

WILLIAM J. ZUKEL, M.D.

M. & W. Zukel
8406 Holly Leaf Dr.
Mc Lean, VA
22102-2224

6-8-81

703 356 1874

Dear Henry,

What a delightful surprise to receive your book of memoirs covering your career of over 30 years. It is extremely well written and remarkable in the detail of events you recorded over this period. By coincidence we both joined the USPHS at about the same time. You may be interested in some parallel heart study experiences.

I was recruited from a medical residency at Newton-Wellesley Hospital in 1949 by Dr Lewis Robbins who was assigned to U.S. Public Health State Health Department to locate a suitable community to undertake a study of the prevalent types of heart disease and what might be done to improve prevention and treatment.

The city of Newton was selected for this study and the neighboring town of Framingham selected for a long term epidemiological study. The Newton Heart Demonstration Program was carried out under the guidance of a six member Cardiac Program Committee of physicians on the staff of the Hospital plus the Health Officer and Dr Robbins.

A fairly successful program was developed that included a popular monthly lecture series for physicians by prominent Boston cardiologists, including Dr White's lead-off talk that gained physician support for this new undertaking. Plans for new services that resulted included:

- A low sodium diet education service for hypertensive and congestive heart failure patients by the hospital dietitian and Nutrition Center nutritionists. A low sodium handbook allowing selection of 3 levels of sodium by the physician was developed and became so popular that several thousand copies were sold to hospitals and health departments outside of Newton.
- A penicillin prophylaxis program for prevention of recurrences of rheumatic fever was established with an authoritative schedule provided by Dr T. Duckett-Jones and Dr Massell.
- A novel hospital laboratory service of prothrombin monitoring of post MI patients placed on anticoagulant therapy with dicoumarol (nascoumadin) was established following special training of an experienced lab technician in Dr Irving Wright's laboratory.

M. & W. Zukel
8406 Holly Leaf Dr.
Mc Lean, VA
22102-2224

I inherited a great Biometrics Research Branch staff under Harold Dorn and Jerry Cornfield. Jerry, Fred Ederer and Max Helsen became involved in the D-H Study and CDP. Tavia Gordon, Harold Kahn and Jean Truett became involved in Framingham and Honolulu and Puerto Rico studies. Roy Douber and Bill Kannel helped in establishing clinical and laboratory comparability for the Yugoslavia study and Puerto Rico Heart Health project with Mario Garcia-Rodriguez. Harold Kahn accepted an assignment to help set up the data collection procedures for the Israel Ischemic Heart Study with Prof. Stoen, Jack Medalie, Henry Newfeld and Uri Goldbourt.

All of these collaborative studies depended on maintaining good working relationships with the involved investigators. Fortunately this was largely possible because of the keen interest of all investigators in accomplishing the scientific goals of each study.

I agree that these projects in which we have participated in addition to those of other investigators over these years have achieved remarkable success in learning of the causes of CHD and demonstrating reduction of mortality by reduction of hypertension, elevated cholesterol and cigarette smoking. The marked reduction in mortality from CHD and stroke over the past 35 years provides dramatic evidence of the success of all of this effort.

Henry, you can feel great satisfaction in investigations of the Seven Countries project and the other contributions that the Minnesota Code brought to epidemiological studies and clinical trials. Thanks again for sending me your interesting book.

I can say that I have enjoyed our many professional associations and friendship over the years.

With warm personal regards. M. & W. Zukel