

November 26, 1975

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AHA Funds for
promotion

Dear Ben,

For follow-up in the area of preventive cardiology, I believe most of the significant developments have been reported at Annual meetings of the Science Writer's Forum. The descriptive studies which measure the general relationship between risk characteristics in health, to subsequent disease experience, are now being extended to develop risk profiles for stroke and peripheral arterial disease, as well as for the several types of clinical manifestation of coronary disease such as sudden death, infarction and angina. In other words, it appears that constellations of risk factors are somewhat different for the different manifestations of obstructive arterial disease, and in different organs.

Descriptive studies are continuing in an effort to find new risk characteristics to explain better the behavior of coronary disease which is incompletely explained by the distribution of the well known risk factors. For example, considerable work continues on the question of personality, stress and behavior; the science group has been kept up to date on that. Though the evidence is suggestive, difficulties of measuring behavior and of modifying behavior represent serious obstacles to getting good answers.

The question of soft water as a risk factor continues to be explored. Inconsistencies are being found in the data such that the hopes for an "easy" mass preventive approach do not appear in the offing from this source. There has been renewed interest in the high density lipoproteins (the alpha-lipoproteins) which have long been known to be relatively elevated in women and in champion athletes and in others thought to be relatively protected from atherosclerosis. This phenomenon is being studied in detail in a number of longitudinal studies.

The '70s are proving to be the Decade of Mass Preventive Trials. These major controlled preventive studies in hypertension, elevated lipids and multiple elevated risk factors are in full operation. It will be three years or so before we expect to see any reportable results from any of these

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