



# NEVADA PREVENTION RESOURCE CENTER UPDATE

Providing weekly updates for Professionals, Counselors, Educators, Parents and Activists

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## Tobacco News

A recent study looked at the impact of “low-nicotine” cigarettes on quit rates. More than 50% of the participants in the study were provided with cigarettes that successively reduced the nicotine levels until such time as they were at 5% of regular cigarette levels.

Study leader Dr. Neal Benowitz, a professor at the University of California, San Francisco commented: “We don’t know that very low-nicotine cigarettes will not reduce

nicotine dependence, but progressively reducing nicotine content of cigarettes in the way that we did, without other means of supporting smokers, did not produce the desired results.”

Another tobacco related study, examined older smokers who suffer from migraines. The study found that migraine sufferers who were also smokers had a significant increase in the risk of stroke. The same increase was not found in non-

smokers.

And yet another study found that e-cigarette use among teens may increase the risk of other tobacco related use. The study found that youth who used e-cigarettes, before the start of 9th grade, are more likely than other youth to begin smoking regular cigarettes within the next year.

[Quit Rates](#)  
[Migraines](#)  
[Teens](#)

Leslie C. Marlowe

## New Information on Alcohol Use

“Protective strategies” used by college students, who drink alcohol, may actually contribute to increased alcohol consumption. The information was gathered through on-line surveys regarding spring break drinking activities.

Protective strategies generally used were: harm reduction, limiting, and “manner of drinking” strategies. Interestingly, the more limiting or harm reduction strategies

used, the more alcohol the student consumed. But use of “manner of drinking” strategies seemed to reduce alcohol consumption.

In a small study, researchers found that women who had gastric bypass surgery, had a reduced tolerance to alcohol. Consumption of 2 alcoholic drinks, in a 10 minute period, showed increased BAC levels of the women with the bypass surgery over the

women who had never had the surgery. The BAC levels of those with bypass surgery rose to a level approximately twice as high as the other women. The BAC levels remained above the legal limit for driving for about 30 minutes after consuming the beverages, in the women who had bypass surgery.

[College Students](#)  
[Bypass Surgery](#)

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## In The News

[Magnetic Pulses May Help Tinnitus](#)

[News about Wrinkles](#)

[New CDC Video for Tobacco Prevention](#)

[Ebola Vaccine](#)

## New Materials

2828 [Wildfire Safety: Social Media Content Shareables](#)

2829 [Behavioral Health Equity Barometer](#)

2830 [Racial/Ethnic Differences in Mental Health Service Use among Adults](#)

To order new items go to our [clearinghouse](#).

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## Events and Opportunities

UNR's NRAP Recovery Month Event -Fifty Shades of Recovery

Featuring: Stacie Mathewson, National Recovery Advocate and Philanthropist; and Tara Conner, **Miss USA 2006**.

Davidson Math and Sciences Building, Room 110 - UNR

Thursday, Sept. 10, 2015  
6:00 to 8:00 p.m.

Bite at the Museum

Explore the Nevada State Museum's exhibits and artifacts in a rare after hours experience. Enjoy cocktails, a gourmet dinner, live entertainment, unique photo ops, and a silent auction as CCC celebrates their 25th anniversary. Proceeds benefit Community Counseling Center.

Sept. 12 – 6:30 – 9:00 p.m.

Mini-Grant Opportunity for Evidence-Based Tobacco Interventions

Applications are being accepted for 2015-2016 tobacco prevention and control mini-grants. Grants will be awarded to 10 recipients for the implementation of action plans that use evidence-based tobacco interventions to achieve goals with measurable outcomes.

Applications are due Sept. 1.

## More Events and Opportunities

IIMHL Exchange and Conference

The International Initiative for Mental Health Leadership (IIMHL) is a unique collaborative that focuses on improving mental health and addictions services by connecting leaders globally to share innovations and build partnerships with colleagues.

Sheraton Vancouver Wall Centre Hotel, Canada

September 21–25, 2015

DEA Announces 10th National Prescription Drug Take-Back Event

This event will be set up throughout communities nationwide so local residents can return their unwanted, unneeded, or expired prescription drugs for safe disposal.

Collection sites in every local community can be found by going to [www.dea.gov](http://www.dea.gov). This site will be continuously updated with new take-back locations.

September 26th from 10 a.m.- 2 p.m.

Lifestyle Intervention Conference

This conference will help attendees build a network of resources for providers who serve those struggling with drug, alcohol and process addictions as well as food disorders. A special focus on workplace intervention.

Las Vegas, Nevada Bellagio  
October 5-7, 2015

## QR Code



For individuals looking to sign up for the Update - follow this QR Code from your smart phone and find the link on our website!



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