

REVISED February 6, 1973

HLT

PUBLIC HEALTH 5-386

Winter Quarter 1973

1:15 - 4:00 PM Wednesdays

Library

Laboratory of Physiological Hygiene
School of Public Health

CARDIOVASCULAR DISEASE EPIDEMIOLOGY AND PREVENTION

3 January	Introduction to principles of epidemiology and population studies of cardiovascular diseases.	Dr. H. Blackburn
10 January	Coronary heart disease, the burden, differences in frequency, and individual differences in risk.	Dr. Ancel Keys
17 January	The relationships of diet, serum lipids, and atherosclerotic diseases.	Dr. F. Grande
24 January	Methods of measurement and a demonstration of observer variation. Class risk screening exercise.	Dr. H. Taylor
31 January	Risk detection methods for the major CV diseases. Discussion of class results of risk screening.	Dr. H. Blackburn
7 February	The burden of cardiovascular diseases. Individual action and public health policy.	Dr. H. Blackburn
14 February	The role of physical activity in cardiovascular diseases.	Dr. H. Taylor
21 February *	Outline of current Minnesota trials and community programs in cardiovascular disease prevention.	Dr. H. Blackburn Dr. H. Taylor Dr. R. Prineas Dr. R. Berman Dr. I. Frantz
28 February *	The epidemiology and prevention of high blood pressure diseases	Dr. R. Prineas Dr. H. Milon Dr. R. Berman Dr. L. Tobian
7 March	Class exercise in design of a population study or preventive trial.	Dr. R. Prineas Dr. H. Taylor Dr. H. Blackburn
14 March	EXAMINATION	

* NOTE Revision from January 16 Schedule

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CARDIOVASCULAR DISEASE EPIDEMIOLOGY AND PREVENTION

Selected Readings: BOOKS

Rose, G. and Blackburn, H. CARDIOVASCULAR SURVEY METHODS, WHO Monograph 56, 1968. Chapters 1-3 for epidemiological principles. Chapter 4 only for those directly concerned with field methods. Read early in course.

Stamler, J. LECTURES IN PREVENTIVE CARDIOLOGY. Grune and Stratton, 1967. This is the principal text for the course, in which the content about detection and prevention of major cardiovascular diseases is well laid out.

Chapters 1 and 2 are read in conjunction with Dr. Blackburn's introductory lecture.

Chapters 3-10 are read in conjunction with the next four lectures by Drs. Keys, Grande, Taylor and Blackburn.

Chapters 11, 12, 13 are read in conjunction with the demonstration and lectures of Drs. Taylor and Prineas.

Chapters 14-19 are read before completing the course.

Selected Readings: ARTICLES

Ad lib, on reserve shelf. PLEASE DO NOT REMOVE.

Keys, A. Editor. Coronary Heart Disease in Seven Countries. AHA Monograph No. 29, 1970.

Report of the Inter-Society Commission for Heart Disease Resources. Primary Prevention of the Atherosclerotic Diseases. Circulation 42, 1970.

Blackburn, H. Coronary Risk Factors and Prevention. Recent Advances in Aerospace Medicine 55-67, 1970.

Keys, A. The Diet and the Problem of Coronary Heart Disease. Reprinted from the Proceedings of the International Congress on the Biological Value of Olive Oil, Lucca, Italy, October 10-12, 1969, pp. 173-179.

Keys, A. et al. Mortality and Coronary Heart Disease Among Men Studied for 23 Years. Archives of Internal Medicine 128:201-214, 1971.

Keys, A. Sucrose in the Diet and Coronary Heart Disease. Atherosclerosis 14: 193-202, 1971.

Keys, A. et al. Probability of Middle-aged Men Developing Coronary Heart Disease in Five Years. *Circulation* 45:815-828, 1972.

Keys, A. Coronary Heart Disease: Overweight and Obesity as Risk Factors. *Annals of Internal Medicine* 77:15-27, 1972.

Blackburn, H. Multifactor Preventive Trials (MPT) in Coronary Heart Disease. Chapter 7 in *TRENDS IN EPIDEMIOLOGY*, ed. Gordon T. Stewart. Charles C. Thomas, Publisher, Springfield, 1972. pp. 212-230.

For Grande's Class

Keys, A. Blood Lipids in Man -- A Brief Review. *Journal of the American Dietetic Association* 51:508-516, 1967.

Grande, F. Diet and Atherosclerosis. Experimental Studies and Population Comparisons. Presented at the Symposium on Implications of Nutritional Extremes in Health Maintenance, Madison, Wisconsin, October 15-16, 1971.

For Taylor's Class

Taylor, H.L., et al. Death Rates Among Physically Active and Sedentary Employees of the Railroad Industry. *American Journal of Public Health* 52: 1697-1707, 1962.

Keys, A. Physical Activity and the Epidemiology of Coronary Heart Disease. *MEDICINE AND SPORT*, Vol. 4:Physical Activity and Aging, pp. 250-266, (Karger, Basel/New York, 1970).

Taylor, H.L., et al. Five-Year Follow-up of Employees of Selected U.S. Railroad Companies. See Chapter IV. in *Coronary Heart Disease in Seven Countries*. AHA Monograph No. 29, 1970.

Kannel, W.B. et al. The Relation of Physical Activity to Risk of Coronary Heart Disease: The Framingham Study. Editors: O. A. Larsen, R.O. Malmberg. pp. 256-260. Munksgaard, 1971.