



CO-AUTHORS CONVERSE—Barbara Echols, coordinator of special and regulatory programs at the medical center, and Dr. Jay Arena, professor of pediatrics, got together in mid-November to be photographed with their new book, "The Commonsense Guide to Good Eating." Echols said

she got the idea for the 174-page paperback after observing a surprising number of overweight youngsters in a clothing store. Arena, a nationally-recognized expert on accidental poisoning, contributed information on food safety. (Photo by Thad Sparks)

HEW renews training grant

The Department of Health, Education and Welfare has awarded the medical center an additional year of funding for an interdisciplinary health team training project.

The project was established in 1977 as a joint venture of residents of the Parkwood community and the department of community and family medicine.

The interdisciplinary team, consisting of a family nurse practitioner, clinical psychologist, community health facilitator and physicians from the Pickens Family Clinic, provides health care to residents through a clinic in the southern Durham County community.

The amount of the grant is \$117,739. The program director is Dr. Michael Hamilton, assistant professor of community and family medicine and chief of the Division of Health Team Development. Dr. John P. Hansen, assistant professor of community and family medicine and director of University Health Services, is co-director.

Overweight youngsters inspired nutrition book

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production and also allows vitamins A, D, E and K to be absorbed.

Although some fat is essential for good health, many Americans consume up to three times more than their bodies require.

"Of more importance than the actual amount of fat consumed is the type," Echols said in an interview. Saturated fats — those that contain no double bonds in their carbon atom chains and tend to be solid at room temperature like butter — have been linked to high cholesterol levels and the degenerative blood vessel process known as atherosclerosis.

Conversely, the unsaturated fats contained in most vegetable oils have one or more double carbon bonds and are liquid at room temperature. They are considered safer by nutritionists because they do not raise blood cholesterol levels.

Dietary goals

The third chapter examines eating habits and suggests five dietary goals.

On tour today

Twenty-four high school juniors who are participating in the Biomedical Interdisciplinary Curriculum Project (BICP) are touring the medical center today. They are from Harnett Central and Western Harnett high schools in Angier and Lillington, respectively, and are accompanied by Jennifer Flowers, a member of the BICP teaching team.

Those goals are: to satisfy nutrient and health requirements; to achieve a caloric value in accordance with a weight plan; to purchase foods at prices compatible with a budget, to satisfy one's taste and visual senses; and to stop hunger pangs.

"Food habits are fashioned very early in life," the authors say. "Many are good and are intentionally fostered by parents, but some are bad and are unintentionally determined."

As an example, they cite the effect of withholding dessert as a form of

Throughout the book, Echols said, the authors have tried to present the latest information available on the relationship of nutrition to health in a readable fashion.

Interesting facts

Examples of facts that lay readers may find interesting include:

—Eating three meals a day is not necessarily better than snacking. It's the overall quality and quantity of food eaten that's important.

—London bus conductors who have to

Echols, whose daughters are now in college, said she has already begun work on a second book. The subject is how persons living away from home can meet their nutritional needs without spending a fortune.

Who's Who Selects nurses

Eleven students from the School of Nursing have been chosen for inclusion in Who's Who Among Students in American Colleges and Universities.

The nursing students were selected as being among the country's most outstanding campus leaders by a campus nominating committee and editors of the annual directory. They were selected on the basis of academic achievement, service to the community, leadership in extracurricular activities and future potential.

They are Karen Anne Ahern, Deborah Joan Cestaro, Lauren Jane Coyne, Susan Diane Cummings, Sheryl Neas Johnson, Molly Ann Morris, Corinne Stier Schultz, Martha Catherine Sizemore, Linda Joan Spencer, Maureen Ann Stabile and Elizabeth Whitmore.

"Food habits are fashioned very early in life. Many are good and are intentionally fostered by parents, but some are bad and are unintentionally determined."

punishment for bad behavior or using it as a reward for children who "clean" their plates.

"Either way, dessert is likely to assume undue importance and may be the beginning of a sweet tooth," they write.

Gain, lose safely

Later chapters discuss vegetarianism, "health" foods, how to gain and lose weight safely, shopping and cooking tips, diabetes, food poisoning, prevention of atherosclerosis, special dietary problems and how to plan meals without counting calories.

The first of two appendices contains recipes for low calorie meals that can make tasty lunches. The other describes all of the major vitamins and minerals in detail.

scurry up and down the steps of their double decker buses have a lower incidence of heart disease than London bus drivers who remain seated.

—Contamination of their food with parts of insects, insect eggs and soil microorganisms is the likely explanation of why Hindu vegetarians don't suffer from vitamin B-12 deficiency. The essential vitamin is found only in animal products.

—Contrary to popular opinion, boredom makes people more hungry than vigorous exercise.

VISC brings Machemer prestigious award

Dr. Robert Machemer, professor and chairman of the Department of Ophthalmology, has received a \$25,000 Trustees Award from Research to Prevent Blindness, Inc. (RPB), the world's leading voluntary organization in support of eye research.

Machemer received the prestigious award at the scientific meeting of the American Academy of Ophthalmology held recently in Kansas City.

The award is based on Machemer's invention of the VISC (vitreous-infusion-suction-cutter), an instrument that allowed eye surgeons for the first time to

remove and replace the vitreous safely, when the liquid clouds up and blocks vision (see *Intercom*, 6/23/78).

Machemer performed the first surgery using the instrument in 1970. Since then, some 8,000 to 10,000 such procedures have been performed throughout the world. According to RPB, it has been conservatively estimated that sight has been restored in at least 50 percent of the patients whose blindness was not reversible by any other treatment.

Machemer was presented the RPB award by Dr. Jules Stein, founder and chairman of the organization.



FOR SIGHT-SAVING RESEARCH—Dr. Robert Machemer (left) receives the Research to Prevent Blindness Trustee Award from Dr. Jules Stein, founder and chairman of the organization.