



*Conjugal - Stallones*

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30 April 1982

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Return to HS.*

Dr. Henry Blackburn  
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Dear Henry:

I appreciate receiving the paper on the plans for surveillance in Minnesota. We have, as you know, been worrying about many of these matters since Darwin got us embroiled in the Community Surveillance program. I am afraid we may all be coming on board too late; without suggesting a prediction, I would not be surprised if the IHD mortality rates level off before very much longer. However, I hope we will have a time of observation long enough to see something. An implicit assumption in all of these studies (which I do not hear people talking much about) is that whatever is effecting the decline has zero latency.

I would enjoy talking with you about the Minnesota study, with respect to several points which I think are important.


1. Most of the decline in IHD mortality has been in 410; 412 has shown much less, and that might be due to misclassification.
2. The decline in 410 has been remarkably similar for males and females, and across quite a wide age range.
3. The decline in 410 has been log linear with a sharp inflection in 1973. The slope of the decrease doubled between the period 1968-1972 and 1973-1978.
4. The decline in thrombotic stroke has been remarkably parallel to the decline in 410.
5. The decline in hemorrhagic stroke parallels and can entirely be explained by the concomitant decline in hypertensive disease, and is best viewed as one of the late complications of high blood pressure, like left ventricular hypertrophy.

Dr. Henry Blackburn  
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I owe you a long and thoughtful response to your letter of last fall. I haven't forgotten, and indeed, I started one a long time ago. However, as I got into it I found I needed to do more research to respond adequately, and I have not time. A heavy competitor for that time has been a commitment I made to Darby to prepare a review of nutrition and CHD for Nutrition Reviews (1983). When that information is aggregated and summarized so that it may be viewed in an holistic way, some surprises emerge. At least, I was surprised. I have asked Elizabeth Connor to let me take on the diet/disease issue this summer at Tahoe, for a dry run.

Best regards,

  
Reuel A. Stallones, M.D., M.P.H.  
Dean

RAS/hd