

original

PREVENTIVE MEDICINE RESEARCH INSTITUTE

July 15, 1986

Henry Blackburn, M.D.
Professor & Director
Division of Epidemiology
School of Public Health
University of Minnesota
Stadium Gate 27
611 Beacon Street, S.E.
Minneapolis, MN 55455

Dear Henry,

Enclosed for your interest is a videotaped interim progress report in which patients describe some of their improvements to date.

All patients are showing marked reductions in total cholesterol and LDL, and after 10 weeks, most have demonstrated reductions of 30- 60%. So it appears that adherence to the lifestyle change program is quite high. Whether or not these changes are reflected in their coronary anatomy and myocardial perfusion remains to be seen.

Would you please send to me the name of your friend whose home we visited? The photographs that you sent back to me actually belong to him, so I need to return the pictures to him.

Shirley joins me in sending our love and best wishes,

Sincerely,



Dean Ornish, M.D.

*done 7/30/86 To Dr. Ornish
Reparay -
Jimmy -*

*W. Carter
136 Cooper
Palo Alto Ca.*