Aspirin Cuts Risk of Heart Attack

New research shows that taking an aspirin every other day can reduce a healthy man's risk of a heart attack by nearly half.

The study of more than 22,000 male physicians, sponsored by the National Heart, Lung, and Blood Institute, shows for the first time that aspirin reduces the risk of heart attack in healthy individuals.

Results of the study, announced at a recent press conference at NIH and published in the New England Journal of Medicine, were so dramatic that the study was ended three years early so the results could be announced.

In 1982 Dr. Charles H. Hennekens of Harvard Medical School and Brigham and Women's Hospital invited the 261,248 male physicians ages 40 to 84 in the United States to participate in the study. After screening for history of heart attack, stroke, cancer, current liver or kidney disease, peptic ulcer, or gout, Hennekens said, 22,071 physicians were included.

They were given either aspirin or a placebo every other day for almost five years. Of the 11,037 who took aspirin every other day, 104 had heart attacks, five of them fatal. Of the 11,034 who took placebos, 189 suffered heart attacks, 18 of them fatal.

Those taking aspirin were found to have cut their risk of heart attack by 47 percent.

"It was found that aspirin provided a clear beneficial effect on nonfatal and fatal myocardial infarction. Healthy male physicians who took an aspirin tablet every other day significantly reduced their risk of fatal and nonfatal heart attacks," Dr. Claude Lenfant, director, NHLBI, told reporters at the press conference.

Aspirin is thought to inhibit the formation of blood clots, which can block the flow of blood to the coronary arteries and cause heart attacks.

Both Lenfant and Hennekens urged patients to discuss their individual risk of heart attack with their physicians before taking aspirin as a preventive measure. In some cases use of aspirin seems to increase the likelihood of stroke.

Heart attacks are the leading cause of death in the United States, killing more than 500,000 persons each year.—Blair Gately
Nutter Retires from NIAID

Dr. John E. Nutter, medical microbiologist and health scientist administrator with the National Institute of Allergy and Infectious Diseases for 15 years, retired Jan. 2.

Nutter began his service with NIAID in 1972 as chief of its Research Resources Branch. There he directed a program for the development, certification and distribution of Diseases for 15 years, retired Jan. 2.

National Institute of Allergy and Infectious experiments for recombinant DNA technology organized and managed the operation of Research and Facilities, Nutter planned, Branch. There he directed a program for the microbiology, allergy, and immunology.

Later, as chief of the Office of Specialized Research and Facilities, Nutter planned, organized and managed the operation of NIAID's P-4 maximum containment laboratories where the initial risk assessment experiments for recombinant DNA technology were carried out. In conjunction with the NIH Recombinant DNA Program Advisory Committee, he also formulated and executed a program to develop safer host and vector systems for use by recombinant DNA investigators. For this major contribution, he was awarded the NIH Director's Award in 1979.

In 1986 he joined the newly established NIAID extramural AIDS Program as chief of the Vaccine Branch. He initiated a program of grants, cooperative agreements, and contracts to support research on AIDS vaccines and related areas.

Prior to joining NIAID, Nutter was microbiology project leader with the U.S. Army Biological Laboratories at Ft. Detrick and

immunology project director with the Armed Forces Radiobiology Research Institute in Bethesda.

Born in Pennsboro, W. Va., Nutter earned the B.S. degree from Alderson-Broaddus College, the M.S. degree in bacteriology from West Virginia University, and the Ph.D. degree in microbiology from the University of Virginia.

Nutter plans to continue his association with biomedical research activities and has joined Program Resources, Inc., operations and technical support contractor at the Frederick Cancer Research Facility, in a managerial position.—Jeanne Winnick

DCRT Seminars Offered

The DCRT Training Program is sponsoring several short seminars on computer-related topics during the month of February.

- KERMIT—Feb. 22, 1-4 p.m. Bldg. 12A, Rm. B51
  KERMIT is a software package used for downloading and uploading from the Mainframe to the PC. Topics to be covered include how to install KERMIT on the PC, how to use KERMIT, and the commands used with it.

- BITNET—Feb. 26, 1-4 p.m. Bldg. 12A, Rm. B51
  BITNET is an International Communication Network. Topics to be covered include how to get started using BITNET, sending and receiving mail and files, nodes and members, and differences between BITNET mail and WYLBUR mail.

To register for these seminars, please contact the DCRT Training Unit at 496-2339, TDD 496-8294. No formal application is required.

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NIH Record Office
Bldg. 31, Room 2B-03
Phone 496-2125

Editor
Richard McManus

Office of Specialized Research and Facilities

Staff Writers
Anne Barber
Blair Gately

Bitnet Coordinator
Jeanne Winnick

Editorial Assistants

Maryland Berman

CC, Diane Price

DCRT, Joan Ackerman

DRG, Sue Meadows

DAU, Michael Flaherty

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NLM, Roger L. Gillenson

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flow to Moscow from American and other western scientists urging that the Soviet Union authorize Goldfarb's release. One letter was signed by more than 100 scientists, including 16 Nobel Prize winners. To protest the Soviet government's refusal to let Goldfarb emigrate, a number of American and European scientists stayed away from an important Moscow conference.

But even this scientific support could not override the power of the KGB.

Finally, the president of the Soviet Academy of Sciences sought to end further international scientific protest. "He went to Soviet leader Yuri Andropov," Goldfarb recalled. "I understand that Andropov leafed through papers in my folder, closed the folder, and said 'Nyet.'

"I then went to Yuri Ovchinkov at the academy. I told him if I could not leave, could I please have work? And for the next year, I worked as a consultant in my old institute.

"While it was difficult to wait many years for exit permission," Goldfarb said, "Once I heard about Andropov's answer, and I again obtained work, life was better."

Psychological pressures began to mount on Goldfarb, though, as the KGB approached him in 1984 with a scheme to implicate U.S. News and World Report Moscow correspondent Nicholas Daniloff in a spy set-up. Goldfarb refused to cooperate. He later told reporters about the episode, offering proof that Daniloff's arrest in 1986 on spying charges had been a KGB scheme long in the making.

As months went by, Goldfarb's health declined. Due to complications from diabetes, which he has had since the early 1950s, his right foot was amputated.

Finally, in October 1986, Dr. Armand Hammer, the industrialist with decades-long connections to the Kremlin, intervened. Goldfarb, the Soviets—now led by Mikhail Gorbachev—relented, and Hammer offered to fly Goldfarb in his private plane to the United States.

Hammer visited Goldfarb in the hospital.

"He asked me if I wanted to go with him to the United States. I said 'no,'" Goldfarb recalls, "not without my wife." Hammer then went to find Cecilia at home. "My wife said, 'Okay,' and we flew with Dr. Hammer to New York on October 16."

With them, hurriedly packed with clothes and personal belongings, came the wartime medals that both husband and wife earned—he as doctor, she as nurse—at the Battle of Stalingrad in 1942.

On the night of Nov. 17, 1942, Goldfarb (who had received his M.D. in Moscow in 1944) was in charge of medical service in an artillery battalion. "When I had wounded soldiers, it was my job to give them first aid and organize their evacuation," he recalled.

It was bitterly cold, and ice clogged the Volga River that flowed through the city. Intense fighting broke out as Soviet forces attacked German units that were trying to occupy Stalingrad on the right bank of the river. From the left bank, Soviet artillery battered the enemy.

Amid shellfire from both sides, Goldfarb and his unit went by boat back and forth across the Volga to two small islands in the middle, tending the wounded and then evacuating them.

"Just as I stepped off the boat returning to the left bank with wounded soldiers, an artillery shell landed near us and I was hit in the knee," he said. He was later transported to a field hospital; one month later his left leg was amputated.

"I received many medals," he remembers, "but the most special are the Order of the Patriotic War, First Degree, and the Combat Service Medal."

Cecilia Goldfarb volunteered to serve at the front in 1941 after one year of medical study at the Moscow Institute. At Stalingrad, she served as a surgical nurse in a first aid battalion, treating wounded soldiers before they were operated on. She was awarded the Order of the Patriotic War, Second Degree.

The Goldfarbs did not meet on the battlefield, though; they met and were married in Moscow in 1945 and soon began successful careers at the Academy of Sciences. For 20 years, Cecilia practiced ophthalmology at the academy clinic. The Goldfarbs have a daughter, Olga, who lives in Moscow with her husband and two daughters. Their son Alex now lives in New York, with his wife and infant son.

Asked to make a general comparison between U.S. and Soviet scientific research institutions, Goldfarb said that while several in Moscow compare favorably with those in the West in terms of experimental potential and good working conditions, there are many more whose research capabilities are perhaps 40 years behind.

"We have no institution comparable to the Fogarty International Center in Moscow," Goldfarb said. "I'm very impressed by the relationship between people here. There is such a constant willingness to help, and to explain."

While winter may seem long and too white to many at NIH, the Goldfarbs say they are happy to have the campus covered with snow, and they like the cold. To them, it feels like home.
NCI Holds Awards Ceremony

(Continued from Page 1)

At the NCI awards ceremony held recently, NCI director Dr. Vincent T. DeVita, Jr., presented awards to the following employees:

The Public Health Service Citation

Dr. Mark A. Israel, Head, Molecular Genetics Section, Pediatric Branch, Division of Cancer Treatment—"for his unsurpassed record in identifying and recruiting qualified personnel from among various racial and ethnic groups and promoting their career goals."

Dr. Leslie P. Boss, Epidemiologist/Public Health Advisor, Cancer Control Applications Branch, Division of Cancer Prevention and Control—"for outstanding performance in contributing to the development of quality cancer prevention and control programs in public health departments."

The NIH Award of Merit

Dr. John A. Cooper II, Chief, Extramural Programs Branch, Epidemiology and Biostatistics Program, Division of Cancer Etiology—"for his ability to recognize scientific opportunities in cancer etiology and to focus extramural resources for the National Cancer Program."

Dr. Joseph W. Cullen, Deputy Director, Division of Cancer Prevention and Control—"for dynamic leadership in the development of effective research and health promotion programs to reduce tobacco-related cancer deaths."

The EEO Special Achievement Award

Dr. Carlos Caban, Acting Chief, Cancer Control Applications Branch, Division of Cancer Prevention and Control—"for his exemplary leadership in developing and promoting an understanding, creative and productive environment for his entire staff with special sensitivity to handicapped personnel."

The EEO Special Contribution Award

Dr. Claudia R. Baquet, Chief, Special Populations Studies Branch, Division of Cancer Prevention and Control—"for serving as Chairperson for the NCI Minority Recruitment Task Force and assisting the NCI EEO Office in networking activities aimed at increasing minorities in the workforce."

The EEO Office in the development of effective recruitment efforts and enhancing the Institute’s network with minority organizations and academic institutions."

J. Michael Stump, Chief, Information Resource Management Section, Biostatistics Branch, Division of Cancer Treatment—"for her participation with the NCI EEO Office in special recruitment efforts and enhancing the Institute’s network with minority organizations and academic institutions."

The Graphics and Audiovisual Section, Office of Cancer Communications, Office of the Director—"for outstanding professional assistance to the NCI EEO Office in the development of artwork and reproduction projects."

DeVita added that, in fact, all NCI employees were recently honored. The National Coalition for Cancer Research presented a gold medal to the Executive Officer of the Institute in recognition of the contributions of all NCI employees.
Scientists Mourn Dr. Li

Dr. Choh Hao Li, professor emeritus and director, Laboratory of Molecular Endocrinology, University of California at San Francisco, died on Nov. 28, 1987, following several months of illness. Li had been chosen as a Fogarty Scholar-in-Residence and would have begun his scholarship at the NIH in May 1988.

Li was well known for his research on pituitary hormones. He was the first to isolate several of the pituitary hormones including growth hormones from cattle, sheep and human glands. In recent years, he was first to isolate and determine the structure of β-lipotropin, a large pituitary protein that contains the sequences of the endorphins and the corticotropins. Today we know that the precursor of the β-lipotropin is prepromelanocortin, which has been the subject of many investigations by scientists worldwide leading to elucidation of the gene structure and its sequence. Li's pioneering work laid much of the basis for contemporary advances in our knowledge of the molecular biology of pituitary function.

Li taught more than 100 graduate students and postdoctoral fellows during his 47 years on the faculty of the University of California. His students today hold important positions in scientific research institutions and universities in more than 20 countries. His death is a great loss to science.

Born in Canton, China, Li received a B.A. in chemistry from the University of Nanking in 1937 before the Japanese invasion of China. He left China to attend the University of California at Berkeley where he studied under the late Gilbert N. Lewis. He was granted a Ph.D. in chemistry in 1940.

Li is survived by his widow, Annie of Berkeley, California, three children and several grandchildren. The late Dr. Choh-Ju Li, his younger brother, was for many years a member of the NICHD research staff.

Li was a member of the National Academy of Sciences and many other institutions in the U.S. and abroad. He was the recipient of numerous awards, prizes and honorary degrees, including the Lasker Award, the Nichols Medal of the American Chemical Society and the Koch Award of the Endocrine Society.

Genetics of Childhood Disease Seminar
To Honor James Sidbury, Feb. 25–26

A seminar highlighting topics in the genetic basis of childhood diseases will be held Feb. 25 and 26 in honor of pediatric genetics researcher Dr. James Sidbury. Sidbury spent the last 12 of his 40-year medical career in the intramural research program of the National Institute of Child Health and Human Development.

Titled “Genetics and Development,” the 2-day seminar will cover a range of research topics relating to the genetics of growth and metabolic disease in pediatric patients. The seminar will be held in Wilson Hall, Bldg. 1, and talks will begin at 9:30 a.m. on the 25th and 9:00 a.m. on the 26th.

An expert in disorders of carbohydrate metabolism, Sidbury joined the NICHD in 1975 as scientific director of the intramural program following research positions in pedi­atr­ic medicine at Johns Hopkins University and Duke Medical Center. He focused his studies on the glycogen storage diseases, authoring several texts and scores of scientific papers on the subject. In 1982, Sidbury continued his genetics research as head of the section on disorders of carbohydrate metabolism in the NICHD's Human Genetics Branch. There he pursued his interest in the metabolic defect in Prader-Willi syndrome and developed simple, effective therapies for glycogen storage diseases.

Born in Wilmington, N. C., Sidbury received his undergraduate degree from Yale University in 1944 and his medical degree from Columbia University in 1947. After completing his internship and residency training, he practiced pediatrics in Wilmington until joining the staff at Johns Hopkins in 1955.

Sidbury is a member of the American Academy of Pediatrics, the Society of Pediatric Research, and the American Society of Human Genetics. He was a founding member of the Lawson Wilkins Pediatric Endocrine Society. In 1983, he received the DHHS special achievement award for outstanding clinical research in pediatric diseases.

Can Success Be Measured?

The STEP Committee will present the next in its Forum series on Wednesday, Feb. 17 in Wilson Hall, Bldg. 1, 2–4 p.m. The topic for discussion is “Mystique of Program Evaluation: Can Success Be Measured?”

Dr. Norman Braveman, OD, Thomas Val­ega, NIDR, and Jack McLaughlin, NEI, will share their perspectives on program evaluation efforts and suggestions for future evaluative formats that may enable NIH to determine if a program, once planned and implemented, is a success or failure.

The Forum series is open to all NIH professional and support staff. No preregistration is required. For additional information, contact the STEP office, 496-1493.

Blacks in Medicine

An exhibit on “Blacks in Medicine: The Institutional Setting” will be on display in the National Library of Medicine’s lobby (Bldg. 38) through May 15.

The exhibit, which opened Feb. 1, was prepared by the library’s Equal Employment Opportunity advisory committee as a contribution to the celebration in February of Black History Month.

A bibliography on the history of blacks in American medicine has also been prepared to accompany the exhibit. Single copies of the bibliography are available without charge by writing to the Chief, History of Medicine Division, NLM, Bethesda, MD 20894.

The library’s hours: Mon.–Thur. 8:30 a.m. to 9 p.m.; Fri.–Sat. 8:30 a.m. to 5 p.m.; closed Sunday.
Dr. Fred H. Bergmann Retires; NIGMS Genetics Program Director

Dr. Fred H. Bergmann, director of the NIGMS Genetics Program since its inception, retired recently after almost 27 years of NIH service, 22 of which he spent with NIGMS.

Bergmann came to NIGMS in 1966 to administer programs in molecular biology and bioenergetics in the Research Grants Branch. "I decided to join NIGMS because I was interested in administration and broad aspects of biomedical science," he said. In 1972, he became director of the newly formed Genetics Program.

"The field of genetics blossomed during the years in which Dr. Bergmann served as the first director of the Genetics Program," noted NIGMS director Dr. Ruth L. Kirschstein. "One of the most significant achievements was the development of recombinant DNA technology, which has led to the new biotechnology industry. Dr. Bergmann's intelligence and knowledge of science will be greatly missed."

Led by Bergmann, the Genetics Program also developed several significant research resources. In 1972, the program established the Human Genetic Mutant Cell Repository at the Coriell Institute for Medical Research in Camden, N.J. The repository stimulates and facilitates research on human genetic disorders by freeing scientists from the task of locating suitable cell donors and establishing cultured cell lines.

In 1983, the Genetics Program created GenBank®, a computerized data bank of information about the order of subunits of the genetic material DNA and RNA. GenBank® allows scientists to study similarities between the sequences of different genes, examine the role of mutation in disease states, and understand better how certain genes may have evolved.

Bergmann also served as a member of the NIH Grants Associates Board from 1977 to 1979. In addition, he spent 5 months in 1979 helping the Congressional Office of Technology Assessment evaluate the impact of existing and emerging applied genetic technologies.

Born in Feuchtwangen, Germany, Bergmann came to the U.S. in 1939. He received his B.S. and M.S. degrees from the Massachusetts Institute of Technology and his Ph.D. from the University of Wisconsin.

Bergmann received several special honors for his contributions to the field of genetics. These include the 1974 HEW Superior Service Honor Award and the 1983 Citation for Meritorious Executive Rank.

He is also a member of Sigma Xi, the American Society of Human Genetics, and the Genetics Society of America. —Wanda Wardell

New NIAMS Appointments Announced

Dr. Julia B. Freeman, health scientist administrator, has been appointed centers program director for NIAMS. She was formerly diabetes research program director for NIDDK. Before joining NIH in 1983, Freeman was professor of pharmacology at Indiana University School of Medicine. She received her undergraduate degree from Radcliffe College and her Ph.D. in biochemistry from Indiana University.

Dr. Tommy L. Broadwater has been appointed chief of NIAMS' Review Branch Extramural Activities Program. He was formerly executive secretary in the Review Branch of the institute. Before joining NIH in 1980, Broadwater was a member of the faculty at Howard University. He received his undergraduate degree from Blackburn College in Carlinville, Ill., and holds a Ph.D. in physical chemistry from Case Western Reserve.

Diane M. Watson has been appointed grants management officer for NIAMS. She was formerly deputy chief of the Grants Operation Branch of NHLBI. Watson received her undergraduate degree from American University and holds a master of business administration degree from the same university.
February is Black History Month

The national observance of Black History Month takes place during February each year. The NIH 16th Annual Black History Observance will be held on Friday, Feb. 29, from 11:30 a.m. to 1 p.m., in Masur Auditorium, Bldg. 10.

The program will feature Dr. Alvin Poussaint, noted psychiatrist, author, and educator from Harvard University, and Noel Pointer, noted pianist, vocalist, and jazz musician.

Further information will be published in the next edition of the NIH Record. For additional information, contact Irene Peyton, Division of Equal Opportunity, 496-6301.

NIDR Seeks Volunteers

The National Institute of Dental Research is seeking healthy men and women between the ages of 18 and 45 years who have no history of cardiovascular disease or chronic pain problems to participate in a study examining the effects of relaxation on sensory perception and physiological responses to stressors.

Participants will be paid.

For further information call Alexandra Gaughan, 496-5483, 8-4:30 p.m., M, T, Th; 8-12 noon, W, F.

Baltimore Van Pool Needs Riders

A van pool operating between Baltimore and NIH has several openings for new riders. The van departs from Westview shopping center near Route 40 West in Catonsville each day at 7 a.m. It leaves NIH for the return trip around 5:15 p.m.

The service is able to accommodate riders who work at the Naval Medical Center and at locations in downtown Bethesda, as well as the NIH campus. Shirley Gregg has full details at 496-4506.
NICHD Celebrates 25th Anniversary

NICHD's 25th anniversary was celebrated during its recent National Advisory Child Health and Human Development Council meeting. The institute's past directors posed with Dr. Duane Alexander (top, right), the present director, and Dr. Antonia Novello (top, center), deputy director. The former directors spoke about research highlights and anecdotes of their tenure at NICHD. They are: Dr. Robert Aldrich (top, left), 1963-64; (front row 1 to r) Dr. Donald Harting, 1965-66; Dr. Norman Kretchmer, 1974-81; and Dr. Gerald LaVack, 1966-73.

Dr. Michael Zasloff (r), the NICHD scientist who recently discovered the substance in frog skin that may lead to a new generation of antibiotics, concluded the program by describing this discovery and its potential applications. Alexander presented the PHS Commendation Medal to Zasloff.

Dr. D. Lynn Lorincz, NICHD clinical director, reviewed the institute's landmark work in developmental endocrinology.

Alexander (r) also presented plaques of appreciation to three of NICHD's long-term grantees (from l): Nobelist Dr. Stanley Cohen, a biochemist at Vanderbilt University; Dr. Maria New of Cornell University Medical Center, a pioneer researcher in congenital adrenal hyperplasia; and Dr. John Money of Johns Hopkins University, a specialist in psychosexual development.

Alexander (r) presented a plaque to Dr. Robert E. Cooke, who was one of the motivators behind the creation of the NICHD. He reflected on the "Conceptualization, Gestation, and Birth of a New Institute." He is professor and chairman of the department of pediatrics at the State University of New York in Buffalo.