

The Newsletter of THE AMERICAN INSTITUTE OF STRESS

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Friends and Deaths From Heart Attacks

In a previous column, we reported on Roseto, a small town in Pennsylvania, whose inhabitants had enjoyed an unusual freedom from heart attacks despite their high fat diet, smoking habits, and a prevalence of other apparent risk factors. Over the past thirty years, although heart attack rates declined throughout the rest of the nation, and Rosetans lowered their smoking, blood pressures and cholesterol, heart attack rates surprisingly doubled. This had been predicted, since it was postulated that their remarkable protection from heart attacks was due to the unusual social stability and support of this ingrown community, which had been governed by traditional old world values for generations. As this was progressively eroded by the intrusion of civilization, the forecast of increased cardiovascular disease was vividly confirmed.

Other researchers have also reported and commented on the higher rates of heart attacks and other stress-related disorders in individuals with poor social support systems or who are lonely. Widowed and divorced individuals have appreciably higher mortality rates from all the leading causes of death than married controls. A decline in immune system resistance to bacterial and viral

linked disorders, including certain cancers, may be a factor, although this would not appear to explain higher cardiovascular mortality.

Nevertheless, the important link between loneliness and major coronary events was confirmed once again in a multicenter study conducted in the United States and Canada. Almost one thousand men and women between the ages of 25 and 75, admitted to intensive care units with proven heart attacks, were followed for over a year and more than half of these for greater than two years. Researchers found that almost 16 percent of those who lived alone suffered another heart attack or sudden death in the following 15 months, compared to 8.8 percent for those with companions. This discrepancy persisted regardless of age, sex, medication, or other possible confounding factors. A disrupted marriage alone did not appear to be associated with any increased cardiac problems unless the individual lived alone.

"Opinions are at best provisional hypotheses, incompletely tested. The more they are tested . . . the more assurance we may assume, but they are never absolutes. So we must be tolerant of opposite opinions."

Judge Learned Hand

Pregnant women working long hours in stressful jobs have healthy babies. A recent National Institute of Child Health and Human Development study revealed that they actually had fewer low birth weight babies than others, possibly because of their higher economic status.

The Wall Street Journal, 4-30-91

For further information on the original source of abstracts and other reprints available on similar subjects, please send a self-addressed stamped envelope to: Reprint Division, American Institute of Stress, 124 Park Avenue, Yonkers, NY 10703.

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The Newsletter of
**THE AMERICAN INSTITUTE OF
 STRESS**

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Vitamin D, Sun, And Cancer

Physicians are concerned about increasing rates of skin cancer due to increased exposure to ultraviolet rays as a result of thinning of the ozone layer. Conversely, death rates from breast cancer appear to be lower in climates that are sunnier. In Russia, it is three times lower in southern republics compared to those in the North, and 1.5 times lower in Phoenix and Honolulu compared to Boston and New York. Similarly, colon cancer is almost unknown in equatorial regions, but increases progressively with higher latitudes.

Sunlight provides the major source of Vitamin D for most of us, and this may be a factor, especially in Norway, where there are comparatively small amounts of sunlight. Thirty-five years ago herring fishing brought in over a million tons annually, compared to less than 4,000 currently. Over that period of time, breast and colon cancer rates have almost doubled. Fatty fish are rich sources of Vitamin D, and the surprisingly low rates of these malignancies in this northern country may be due to their high fish oil diets. There is abundant additional evidence from other population studies indicating the importance of Vitamin D, which is also found in egg yolks, liver, and fortified milk.

How Vitamin D provides this protection is not clear, although it does promote the absorption of calcium, which reduces uncontrolled cell growth. The potential benefits are so great that the National Institute of Health has started on a program this year to compare the results of Vitamin D and calcium supplements with a placebo in 60,000 women. Their goal is to reduce breast and colon cancer, and bone fractures by 25 percent. As one

authority commented, "I think we'll find that colon and breast cancer are essentially vitamin-deficiency diseases of adulthood."

Newsweek, 12-30-92

"A fact without a theory is sad, but a theory without a fact is a disaster."

J. Arthur Burns, Ph.D.

Burnout and Workaholics Anonymous

According to the author of a recent book on the subject, burnout from job stress is most likely to result "when you are a perfectionist or think you're 'superhuman.'" Signs and symptoms of burnout often surface after several weeks of intensive extra work, but can also be the result of a gradual steady buildup over months or even years. Common manifestations include depression, lack of energy and motivation, and a diminished sense of humor, satisfaction, self confidence and concentration. Burnout victims frequently complain of a lack of interest or feeling of fulfillment in sex, and changes in appetite. This can range from lack of interest in food, to a desire to eat everything, especially junk food. There are frequent problems related to sleep. Insomnia may occur because of inability to fall asleep, or from waking up frequently. Others complain of feeling tired despite seven or eight hours of sleep.

Some workers find relief by taking "energy breaks." Those who have to sit most of the day should make a point of periodically getting up and walking around for five minutes. Others who constantly deal only with numbers can relieve their resultant boredom and tedium by occasionally taking a few minutes out from their duties to solve jigsaw or crossword puzzles. One advised "Bring the kid in you to work so that you have some pleasant, simple diversion, like a paddle ball or a yo-yo in your desk." When commuting home at the end of the day, try to think only of the positive things that happened, instead of dwelling on your work problems and irritations. If you're always exhausted when you get there, try taking a brisk walk for ten or fifteen minutes. Sometimes the best remedy may be to simply take some time off on a regular basis, and don't use it for anything else but to loaf and daydream.

For many, burnout is due to addiction to work. This results in aberrant behavioral traits, such as skipping lunch, frequently taking work home, working excessive hours, and always feeling guilty about not getting enough done. Try to plan your day rationally, and if you still have difficulties, seek support from family, friends, or some group, such as The Workaholics Anonymous National Clearinghouse at (914) 347-3620.

USA Today, 11-19-90

How Early Do Babies Learn Language?

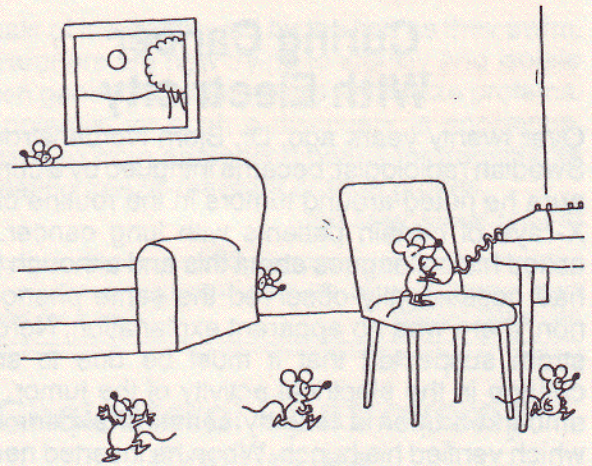
The fetus can appreciate certain sounds and voices, and perhaps even recognize its mother's voice. Although many infants don't begin to speak until the age of one, it appears likely that they have already started to learn the basic sounds of their native tongue long before this. Babies six months old appear capable of distinguishing all the sounds that humans utter in any language. However, exposure to only their own language reduces their ability to recognize foreign speech sounds later on. Japanese infants can detect the difference between "la" and "ra," but by the time they become adults, may not, because there is no contrast in these sounds in Japanese speech, and they are thus perceived as the same prototype.

Researchers from Sweden and the United States utilized identical computer equipment to generate prototype Swedish and English sounds in their study of 64 six-month-old infants. During the experiment, the babies sat on their mothers' laps and listened to a loudspeaker which continually repeated a pair of speech sounds, such as "ee," as in the word "fee." The linguistic symbol for this prototype sound is "i." They were trained to look over their left shoulder if they detected a difference in the two sounds in the pair, since they were rewarded by seeing a cute puppet banging a drum. They ignored any sound pairs that seemed the same, since this produced no reward.

The prototype Swedish vowel "y" is produced by trying to pronounce "ee" while forming the front of the lips into a circle. Try it and you'll see the difference. Because English does not have this sound we have not memorized it as a prototype, and can immediately detect any slight variations in the pronunciation "i" a little differently it will go unnoticed since we will still interpret it as identical to the normal pronunciation. In the study, American infants routinely ignored slight variations in "i" sounds, but quickly identified any change in "y." The exact reverse was true for the Swedish infants, who noted many modifications of "i," but not "y."

This experiment shows that phonetic perception is not determined by the emerging use of words, as had been assumed, but rather with language experience that occurs far earlier than previously suspected. This has important implications for children with chronic ear infections who may become language impaired in later life if they are not treated vigorously to prevent hearing loss. A separate research report also reveals that the gene responsible for learning words, has nothing to do with understanding meaning or proper grammatical employment. It would seem that this might apply to many politicians.

The New York Times, 2-4-92; Science 1-31-92; USA Today 2-12-92



© Ray "I'm sorry . . . the cat's away right now." Ray

The Health Benefits Of Pets

A variety of research reports suggest that pet ownership confers cardiovascular benefits. In one study of heart attack patients, those with pets had higher one-year survival rates than control non pet owners. Others have reported that just petting a cat or dog lowers blood pressure and heart rate, both in the petter and the pet. How these effects are achieved are not clear, but appear to be related to reduced activity of stress-related hormones like adrenalin, which elevate heart rate and blood pressure, or through dampening of sympathetic nervous system responses which increase peripheral resistance and blood pressure.

In one recent study, the behavioral and health effects of acquiring a cat or a dog were studied over a ten-month period, and the owners were compared to a matched control group without pets. The new pet owners showed an improvement in health over the first six months, and in dog owners this was maintained for the entire ten-month study period. However, it should be noted that the dog owners as a group had also increased their physical exercise activities significantly more than either the controls or those with cats. The control group showed no change in health status during the course of the investigation.

Most reports of the beneficial effects of pet ownership on health have been based on retrospective studies, some of which conclude that the social support provided by pets helps to ameliorate such stressful life events as the loss of a loved one. However, this rare prospective approach provides convincing confirmation of the beneficial effects of pet ownership on both physical and mental health.

The Journal of the Royal Society of Medicine, 12-91

"It's nice for children to have pets until the pets start having children."
The Wildrooter

Curing Cancer With Electricity

Over twenty years ago, Dr. Bjorn Nordenstrom, a Swedish radiologist, became intrigued by a curious aura he noted around tumors in the routine chest X-rays of certain patients with lung cancer. He asked his colleagues about this and although they had occasionally observed the same phenomenon, there was no apparent explanation. Nordenstrom suspected that it must be due to some change in the electrical activity of the tumor, and embarked upon a lengthy series of experiments which verified his hunch. When he inserted needle electrodes into the tumors of experimental animals and later patients, the resultant recordings of electrical activity were quite different from readings obtained in healthy adjacent tissue. Moreover, when these differences were neutralized by the careful administration of a weak current from an ordinary battery into the cancer, via the recording electrode, the tumor disintegrated completely. In some patients with metastatic lung cancers the size of a baseball, only one or two days of treatment were required, with no trace 12 years or more later.

In other patients, he was also able to administer certain chemotherapy drugs directly into the tumor, attaining concentrations thousands of times higher than could be achieved with conventional therapy, and without any side effects. Dr. Nordenstrom's credentials are impeccable. Now Emeritus Professor, he was formerly Chairman of the Department of Radiology at Karolinska Hospital and Chairman of the Selection Committee for the Nobel Prize in Physiology and Medicine. Several years ago, he published a large volume containing his theories about an electrical circulatory system in the body. One reviewer described it "as important as Harvey's discovery of the circulation of the blood." His technique is now being utilized by cancer specialists in many other countries, but is not yet available in the United States because of the lengthy F.D.A. approval process.

Recently, French researchers reported favorable results in electrotherapy for far advanced cancers of the head and neck. If only a few hundred molecules of the drug Bleomycin can penetrate into a cancer cell, it will kill it. However, the cell membrane can be a powerful barrier, and even giving large toxic doses of Bleomycin intravenously have no effect. However, if the tumors were zapped with only 100 microsecond electrical pulses delivered via electrodes after this drug was injected, half of the 34 "shocked" cancers disappeared completely within a few days. Others showed evidence of significant shrinkage, and now this treatment approach will be extended to other malignancies that fail to respond to conventional treatment.

Science, January 1992

Harnessing Electromagnetic Energies

In the early part of this century, Sears Roebuck catalogs offered all kinds of electromagnetic belts, devices and appliances that could allegedly cure everything from impotence, insomnia and baldness, to fatigue, infertility and menstrual complaints. Most of this was subsequently dismissed as quackery, but recent research is now confirming that such very weak magnetic energies can exert powerful effects, especially with respect to cell growth. Devices delivering such subtle forces are now frequently used to speed up the healing of fractures and soft tissue injuries. Various cranial types of application have been shown to be effective for the treatment of insomnia, depression, substance abuse and other stress-related disorders.

It was recently reported that a weak electromagnetic field designed to fluctuate at specified frequencies can also accelerate plant growth. Fava beans exposed to these carefully calibrated energies sprouted roots almost 25 percent larger than unexposed controls. The electrical engineering professor who obtained the patent for this process suggested that "if we can increase the root mass of plants in general, which we think we can, then plants can be much more resistant to stress conditions, such as drought." Increased exposure to energy emissions from high power lines have been associated with increased rates of leukemia and brain tumors in some reports. It is believed that these electromagnetic stimuli may speed up the intake of calcium ions, which play a crucial role in the process of cellular growth. Much more research is needed to learn how to harness these energy forces so that they will be productive, rather than destructive.

New York Times, 1-14-92

"The old believe everything; the middle aged suspect everything; the young know everything."

Oscar Wilde

Coffee, Chewing Gum and An "Apple a Day" Confusion

There are conflicting reports about the role of caffeine in cardiovascular disease, many of which suggest that coffee consumption could be hazardous for patients with coronary heart disease and hypertension. However, a new study shows that coffee drinking animals are less likely to develop tumors, possibly because caffeine can inactivate cancer causing free radicals.

We were always told that "An apple a day keeps the doctor away," but skeptics doubt this. They point out that apples contain acetaldehyde, phlorizone, certain glycosides and other potential

toxins and carcinogens, not to mention the hazards of alar, which is often used as a preservative. Children are usually warned to avoid chewing gum, presumably because it contains cavity-promoting sugar. However, according to recent research, chewing gum actually reduces cavity formation because it increases the flow of saliva which has protective properties. The Wrigley Company was so delighted that they promptly took out a full page ad proclaiming "Chewing gum. Think of it as preventative dentistry."

For years, patients with diverticulitis were told to stick to a strict low residue diet, and many physicians even prescribed mineral oil or vaseline to reduce the presumed irritating effects of roughage. However, a few decades ago it became apparent that the exact opposite appeared to be true, and now high fiber diets and fiber supplements are the treatment of choice.

Americans are becoming increasingly health conscious, and the food industry is eager to cash in on this. The flurry of claims and counter claims about the benefits of various items can be confusing for consumers, and it's often difficult to know what to believe. "Every cloud has a silver lining," but now even this is likely to have a trace of mercury, or perhaps even radioactivity.

Discover, 9-91

"New truths in science often begin as heresy, advance to orthodoxy, and end as superstition."

Thomas Huxley

Antifreeze from Fish?

The continent of Antarctica, which is larger than America, is covered by ice more than one mile thick. It is so cold that they put heaters in walk-in refrigerators to keep the beer from freezing. Since salt content and pressure factors lower the freezing point of water, the temperature of the sea under thinner ice shelves ranges from 28 to 29½ degrees, easily cold enough to freeze Mrs. Paul's products. Nevertheless a variety of fish seem to thrive at this below freezing environment. They also do well in experimental tanks at such temperatures, but promptly die if the water is warmed.

After years of painstaking dissection and chemical analysis, researchers have found that such fish are somehow able to produce an antifreeze protein which lowers the freezing point of body fluids enough to permit survival. At least a half dozen types of fish possess this antifreeze property, and similar proteins have also been found elsewhere in nature, ranging from midwestern beetle spiders to dandelions. Fish antifreeze has been estimated to be 200 times more powerful than an equal amount of Prestone, but how it works is not clear. Somehow the molecule appears able to bind to minute

crystals of ice swallowed by the fish as they swim. Researchers are now trying to identify and isolate the fish gene that makes these antifreeze proteins. The potential for such a discovery is enormous, and ranges from preserving hearts for transplants to creating freeze-resistant orange groves.

Wall Street Journal, 12-24-91

"New medicines and new methods of cure always work miracles for a while."

William Heberden

Cholesterol Controversy Continues

The link between cholesterol and coronary heart disease seems clear, but scientists are still arguing about what blood levels mandate the need for drugs, the benefit of such medication after the age of 60, and potential harmful effects in young children with respect to growth and development. Levels and ratios of good (HDL) and bad (LDL) cholesterol, apolipoprotein studies and triglyceride levels are believed by many to be much more important than cholesterol levels alone.

What advice should be given for the patient with a very high cholesterol, which primarily consists of cardioprotective HDL? Their laboratory reports may contain the predictive interpretation that the results indicate that they are at the very lowest risk for heart attack. Low fat and low cholesterol diets are rarely effective for these and other individuals, nor are they apt to be followed for a lifetime, much less a few weeks. There is growing wariness about the side effects and possible unknown hazards of long-term cholesterol lowering drugs.

In addition, some studies have reported a link between low cholesterol levels and violent behavior, suicide and cataracts. How young to treat, how old to treat, whether females should be treated differently from males, and what cholesterol levels mandate vigorous drug therapy, whether cholesterol values alone should be the criteria, remain controversial issues that have not been satisfactorily resolved.

JAMA, 2-5-92

Kids and Cholesterol Confusion

Atherosclerosis, the major cause of heart attacks, is clearly associated with elevated cholesterol levels, and begins relatively early in life. Autopsy studies on apparently perfectly healthy individuals in their twenties, who die suddenly as a result of injuries or accidents, frequently reveal a surprising (continued on page 6)

Kids and Cholesterol Confusion (continued from page 5)

amount of significant coronary artery atherosclerosis. Obviously, aggressive efforts to prevent these cholesterol deposits in coronary and other vessels need to be initiated at an early age to reduce subsequent disease. As a result, cholesterol tests during childhood are increasingly being performed to identify children at risk. However, their value in this regard is questionable. One study revealed that of all the ten-year-olds with higher than desirable levels, only half would actually require treatment ten years later. Statistics also reveal that of all the twenty-year-olds with cholesterol high enough to warrant intervention, only half would have been correctly identified at the age of 10.

Another problem is that experts cannot seem to agree on how early and how vigorously treatment should be started, and which approach is most effective.

The media blitz on cholesterol has included a host of promotional advertising for various oat bran and fiber cereals, fish oil supplements, low fat diets, etc. Unfortunately, some over-enthusiastic, trendy parents, especially those with a family history of heart disease, may be going overboard. In the ongoing Bogalusa heart study, the diets of 871 ten-year-olds were examined to determine if they satisfied recommended dietary and nutritional guidelines. Approximately one out of seven were on low fat diets consisting of less than 30 percent of total calories derived from fat, and less than 10 percent from saturated fat. Almost three out of four were not getting enough B vitamins, compared to only about one out of three children who were eating more meat and dairy products than contain these and other important nutrients. Dieticians also recommend that less than ten percent of total calories be derived from sugar. In the low fat group, this figure was 25 percent, compared to only 14 percent for the rest of the group. Low fat diets are usually also low in calories, and kids are apt to be hungrier and fill up on junk foods. In addition, they are hard to follow for an extended period of time, and usually do not result in dramatic reduction in cholesterol. Another important factor is exercise. Although the fat content of children's diets has dropped significantly in the past two decades, sedentary behavior is becoming more common and may contribute to obesity and fat deposits in many youngsters.

When to start drugs, and what kind to prescribe is another thorny issue. Cholesterol is a vital component for many of the building blocks required for growth and development, and aggressive attempts to lower it at too early an age could backfire.

USA Today, 2-3-91

Not This Weekend, Dear, I Have a Headache

Both tension and vascular headaches, like migraine, are frequently stress related. In some instances, cause and effect relationships are obvious, but attacks often occur during relatively relaxed periods, and are believed to result from a sudden change in stress levels. One example is the so-called "weekend headache," which is thought to stem from the sudden cessation of chronic, and sometimes severe stress sustained during the work week.

In a recent study of 151 consecutive patients complaining of migraine or tension headaches, the average age was 41, and 23 percent were males. All of the patients completed a lengthy questionnaire which inquired specifically about when they were apt to experience headaches, particularly with respect to working days, or on weekends and days off.

More than one out of five were in the "weekend headache" group. Thirty-two percent of the males were in this category, almost all of whom had migraine. In contrast, only 19 percent of females were weekend sufferers, and the majority had tension headaches. In general, migraine is more common in females whereas tension headaches are more prevalent in males. There are a number of possible explanations. Job stress may be more severe in men, and women are also much more apt to work weekends. Other factors such as weekend delays in wake-up time, missing breakfast because of sleeping late, caffeine withdrawal, and an increased consumption of alcohol at the beginning of the weekend may also be involved and may apply more to men than women. Further study of this "let up phenomenon," as it has been described in the literature, may provide effective strategies to prevent or lessen the "weekend headache" syndrome.

Lancet, 1-4-92

Aristotle defined pain as an emotion, Descartes described it as a sensation, and Nietzsche saw it as a forge from which strength emerges.

New Hope for Natural Drugs

Many important medications including aspirin, digitalis and quinine are derived from plants, trees, and other natural sources. Taxol, a new powerful anti-cancer drug, can be derived solely from the Pacific yew tree. Only an infinitesimal percent of possible substances that might be utilized to develop safe, powerful drugs have been investigated. Scientists and ecologists are increasingly concerned about the decimation of rain forests, which has resulted in

the extinction of many species of plant life with potentially important medical benefits.

Another major problem is the ability to screen and identify valuable substances. An individual plant may contain more than a hundred such chemicals. This may have been alleviated to some extent by a new test which is based on the observation that most drugs, if given in high enough doses, are lethal. In this procedure, tiny brine shrimp are exposed to potent plant extracts. If they die, it is likely that the plants contain chemicals which have some important physiological activity. To determine whether they have anti-cancer properties, they are then applied to plant tumors, and if the tumors shrink and die, the extracts are analyzed and separated into their various components for more detailed animal studies.

This new test procedure is much less expensive and quicker than current animal testing evaluations. The equipment only costs \$22.00, and \$30.00 buys enough brine shrimp to last a year. It has already led to the discovery of a potential anti-cancer drug and pesticide from the paw paw plant, which suggests that it is one million times more potent than the widely used cancer drug, Adriamycin.

The New York Times, 2-11-92

"Man must go back to nature for information." Thomas Paine

More on Stress and AIDS

The Acquired Immune Deficiency Syndrome (AIDS), as its name suggests, is characterized by marked suppression of the body's immune system which normally provides defenses against a host of viral and bacterial infections as well as certain malignancies. Individuals may be infected with the AIDS virus, but show no evidence of clinical illness for months or years, as in the case of Magic Johnson. A variety of factors may determine how rapidly the disease will appear and progress in such individuals, and growing evidence confirms that stress may be one of the most important. It has been well established that a variety of stresses can depress immune system function, and such a relationship was predicted some time ago. Conversely, a number of studies report that lowering stress levels can delay the appearance of signs and symptoms of AIDS in HIV patients who appear well, and also slow down its ravaging course.

Additional support for this comes from a recent study involving 86 homosexuals who had not been tested for AIDS and were apparently well. They were randomly assigned to a stress management relaxation training group, an exercise class, or a group that received no training. After five weeks, they were all tested for the HIV virus and notified of the results. Those in the control group who had just learned that they had the virus became extremely angry and depressed. Those in the relaxation and

exercise group, although obviously upset on learning the news, seemed to handle their misfortune much better. The stress reduction group was taught a variety of stress management techniques and also how they might be applied on a practical basis to deal with distressful events. This included deep muscle relaxation which they were told to practice on a daily basis. The exercise group did aerobic exercises three times a week for 45 minutes, such as riding stationary bicycles.

The researchers found that the immune status of those in the stress-reduction group actually improved, in the week after learning their HIV status, although there was no change in the control group. As the Director of the study noted, "we found that the more they practiced the relaxation exercises for the first five weeks of the study, the less depressed and anxious the men were when they found they were HIV positive and the higher were their helper cell counts." When 21 of the men who had positive tests for HIV were followed up two years later, four had died, one had AIDS, and five had symptoms such as fungus infection, which was thought to represent a precursor of a full blown disease. Further analysis revealed that all of these individuals had been among the least diligent in practicing stress-reduction techniques or their aerobic activities. The increase in helper cells that resulted from practicing stress-reduction techniques was similar to what might have been expected over the same period in patients receiving AZT, currently the most widely used drug for AIDS.

New York Times, 2-9-92

PTSD Proliferating

Several presentations at our Fourth International Montreux Congress on Stress confirmed that post-traumatic stress disorder is much more common than previously appreciated. Although post traumatic stress reactions were described in ancient Greek and Roman literature in warriors that survived battlefield experiences, and vividly portrayed in Shakespeare's King Henry IV, the true incidence and severity of this malady has only recently been recognized. PTSD came into prominence and is generally associated with Viet Nam veterans, and was first acknowledged to be a distinct psychiatric diagnosis only a decade ago, primarily because of pressure on Congress to help these individuals. However, it is now clear that civilians, especially rape victims and children, are also frequently affected. A recent survey of young adults in the Detroit area found that almost one in ten had developed PTSD at some time in their lives. In another study of surviving Korean War POWs, 90 percent still suffered from post-traumatic stress disorder more than 35 years after release.

Science News, 12-21-92

Book Reviews • Meetings and Items of Interest

Behavioral Medicine: Psychological Treatment of Somatic Disorders, Papteln, A.A.; van der Ploeg, H.M.; Garssen, B.; Schreurs, P.J.G. and Beunderman, R.; eds, John Wiley & Sons, New York, 1990, 286 pp., \$89.95.

This attractive volume emanates from the Netherlands, and represents "an expanded and updated version" of a 1986 volume published in Dutch. Unfortunately, this "upgrade" is not always apparent. The chapter on insomnia has not included some of the important advances in this area; most of the references are more than 15 years old, the most recent being a single 1986 citation. The topics range from cardiovascular disease, cancer and diabetes, to eating and gastrointestinal disorders, chronic pain and headache, and nocturnal enuresis. The chapter on skin disease provides interesting insights, but unfortunately overlooked the important contributions of Farber and his group in the discussion of psoriasis. In this regard, some of the presentations might have been enhanced by more discussion of possible mechanisms of action, rather than concentrating primarily on anecdotal observations. The introductory chapter outlining the origins and development of the concept of behavioral medicine is of historical interest and helps to set the tone of this volume. It is followed by "Health Psychology in hospital settings," an important subject that has been relatively neglected in the United States. Other contributions also provide somewhat different perspectives that are both refreshing and stimulating. The figures and illustrations in this attractive book are of high quality, and overall, it lives up to its goal of demonstrating and explaining how a patient's behavior and opinion may influence not only the course, but the treatment of their illness.

Meetings and Items of Interest

April 2-5, Memorial Sloan-Kettering Cancer Center—Pain and Symptom Control, New York, NY, (212) 639-6754.

April 3-4, Scripps Clinic & Research Foundation—Pharmacotherapeutics in Clinical Sleep Medicine, LaJolla, CA, (619) 554-8556.

April 3-5, 7th Annual International Conference on The Positive Power of Humor & Creativity, Saratoga Springs, NY, (518) 587-8770.

April 10-11, U. of California—The Cutting Edge 1992—Erotic Mysteries: Intimacy, Sexuality and Gender in the 90's, San Diego, CA, (619) 565-9921.

April 10-12, American College of Emergency Physicians—Emergency Medicine Burnout: Guidelines for Survival, Williamsburg, VA, (804) 966-5966.

April 10-14, U. of California—The Power of the Art: Introduction to Medical Hypnosis, San Diego, CA, (619) 481-9537.

April 17, Assn. for Advancement of Mental Health Research & Education—Computer Applications in Mental Health Research & Education—Computer Applications in Mental Health: 1992, Indianapolis,

IN, (317) 634-8401, x583.

April 23-25, American Academy of Medical Hypoanalysts—Anxiety, Panic Disorders, Post-traumatic Stress Disorders & Agoraphobia, Chicago, IL, (800) 344-9766.

April 23-26, Med. College of Georgia—International Pain Symposium, Atlanta, GA, (800) 221-6437.

April 24-26, Albert Einstein Coll. of Medicine, 5th International Conference on Eating Disorders: Research and Clinical Findings, N.Y., NY, (212) 920-6674.

April 25-May 9, American Inst. of Medical Education—Creativity and Madness: Psychological Studies of Art and Artists, Museum Visits, Italy, (818) 789-1029.

April 26-May 11, International Medical Seminars—Stress Reduction Workshop, Asia Minor, Turkey, (805) 686-1165.

April 28, JHU—6th Annual Mood Disorders Symposium, Baltimore, MD, (301) 955-2959.

May 2-8, American College of Occupational Medicine—American Occupational Health Conference: Health of the Worker, Washington, DC, (708) 228-6850, x19.

May 9-14, College of Family Physicians of Canada and British Columbia Chapter—13th WONCA World Conference on Family Medicine, includes Workshop on Physician Well-being, (416) 493-7513.

May 13, McMaster U.—Stress Management Level 1, Hamilton, Ont., (416) 525-9140, x2219.

May 13-15, Northwest Center for Occupational Health & Safety—Occupational Hazards to Health Care Workers: Latest Research and Prevention Strategies, Seattle, WA, (206) 543-1069.

May 14, Texas Academy of Family Physicians—Behavioral Medicine, Anxiety Disorders, Obsessive-compulsive Disorders, Elderly Injuries, Attention Deficit, San Antonio, TX, (512) 451-8237.

May 16, American College of Emergency Physicians, Maryland Chapter—Revitalization for Emergency Professionals and Spouses: A Day of Enhancement, Baltimore, MD, (301) 727-2237.

May 18, American Medical Seminars—Physician Stress: Causes, Manifestations and Solutions, Sarasota, FL, (813) 388-1766.

May 28-29, U of Pittsburgh School of Medicine—Psychiatric and Psychosocial Aspects of Organ Transplantation, Pittsburgh, PA, (412) 624-0701.

May 28-31, U of British Columbia—Low Back Pain: A Multidisciplinary Approach, Whistler, BC, (604) 822-2626.

May 29-31, Dannemiller Memorial Educational Foundation—Pain From the Neck Up, Boston, MA, (800) 328-2308.

June 14-19, First World Congress for Electricity and Magnetism in Biology & Medicine, Orlando, FL.

Aug. 17-21, Hans Selye Symposia on Neuroimmunology and Stress Advances in Psychoneuroimmunology, Satellite Meeting of the 8th International Congress, Budapest, Hungary. In North America (204) 788-6320, In Europe 36-1-185-2255.

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