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Dr. Henry Blackburn, Mayo Professor
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*Re: A proposal for SCS
research, not submitted
due to Tom's letter! JB*

Dear Henry,

Some time ago I decided to analyze the Seven Countries data to look for relationships between mortality and changes over time in the characteristics of the men. I am giving you copies of sample computations. I have covered all-causes deaths and five and ten year changes in weight, blood pressure, serum cholesterol and smoking. There are no 10-year data on the U.S. railroad men. I have also made the same analysis with the changes in ten years and the coronary deaths in the next 15 years compared with the ten year changes of the survivors. Here is a table on 10-year change in weight. I am making similar tables from the computer output tables for changes in systolic blood pressure, serum cholesterol and smoking habit.

Your request for a grant is very well written and the supporting documentation is impressive but I see no reason for asking for support to repeat what is already done. [I suppose I should have told you what I was doing but I never thought of that.] There is still useful work to do on changes: electrocardiograms, the prevalence cases, symptoms, 15-year examinations.

In your application you imply increase in weight is a risk factor for 25-year survival. The data show in all cohorts a weight gain in ten years. In 11 cohorts the 25-year survivors had gained more weight than the men who died in 25 years and in six the difference is statistically significant. In three cohorts there was a trivial opposite trend. For 10-year data in all cohorts the men who died in 25 years from coronary disease had gained less weight than the survivors. We have no useful data on the two Japanese cohorts.

Yours,

Ancel Keys