

Major U.S. Cancer Meeting Slated Here

Representatives from all of the country's 17 comprehensive cancer centers and from a leading cancer research center in Russia will attend a Cancer Centers Conference here Wednesday and Thursday.

More than 70 people will take part in the event.

The conference will open at 9 a.m. Wednesday with a welcome by Dr. Ewald Busse, director of Medical and Allied Health Education at Duke.

Here is the program for the two days:
APRIL 9

9:10 a.m. — "Basic Research in a Cancer Center," by Dr. Wolfgang Joklik, chairman of Duke's Department of Microbiology and Immunology.

9:30 a.m. — Panel discussion on "The Cancer Center Data Base." Panelists will be Dr. Guy Newell, assistant director of the National Cancer Institute (NCI), who will be moderator; Dr. John Laszlo, professor of medicine at Duke;

and Dr. John H. Schneider, director of NCI's International Cancer Research Data Bank Program.

11:10 a.m. — "Opportunities in Epidemiologic Studies in Cancer Centers" by Dr. Bernard G. Greenberg, dean of UNC's School of Public Health.

11:40 a.m. — "Environmental Carcinogenesis" by Dr. David Rall, director of the National Institute of Environmental Health Sciences.

1:30 p.m. — "Concerns of Industry

Related to Carcinogenic Hazards" by Dr. Perry J. Gehring, director of Toxicology Research Laboratories, Dow Chemical Co.

2 p.m. — Presentation by Dr. Nikolai P. Napalkov, director of the Petrov Scientific Institute of Oncology in the Soviet Union.

4:10 p.m. — "Status of Organ Site Research Programs of the National Cancer Institute" by Dr. Arnold Brown, professor of pathology at the Mayo Clinic.

4:40 p.m. — "Safety Requirements for Hazardous Agent Research by Dr. Darell Bigner, associate professor of pathology at Duke and chairman of the Animal Laboratory and Isolation Facility (ALIF) Committee.

5:10 p.m. — tour of ALIF.

APRIL 10

8:30-10 a.m. — Panel discussion on "Interaction of the Cancer Center with the Community." Panelists will be Dr. Denman Hammond of the University of Southern California (moderator), who will discuss "Interaction with Community Hospitals;" Dr. Harold Rusch of the University of Wisconsin, "Lay and Professional Education Activity;" and Alan Rhone of NCI, "Use of Communications Media."

10 a.m. — "Cooperative Programs of the National Cancer Institute and the American Cancer Society" by Charles R. Ebersol, director-at-large of the American Cancer Society.

10:40 a.m. — "Clinical Research Opportunities and Problems in Comprehensive Cancer Centers" by Dr. John Durant, director of the Comprehensive Cancer Center at the University of Alabama.

11:10 a.m. — "Evaluation of Progress in a Comprehensive Cancer Center" by Dr. John Yarbrow, director of NCI's Cancer Centers Program.

11:40 a.m. — "Federal Support of Training Programs" by Benno Schmidt, chairman of the President's Cancer Panel.

1:30 p.m. — "Current USA Cancer Statistics" by Dr. Sidney Cutler, acting head of NCI's Demography Section.

2 p.m. — "Categorical Research Centers; Impact on Departmental Structure of Medical Schools" by Dr. William G. Anlyan, Duke's vice president for health affairs.

2:30 — Panel discussion on "Resource Needs of Cancer Centers." Panelists will be Dr. Albert Owens of

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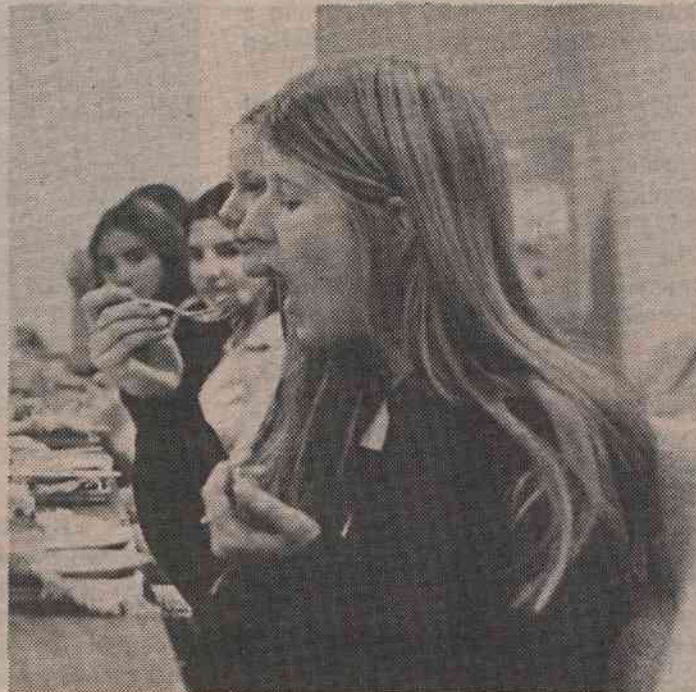
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DURHAM, NORTH CAROLINA



WESLEY CLARK



LIZ JONES

Foolproof Diet: Slow Motion Eating

By William Erwin

Fifteen-year-old Liz Jones learned a foolproof way to lose weight not long ago.

She learned it thanks to a working mother named Barbara Echols who's just declared war on teenaged obesity and early deaths.

The method is slow motion eating. Liz and nine other teenagers tried it one Saturday morning in a medical center conference room.

Liz eyed the spinach souffle and carrot salad on her plate; she sniffed the blend of aromas; then she lifted a forkful of cheesy spinach to her mouth.

Laying her fork down, she chewed exactly 20 times. Her fellow students from the Carolina Friends School followed suit.

"Is this the way wine tasters taste their wine?" she'd ask later.

The group members munched through the meal at the same drowsy cadence—18, 19, 20!

"How many of you feel more filled up than you thought you would?" Duke's Dr. Susan Schiffman wanted to know when they were half finished.

Every hand went up.

"It's absolutely amazing," said Dr. Schiffman, the medical psychologist who'd taught the method that morning. "When I restrain myself for a week, I have been able to cut my calories by one-fourth and feel more full (than before)."

Liz made a mental note.

"I just have this thing about two or three pounds that come on and go off," she said. "If I can just eat more slowly and appreciate my food more...I'll have it made."

Appreciating healthy food more is exactly what the 10 kids in the room—and 10 others—have been doing since the first week in December.

That's when Ms. Echols, the medical center's chief of grants and contracts, first brought them together to test a new way of teaching nutrition.

The way the subject is taught in most schools is "ghastly," she said. "It's too often been tacked onto some other course you get only on a rainy day. There's been a lot of non-relevant material taught."

So the energetic mom decided to set things straight by designing a course of her own. She gathered insights first hand—as a mother of two girls, 12 and 15; as the wife of Dr. William G. Anlyan, vice-president for health affairs; as a member of a nationwide task force on consumer education; and as author of a book on teenaged nutrition to be entitled "Diet is a Four-Letter Word."

She could have focused on pre-schoolers who are just beginning to form their eating habits, she said, but decided on teenagers instead for several reasons.

"Once you put on that weight as a teenager, you're less likely to take it off," she said. Adolescents, too, are

"beginning to accept sole responsibility for their whole lives" and thus are keenly interested in topics they feel directly affect them.

"More importantly," said Ms. Echols, "many of them are soon going to be parents who will influence their own

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Two Levels of Parking Garage Closed to Employee Vehicles

Harry E. Gentry, manager of parking and traffic at the medical center, has announced that hospital employees will no longer be allowed to park their cars on the first two levels of the parking garage after this week.

The decision to prohibit such parking came after word reached his office that patients and visitors were having difficulty finding parking spaces in the garage.

He indicated that some patients have been made late for medical appointments as a result of the filled spaces.

"The patient and visitor traffic load has increased," he said on Monday, "and the parking garage is the only place they have to leave their cars near the hospital."

"Although we'd like to be able to allow employees to park there when it's

convenient for them, patients and visitors come first. If there's no room for them, there's no need for any of us to come to work," he added.

Gentry said public safety officers will issue warning tickets to employees for a week after this notice appears. After the grace period, regular parking citations will be placed on vehicles determined to belong to employees.

If the ticketing of autos doesn't prove successful in alleviating the problem, he said a towing policy would have to be announced.

Gentry said that female employees will still be allowed to park in the garage after 2:15 p.m. and male employees will still be allowed to park there after 5 p.m.

There is no charge for this service to night personnel if they have their cars registered because the patient and

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