

**Media note: Electronic photo available.**

**What: New School of Public Health dean**

**Who: Mark Becker, Ph.D.**

**Contact: Sarah Youngerman, Academic Health Center, (612) 624-4604**

## SCHOOL OF PUBLIC HEALTH STARTS NEW YEAR WITH NEW DEAN

MINNEAPOLIS / ST. PAUL (Jan. 9, 2001)--The University of Minnesota School of Public Health began the year 2001 with a new dean, Mark Becker, Ph.D. Becker comes to Minnesota from the University of Michigan School of Public Health, where he was the associate dean for academic affairs and a professor of biostatistics. He began his new post Jan. 2.

"Dr Becker was strongly supported by the search committee and the faculty of the School of Public Health," said Frank Cerra, senior vice president for health sciences. "He is widely recognized for his scholarship, research and editorial work. He has excellent leadership and administrative skills, is committed to strengthening the school's ties with communities, and his experience across disciplines will be an important asset for implementing the strategic vision of the Academic Health Center."

Becker was elected a fellow of the American Statistical Association in 1999 and has been principal investigator on National Institutes of Health and National Science Foundation statistical methods research grants. His research on statistical methodology has appeared in leading journals of biometrics, medical statistics, sociology, and statistics, and he has published in journals of accident analysis and prevention, dentistry, epidemiology, health services research, medicine, nursing, nutrition, and occupational health. He has served as editor and reviewer for three book publishers and more than 25 peer-reviewed journals. He is co-editor of "Sociological Methodology" and a former associate editor of the journals "Biometrics" and "Communications in Statistics."

"This is an opportunity for me to have a great deal of impact at a school already known for its tremendous research portfolio and high-quality educational programs," said Becker. "For the community, there are new challenges in public health. While Minnesotans as a whole are healthier than the populations of most other states, there are significant disparities in health status--especially for

## **Public Health dean/p. 2**

minority populations. The School of Public Health clearly has a role to play in developing an understanding of the causes of health disparities and working with the practice community to pose and evaluate solutions."

Becker received a doctorate in statistics from Pennsylvania State University and a bachelor of science degree in mathematics from Towson State University in Maryland.

Becker is the sixth dean of the School of Public Health. He replaces Edith Leyasmeyer, M.P.H., Ph.D., who is retiring after four years as dean and nearly 30 years with the School of Public Health. Leyasmeyer has had a 40-year career and commitment to the field of public health.

"The School of Public Health has risen to a position of national prominence under Dean Leyasmeyer," said Cerra. "Her work, especially in the areas of workforce preparation and linking academe to the practice community, has had a profound impact on our state as well as our country."

The School of Public Health graduates 190 students each year. Part of the university's Academic Health Center, the school offers advanced degrees in biostatistics, clinical research, community health education, environmental health, epidemiology, health services research, maternal and child health, public health administration, and public health nutrition. The school generates more funding per capita than any other academic unit in the university, earning roughly \$450,000 per faculty member per year in extramural support for research and professional education programs; external funding accounts for more than 85 percent of the school's total expenditures. □

Two Cities Campus  
School of Public Health

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For immediate release:

Note to media: Electronic Photo Available

## School of Public Health Starts New Year with a New Dean

MINNEAPOLIS/ST. PAUL (January 9, 2001)— The University of Minnesota's School of Public Health will start the year 2001 under new leadership. At their December meeting, the University's Board of Regents approved the nomination of Mark P. Becker, PhD, to position of Dean of the School of Public Health. Becker comes to Minnesota from the University of Michigan School of Public Health where he was the associate dean for academic affairs and a professor of biostatistics.

"Dr Becker was strongly supported by the search committee and the faculty of the School of Public Health, following a national search within which there were a number of top-notch candidates. He has a thorough understanding and appreciation for the disciplines of public health, and is widely recognized for his scholarship, research and editorial work. He has excellent leadership and administrative skills, is committed to strengthening the School's ties with communities, and his experience across disciplines will be an important asset for implementing the strategic vision of the "Academic Health Center."

Becker brings a depth of experience in biostatistical research, editorial review and administration. He was elected a fellow of the American Statistical Association in 1999, and has been principal investigator on National Institutes of Health and National Science Foundation statistical methods research grants. His research on statistical methodology has appeared in leading journals of biometrics, medical statistics, sociology, and statistics, and he has co-authored publications in journals of accident analysis and prevention, dentistry, epidemiology, health services research, medicine, nursing, nutrition, and occupational health.

Dr. Becker has significant editorial experience, as an editor and reviewer for three book publishers, and more than twenty-five peer-reviewed journals. He is currently co-editor of *Sociological Methodology*, formerly associate editor for *Biometrics*, and *Communications in Statistics*.

"This is an opportunity for me to have a great deal of impact at a school already known for its tremendous research portfolio and high-quality educational programs," said Becker. "The challenge before us is to balance our research, teaching, and community outreach programs while further integrating the public health discipline into the Academic Health Center.

"For the community, there are new challenges in public health. While Minnesotans as a whole are healthier than the populations of most other states in this nation, there are significant disparities in health status—especially for minority populations. The School



of Public Health clearly has a role to play in developing an understanding of the causes of health disparities and working with the practice community to pose and evaluate solutions."

Becker received his doctorate in statistics from The Pennsylvania State University, and his Bachelor of Science degree in mathematics from Towson State University in Maryland. He is married with two children.

Becker is the sixth person to hold the position of Dean of the School of Public Health. He replaces Edith Leyasmeyer, M.P.H., Ph.D., who is retiring after 4 years as dean and nearly 30 years with the School of Public Health. Leyasmeyer has had a 40 year career and commitment to the field of public health. "The School of Public Health has risen to a position of national prominence under Dean Leyasmeyer," said Cerra. "Her work, especially in the areas of workforce preparation and linking academe to the practice community, has had a profound impact on our state as well as our country."

The University of Minnesota's School of Public Health graduates 190 students each year. The school is part of the University's Academic Health Center and offers advanced degrees in Biostatistics, Clinical Research, Community Health Education, Environmental Health, Epidemiology, Health Services Research, Maternal and Child Health, Public Health Administration, and Public Health Nutrition. The school generates more funding per capita than any other academic unit in the university, earning roughly \$450,000 per faculty member per year in extramural support for research and professional education programs; external funding accounts for more than 85 percent of the school's total expenditures.

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**What: St. Jude Medical endows chair in biomedical engineering.**  
**Who: Dr. Soon John Park, assistant professor of cardiovascular and thoracic surgery**  
**Contacts: Sarah Youngerman, University of Minnesota, (612) 624-4604**

## **ST. JUDE MEDICAL ENDOWS CHAIR IN BIOMEDICAL ENGINEERING AT U OF M** *Endowed Chair Demonstrates University's Commitment to Move Research into the Marketplace*

MINNEAPOLIS / ST. PAUL (Jan. 11, 2001) — Dr. Soon John Park, assistant professor of cardiovascular and thoracic surgery at the University of Minnesota Medical School, has been named the first holder of the St. Jude Medical Chair in Biomedical Engineering. The chair, funded by a \$500,000 endowment from St. Jude Medical and matched with \$500,000 from the Permanent University Fund, will reside in the Biomedical Engineering Institute and support the new Lillehei Heart Institute of the Medical School.

St. Jude Medical, headquartered in Little Canada, Minn., is the world leader in replacement mechanical valves for the human heart, the second largest pacemaker manufacturer and a leading supplier of implantable cardioverter defibrillators and cardiac catheters. The St. Jude medical valve was developed and first implanted at the University of Minnesota in 1977.

An endowed chair is one of the most effective incentives for Medical School faculty. Chairs, professorships and fellowships funded through private gifts give faculty the freedom to pursue advanced research. Endowments remain with the university even if the faculty member does not.

St. Jude Medical endowed the chair to commemorate its relationship with the University of Minnesota and its Medical School, which dates back to the pioneering work in prosthetic heart valves in the 1970's by the late Dr. C. Walton Lillehei, known as the "Father of Open Heart Surgery."

"St. Jude Medical is proud to recognize the work of Dr. Soon Park and his team at the University of Minnesota and to recognize the importance of supporting public research," said Terry Shepherd, president and chief executive officer, St. Jude Medical. "By supporting the University of Minnesota, we are able to further our commitment to provide innovative medical devices of the highest quality to save and improve lives."

Park was named to the chair in recognition of his accomplishments in the field of circulatory support for the failing heart and in heart and lung transplantation. He has pioneered the application of extracorporeal membrane oxygenation and left ventricular assist devices in patients suffering heart attacks. He is a principal investigator in a multi-center trial comparing left ventricular as



devices to medical therapy in patients with end-stage heart failure who are not candidates for heart transplantation.

In nominating Park for the chair, Medical School Dean Dr. Alfred Michael said, "The Medical School is very grateful to St. Jude Medical for creating this opportunity to honor one of our brightest young clinician scientists. Dr. Park has performed pioneering work in the field of circulatory support and thoracic transplantation. This chair will be a major step in helping to support the leadership of Dr. Park and create a focused effort in circulatory device development and translational research at the university."

"I am honored to know that the research work we have done here at the University of Minnesota in heart failure and transplantation has been recognized by one of the world leaders in biotechnology and one of our strongest supporters," said Park. "The St. Jude Medical Chair will allow us at the University of Minnesota to contribute to an exciting future of device development and application for those who suffer from heart failure." □

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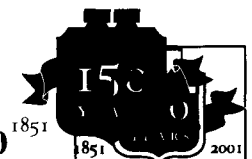
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**What: White Coat Ceremony**  
**Who: Barbara Carlson**  
**U of M first-year medical students**  
**When: 1-3 p.m. Saturday, Jan. 13**  
**Where: Ted Mann Concert Hall, 2128 4th St. S. (West Bank), Minneapolis**  
**Contact: Cyndy Hanson, Medical School, (612) 899-7564 (pager)**

## **BARBARA CARLSON TO ADDRESS FUTURE DOCTORS AT U OF M WHITE COAT CEREMONY**

MINNEAPOLIS / ST. PAUL (Jan.12, 2001)--First-year students at the University of Minnesota Medical School will receive their first white coats and take the Hippocratic Oath before beginning their work with patients. The ceremony is designed to impress upon students, physicians and the public the symbolic role of the white coat in patient-doctor interactions. Speakers from the Medical School and community will emphasize the professional values of integrity, responsibility to the community, respect for all patients and ethical behavior. Special guest Barbara Carlson, a radio personality and former Minneapolis City Council member, will speak about patient expectations and experiences. □



# UNIVERSITY OF MINNESOTA

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**What: Origin of antibiotic resistance, resistance to anti-cancer drugs**

**Who: David Sherman, Ph.D., (612) 626-0199**

**Contact: Sarah Youngerman, Academic Health Center, (612) 624-4604**

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## U OF MINNESOTA FINDS ORIGIN OF BACTERIAL RESISTANCE TO AN ANTIBIOTIC; IMPLICATIONS FOR TUMOR RESISTANCE TO CHEMOTHERAPY

MINNEAPOLIS / ST. PAUL--University of Minnesota scientists have found the mechanism by which certain bacteria develop resistance to a powerful antibiotic that doubles as an anti-cancer agent. Because cancer cells develop resistance to chemotherapy by a similar mechanism, the finding may expedite the understanding of, and the fight against, the development of chemotherapy resistance in tumors. The findings are published in the Jan. 30 issue of the Proceedings of the National Academy of Sciences.

The team, led by microbiology professor David Sherman, studied the soil bacterium *Streptomyces lavendulae* (*S. lavendulae*), which produces the antibiotic/anti-tumor compound known as mitomycin C. In nature, mitomycin C kills other bacteria that compete for resources with *S. lavendulae*. Sherman and colleagues Min He and Paul Sheldon determined how *S. lavendulae* protects itself from its own "poison." The mechanism involves genes and proteins that are very similar to those employed by some cancer cells to resist the "poison" of mitomycin C-based chemotherapy.

The researchers analyzed a unique cellular protein involved in resistance to mitomycin C. This drug, used since the 1960s to treat a variety of soft tumors, has been the subject of numerous studies for over 30 years to determine how it works, and how it becomes active inside cancer cells.

"We learned how resistance to the drug has evolved, using comparative genomic methodology, akin to genetic archaeology," said Sherman, who is also director of the Microbiology, Immunology and Cancer Biology Graduate Program at the university.

*Streptomyces lavendulae* and mitomycin C were first isolated about four decades ago by scientists in Japan. They found that this new type of drug works by forming links directly with target DNA in a malignant cell. The result was to derail the ability of a cancer cell to proliferate, leading to tumor regression. Over time, tumors in individual patients have become less and less responsive to the drug. This is a common scenario with many tumors involving various types of anti-cancer drugs.

Sherman and his colleagues have demonstrated that the cellular component involved in resistance to mitomycin C is derived from a protein that normally functions in a completely different way.

(more)





## Antibiotic resistance/p. 2

"Over time, an ancestral gene underwent a series of mutations that led to a complete reversal of its function and conferred resistance to mitomycin C," Sherman explained.

The team found what appears to be the ancestral gene in the related bacterial species *Streptomyces coelicolor*, which does not manufacture mitomycin C. In that species, the gene produces an enzyme that would activate any mitomycin C it encountered. Therefore, the researchers hypothesized, *S. lavendulae* evolved by a series of genetic mutations that turned an activating enzyme into the resistance protein, which inactivates mitomycin C. (The resistance protein must have appeared at the same time the bacteria began to make mitomycin C, or they would have killed themselves off.) A similar process appears to happen in human tumor cells as they develop resistance to mitomycin C.

"This would not have been possible without the availability of the complete DNA sequence of *Streptomyces coelicolor*, which allowed us to compare the characteristics of the resistance gene with its closest relative," Sherman said. "It is clear that we are looking at a totally new form of the protein that now has the capability to provide resistance to this powerful anti-cancer drug using an unprecedented biochemical mechanism. Understanding this process may allow us to fight back with new approaches to anti-cancer drug treatment or to find ways to inactivate the resistance protein to make current anti-cancer drugs more effective.

"While scientists do not understand clearly how and why cancer cells develop resistance to chemotherapeutic drugs, it is evident that a deeper understanding of these processes will help in the effort to develop new cures. With the pace of discovering new anti-cancer treatments increasing, it will be important at the same time to prepare and fight against the development of tumor resistance to these new drugs. This study provides an important focus on these issues as the war on cancer continues."

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**What: New treatment for stroke**

**Who: Constantino Iadecola, M.D.**

**Contacts: Sarah Youngerman, Academic Health Center, (612) 624-4604  
Barbara Tabor, (651) 450-1342**

## U OF MINNESOTA RESEARCHERS IDENTIFY NEW TREATMENT FOR STROKE

MINNEAPOLIS / ST. PAUL--Researchers at the University of Minnesota Medical School have discovered what they believe could be a new way to treat stroke patients. In a study published in the Jan. 30 Proceedings of the National Academy of Sciences, inhibitors of the enzyme known as COX-2 (cyclooxygenase-2) were used to prevent the onset of brain damage in the days immediately following a stroke.

The researchers discovered that brain damage as a result of stroke is caused by chemicals produced by COX-2, according to Constantino Iadecola, director of the university's Center for Clinical and Molecular Neurobiology and first author of the study. Further, the findings demonstrated that the use of COX-2 inhibitors can reduce brain damage even if taken several hours after a stroke occurs.

"Stroke, or brain attack, is a leading cause of death and disability in the United States and is most often caused by a sudden interruption of blood supply to the brain," said Iadecola. "Blood carries oxygen and nutrients to brain cells, which have a high demand for energy but no 'fuel' reserves. As a result, they die rapidly when their blood supply is interrupted. This study identifies a safe and effective way to reduce that damage."

The study, sponsored by the National Institutes of Health, used genetically engineered mice that were COX-2 deficient. These mice developed less brain damage than control mice when a stroke was produced.

"This is a breakthrough in stroke treatment because this is the first time COX-2 has been implicated in the mechanisms of stroke and because it suggests that COX-2 inhibitors, which are known to be well tolerated and safe, can also be used to treat stroke," said Iadecola, adding that COX-2 inhibitors have recently been introduced to treat pain and arthritis. □



## NEWS RELEASE

**Embargo:** March 7, 2001

**Contact:** Nancy E. Sherwood, Ph.D., (612) 624-4173, [sherwood@epi.umn.edu](mailto:sherwood@epi.umn.edu)

### GIRLS CAN INTERNALIZE NEGATIVE BODY IMAGES EVEN AS PRE-ADOLESCENTS

MINNEAPOLIS / ST. PAUL (March 05, 2001) — Dieting is common behavior for girls as young as 10 years of age, according to study results that suggest efforts to prevent eating disorders should not overlook pre-adolescents. “Weight preoccupation in prepubertal girls is a concern because dieting at this age can impact growth and may increase risk for fatigue, irritability, low self-esteem, depression and eating disorders,” said lead author Nancy E. Sherwood, PhD, of the School of Public Health at the University of Minnesota in Minneapolis. Using data from a survey of Girl Scouts, Sherwood and co-author Dianne Neumark-Sztainer, PhD, MPH, RD, measured the incidence of dieting in 234 Girl Scout troop members who were approximately 10 years old. The survey also queried girls about their exposure to various magazines and their awareness of the influence of the media. To gauge their internalization of sociocultural ideals, the Girls Scouts were asked if they agree with statements such as, “Pictures of thin girls and women make me wish I was thin.” Nearly 30 percent of the girls reported trying to lose weight, the researchers found. The study results appear in the March 2001 issue of the *American Journal of Health Promotion*. Most of the dieters reported using healthy methods to lose weight, such as increasing their levels of exercise and decreasing their consumption of high-fat foods, but a small number of study participants (12) said they took diet pills, purged or took laxatives to lose weight. “Although it is of concern that one-third of 10- and 11-year-old girls are dieting, it was encouraging that most reported engaging in healthy behaviors,” said Sherwood. Asked to describe how they felt about various parts of their bodies, the study participants tended to express the most dissatisfaction with their stomach, thighs and body weight, and they were most satisfied with their height, face and body shape.

In terms of their internalization of sociocultural ideals, over 25 percent of the girls agreed that: “Pictures of thin girls and women make me wish I were thin” and “I wish I looked like a magazine model.”



model” while far more of the Girls Scouts, nearly 60 percent, agreed that: “I do not want to look like models in magazines.”

The Girls Scouts reported high levels of awareness of the media’s influence, with over 75 percent agreeing that advertisements influence people’s thoughts and behaviors. “They were more likely to read magazines like *American Girl* and *Girls Life*, which tend to promote healthy body image, than magazines like *Seventeen*, which amplify cultural norms regarding thinness,” according to Sherwood.

The researchers caution, however, that Girls Scouts may not be representative of the rest of the population. “Emphasis in Girl Scouts on self-esteem suggests that these data may underestimate levels of weight concern and body dissatisfaction in girls this age,” said Sherwood.

Research is needed on why early dieting happens and how sociocultural ideals become internalized, according to the study.

“These findings suggest early adolescence may be a good time to intervene with girls for eating disorder prevention and health promotion,” said Sherwood. “Prevention programs should help girls critically evaluate media messages to protect against internalization of unhealthy body image ideals.”

The research was supported by a grant from the Minnesota Medical Foundation.

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The *American Journal of Health Promotion* is a bimonthly peer-reviewed journal dedicated to the field of health promotion. For information about the journal call (248) 682-0707 or visit the journal’s website at [www.healthpromotionjournal.com](http://www.healthpromotionjournal.com).

**What:** 'Passive smokers' exposed to lung carcinogen  
**Who:** Kristin Anderson, Ph.D., assistant professor, epidemiology,  
anderson\_k@epi.umn.edu  
**Contact:** Sarah Youngerman, Academic Health Center, pgr. (612) 899-6687

**Embargo: 3:00 p.m. C.S.T., Tuesday, March 6, 2001**

## U OF M STUDY: WOMEN EXPOSED TO LUNG CARCINOGEN BY 'PASSIVE SMOKING'

MINNEAPOLIS / ST. PAUL--University of Minnesota Cancer Center researchers have found evidence that nonsmoking women exposed to tobacco smoke in their homes take up and metabolize the tobacco-specific lung carcinogen NNK, which could increase their risk of lung cancer. The study, led by Kristin Anderson and Stephen Hecht, appears in the March 7 issue of the Journal of the National Cancer Institute.

This study is the first to identify the presence of tobacco-specific carcinogens in nonsmokers exposed to environmental tobacco smoke (ETS) in a domestic setting. Previous studies have shown that urinary levels of ETS biomarkers, such as nicotine and cotinine (a metabolic byproduct of nicotine), are higher in nonsmokers with exposure to tobacco smoke than in nonsmokers without exposure. Nicotine and cotinine are not cancer-causing agents, however.

In this study, researchers analyzed urine samples for nicotine, cotinine and two metabolites of NNK known as NNAL and NNAL-Gluc. Like NNK, NNAL is a potent pulmonary carcinogen in laboratory animals and a likely human carcinogen. In laboratory animals, NNK induces mainly adenocarcinoma of the lung, the tumor type most frequently diagnosed in human female nonsmokers.

"Our research sought biochemical evidence to explain the increased risk of lung cancer in nonsmoking women whose spouses smoke," said lead author Kristin Anderson, Cancer Center member and assistant professor of epidemiology. "We found that women living with smoking partners had five to six times higher mean levels of tobacco-specific compounds such as NNAL and NNAL-Gluc than women with nonsmoking partners."

According to Hecht, there are no known sources of NNAL and NNAL-Gluc in human urine other than exposure to tobacco products.

Forty-five couples participated in the study. All of the women were nonsmokers; 23 had spouses who smoked at home. In addition to providing urine samples, each couple completed questionnaires on smoking history and demographics. Co-authors of the study include university colleagues Steve Carmella, Ming Ye, Robin Bliss, Chap Le and Lois Murphy.



The University of Minnesota Cancer Center is a National Cancer Institute-designated Comprehensive Cancer Center. For more information on the study, or cancer in general, visit the Web site at [www.cancer.umn.edu](http://www.cancer.umn.edu) or call 1-888-CANCER MN (1-888-226-2376). □



# UNIVERSITY OF MINNESOTA

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**What: Women's Health Research Showcase Events**  
**Where: Woman's Club of Minneapolis, 410 Oak Grove Street, Minneapolis**  
**When: Breakfast, April 11, 7:30-9:00 a.m.**  
**Lunch, April 16, Noon-1:30 p.m.**  
**Contact: Sarah Youngerman, 612-624-4604**

MINNEAPOLIS/ST. PAUL (March 30, 2001) — University of Minnesota faculty members in the department of obstetrics, gynecology and women's health will present and discuss their latest research in women's health. At both events, researchers will cover the latest in gynecological cancer, infertility treatment, mature women's health issues, complementary and alternative medical therapies for women and maternal-fetal health. The events are open to the public but reservations are required and space is limited.

Examples of faculty presentations include:

- **Mature women's health:** The University of Minnesota is currently involved in a study of more than 66,000 post-menopausal women and the role estrogen plays in heart disease, colon cancer, breast cancer and osteoporosis.
- **Gynecological Cancer:** Dr. Ramakrishnan one of the leading researchers in the area of attacking cancerous tumors through limiting the growth factor of the blood vessels that feed the cancer. He is also working to develop a blood marker detection for ovarian cancer.
- **Reproductive medicine and infertility:** Drs. Nagle and DeJonge will discuss the issues of multiple births and the social impact of having pre-mature babies. They will also explore new research that allows a doctor to protect the reproductive organs of a woman who is undergoing sterilizing cancer treatments so that she is able to later give birth to children from her own eggs.

For more information and to reserve a space, call 612-626-0105.

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**What:** WIT Production Presented to U of M Medical Students  
**Where:** University of Minnesota, Moos Tower, 2-650  
**When:** Wednesday, April 4, 12:30 p.m. – 3:15 p.m. (includes lecture, performance & discussion)  
**Contact:** Sarah Youngerman, Academic Health Center, 612.624.4604

## MEDICAL STUDENTS TACKLE DIFFICULT END-OF-LIFE ISSUES THROUGH LOCAL PRODUCTION OF THE PLAY “WIT”

### *Pulitzer Prize-Winning Drama Helps Doctors Learn Compassionate Care for the Dying*

MINNEAPOLIS/ST. PAUL (April 2, 2001) — The University of Minnesota Medical School will host a full-length reading of the play, *Wit*, for medical students, residents and faculty, performed by the *Wit* cast of the Ordway Center for Performing Arts. The reading is sponsored by the *Wit* Educational Initiative, an innovative medical training program that uses local theater productions of the play to educate medical students and residents about the special needs of dying patients.

*Wit* chronicles the experiences of a literature professor stricken with advanced ovarian cancer. Through her experience of illness and her treatment in a major cancer research center, the audience is confronted with many of the challenges faced by dying patients and their doctors.

Recent research has shown that there are serious deficiencies in the care provided to dying persons, and that medical training does not include adequate teaching in end-of-life care. Medical training typically consists of lectures and reading textbooks, which are unlikely to help students gain the communication and empathy skills needed in caring for dying patients.

During the *Wit* programs, medical students and faculty attend the play, and afterwards participate in small-group discussions. Here, often for the first time, they are able to:

- gain emotional insight into the patient’s experience of illness and death
- reflect as to how they treat patients at or near the end of life
- learn about the physicians’ role in end-of-life care.

“This clearly fills a gap in the didactic approach – the traditional lecture-based, fact-based approach,” says Kenneth Rosenfeld, M.D., asst. professor in medicine, UCLA, and principal investigator of the *Wit* Educational Initiative. “The interpersonal, emotional and spiritual



issues faced by dying patients are not amenable to the didactic approach. It's extremely difficult to teach, in the classroom, the personal development that patients go through when they're dying. Through *Wit*, medical students can better understand dying patients, and consider how to improve their own care for these patients."

"Due to the intense nature of psychological, emotional and spiritual distress in the experience of dying, there is a total need for empathy and compassion on the part of the doctor," says Rosenfeld. "Med students typically haven't gotten this yet, and the play and discussion help them to focus on this. We're not trying to teach them any specific skill, we're just offering a unique opportunity for the students to understand the emotions of dying so that they can ultimately be better doctors."

The experience provides a learning opportunity through the blend of science and the arts. A recent multi-site evaluation showed students and residents found the experience highly relevant to their actual patient care and preferred this experience to lectures, journal articles and even bedside rounds. Karl Lorenz, M.D., VA Greater LA Healthcare System and co-principal investigator of the initiative, affirms this. "Many medical students and doctors are deeply energized by this play about the experience of death and dying. *Wit* reminds us of the altruistic motivations that inspired us when we first entered medicine – the potential for physicians to comfort at times of personal suffering."

"While the *Wit* production has toured many American medical schools, the University of Minnesota medical school has developed a reputation for being uniquely progressive in this area," said Jon Hallberg, M.D., assistant professor, University of Minnesota department of family practice and community health "There is a strong appetite from students and faculty to explore all the ways medicine touches people's lives, whether it's through their own spirituality, the latest technology or breaking down cultural barriers."

The play, written by Margaret Edson, won a Pulitzer Prize in 1999. The *Wit* Educational Initiative, funded by a grant from the Fan Fox and Leslie R. Samuels Foundation in New York, is collaborating with over 30 regional theaters and medical schools throughout America and Canada to coordinate *Wit* performances and discussions.

More information on the Ordway's own production of *Wit* can be found on their Website at [www.ordway.org](http://www.ordway.org).

###

**Embargoed by Science until 2 p.m. EDT Thursday, April 12**

**What: Projected impacts of agriculture on environment for next 50 years**

**Who: David Tilman, department of ecology, evolution and behavior,  
(805) 892-2521, tilman@lter.umn.edu**

**Contact: Deane Morrison, University News Service, morri029@umn.edu,  
(612) 624-2346**

**SCIENTISTS FORECAST AGRICULTURALLY DRIVEN GLOBAL ENVIRONMENTAL  
CHANGE, LIKEN ITS MAGNITUDE TO CLIMATE CHANGE**

MINNEAPOLIS / ST. PAUL--If current trends in the growth of global population and wealth continue, the planet will lose a billion hectares of natural ecosystems--an area the size of the United States--to agriculture by the year 2050, according to projections by an international team of scientists led by University of Minnesota ecologist David Tilman. The work, to be published in the April 13 issue of *Science*, examines nonclimatic global environmental impacts of agricultural expansion, such as increased nitrogen, phosphorus and pesticide deposition and demand for irrigation water, which will accompany rises in population and per capita wealth.

"Environmental impacts of agriculture will be as great as or greater than the impacts of climate change," said Tilman, who holds the McKnight President Endowed Chair in Ecology at the university. While acknowledging that the forecasts are not predictions and that shifts in technology, environmental regulations, human behavior and other factors could throw off the projections, Tilman said he and his colleagues aimed to keep their estimates conservative. Using four statistical techniques, they made four forecasts of each variable. Only the mean value of each forecast is reported here.

Basing their forecasts on agricultural uses of nitrogen, phosphorus and irrigation brought about by the Green Revolution, the authors forecast that if past trends continue, global nitrogen fertilization will be 1.6 times present amounts by 2020 and 2.7 times present amounts by 2050. For phosphorus, the numbers are 1.4 times (2020) and 2.4 times (2050). Irrigated land would increase to 1.3 times present area (2020) and 1.9 times (2050). Nitrogen and phosphorus leakage from farms is already a problem in many areas, partly because 70 percent of harvested crops are fed to livestock, but little animal waste is treated for nitrogen or phosphorus removal. Irrigation not only consumes fresh water, but causes salt and

## **Agricultural impacts/p. 2**

nutrient loading to downstream bodies of water. Phosphorus leads to blooms of algae and resultant degradation of freshwater lakes and streams.

Projected pesticide use has risen for the last 40 years and would be 1.7 times present use (2020) and 2.7 times present use (2050), according to the scientists' calculations.

Most of the projected billion-hectare increase in cropland and pastureland is expected to occur in developing countries, predominantly Latin America and sub-Saharan Africa. The conversion to agriculture would likely come at the expense of approximately a third of remaining tropical and temperate forests, savannas and grasslands. Should that happen, these ecosystems would no longer be able to store carbon, produce oxygen and water (through photosynthesis and transpiration, respectively) or perform other "ecosystem services" on nearly the scale they do now. Losses of these ecosystems to agriculture would be added to losses expected from urban and suburban development, roads and other human expansions, and species extinction would be an inevitable consequence of habitat destruction.

Driving the agricultural expansion is not only population growth, but a growth in wealth, which is associated with a higher demand for meat. The authors foresee a 50 percent growth in population by 2050, accompanied by a doubling in demand for food.

A bright spot is that these projections are based on current practices and trends, and those could change. Comprehensive land-use planning could soften some of the impacts. For example, planting of cover crops on fallow land and strips of vegetation to intercept nutrients and pesticide runoff between farmland and drainage areas could mitigate some impacts. Also, advances in and widespread use of precision agriculture techniques could reduce amounts of fertilizer and pesticide applied to fields. Better ways to contain pests and to treat livestock waste are also needed. But the scale of change will be so great, the scientists said, that major international efforts will be required to supply the technologies and policies necessary for ecologically sustainable agriculture.

"Agriculture is the last major unregulated source of environmental pollution, and it will increase two- to three-fold in the next 50 years," said Tilman. "If this expansion is done in the way it's been done for the last 50 years, we'll have irreversible environmental damage. But if we change, we can turn the corner."

Working with Tilman were colleagues from the University of California, Berkeley; Princeton University; the Woods Hole Marine Biological Laboratory; the University of Alberta; Duke University; the University of Tennessee, Knoxville; and the University of Minnesota. The work was funded by the

**Agricultural impacts/p. 2**

National Center for Ecological Analysis and Synthesis at the University of California, Santa Barbara,  
which is supported by the National Science Foundation.



Fighting Heart Disease and Stroke

## Media Alert

- What:** U of M Cardiologist Host Public Heart Health Fair
- When:** Monday, May 21, 2001, 11:30 a.m. – 7:00 p.m.
- Where:** Radisson Riverfront, 11 Kellogg Boulevard, St. Paul
- Contact:** Sarah Youngerman, Academic Health Center, 612-624-4604  
Peter Foster, American Heart Association, 952-278-3648

### U of M Cardiologists Host Public Heart Health Fair

MINNEAPOLIS / ST. PAUL (May 14, 2001) — University of Minnesota cardiology, cardiovascular surgery, and heart disease prevention experts, together with the American Heart Association, are hosting the first Lillehei Heart Health Fair, “**Heart Care and U.**” The event is free and open to the public. Attendees will have an opportunity to receive health screenings, heart assessments and learn more about the latest in prevention and treatment of heart disease. Physicians will host briefings on surviving a heart attack, heart surgery options, prevention strategies and guides to living a healthier life.

“Cardiovascular diseases are still the number one killer of both men and women, claiming nearly 1 million American lives each year,” said Dr. Robert Wilson, Professor in the Cardiovascular Division at the U of M and Past President of the American Heart Association.

“Life in 2001 is stressful and fast-paced. We often substitute fast foods for healthy meals and sedentary activities for exercise. The combination of stress, poor nutrition and lack of exercise leads to the development of fatty deposits in the arteries, the main cause of heart attacks and stroke. Even though we now have lots of very effective preventative measures available, many people are afraid to ask questions about their risk for heart disease and stroke. Worse yet, embarrassment or denial too often prevents people from promptly seeking help when they have the warning signs of heart attack or stroke. The **Heart Care and U** heart health fair helps address these problems by introducing people to a wide variety of information and resources in a fun, relaxed atmosphere.”

Advanced registration is recommended. Please call HealthWise at 612-672-7272 or 800-824-1953 to register.

—end—



WHAT: U of M family practice closes its geriatric clinic

CONTACT: Carl Anderson, University Family Physicians, (651) 603-5472

Tonya Femal, Academic Health Center, (612) 625-2640

## ***Lack of funding forces clinic to close its doors to students and community***

MINNEAPOLIS/ST. PAUL----After three years and a net loss of over one half million dollars, the university affiliated Wilder Senior Health Clinic will officially close its doors as of May 31, 2001. The clinic, located at 516 Humboldt Ave. in St. Paul, opened in June of 1998 and was designed to provide patient care services to seniors as well as serve as a teaching site for U of M residents and fellows of geriatric medicine.

"This is a truly unfortunate situation", said Carl Anderson, CEO of University Affiliated Family Physicians (UAFP), a subsidiary of University of Minnesota Physicians (UMP), "but the decision was made clearly from a business standpoint. After three years in operation, the clinic could no longer survive such heavy financial losses." Anderson said the decision is an example of how thin the health care dollar is being stretched, and pointed to low Medicare reimbursements as one the of biggest reasons for the decision.

Wilder is one of five sites operated by University Affiliated Family Practice, a subsidiary of the University of Minnesota Physicians practice. Other UAFP clinics include Bethesda, Phalen Village, Smiley's, and North Memorial. In announcing the closure of Wilder clinic, patients were given the option to move to one of these other sites.

"This is a perfect example of why our legislative request is critical to ensuring our continued presence in the community," said Frank Cerra, M.D., senior vice president of health sciences at the University. "There is no money in the premium dollar for medical education. Without public support for the University, more clinics like Wilder could be

Wilder clinic provided care for approximately 600 patients on a regular basis, one-third of whom were nursing home residents. A letter to patients offers care through three nearest practices, including Bethesda and Smiley's Clinics.

The clinic will officially close its doors May 31. The University dental clinic and Wilder Rehabilitation Agency will remain open. Geriatric medicine fellows will continue to practice at Smiley's Clinic.

## NEWS RELEASE

**Contact:** Barbara Tabor, 651.450.1342  
Sarah Youngerman, 612.624.4604

### **Caring for children Conference offers hope, help for chronic childhood conditions**

MINNEAPOLIS / ST.PAUL (May 31, 2001) — Headaches. Bedwetting. Stomach problems. Cancer. Stress. Children suffer from these conditions every day. And every day, caregivers struggle to find cures and comfort.

Fortunately, the mindset around pediatric medicine is expanding and many health care practitioners and caregivers now use a combination of traditional and complementary therapies to successfully treat childhood illnesses.

“Children have historically been overlooked in efforts to find complementary treatments for common, yet chronic conditions,” said Greg Plotnikoff, MD, MTS, medical director of the Center for Spirituality and Healing. “But in recent years, we’ve turned a corner and have re-discovered many successful ways to treat the physical, emotional and spiritual aspects of childhood illness.”

In celebration of this, the Center for Spirituality and Healing will host the nation’s second annual “Pediatric Integrative Medicine Conference” from June 27 through July 1, 2001. According to Plotnikoff, the conference not only celebrates the growth of pediatric integrative medicine, it gives health care practitioners, parents and caregivers an opportunity to learn about complementary therapies from local and national leaders in the field.

“The growth of complementary medicine in America has been astounding,” said Plotnikoff, noting that 50 percent of all Americans regularly use some form of complementary care. “That’s why it’s essential that caregivers and practitioners understand these therapies and how they’re best used. This conference will help accomplish this while providing a rare opportunity for anyone who’s involved in the care of children to learn from the pioneers in the field of complementary medicine.”





Co-sponsored by Harvard University and the University of Arizona, the conference will feature events in both Minneapolis and St. Paul. Highlights will include tailored educational sessions for health care practitioners and a special program on Saturday, June 30 for parents and other caregivers.

The conference also will feature an opening celebration called, "For All Who Care About Children: A Vision of Enhanced Health Care," that will be held on Thursday, June 28 from 7 to 9 p.m. It is open to the public (with a capacity of 5,000) and will include presentations by the internationally recognized expert on integrative medicine, Andrew Weil, and the world's most celebrated music therapist, Deforia Lane. Accompanying them will be performances by Heart of the Beast Puppet Theatre, Golden Eagles drumming, Hillside Flyers gymnastics and the Benilde-St. Margaret choir.

The community celebration is free and open to the public. However, there is a fee for conference attendance. (Costs vary for health care practitioners, students, parents and caregivers.) Conference activities will take place at the RiverCentre in St. Paul and the community celebration will be held at the Northrop Auditorium on the East Bank-Minneapolis Campus of the University of Minnesota.

The Center for Spirituality and Healing is part of the Academic Health Center at the University of Minnesota. The mission of the Center is to promote interdisciplinary education, research and patient care that combines biomedical, complementary, cross-cultural and spiritual aspects of care.

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## FACT SHEET

### **Pediatric Integrative Medicine Conference June 27 – July 1, 2001**

**WHAT:** A five-day conference about complementary and alternative pediatrics for conventional health care practitioners. The event will present a national audience of practitioners plus parents and caregivers with information and perspectives on new and emerging therapies.

There will be tailored educational sessions for practitioners as well as a special education session on **Saturday, June 30** for parents and other caregivers. Topics include:

- “The will to live and other mysteries,” by Rachel Naomi Remen, MD
- Vital Signs Therapeutic Poetry Workshop (from the National Institutes of Health)
- Roundtable discussion for parents of children with chronic health conditions

The event also includes an opening celebration of Minnesota’s role as a leader in pediatric integrative medicine. “For All Who Care About Children: A Vision of Enhanced Health Care” will be held on **Thursday, June 28 from 7 to 9 p.m.** It will include:

- Heart of the Beast Puppet Theater procession
- Music and dance performances by diverse children’s groups
- Presentation by Andrew Weil, M.D., on enhanced pediatric care
- Presentation and demonstration of enhanced pediatric care by Deforia Lane, Ph.D., the world’s most celebrated music therapist

The **community celebration is free and open to the public**, but there is a fee for conference attendance. (Costs vary for health care practitioners, students, parents and caregivers.)

— MORE —

*Fact Sheet: Pediatric Integrative Medicine*  
2-2-2

**WHO:** Sponsored by the Center for Spirituality and Healing, University of Minnesota and the Academic Health Center, University of Minnesota.

Co-sponsors include Harvard University and the University of Arizona.

Speakers include local and national leaders in complementary and pediatric care.

**WHERE:** Conference activities will take place at the RiverCentre in St. Paul and the community celebration will be held at the Northrop Auditorium on the East Bank-Minneapolis Campus of the University of Minnesota.

**WHEN:** June 27 through July 1, 2001. Times for activities vary. Please see event program for details.

**WHY:** Events like the Pediatric Integrative Medicine Conference are key to the mission of the Center for Spirituality and Healing, which is to promote interdisciplinary education, research and patient care that combines biomedical, complementary, cross-cultural and spiritual aspects of care.

Physical and spiritual well being is important to both adults and children. This conference highlights familiar and new therapies that are seeing great success in the treatment of childhood illnesses.

**INTERVIEW OPPORTUNITIES:**

Leaders in complementary care from the University of Minnesota will be available for interviews before and during the event. National speakers include:

**Andrew Weil, MD**, director of the Program in Integrative Medicine at the University of Arizona College of Medicine and author of seven books and numerous scientific and popular articles

— MORE —

**INTERVIEW OPPORTUNITIES (Cont'd):**

**Rachel Naomi Remen, MD**, associate clinical professor of family and community medicine at the University of California San Francisco School of Medicine and author of two national bestsellers, *Kitchen Table Wisdom: Stories That Heal* and *My Grandfather's Blessing: Stories of Strength, Refuge and Belonging*

**Deforia Lane, Ph.D.**, world-famous music therapist and associate director of the Ireland Cancer Center, director of music therapy for the University Hospitals of Cleveland and Rainbow Babies and Children's Hospital

**Davi Walders, MD**, project director for The Vital Signs Poetry Project of the National Institutes of Health

— 30 —

For more information or interviews:

Barbara Tabor (651) 450-1342  
Sarah Youngerman (612) 624-4604

- WHAT:** Symposium to address soft drinks in schools
- WHO:** Public Health Nutrition Program, School of Public Health, U of M
- WHEN:** Thursday, June 7, 8:15 a.m. to noon
- WHERE:** 2-690 Moos Tower, 515 Delaware St. S.E., Minneapolis
- CONTACT:** Tonya Femal, Academic Health Center, (612) 625-2640  
Amanda Rian, Division of Epidemiology, (612) 626-7950

## U OF M HOSTS SOFT DRINK SYMPOSIUM

MINNEAPOLIS/ST. PAUL (June 5, 2001) — The University of Minnesota's School of Public Health will host a symposium on the issues surrounding the sale of soft drinks in school. The symposium is designed to offer a forum for divergent views and was developed to as a result of the debate in the 2001 legislative session to ban the sale of soft drinks in school. "Soft Drinks in Schools: Exploring the Issues," will be held Thursday, June 7 from 8:15 to noon in Moos Tower, room 2-690.

Marion Nestle, PhD, MPH, professor and chair of the Department of Nutrition and Food Studies at New York University, will be leading the discussion. Dr. Nestle is an internationally known speaker and author on the topic of public policy and nutrition Nestle served as senior nutrition policy advisor in the Department of Health and Human Services from 1986-1988 and served as managing editor of the 1988 Surgeon General's Report on Nutrition and Health. She has also been a member of the FDA Food Advisory Committee and chaired the American Cancer Society committee that issued dietary guidelines for cancer prevention in 1996. Hubert H. Humphrey III and Minnesota State Senator Becky Lourey (D-Kerrick), author of the legislation to ban soft drink sales in schools, will also be among those speaking at the symposium.

—more—



*Soft Drink Symposium*  
*Page 2*

“The issue of exclusive soft drink vending contracts with schools is one of growing importance in the state of Minnesota and around the country,” said Jamie Stang, PhD, MPH, RD, Project Director, Leadership, Education and Training Program in Maternal and Child Nutrition. “Because of the complexity of the issue, there is a need to examine multiple perspectives and to determine the implications that soft drink vending in schools may have related to children's health.” School and community leaders and health professionals have been invited to facilitate discussion and explore public policy strategies around this growing trend. This event is open to the public.

This event is sponsored by Leadership, Education and Training Programs in Maternal Child Health and Public Health Nutrition, and is funded by the Maternal and Child Health Bureau, Health Resources and Services Administration. For more information or to register, contact Amanda Rian at (612) 626-7950.

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## NEWS RELEASE

NIDDK Embargo: June 25, 2001

**What:** Nationwide Diabetes Study  
**Who:** Robert Jeffery, Ph.D., Professor, division of Epidemiology  
**Contact:** Tonya Femal, Academic Health Center, (612) 625-2640  
Jeanne Carls, Recruitment Coordinator, (612) 624-3526

### U OF M PARTICIPATES IN NATIONWIDE DIABETES STUDY

#### *Twelve-year study will look at weight loss and exercise in people with type 2 Diabetes*

MINNEAPOLIS / ST. PAUL (June 25, 2001) — The University of Minnesota is one of sixteen sites nationwide to take part in a landmark diabetes study which will examine the long term effects of weight loss and exercise in people with type 2 diabetes. This twelve-year study, named LOOK AHEAD (Action for Health in Diabetes), is the largest study on the effects of weight loss interventions ever funded by the National Institute of Diabetics and Digestive and Kidney Diseases (NIDDK), a division of National Institutes of Health (NIH).

“This is a wonderful opportunity to learn more about the extent to which weight loss can improve the long-term health of overweight people who have type 2 diabetes,” said Robert Jeffery, Ph.D., principal investigator of the study. “We know that short-term weight loss benefits overweight people with diabetes, and we will learn more about the long-term effects in the LOOK AHEAD study.”

LOOK AHEAD will examine how the lifestyle interventions affect heart attack, stroke, and cardiovascular-related death in people with type 2 diabetes. People who are between 45 and 75 years of age, have type 2 diabetes, and are classified as overweight or obese are eligible.

For more information or to participate in the study, call (612) 626-8565.

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## COMMUNITY ADVISORY

- What:** University community clinic adapts to needs of patients
- Contact:** Tonya Femal, Academic Health Center, (612) 625-2640  
Sarah Youngerman, Academic Health Center, (612) 624-4604

### ***Phone change hopes to provide better access for patients and clients***

MINNEAPOLIS / ST. PAUL (June 25, 2001) — The University of Minnesota Community University Health Care Center (CUHCC) will be changing its phone system in an effort to provide better access to both patients and clients. The digital phone system will mean a new phone number, effective Thursday, July 26.

Along with a phone system change, the pediatric and mental health departments will be implementing a process called advance access scheduling. The process means schedules are adjusted so patients may see a doctor the same day they call to make an appointment. Other medical departments hope to implement this process by the end of the year.

“This change means we will work better for our community, which is, after all, our primary mission,” said Karl Self, CUHCC director. Located in the Phillips Neighborhood of South Minneapolis, CUHCC was established in 1966 as part of a legislative mandate for the university to become more involved in the community. The clinic’s responsiveness to the changing conditions and needs of the neighborhood has been its trademark over the past three decades.

The phone system will be switched by the start of the business day on Thursday, July 26. (612) 627-4774 will be replaced with the new number, **(612) 638-0700**.

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NEWS RELEASE

**What:** University of Minnesota looks to recruit for cardiovascular study  
**Who:** Myron Gross, Ph.D., Epidemiology  
**Contact:** Tonya Femal, Academic Health Center, (612) 625-2640  
Waseem Khaliq, study coordinator, (612) 624-4191

**STUDY HOPES TO DETERMINE WHETHER TEA HAS EFFECT ON  
CARDIOVASCULAR HEALTH**

***University of Minnesota is looking for participants for fifteen-week research study***

MINNEAPOLIS / ST. PAUL (June 25, 2001) — The University of Minnesota department of Laboratory Medicine and Pathology is looking for people to participate in a fifteen week research study which hopes to determine whether tea consumption has an effect on cardiovascular health. Participants are needed by July 15 and will be paid \$1,000 upon completion of the study.

“Cardiovascular disease continues to be a major cause of death in the United States. However, it is clear that the risk of this disease can be influenced by several dietary and lifestyle factors,” said Myron Gross, Ph.D., principle investigator in the study. “We anticipate that tea will have a beneficial effect and will help maintain healthy vascular function and slow the progression of heart and cardiovascular disease.”

Participants must be between the ages of 45 and 65, non-smokers and have a blood cholesterol level at or above 200mg/dl. Participants will be placed on a restricted diet that will be provided by the study center and must make daily weekday visits to the University. For this reason, it would be preferred that patients live within a 5 to 10 mile radius of the University. Participants will receive \$1000 upon completion of the fifteen-week study.

Studies have shown that tea consumption has been associated with decreased risk of chronic illnesses such as coronary heart disease. This is thought to be due to flavanoids, a group



of compounds found minimally in most foods. These compounds may thin the blood and prevent atherosclerosis, a condition which increases the risk of coronary heart disease

For more information or to participate in the study, call (612) 624-7993.

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## **MEDIA ADVISORY**

**Who:** Jay Cohn, M.D. and Inder Anand, M.D., professors, Medical School  
**Where:** Minneapolis Convention Center  
**When:** Friday, July 13, 2001 – Saturday, July 14, 2001  
**Contact:** Sarah Youngerman, Academic Health Center, 612.624.4604

### **MINNEAPOLIS HOSTS INTERNATIONAL MEETING ON HEART FAILURE**

MINNEAPOLIS / ST. PAUL (July 13, 2001) — An international symposium, "Remodeling and Progression of Heart Failure," will be held over the next two days at the Minneapolis Convention Center. The meeting was organized as a satellite to the biennial meeting of the **International Society of Heart Research**, which was held this year in Winnipeg, Manitoba, Canada from July 6-11. University of Minnesota Medical School professors, **Drs. Jay N. Cohn and Inder Anand** will chair the Minneapolis meeting.

The Minneapolis meeting is expected to attract more than 60 scientists from around the world to present their research findings. "We expect this meeting to generate findings for publication as well as provide new information into the critical area of heart remodeling," said Cohn.

Remodeling is a process in which the heart enlarges as a result of molecular and cellular changes. This remodeling, which was once thought to be the result of heart failure, is now thought to be an important contributor to the progression of heart failure and its long-term morbidity and mortality. Therapy for heart failure is now aimed at efforts to inhibit the remodeling process. Drugs have been effective in this process and devices are also now being used. Two Twin Cities companies, **Medtronic** and **Acorn Medical**, have trials testing such devices and are among the corporate supporters of the meeting.

A complete agenda is available by calling 612.624.4604.

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## NEWS RELEASE

**What:** University of Minnesota Selected as Health Training & Education site  
**Contact:** Mary McDonough, Academic Health Center, 612.624.2449  
Sarah Youngerman, Academic Health Center, 612.624.4604

### **U OF M RECEIVES GRANT TO FUND NEW PUBLIC HEALTH TRAINING CENTER** ***School of Public Health is one of five chosen***

MINNEAPOLIS / ST. PAUL (August 6, 2001)— The University of Minnesota's School of Public Health has been selected as one of five new sites for a Public Health Training Center. The \$1.25 million grant from the U.S. Department of Health & Human Services' Health Resources and Services Administration is designed to improve the public health workforce.

The University of Minnesota's **School of Public Health will receive \$250,000 each year for five years** as announced by HHS on July 27, 2001 as part of an initiative to provide public health practitioners, students, and faculty with the latest tools, technology and training in the field. The grant will subsidize a new Public Health Training Center, which will enhance the medical and professional aptitude of public health practitioners and students. In return, Public Health Training Center trainees are required to serve medically disadvantaged and geographically remote populations.

The program began last year when HHS awarded similar grants to 8 other locations. The University's School of Public Health will collaborate with the 12 new and continuing Public Health Training Centers, 33 schools of public health and over 110 other organizations to benefit citizens in 40 states. In the near future, the centers will be equipped to collectively offer training to up to 130,000 public health practitioners, students and faculty.

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## NEWS RELEASE

**What:** Researcher receives Robert Wood Johnson Innovators Award  
**Who:** Alexander C. Wagenaar, Ph.D., Epidemiology  
**Contact:** Tonya Femal, Academic Health Center, (612) 625-2640  
Sarah Youngerman, Academic Health Center, (612) 624-4604

### INNOVATORS AWARD RECOGNIZES SCIENTIFIC CONTRIBUTIONS OF U RESEARCHER

***Stipend will be used to study  
alcohol, tobacco, and firearms laws and policies***

MINNEAPOLIS / ST. PAUL (August 23, 2001)— The University of Minnesota School of Public Health presents the second annual Public Health Roundtable, Friday November 2, 2001. Keynote speaker will be the world's leading expert on Alzheimer's Disease David Snowden, Ph.D., professor of Neurology at Kentucky Medical Center, UniverIn recognition of his outstanding work to prevent substance abuse, University of Minnesota researcher Alexander C. Wagenaar, Ph.D., professor of Epidemiology and director of the Alcohol Epidemiology Program in the School of Public Health, has been selected for one of this year's Innovators Combating Substance Abuse awards.

*Innovators Combating Substance Abuse* is a \$7 million national program designed by the Robert Wood Johnson Foundation to recognize and reward those who have made substantial and innovative contributions in preventing public health problems associated with alcohol, tobacco and other drugs.

Five \$300,000 awards are made annually, allowing recipients to seek creative solutions to the nation's substance abuse problems. Awardees will conduct projects over a period of up to three years.



"I am deeply honored to be one of the five people chosen nationally for this award," said Wagenaar. "We will use the award to develop new solutions that are difficult to study in conventional research projects."

Wagenaar's studies in the late 1970s and early 1980s of the minimum legal drinking age in the U.S. provided the scientific basis for policy changes that subsequently moved all 50 states to a uniform drinking age of 21 — a policy that has saved almost 20,000 young lives to date. More recently, Wagenaar's Communities Mobilizing for Change on Alcohol (CMCA) project, which was implemented in cities across Minnesota and Wisconsin, demonstrated the effectiveness of community organizing as a mobilizing tool to reduce adolescent drinking. His alcohol risk management project (Project ARM), one of the nation's only one-on-one, tailored training programs for owners and managers of alcohol establishments, is showing promise in reducing illegal alcohol sales, particularly to obviously intoxicated individuals. Wagenaar's research efforts have always focused on finding effective ways to prevent alcohol problems before they happen, rather than dealing with tragedies after they occur.

Wagenaar will use the Innovators Award funds to convene a panel of experts to investigate the role of liability law in reducing alcohol-related problems. The effort will focus on similarities and differences across various dangerous products such as alcohol, tobacco, and firearms.

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## NEWS RELEASE

**What:** University offers healing gardens and pharmacy courses for health professionals  
**Who:** Jean Larson, U of M Arboretum; Dennis McKenna, Ph.D.  
**Contact:** Pamela Cherry, Center for Spirituality and Healing, (612) 626-2356  
Tonya Femal, Academic Health Center, (612) 625-2640

### U OF M OFFERS THERAPEUTIC LANDSCAPES AND ETHNOPHARMACOLOGY COURSES

MINNEAPOLIS / ST. PAUL, (August 24, 2001) – Health care professionals, health sciences students, gardeners and landscapers interested in learning about therapeutic landscape design, and the use of plants and other organisms in medicine will benefit from two University of Minnesota courses, "Therapeutic Landscapes," and "Introduction to Ethnopharmacology." Led by university faculty and community experts, the courses are offered by the nation's first graduate minor in complementary care and healing practices and are sponsored by the University's Center for Spirituality and Healing.

Therapeutic landscaping introduces the principles of therapeutic design, and the role of plants, natural environments and landscape architecture in healing. Through experiential and practical application, students will plan exterior and interior healing gardens for local health care organizations serving people with such health conditions as brain injuries, Parkinson's disease and eating disorders. Martha Tyson, noted author of *Healing Landscapes*, and local landscape architects are among the course presenters.

Human use of plants and other organisms as medicines, poisons and intoxicants are addressed in the university's Ethnopharmacology course. Wide-ranging topics include botany and chemistry of medicinal plants, origins of medicine and pharmacology, healing poisons, hallucinogens in shamanism and other religious traditions, plants in women's health care in indigenous and non-Western cultures, and the search for new medicines in ancient remedies.

These courses are two of 10 offered this fall as part of the complementary care curriculum. The curriculum, supported by a grant from the National Institutes of Health, helps to build and support courses in alternative and complementary medicine. 'Music, Health and Healing,' and 'Interdisciplinary Palliative Care,' are among other fall courses open to the public.

To register or for a complete listing of semester coursework, call the center at 612-624-9459 or visit [www.csh.umn.edu](http://www.csh.umn.edu).

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## NEWS RELEASE

**What:** University of Minnesota hosts wellness conference for physicians, allied health professionals, holistic practitioners  
**Who:** Co-sponsors: Center for Spirituality and Healing and The Marsh  
**Where:** The Marsh, 15000 Minnetonka Blvd., Minnetonka  
**Contact:** Pamela Cherry, Center for Spirituality and Healing, (612) 626-2356  
Tonya Femal, Academic Health Center, (612) 625-2640

### U OF M HOSTS SPIRIT OF WELLNESS CONFERENCE

#### *Holistic experts highlight ecological views of health and healing*

MINNEAPOLIS / ST. PAUL (September 4, 2001) – Physicians, allied health care professionals and holistic practitioners interested in complementary care and preventive health are invited to attend 'The Spirit of Wellness Conference,' Sept. 22 and 23, at the Marsh in Minnetonka. The two-day conference is co-sponsored by the University of Minnesota's Center for Spirituality and Healing and the Marsh.

Featuring noted holistic health authorities, Jonathan Robison, Ph.D., co-director of the Michigan Center for Preventive Medicine, and Brian Luke Seaward, Ph.D., book author of *Managing Stress and Health of the Human Spirit*, the conference highlights topics in psychoneuroimmunology, consciousness research, health promotion, and ecological views of health, illness and healing. Nationally recognized motivational songwriter, Jana Standfield, will perform for conference attendees and interested community members Saturday evening.

The program cost is \$375 and registration is required. Physicians receive 10.5 continuing medical education category 1 hours through the Accreditation Council for Continuing Medical Education (ACCME).

To register for the conference or to attend the Stanfield concert, contact the Center for Spirituality and Healing at 612-624-9459 or visit [www.csh.umn.edu](http://www.csh.umn.edu).

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## NEWS RELEASE

**What:** Lillehei Heart Institute Opens  
**When:** Tuesday, October 23, 2001  
**Where:** VCRC  
**Contact:** Tonya Femal, Academic Health Center, (612) 625-2640  
Sarah Youngerman, Academic Health Center, (612) 625-2640

### **RIBBON CUTTING CEREMONY HONORS LILLEHEI HEART INSTITUTE GRAND OPENING**

MINNEAPOLIS / ST. PAUL (Oct. 1, 2001) — The University of Minnesota will Cancer Center researcher Tucker LeBien, Ph.D., has become the first recipient of the Apogee Enterprises Endowed Chair in Cancer Research. In 1999, Apogee Enterprises, Inc., which owns Harmon AutoGlass, created a professorship in cancer research at the university with a gift of \$500, 000. This year, Apogee has increased their gift to \$1 million; enhancing the professorship to an endowed chair. Support from the Chair will permit LeBien and future chairholders to conduct the highest quality innovative cancer research, with particular emphasis on leukemia.

“The commitment of Apogee to establish the Apogee Enterprises Endowed Chair in Cancer Research is a major milestone at the University of Minnesota Cancer Center. This gift will bring Apogee’s financial support to a level similar to that of the most well-known and successful Minnesota corporations,” said John Kersey, M.D., director of the Cancer Center.

“We are focusing our efforts on understanding the molecular basis of the uncontrolled cell growth inherent in human leukemia (and all cancers),” said LeBien, who in addition to his research work serves as the Cancer center’s deputy director and associate director for basic sciences. “We want to understand how the bone marrow’s micro-environment, where many human leukemias originate, regulates this process.”

The University of Minnesota Cancer Center is a National Cancer Institute-designated Comprehensive Cancer Center. Awarded more than \$58 million in peer-reviewed grants during fiscal year 2000, the center conducts cancer research that advances knowledge and enhances care. The center also engages community outreach and public education efforts addressing cancer.



Apogee Enterprises, Inc. is a world leader in technologies involving the design and development of value-added glass products, services and systems. Headquartered in Minneapolis, Apogee is organized in three segments: architectural products and services, large-scale optical technologies, and automotive replacement glass and services. The company's stock is traded on the Nasdaq Stock Market under the symbol APOG. The company's subsidiaries include Harmon AutoGlass, with 13 Twin Cities and five other Minnesota retail locations and 90 affiliate partners in the state. Harmon AutoGlass supports cancer research through financial contributions and sponsorship of Race for the Cure events in several markets.

**Media Note: Video footage of the late Dr. Lillehei in surgery will be available upon request.**

612-624-5100  
Fax: 612-624-2129

## NEWS RELEASE

**What:** Lillehei Heart Institute Opens  
**When:** Tuesday, October 23, 2001, 12:30 p.m.  
**Where:** Dwan Variety Club Research Center, 425 E. River Road, Mpls.  
**Contact:** Tonya Femal, Academic Health Center, (612) 625-2640  
Sarah Youngerman, Academic Health Center, (612) 625-2640

### **HEART SURGERY PIONEER MEMORIALIZED AT UNIVERSITY OF MINNESOTA Pioneering Work in Cardiovascular Health Continues at Lillehei Heart Institute**

MINNEAPOLIS / ST. PAUL (Oct. 18, 2001) — The University of Minnesota's Lillehei Heart Institute will celebrate its grand opening with a ribbon cutting ceremony Tuesday, October 23 at the Dwan Variety Club Research Center. The heart institute, created to promote research and education in the area of cardiovascular and respiratory sciences, was made possible through a gift from the family of the late Dr. C. Walton Lillehei; the Father of open heart surgery and professor of surgery at the University of Minnesota from 1951 to 1967.

"The Lillehei Heart Institute symbolizes both the history and the legacy of the Medical School in cardiovascular surgery, memorializes one of the great pioneers in the treatment of cardiac disease, and provides an opportunity for a leadership role for the Academic Health Center in prevention and treatment of diseases of the heart, lung and blood vessels," said Frank Cerra, M.D., senior vice president of health sciences for the Academic Health Center. Cardiovascular/Pulmonary health is one of the eight priority areas for the medical school.

Last January, the Lillehei family gave \$13 million to the university to establish the Lillehei Heart Institute, which will bring together the cardiology and cardiovascular surgery programs from the departments of medicine, pediatrics and surgery. The goal is to investigate the causes of heart ailments and educate tomorrow's cardiologists and cardiovascular surgeons. The

interdisciplinary nature of the institute will encourage day-to-day communication and collaboration among faculty, scientists, residents and fellows.

“Thanks to the incredible vision and generosity of Mrs. Kaye Lillehei and her family, the University of Minnesota has a unique opportunity to, at one and the same time, honor the man widely recognized as the Father of open-heart surgery, and, through an institute created in his name, ensure that his legacy of pioneering cardiovascular research, education, and treatment will be perpetuated for future generations,” said R. Morton Bolman, M.D., director of the Lillehei Heart Institute

Lillehei invented many cardiovascular techniques, procedures and devices. He was involved in the world’s first successful open heart surgery and the first use of cross-circulation, where a parent was connected to their child to provide circulation and breathing while the child’s heart could be opened and repaired. His group went on to develop the first widely successful method of oxygenating the blood outside the human body. This led rapidly to the heart-lung machine and to a series of “firsts” performed by Dr. Lillehei and his team as they attacked the huge backlog of previously untreatable children with congenital heart defects. His innovation and vision helped lead to the establishment of Minnesota’s biotechnology industry, Medical Alley. He was appointed director of medical affairs for St. Jude Medical, Inc. in 1970, and held that position until his death in 1999.

—end—

## MEDIA ALERT

For more information contact:

Sarah Youngerman, Academic Health Center, 612-624-4604 or pager: 612-899-6687

**WHAT: SECOND ONLINE BIOTERRORISM TRAINING FOR HEALTH PROFESSIONALS**

**WHEN: FRIDAY: October 26, 2001; Noon - 1:00 p.m., C.D.T.**

**WHO: Timothy Schacker, M.D., division of Infectious Diseases, University of Minnesota**

**Richard Danila, M.D., Minnesota Department of Health, Epidemiology**

### **ONLINE BIOTERRORISM TRAINING FOR HEALTH PROFESSIONALS *Bioterrorism Expert, Dr. Osterholm, Calls Program Comprehensive and Critical***

MINNEAPOLIS/ST. PAUL (October 24, 2001)— Due to overwhelming response to the first online bioterrorism training program, the University of Minnesota Department of Medicine, Division of Infectious Diseases in collaboration with the Minnesota Department of Health is sponsoring a one-hour educational conference on the threat of bioterrorism, the diagnosis and medical management of the suspected cases, and the infrastructure in place to quickly respond to suspected attacks.

"This is exactly the kind of training health professionals need to have now," said Michael T. Osterholm, director of the University of Minnesota Center for Infectious Disease Research and Policy. "Doctors Schacker and Danila present an interactive, comprehensive and credible seminar that every health professional could learn something by being involved."

The program will be broadcast over the Internet and is targeted to health professionals across the country. Ideally, each site must have the capability to project the computer image onto a screen in a conference room and provide a phone line with a speakerphone attached to it. Five hundred ports have been reserved for the program. "The goal is to reach as many health professionals as possible by getting as many people tuned in at each site," said Schacker.

The educational objectives are:

- 1) To recognize and confirm the diagnosis of smallpox, anthrax, plague, and tularemia
- 2) To understand the initial medical treatment of each of these conditions
- 3) To understand how to triage suspected cases of each condition
- 4) To learn reporting infrastructure at the Department of Health and what the plans are for a large-scale biological attack on the State of Minnesota

**Registration Details:** Please contact the Division of Medicine for additional details as soon as possible by email ([umconference@mail.ahc.umn.edu](mailto:umconference@mail.ahc.umn.edu)) or by phone (612-626-3609) if you do not have access to e-mail.

—end—



Twin Cities Campus

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## NEWS RELEASE

Office:  
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Fax: 612-625-2129

**Who:** Ann Garwick, Associate Professor, Ph.D., School of Nursing  
**What:** School of Nursing Faculty Wins Video Award  
**Contact:** Barbara La Valleur, School of Nursing, 612.624.0939  
Mary McDonough, Academic Health Center, 612.624.2449

### U OF M NURSING PROFESSOR & ALLIES MEDIA/ART WIN NATIONAL VIDEO MEDIA COMPETITION

#### *Video Highlights Bridging Culture and Healthcare*

MINNEAPOLIS / ST. PAUL (October 24, 2001) — The University of Minnesota's Ann Garwick, Ph.D., associate professor, School of Nursing, won first place in the National Council on Family Relations (NCFR) Media Awards Competition for the newly produced video, **"Getting to the Heart of It: Bridging Culture and Health Care."** According to NCFR, a nonpartisan, multidisciplinary organization for family professionals, the award is "in recognition of excellence in the production of film resources on family issues."

The 18-minute video, produced by Allies Media/Art, is designed to enhance the cultural competence of health care providers who work with American Indian patients and families. American Indian health care professionals and community representatives candidly share their experiences bridging culture and health care. The focus is on what providers need to know about Indian culture and how to provide more culturally appropriate care.

"It is a particular honor to receive an award for this video which reflects the outstanding contributions made by the American Indian community representatives and health care professionals who worked on this project," said Garwick, project director. "Finding solutions to address growing health disparities is an important priority for health professionals locally and nationally."

Funding for the video was provided by the Community University Partnership and Service project, which receives support from the Kellogg Foundation and the University of Minnesota Academic Health Center. For copies of "Getting to the Heart of It: Bridging Culture and Health Care," contact: Ann Garwick at [garwi001@umn.edu](mailto:garwi001@umn.edu) or (612) 624-1141.

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**Media Note: David Snowdon, Ph.D., and The School Sisters of Notre Dame will be available for media following the book signing at Ted Mann Concert Hall at 10:30 a.m. For more information, contact Tonya Femal at 612.625.2640**

## NEWS RELEASE

**What:** School of Public Health Hosts Roundtable Conference on Aging  
**When:** Friday, November 2, 2001, 7:45 a.m. to 3:45 p.m.  
**Where:** Ted Mann Concert Hall, 2106 S. Forth St., Mpls.(until 9:30 )  
Hubert H. Humphrey Center, 301 Ninth Ave. S, Mpls.  
**Contact:** Tonya Femal, Academic Health Center, (612) 625-2640  
Jeanne Freiburg, School of Public Health, (612) 625-7625

### LEADING EXPERT ON ALZHEIMER'S DISEASE DISCUSSES WORLD RENOWNED NUN STUDY

#### *David Snowdon Provides Keynote for Roundtable Discussion on Aging*

MINNEAPOLIS / ST. PAUL (October 31, 2001) — The University of Minnesota School of Public Health welcomes David Snowdon, Ph.D., to this year's Roundtable Discussion, "Meeting the Challenges of Aging: Uniting Public Health, Research, Practice and Policy," on Friday, November 2 from 7:45 a.m. to 3:45 p.m. Snowdon's opening address, "Aging with Grace: Findings from the Nun Study," is free and open to the public. It will take place in the Ted Mann Concert Hall from 8:30-9:30 a.m.

Snowdon is best known for his work on the "Nun Study," a long-term research project that studies the aging process as it affects a large group of nuns. Members of the School Sisters of Notre Dame have allowed him to study their lives and health status in detail. They have also granted permission for Snowdon to examine their brains after they die, in the hopes of unlocking mysteries surrounding Alzheimer's Disease.

Snowdon began the Nun Study in 1986 as an associate professor of epidemiology at the University of Minnesota. The study is now considered the most well known study of its kind.



With the help of the School Sisters, he's been able to study the aging process of a nearly homogenous population. Because similarities in lifestyle reduce the variables affecting aging, this population is ideal for a long-term study seeking to discover how slight differences in education, diet, mental outlook, exercise and other characteristics affect how people age.

"Dr. Snowdon's research has broken new ground in Alzheimer's research making him ideal to present the keynote address for this year's Roundtable Discussion on Aging," said Mark Becker, Ph.D., Dean of the School of Public Health. "The aging of Minnesota's population demands that health researchers and practitioners engage in these discussions to enhance understanding, research, care delivery and policy making in this critical area."

The roundtable discussion is designed to provide a forum for organizations involved in aspects of health promotion and care delivery for the aging. The event is intended for public health practitioners, government and social service agencies, care providers, aging Minnesotans and anyone interested in vital aging. Snowdon will sign copies of his book *Aging With Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives*, at Ted Mann Concert Hall at 9:30 am.

Registration fee is \$75. For more information, contact the Center for Public Health Education and Outreach at (612) 626-4515.

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## NEWS RELEASE

**Who:** Clara Adams-Ender, Retired Brigadier General, '69 Masters Graduate of the School of Nursing  
**What:** 10<sup>th</sup> Annual Andrea Printy Memorial Lecture  
**When:** November 8<sup>th</sup>, 4:00 p.m. Johnson Room McNamara Alumni Center  
**Contact:** Barbara La Valleur, School of Nursing, 612.624.0939  
Mary McDonough, Academic Health Center, 612.624.2449

### U OF M NURSING GRADUATE PRESENT 10<sup>TH</sup> ANNUAL ANDREA PRINTY MEMORIAL LECTURE

#### *Retired Brigadier General Reflects on Nursing Shortage Crisis*

MINNEAPOLIS / ST. PAUL (November 05, 2001) —University of Minnesota School of Nursing 1969 master's graduate and Retired Brigadier General Clara Adams-Ender will present the School's 10<sup>th</sup> Annual Andrea Printy Memorial Lecture Thursday, November 8<sup>th</sup> at 4 p.m. in the Johnson Room of the McNamara Alumni Center.

Adams-Ender's speech, "Valuing a Culture of Competency in Nursing Practice," will address the rapidly declining population of professional nurses and the importance of training skilled health care specialists. Following the lecture will be a reception and book signing of her newly published memoirs, *My Rise To The Stars: How A Sharecroppers' Daughter Became An Army General*. During her stay in the Twin Cities, Adams-Ender will also take part in a Veteran's Day program on Nov. 11th at Fridley Middle School.

"Nurses spend more time with patients than any other health care professional. They must be competent to perform their work, and they must be present in sufficient numbers to insure quality patient care and safety," said Adams-Ender. "The American public should be concerned about nurse shortages and who will provide nursing care in the future."

After more than 30 years in the Army, Adams-Ender retired in 1993. She served as Chief Nurse of the US Army Nurse Corps in charge of 22,000 nurses stationed worldwide, and was the first nurse in Army history to command a military base.

“Clara Adams-Ender is one of those living legends whose rise from humble beginnings to a position of power and prestige did not go to her head. She remains the caring, dedicated nurse she was as a student in the School of Nursing. We couldn't be more proud,” said Sandra Edwardson, dean of the School of Nursing.

The Printy Lecture is named after Andrea Printy, R.N. Prior to her death from cancer in 1987, Printy was president of the School of Nursing Foundation and founder of several companies that developed medical products for surgical purposes.

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## NEWS RELEASE

For immediate release:

What: U of M Cancer Center Recruits Breast Cancer Survivors  
Who: Kathryn Schmitz, Ph.D., principal investigator  
Contact: Melanie Boulay, U of M, Cancer Center, 612.626.1107  
Sarah Youngerman, Academic Health Center, 612.624.4604

### STUDY EXPLORES HOW PHYSICAL ACTIVITY MAY DECREASE RISK OF BREAST CANCER RECURRENCE

MINNEAPOLIS/ST. PAUL (November 7, 2001)— University of Minnesota Cancer Center researchers want to determine if female breast cancer survivors could decrease the risk of breast cancer recurrence by regularly performing strength-training exercises, such as lifting weights.

According to the American Cancer Society, 192,200 women will be diagnosed with breast cancer this year. A woman with breast cancer has a three- to four-fold increased risk of developing a new (primary) breast cancer.

“One risk factor of breast cancer recurrence is a high body fat level,” said Kathryn Schmitz, Ph.D., M.P.H., principle investigator of the study. “After receiving treatment for breast cancer, particularly chemotherapy, women often gain weight and have an increase of body fat. This makes it particularly important that cancer survivors learn behaviors to prevent further weight gain, such as regularly following an exercise program.”

Schmitz and Douglas Yee, M.D., professor of medicine and the Cancer Center’s Breast Cancer research program leader, will assess the body fat percentages and levels of insulin like growth factor-1 (IGF-1) in study participants before and after six months of strength training. Other studies have shown that an elevated level of IGF-1, a naturally produced growth factor, increases the risk for breast cancer. In a previous study, Schmitz and Yee found that the level of IGF-1 decreased in women who have not had breast cancer when they regularly performed strength-training exercises twice a week.

Schmitz and Yee also will evaluate how strength training affects quality of life and depression, two facets that seem to be associated with the completion of breast cancer treatment.

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Participants must be non-smoking females who have completed treatment for breast cancer within the past four to 12 months. Participants will be randomly divided into two groups, one of which will begin twice weekly strength training sessions immediately, one group will begin six months later. For more information about the study, call (612) 626-9093 or send an email to [ahmed\\_r@epi.umn.edu](mailto:ahmed_r@epi.umn.edu). The national Susan G. Komen Breast Cancer Foundation provides funds for this research.

The University of Minnesota Cancer Center is a National Cancer Institute-designated Comprehensive Cancer Center. Awarded more than \$68 million in peer-reviewed grants during fiscal year 2001, the center conducts cancer research that advances knowledge and enhances care. The center also engages community outreach and public education efforts addressing cancer. For more information on cancer in general, visit the Web site at [www.cancer.umn.edu](http://www.cancer.umn.edu) or call 1-888-CANCER MN (1-888-226-2376 or 612-624-2620).

—end—

## NEWS RELEASE

For release: November 8, 2001

**Who:** Michael T. Osterholm, Ph.D., M.P.H., director, Center for Infectious Disease Research and Policy  
**What:** Web site launched for CIDRAP  
**Contact:** Sarah Youngerman, Academic Health Center, 612-624-4604

### WEB SITE LAUNCHED FOR U OF M'S CENTER FOR INFECTIOUS DISEASE RESEARCH AND POLICY *Site Provides Information on Bioterrorism and Food Safety*

MINNEAPOLIS / ST. PAUL (November 8, 2001) — The University of Minnesota's Center for Infectious Disease Research and Policy (CIDRAP) launched its web site this week, [www.cidrap.umn.edu](http://www.cidrap.umn.edu). The new site provides timely information and answers to questions about bioterrorism preparedness and will expand quickly its coverage of infectious diseases, food safety and irradiation. The site is designed for consumers and health care professionals alike.

The Center for Infectious Disease Research and Policy opened its doors on September 4, 2001, as a new University of Minnesota center within the Academic Health Center. National infectious disease and bioterrorism expert, Michael T. Osterholm, Ph.D., M.P.H., is the director of CIDRAP.

"Knowledge without action is barren," said Osterholm. "This center is about bringing science and policy into a single, action-oriented forum. We're not just here to generate issues, we're here to solve them."

While much of Osterholm's day-to-day work has been focused on the issues of bioterrorism since the September 11, 2001 attacks on New York City and Washington, D.C., the center will focus on four priority areas this year. They include:

- Evaluation of and response to the current state of public health, infectious disease medical practice and systems' preparedness to catastrophic events such as bioterrorism
- Implementation of routine food irradiation
- Evaluation and response to pharmaceutical company marketing practices that impact antimicrobial resistance
- Raise awareness of handwashing as a primary means of reducing infectious disease transmission

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"The University of Minnesota Center for Infectious Disease Research and Policy is a important and unique national resource that will provide information, leadership and research in the areas of infectious disease, food safety and bioterrorism," said Frank Cerra, M.D., senior vice president for health sciences at the University. "Under Dr. Osterholm's leadership, I expect the center to make a difference in shaping public health policy on a national basis."

The self-supporting center secured initial funding of \$500,000 from the Robins, Kaplan, Miller & Ciresi L.L.P. Foundation for Education, Public Health and Social Justice (RKMC Foundation), which is dedicated to funding initiatives that challenge systems and offer creative solutions to today's problems.

*The Academic Health Center is home to the university's seven health professional schools: the Medical School, the School of Public Health, the School of Nursing, the College of Pharmacy, the College of Veterinary Medicine, the School of Dentistry and the Duluth School of Medicine. It is also home to several interdisciplinary centers and institutes, including the Cancer Center, the Center for Spirituality and Healing, the Center for Bioethics and the Stem Cell Institute.*

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## News Release

**EMBARGOED: Tuesday, November 13, 2001, 4:00 p.m. (CST)**

Who: Jay N. Cohn, M.D., professor of cardiology, University of Minnesota  
Inder Anand, M.D., professor of cardiology, University of Minnesota and  
VA Medical Center  
Contact: Sarah Youngerman, University of Minnesota, 612.624.4604

### **New Val-HeFT Data Shows Valsartan Reduces Total Heart Failure Hospitalizations Favorable Effects on Neurohormone Levels Also Reported**

Anaheim, CA, November 13, 2001 – Researchers from the University of Minnesota Medical School presented new findings from the Valsartan Heart Failure Trial (Val-HeFT) during the American Heart Association (AHA) Scientific Sessions 2001. According to the new data, the angiotensin II receptor blocker (ARB) valsartan not only reduces the time to first hospitalization for heart failure but all hospitalizations for this devastating disease. A separate analysis of neurohormonal data from Val-HeFT demonstrated that valsartan has positive effects on norepinephrine, a neurohormone associated with morbidity outcomes in heart failure patients.

Heart failure is the fastest growing cardiovascular disease in the world and the leading cause of hospitalization in people over age 65. Valsartan is a medication for high blood pressure. Val-HeFT was sponsored by Novartis Pharma AG, manufacturers of valsartan.

“Val-HeFT previously showed that valsartan significantly delays or prevents patients’ first hospitalizations for heart failure,” said Jay N. Cohn, MD, cardiovascular division, University of Minnesota Medical School. “The new analysis demonstrates that the benefits of valsartan on heart failure hospitalization were consistent throughout the trial and that valsartan not only reduces first but subsequent hospitalizations for this disease.” Cohn presented the new analysis at AHA and is the lead investigator for Val-HeFT.

The analysis showed valsartan reduced the total number of hospitalizations for heart failure by 22.3% vs. placebo (923 vs. 1188;  $p=0.002$ ). Previously released findings of Val-HeFT demonstrate valsartan reduces time to first hospitalization for heart failure by 27.5% ( $p<0.001$ ) and also reduces heart failure morbidity by 13.2% ( $p=0.09$ ).

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A multinational study of 5,010 patients at 302 centers in 16 countries, Val-HeFT assessed the efficacy of valsartan vs. placebo in heart failure patients who also took appropriate therapy prescribed by their physicians. Val-HeFT is the largest study ever conducted in heart failure and the largest study of neurohormonal data in patients with this disease. Neurohormone levels are monitored in heart failure because they are associated with morbidity outcomes.

In a separate analysis of the neurohormonal data from Val-HeFT, University of Minnesota researchers concluded that valsartan has favorable effects on a neurohormone called norepinephrine.

“Norepinephrine is well documented as a marker for heart failure morbidity,” said Dr. Inder Anand, who presented the analysis and is a Val-HeFT Investigator and professor of cardiology. “The favorable effects of valsartan on norepinephrine are consistent with the strong reduction in heart failure morbidity seen with this agent.”

The analysis demonstrated that circulating levels of norepinephrine rose significantly higher over the course of the study in heart failure patients taking placebo vs. those taking valsartan. Changes in norepinephrine were assessed at 4, 12 and 24 months. Norepinephrine increased steadily during 24 months of follow up in the placebo group (baseline mean  $472 \pm 368$  SD), while the increase in norepinephrine over time was significantly attenuated in valsartan patients (baseline mean  $456 \pm 270$  SD).

Heart failure develops when the heart is unable to pump blood efficiently because of injury from a heart attack, high blood pressure, damage to the heart muscle (cardiomyopathy), or other causes. Worldwide, the prevalence of heart failure is 20 million and rising dramatically. Heart failure is the major cause of hospitalization in Medicare patients. About one million Americans were hospitalized in the last year for heart failure – more than triple the number of patients hospitalized for this condition two decades ago.

*The University of Minnesota is a state land-grant with an annual enrollment of more than 58,000 students on its four campuses. Information about the University's Academic Health center can be found at [www.ahc.umn.edu](http://www.ahc.umn.edu).*

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## NEWS RELEASE

### For immediate release:

**What:** 'Passive smokers' exposed to lung carcinogen  
**Who:** Stephen Hecht, Ph.D., professor, leader Carcinogenesis and Chemoprevention Research Program, Cancer Center  
**Contact:** Melanie Boulay, Cancer Center, 612.626.1107  
Tonya Femal, Academic Health Center, 612.624.4604

## 'PASSIVE SMOKING' EXPOSES CHILDREN TO LUNG CARCINOGEN

MINNEAPOLIS / ST. PAUL (November 26, 2001) — University of Minnesota Cancer Center researchers have provided the first quantitative evidence that secondhand smoke could increase children's lung cancer risk. A study led by Stephen Hecht, Ph.D., Timothy Church, Ph.D., and Ken Sexton, Sc.D., and published in the November issue of *Cancer Epidemiology, Biomarkers and Prevention*, found evidence that children exposed to environmental tobacco smoke (ETS) take up and metabolize the tobacco-specific lung carcinogen NNK, which could increase their risk of lung cancer.

This is the first quantitative study to evaluate the presence of tobacco-specific lung carcinogens in children exposed to environmental tobacco smoke (ETS). Previously, research had been limited to questionnaire results or to measurements of cotinine in blood, urine, saliva and hair of ETS-exposed children. While the presence of cotinine indicates ETS exposure, it is not a carcinogen.

Earlier this year, University of Minnesota Cancer Center investigators reported that women living with smoking partners had five to six times higher mean levels of tobacco-specific carcinogens such as NNAL and NNAL-Gluc than women with nonsmoking partners. In the current study, researchers analyzed urine samples from 204 children for evidence of cotinine and found that the cotinine levels of 34 percent of the children showed ETS-exposure evidence. The researchers then conducted an analysis of the high-cotinine-level samples for the two urinary metabolites of NNK known as NNAL and NNAL-Gluc. They found widespread and substantial uptake of nicotine and NNK, at levels comparable to those found in the study of women living with partners who smoke.

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*Passive Smoking & Children, Page 2*

According to Hecht, Cancer Center member and director of the Center's Carcinogenesis and Chemoprevention Program, there are no known sources of NNAL and NNAL-Gluc in human urine other than exposure to tobacco products. Like NNK, NNAL is a potent pulmonary carcinogen in laboratory animals and a likely human carcinogen. In laboratory animals, NNK induces mainly adenocarcinoma of the lung, the tumor type most frequently diagnosed in human female nonsmokers.

In analyzing all of the urine samples, the researchers found uptake of the tobacco smoke components even in the absence of reported exposure. The researchers concluded that future epidemiological studies of childhood exposure to environmental tobacco smoke and cancer later in life should incorporate quantitative evaluations of the urinary metabolites of NNK or other suitable indicators.

"These results indicate that questionnaire data alone can be pretty useless in confirming exposure to tobacco smoke," said Hecht. "It can lead to misclassification of exposed children and inaccurate conclusions about carcinogen uptake."

The study included 204 children, in grades two through five, who were part of the School Health Initiative Environmental Learning Disease (SHIELD) study, a novel school-based investigation of the environmental health of children in economically disadvantaged neighborhoods in south Minneapolis. Researchers have found a correlation between greater numbers of smokers and lower socio-economic status. In addition to obtaining urine samples from the children, the researchers administered a questionnaire to caregivers, asking, among other things, about exposure to tobacco smoke.

The University of Minnesota Cancer Center is a National Cancer Institute-designated Comprehensive Cancer Center. Awarded more than \$68 million in peer-reviewed grants during fiscal year 2001, the center conducts cancer research that advances knowledge and enhances care. The center also engages community outreach and public education efforts addressing cancer. For more information on cancer in general, visit the Web site at [www.cancer.umn.edu](http://www.cancer.umn.edu) or call 1-888-CANCER MN (1-888-226-2376 or 612-624-2620).

—end—

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## **NEWS RELEASE**

### **For Immediate Release**

**What:** Nursing Program Launched at U of Minnesota Rochester  
**Contact:** Sarah Youngerman, Academic Health Center, 612.624.4604  
Jay Hesley, University of Minnesota Rochester, 507.280.2837

### **U OF MINNESOTA EXPANDS SCHOOL OF NURSING TO ROCHESTER CAMPUS *Expansion Fulfills Commitment to State to Increase Nurse Education Capacity***

ROCHESTER, Minn. (November 27, 2001) — In an effort to address the national and regional nursing shortage, the University of Minnesota Rochester will announce at a press conference on Wednesday, November 28, a new Bachelor of Science in Nursing program to begin in Fall 2002. The new program is an expansion of the University of Minnesota's School of Nursing to the Rochester campus. The press conference will take place at the University Center Rochester Campus in Room ST112 on Wednesday, November 28, 11:00 a.m.

Press conference attendees and presenters include:

- Representative Dave Bishop
- Dr. Frank Cerra, Senior Vice President, University of Minnesota Academic Health Center (via interactive television)
- Diane M. Twedell, RN, MS, Director of Education and Professional Development, Department of Nursing, Mayo Clinic
- Sandra R. Edwardson, Dean, University of Minnesota School of Nursing
- David Carl, Provost, University of Minnesota Rochester

The Rochester nursing program, a joint effort with the Mayo Clinic, will admit up to 30 nursing students a year. Students will take all course work in Rochester presented by U of M faculty. Clinical training will take place at Mayo Clinic and Hospitals and other medical facilities in southeastern Minnesota. Students will earn a University of Minnesota degree from the oldest continuing university nursing program in the United States.

"The expansion of the Bachelor of Science in Nursing is part of the University of Minnesota's commitment to the state to address the health professional workforce shortage and meet the healthcare needs of the 21st century," said Frank Cerra, M.D., senior vice-president of health sciences at the University of Minnesota.

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*Rochester Nursing Program, Page 2*

For more information about the Bachelor of Science in Nursing program please contact Faith Zimmerman, Program Director for Health Sciences, University of Minnesota Rochester at (507) 280-2834 or by e-mail at [faith.zimmerman@roch.edu](mailto:faith.zimmerman@roch.edu).

—end—

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## **STATEMENT**

**For immediate release**

Contact: Sarah Youngerman, Academic Health Center, 612.624.4604

### **Statement of William D. Hueston, DVM, MS, Ph.D. Responding to the USDA Release of the Harvard Risk Assessment on BSE**

MINNEAPOLIS/ST. PAUL (November 30, 2001) — "The Harvard Risk Assessment reconfirms that the likelihood of a BSE epidemic in the US is extremely remote. At the same time, the report examines the entire animal agriculture and food system in the US and identifies the most important prevention strategies available and the weakest links in the prevention program.

**"This risk assessment does not appear to be sugar-coated.** It acknowledges the possibility that BSE entered the US as well as the possibility of spontaneous cases here. The impact is spelled out in terms of the number of US cows that might develop BSE as a result of these potential exposures. The potential for subsequent human exposure is also detailed.

"Contracting for an independent, external review of the US food system and prevention program is a proactive approach. Scientists studying BSE and government officials have known for years that BSE infectivity may have been introduced into the US. The first risk assessment of BSE for the US in 1990 clearly stated that BSE could occur in the US and provided key information that was used to target resources toward the areas of greatest vulnerability. The Harvard study carries the approach one step further by using mathematical simulation modeling to characterize US animal agriculture and the food system. The model allows for consideration of a wide range of potential scenarios.

"The **greatest benefit of this study** is the process of risk assessment itself. Identifying weaknesses in the prevention system and potential scenarios in which BSE might enter the US helps strengthen the countries defenses. The USDA has announced additional measures to reduce the likelihood of BSE in cattle and secondly, to reduce the opportunity for exposure of humans if BSE cases do occur here. No prevention system is 100% guaranteed, so acknowledging risks is the most logical and pragmatic approach to protecting public health, from the farm to the table."

*William D. Hueston, DVM, MS, Ph.D., an internationally recognized expert in BSE, is the director of the Center for Animal Health and Food Safety at the University of Minnesota College of Veterinary Medicine.*

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**NEWS RELEASE**  
**For immediate release:**

Contact: Melanie Boulay, University of Minnesota, Cancer Center, 612.626.1107  
Sarah Youngerman, Academic Health Center, 612.624.4604

**LARGAESPADA HEADS GENETIC MECHANISMS OF CANCER RESEARCH  
PROGRAM AT UNIVERSITY OF MINNESOTA CANCER CENTER**

MINNEAPOLIS/ST. PAUL, (December 10, 2001) — University of Minnesota Cancer Center member David Largaespada, Ph.D., has been selected to lead the center's Genetic Mechanisms of Cancer Program. Largaespada, an assistant professor in the university's Genetics, Cell Biology and Development Department in the Medical School and College of Biological Sciences, continues as director of the university's Mouse Genetics Laboratory, co-sponsored by the Cancer Center and the Institute for Human Genetics. He currently is principal investigator on two National Cancer Institute grants and a co-investigator on a third. He also holds the university's McKnight Foundation Land Grant Professorship. He has authored/co-authored more than 30 peer-reviewed publications.

Largaespada earned a bachelor of science degree in Genetics and Cell Biology from the University of Minnesota in 1986. He received National Institute of Health pre-doctoral training grants from the University of Wisconsin-Madison's program in Cellular and Molecular Biology. He received his doctorate in Molecular Biology from the University of Wisconsin-Madison in 1992. He did his postdoctoral fellow at the National Cancer Institute at Frederick, the Department of Health and Human Service's only government-owned, contractor-operated facility, located in Frederick, Md. Largaespada lives in Mounds View.

The University of Minnesota Cancer Center is a National Cancer Institute-designated Comprehensive Cancer Center. Awarded more than \$68 million in peer-reviewed grants during fiscal year 2001, the center conducts cancer research that advances knowledge and enhances care. The center also engages community outreach and public education efforts addressing cancer. For more information on cancer in general, visit the Web site at [www.cancer.umn.edu](http://www.cancer.umn.edu) or call 1-888-CANCER MN (1-888-226-2376 or 612-624-2620).

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## **NEWS RELEASE**

**EMBARGO: Monday, December 10, 2001; 10:30 p.m. C.S.T**

*Office:  
A395 Mayo Memorial Building  
612-624-5100  
Fax: 612-625-2129*

Contact: Sarah Youngerman, Academic Health Center, 612.624.4604  
Melanie Boulay, U of M Cancer Center, 612.626.1107

### **U of Minnesota Researchers Identify Potential for Prenatal Gene Therapy to Correct Immune Deficiencies and Genetics Disorders**

Minneapolis/St. Paul (December 10, 2001) — University of Minnesota (U of M) Cancer Center researchers will present findings today at the American Society of Hematology Conference in Orlando, Fla., that demonstrate promise for prenatal gene therapy to correct neurological and genetic disorders.

Angela Panoskaltis-Mortari, Ph.D., will show that the “Sleeping Beauty” transposon may be useful for delivering gene sequences in utero that are capable of correcting congenital disorders of the blood and immune system that are challenging to treat post-natally. “Sleeping Beauty” is an enzyme named by the U of M Cancer Center researchers who discovered its potential to link specific genes with specific functions (see *Cell*, November 1997). Mortari will demonstrate that when immune deficient mice fetuses were injected with the Sleeping Beauty enzyme, easily detectable green fluorescent protein (GFP) was seen in the liver, lung, heart, kidney, skin, and brain. Important for the correction of lymphohematopoietic genetic disorders, GFP expression was present in both the spleen and bone marrow, indicating that Sleeping Beauty can localize to hematopoietic organs in vivo.

Details of Mortari's presentation:

Time: Monday, December 10, 2001, 10:30 a.m., E.S.T.  
Session name: Vector Development and Assessment  
Title: In Utero Delivery of Sleeping Beauty Transposon Results in Long-Term Multi-Organ Expression: Potential for Prenatal Gene Therapy of Genetic Disorders.

Jakub Tolar, M.D., Ph.D., will show for the first time in mice that multipotent adult progenitor cells (MAPCs), or bone marrow stem cells, engraft and differentiate into brain and liver cells after in utero transfer. Their results support the possibility of future clinical use of adult bone marrow stem cells in attempts to correct neurological, hepatic, muscular and possibly other types of congenital disorders pre-natally.

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Details of Tolar's presentation:

Time: Monday, December 10, 2001, 8:15 a.m., E.S.T.

Session name: Experimental Transplantation

Title: The in utero transfer of murine multipotent adult progenitor cells (MAPCs) results in brain and liver differentiation

Further details about their presentations can be found on the ASH web site ([www.hematology.org](http://www.hematology.org)).

The University of Minnesota Cancer Center is a National Cancer Institute-designated Comprehensive Cancer Center. Awarded more than \$68 million in peer-reviewed grants during fiscal year 2001, the center conducts cancer research that advances knowledge and enhances care. The center also engages community outreach and public education efforts addressing cancer. For more information on cancer in general, visit the Web site at [www.cancer.umn.edu](http://www.cancer.umn.edu) or call 1-888-CANCER MN (1-888-226-2376 or 612-624-2620).

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## **News Release**

**For immediate release: December 26, 2001**

**Who:** William E. Jacott, M.D., special advisory to the dean, U of M Medical School, family practice and community health  
**Contact:** Sarah Youngerman, Academic Health Center, 612-624-4604

### **U OF M PHYSICIAN LEADER IN FAMILY PRACTICE PICKED TO HEAD NATIONWIDE PHYSICIAN OUTREACH PROGRAM**

MINNEAPOLIS/ST. PAUL (December 26, 2001) — The **Joint Commission on Accreditation of Healthcare Organizations (JCAHO)** has named University of Minnesota Medical School physician and faculty member **William E. Jacott, M.D.**, to head a new initiative designed to strengthen the JCAHO's relationships with the physician community. The initiative came from a recent JCAHO Board of Commissioners strategic planning retreat that called effective physician engagement "a critical success factor" in the achievement of future Joint Commission goals, especially those related to the continuous improvement of the safety and quality of care provided to the public through health care accreditation.

Jacott will begin his new duties on January 1, 2002.

"By engaging physicians directly we can help them better understand how they can use our standards to help advance error-free practice," said Jacott, "and that in turn will help us improve the safety and quality of patient care."

In addition to his duties at the University of Minnesota Medical School, where he is currently special advisor to the dean of the Medical School, Jacott has been active in the Minnesota Medical Association and the American Medical Association for more than 30 years. He has been involved in a variety of JCAHO initiatives, including serving as Chairman of the JCAHO Board of Commissioners. In 2000 he directed an institutional analysis of the JCAHO which framed its strategic priorities: enhancing patient safety, improving health care information systems, improving the accrediting process and engaging physicians directly.

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In announcing Jacott's appointment JCAHO president Dennis O'Leary, M.D., said, "Active engagement by physicians will be pivotal to any significant advances in improving patient safety and health care quality. Bill Jacott understands the challenges physicians face in today's health care environment and his first-hand knowledge of the Joint Commission make him exceptionally well-qualified to take on this new responsibility."

Jacott's leadership was recognized earlier this year when he was presented the **American Academy of Family Physicians Thomas W. Johnson Award**. The award is presented annually to a family practice physician in recognition of outstanding contributions to education for family practice in undergraduate, graduate and continuing education. Jacott was the sole recipient of the award this year.

The JCAHO was founded in 1951. It evaluates and accredits more than 18,000 health care organizations and programs in the United States, including 11,000 hospitals and home care organizations. The JCAHO is the nation's first and largest health care accrediting body. It is independent and not-for-profit; its headquarters is in Oakbrook Terrace, Illinois.

**NOTE TO MEDIA: Electronic photo available by e-mail or hard copy by contacting [syounger@umn.edu](mailto:syounger@umn.edu).**

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