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# MDQuit NEWSLETTER

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## About Us

We are the brand new resource center for tobacco use cessation and prevention for the State of Maryland. Our resource center is funded by the Department of Health and Mental Hygiene (DHMH) and located on the campus of the University of Maryland, Baltimore County (UMBC). We are here to serve as a source of information for all agencies, treatment providers, and clinicians who wish to gather resources regarding the most current practices for tobacco cessation treatment and prevention. Our newsletter will offer a brief overview of the current practices in tobacco cessation and prevention research, as well as provide our audience with quarterly updates regarding the field of tobacco prevention in the State of Maryland.

## Our Mission

The Maryland Quitting Use and Initiation of Tobacco (MDQuit) Resource Center is dedicated to assisting providers and programs in reducing tobacco use among citizens across the state.

Our mission is to link professionals and providers to state tobacco initiatives, to provide evidence-based, effective resources and tools to local programs, to create and support an extensive, collaborative network of tobacco prevention and cessation professionals, and to provide a forum for sharing best practices throughout the state of Maryland.

## Website: MDQuit.org

This site is the main source of information and resources for treatment providers and other organizations regarding tobacco use cessation and prevention in Maryland. Please refer to this site, as it is continually updated by our research center specialists.

### Contact

#### MDQuit

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info@mdquit.org

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410.455.3628

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410.455.1755

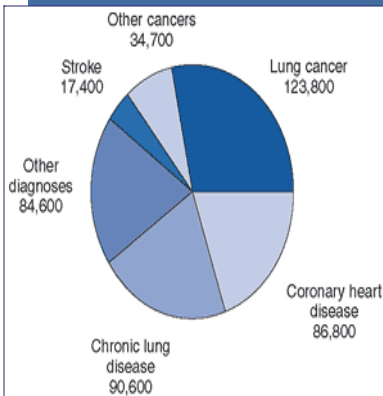
UMBC  
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UNIVERSITY  
IN MARYLAND





Tobacco use results in an annual cost of \$75 billion in direct medical costs ([www.cdc.gov/tobacco/issue.htm](http://www.cdc.gov/tobacco/issue.htm))

*Deaths in the U.S. attributable to smoking each year:*



Source: CDC. Annual smoking-attributable mortality, years of potential life lost, and productivity losses—United States—1997–2001.

## Spotlight on Baltimore County

Baltimore County is a suburban county located in the northern portion of Maryland State. Baltimore County has 786,113 residents with just under one-quarter of the residents under the age of 18 (see <http://quickfacts.census.gov/qfd/states/24/24031.html> for more Baltimore County specific statistics).

Baltimore County's Department of Health has its own Tobacco Prevention & Cessation Program (<http://www.co.ba.md.us/Agencies/health/children/tobacco/index.html>). Additionally, Baltimore County has its own Tobacco Resource Center (<http://www.bctobaccofree.org>) and an organization dedicated to making Baltimore County smoke free (<http://smokefreebc.org/>).

## Best Practices Conference

**MDQuit's 1<sup>st</sup> Annual Best Practices Conference** was held on Wednesday, January 17, 2007. The event was a success, with approximately 80 attendees from various agencies and counties across Maryland. Resource Center Director, Dr. Carlo DiClemente, presented on the Process of Addiction and Recovery, Current Perspectives on Cessation: Consumerism & Synergy, and Motivational Interviewing Strategies for Smoking Cessation. Dr. Janine Delahanty, Associate Director of MDQuit, presented on Current Perspectives on Staged Based Prevention. Dawn Berkowitz from the Maryland Department of Health and Mental Hygiene (DHMH) presented on the Maryland Quitline (1-800-QUITNOW). MDQuit Advisory Board member, Meg Gallogly from the Campaign for Tobacco Free Kids, presented on the Impact of Local Programming. Kari Appler, the Director of Smoke Free MD, presented on the Maryland Clean Indoor Air Campaign and Kathleen Dachille, the Director of the Legal Resource Center for Tobacco Regulation, Litigation & Advocacy, spoke about upcoming legislative issues. Many of these presentations can be viewed at <http://www.mdquit.org/index.php/news-and-events>.

## Surgeon General's Report

The U.S. Surgeon General reported in *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, that no level of exposure to secondhand smoke is safe. Over 126 million Americans are exposed to secondhand smoke, increasing the risk of death from lung cancer, heart disease, and other illnesses. The report strongly advocates smoke-free workplace legislation, an important issue in Maryland this year, and stresses the importance of providing smokers with the tools needed to quit.

# New in Nicotine Treatment

**Chantix™:** The active ingredient in Chantix, varenicline tartrate, is a new molecular entity that received priority U.S. Food and Drug Administration (FDA) review because of its significant potential to benefit public health, and it received approval in May 2006. Chantix acts at the sites in the brain most affected by nicotine and helps users quit smoking in two ways: by providing some nicotine effects to ease withdrawal symptoms, and blocking the effects of nicotine from cigarettes if smoking is resumed. Six clinical trials with a total of 3,659 chronic cigarette smokers demonstrated the effectiveness of Chantix at helping patients quit smoking. Chantix is manufactured and distributed by Pfizer, Inc. More information regarding results of clinical trials, prescription guidelines, and side-effects can be found at: [www.chantix.com](http://www.chantix.com)

**Nicotine Vaccine:** A new vaccine to prevent nicotine addiction has received good reviews in a recent clinical trial with 68 healthy smokers (Hatsukami et al. 2005). Researchers found NicVAX to be safe and well-tolerated, with only minor side-effects comparable to those of placebo. The vaccine prevents nicotine from reaching the brain by triggering the production of antibodies that bind to nicotine in the blood. Healthy smokers in the 38-week clinical trial did not experience craving or withdrawal symptoms, nor did they increase the number of cigarettes smoked during the trial or at follow-up.



*“The vaccine prevents nicotine from reaching the brain by triggering production of antibodies that bind to nicotine in the blood.”*

## Fax to Assist Referral Program

**Fax to Assist** is an exciting and convenient way for you to refer your clients to Maryland’s Quitline to help them quit smoking.

There are 4 training modules that will provide you with information about the **Fax to Assist** program and how to become a certified **Fax to Assist** Provider (see **Fax to Assist** tab at [www.MDQuit.org](http://www.MDQuit.org)).

In about 20 minutes, you can become a certified **Fax to Assist** provider. Complete the 4 online training modules, pass a 20 item quiz, and you will be given access to the downloadable **Fax to Assist** Referral form.

Obtain your client’s written consent and fax the **Fax to Assist** Referral form to 1-800-483-3114.

Your client will be contacted by 1-800-QUITNOW within 48 hours.



## References

Hatsukami, D. et al. (2005). Safety and immunogenicity of a nicotine conjugate vaccine in current smokers. *Clinical Pharmacology and Therapeutics*, 78, 456-467.

# Mailing List

If you, or someone you know, would like to receive future **MDQuit Resource Center Newsletters** via email or mail, please contact us at [info@mdquit.org](mailto:info@mdquit.org), by phone at **410.455.3628**, or by fax at **410.455.1755**.



## Other Helpful Resources

**Free & Clear:** Free & Clear, Inc. is a highly specialized, tobacco treatment provider for employers, health plans, and government agencies. With over 20 years of developing and delivering scientifically based and proven treatment programs, Free & Clear provides services that support health behavior change. With the support of partners such as the National Cancer Institute, the Centers for Disease Control and Prevention, and the Robert Wood Johnson Foundation, Free & Clear has become a national leader in development, evaluation, and delivery of evidence-based behavior change programs across the U.S. ([www.freeclear.com](http://www.freeclear.com)).

**Maryland State Tobacco Quitline: I-800-QUIT NOW** is featured at the website [www.smokingstopshere.com](http://www.smokingstopshere.com), which provides free information for individuals in Maryland wishing to quit smoking, including links to resources and success stories.

## MDQuit Team

**Carlo C. DiClemente**, Ph.D., Center Director  
**Janine Delahanty**, Ph.D., Associate Director  
**Holly DiFebo**, Research Assistant

**Center Specialists:**  
 Debra Malfi, Miranda Garay, Brian Kiluk  
 Meredith Holmgren, Onna Van Orden

## Advisory Board

We have recruited professionals and leaders in Maryland dedicated to reducing tobacco use. Our Advisory Board will work with us in generating ideas and planning activities for the Resource Center.

**Kathleen Dachille**, Legal Resource Center for Tobacco Regulation, Litigation & Advocacy: University of Maryland School of Law

**Lisa Dixon**, M.D., Director of the Division of Services Research, University of Maryland, School of Medicine, Department of Psychiatry

**Michaeline Fedder**, M.A., President, Smoke Free Maryland

**Kevin Ferentz**, M.D., Director of Clinical Operations, Department of Family Medicine

**Sonia Fierro-Luperini**, M.D., Morgan State University, School of Public Health & Policy

**Jacquelyn Fried**, RDH, MS, Associate Professor and Director, Division of Dental Hygiene, University of Maryland Dental School

**Meg Gallogly**, The Campaign for Tobacco-Free Kids

**Linda Green**, RN, Worcester County Health Department

**Neil Grunberg**, Ph.D., Professor of Medical & Clinical Psychology, Professor of Neuroscience, Uniformed Services University of the Health Sciences

**Mildred Morse**, JD, CTAS, Founding Director, National Tobacco Independence Campaign

**Stephen Peregoy**, President & CEO, American Lung Association® of Maryland, Inc.

**Tony Tommasello**, Pharmacist, Ph.D., Director, Office of Substance Abuse Studies