



# Ruprecht-Karls-Universität Heidelberg

## Klinikum

Klinikum der Universität Heidelberg, Medizinische Klinik  
Bergheimer Straße 58, 6900 Heidelberg 1

Professor Henry Blackburn, M.D.  
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27 Stadium Gate

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U.S.A.

Medizinische Klinik  
Geschäftsf. Äztl. Direktor:  
Prof. Dr. Dr. h.c. mult. G. Schettler

6900 Heidelberg 1, den 29. Juni 1979

Bergheimer Straße 58

Telefon: Durchwahl 53- 2391

Vermittlung 531

SCH/krj

Dear Henry,

As you are aware, we have accepted the responsibility of conducting a joint round-table discussion at the International Symposium on Atherosclerosis in Houston. Therefore I would like to turn to you in order to solicit your ideas for topics that you think should be considered and discussed. A simple list of relevant questions would suffice for my tentative concept. Naturally, I do not want to prepare a firm stance, for nothing is worse than conducting a discussion which has been molded into a rehearsed question-and-answer session. Yet, I would prefer to follow certain guidelines as the moderator of the discussion. I feel we should not limit ourselves to mention a general topic but contribute a more detailed outline. Even though we are familiar with each other's views about the suggested issues, I would appreciate your thoughts on how to manage the discussion, especially in the light of the current controversial debate.

In Germany matters are in a topsy-turvy state at present. The marketing people of the dairy industry are buzzing with activity and, to top it off, they have enlisted the services of emeritus professors from English-speaking countries such as Great Britain and the U.S. The utterances of McMichael, G.V. Mann and Kaunitz, to name only a few, deserve the caption "grotesque." Their statements are totally removed from scientific thought. I believe that our round-table discussion should lead to certain recommendations for physicians as well as the concerned layman.

I hope that my request has not been in vain and is not too much of an inconvenience.

Kindest regards.

Yours,



THE ROCKEFELLER UNIVERSITY

1230 YORK AVENUE · NEW YORK, NEW YORK 10021

July 10, 1979

*Pros/Cons  
of Gotthard's  
Round Table*

Prof. Dr. Dr. h.c. mult. G. Schettler  
Klinikum der Universität Heidelberg  
Medizinische Klinik  
Bergheimer Str. 58  
6900 Heidelberg 1  
West Germany

Dear Gotthard:

I do not agree with you that your Round Table should  
"lead to certain recommendations for physicians as well as  
the concerned laymen". I shall attempt to defend this viewpoint  
in the course of my 30-minute report. As my questions (attached)  
suggest, one's willingness to give recommendations to the  
public is an individual matter that is based on his reading  
of the history of medical mistakes, on his eagerness to  
"do something", and on his skepticism over the wisdom of  
extrapolating epidemiologic and animal data to the prevention  
of diseases that are as inadequately understood as atherosclerosis,  
diabetes and hypertension.

I append a few questions for your thoughts.

Sincerely yours,

*E. H. Ahrens, Jr.*  
E. H. Ahrens, Jr., M.D.

EHA:BW



DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

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NATIONAL INSTITUTES OF HEALTH  
BETHESDA, MARYLAND 20014

NATIONAL HEART, LUNG, AND BLOOD INSTITUTE

July 30, 1979

Professor Gotthard Schettler  
Direktor Medizinische-  
Universitatis-Klinik  
University of Heidelberg  
Bergheimer Strasse 58  
D-6900 Heidelberg  
West Germany

Dear Gotthard:

Let me apologize for the delay in replying to your last letter. I have been everywhere but home in the past month.

First, let me state that I agree with you that we should be flexible but comprehensive and factual. We must be sure our session serves to counteract the foolishness being spread about. This should begin by making sure that the five 30 minute presentations before the round table make a cohesive complete albeit possibly controversial whole. We must find out what topic or topics each speaker would be willing to cover and be sure that we don't end up with 5 identical presentations. If we can achieve this quickly (before September) we can relax for the round table will fall into place as we all move to put the individual presentations into a "consensus view".

In outline form topics that should be covered by 1 or more presenters include:

- (1) Epidemiologic data linking diet-CVD (nature of relationship, facts and fancies)
- (2) Animal and clinical studies linking diet-CVD (nature of relationship facts and fancies)
- (3) Effect of Diet on plasma lipids and lipoproteins
  - a. saturated fat
  - b. polyunsaturated fat
  - c. total fat
  - d. total calories
  - e. simple or refined sugar
  - f. starch
  - g. plant proteins (soy and others)
  - h. fiber
  - i. alcohol
  - j. trace metals and other

Professor Gotthard Schettler

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July 30, 1979

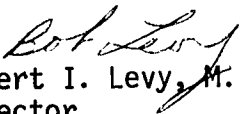
- (4) Testing the lipid hypothesis (Diet-Heart)
  - a. the question
  - b. status
  - c. design problems and solutions
- (5) Effect of Diet on blood pressure
  - a. salt - role of  $\text{Na}^+$ ,  $\text{K}^+$
  - b. weight control
- (6) Changing diet habits
  - a. motivation
  - b. compliance, adherence - behavioral modification
- (7) Current trends in Diet and CVD - international data
- (8) International goals for a "healthy heart"
  - a. calories
  - b. total fat
  - c. saturated fat
  - d. cholesterol
  - e. starch/sugar
  - f. salt

For the sake of time I will send these comments to all participants and ask them to (1) add any other topics to the outline, (2) note with priority (A),(B),(C) - what topics in the outline they plan (would like to cover).

If all participants send their comments to you with a copy to me by September 1, we can finalize our plans perhaps with one transatlantic phone call before September 6.

With best regards,

Sincerely,

  
Robert I. Levy, M. D.  
Director

cc: Dr. H. Blackburn ✓  
Dr. E. Ahrens  
Dr. M. Oliver

Professor M.F. OLIVER,  
The Duke of Edinburgh Professor of Cardiology



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8th August, 1979.

Prof. Dr. Dr. h.c. mult. G. Schettler,  
Klinikum der Universität Heidelberg,  
Medizinische Klinik,  
Bergheimer Str. 58,  
6900 Heidelberg 1,  
WEST GERMANY.

Dear Gotthard,

Houston Meeting.

I am becoming progressively more confused about the Round Table which you are chairing. I have received copy letters to you from Bob Levy and Peter Ahrens but you have not written to me about the Round Table and therefore it is a little difficult to know exactly the questions to which they are replying. It would be helpful, therefore, to have copies of the previous correspondence.

I agree very much with Bob Levy's views (July 30) that it is important to avoid 5 identical presentations and I think it is up to you to allocate some of the eight topics which he has listed to each of the speakers in order to be quite sure that they do not overlap very much. Peter Ahrens in his letter of 10th July sets out areas which he would be prepared to cover and these are, effectively, items 2 and 3 as listed in Bob Levy's letter. Presumably Henry Blackburn will deal with item 1 and probably item 7. Who then will deal with items 4,5,6 and 8 (if they are to be included?).

I have felt uneasy about my participation in this particular plenary session, as I told Tony Gotto many months ago, since I have not personally worked very closely on the diet-heart question. I could, on the other hand, offer to try to tackle item 4 "Testing the lipid hypothesis" and contribute something to items 6 and 8. But this will depend to a considerable extent on the choice of Bob Levy. He might be admirably placed to tackle item 8 although I see that Peter Ahrens is opposed to including this item in the programme.

In other words, Gotthard, we need a lead from you and soon. Certainly, it is already too late to prepare any manuscript by 1st September.

Best wishes,

Yours sincerely,

c.c. Professor Ahrens  
Dr. Levy  
Dr. Blackburn

*Michael*