. This may also help to explain findings which show that coffee drinkers tend to live longer than non-coffee drinkers.



So, maybe the fabled 'Fountain of Youth' is actually no more than a morning 'Cup of Joe'. To learn more about this study, please refer to the source below.

Reference: Furman, D. et al., (2017). Expression of specific inflammasome gene modules stratifies older individuals into two extreme clinical and immunological states. *Nature Medicine*, 23(2), 174-184.

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.

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They Said What?

Caffeine is one way to fight the effects of aging.

We asked the staff of the CSDP, "What's your secret to staying 'forever young?'"



Dr. King

Principal Investigator



"Staying active to make sure my joints don't get too stiff. Aging is not pretty ;-)"

Patrick McNamara

Assistant Director



"Diet, exercise, and big heaping spoonful of denial."

Patrick Smith

Research Staff



"Flintstone vitamins.... Laugh all you want, but this baby face doesn't lie."

James Faria

Research Staff



"I take extra care when in the sun. Load up on that SPF, and you'll look like you drink from the Fountain of Youth."

