

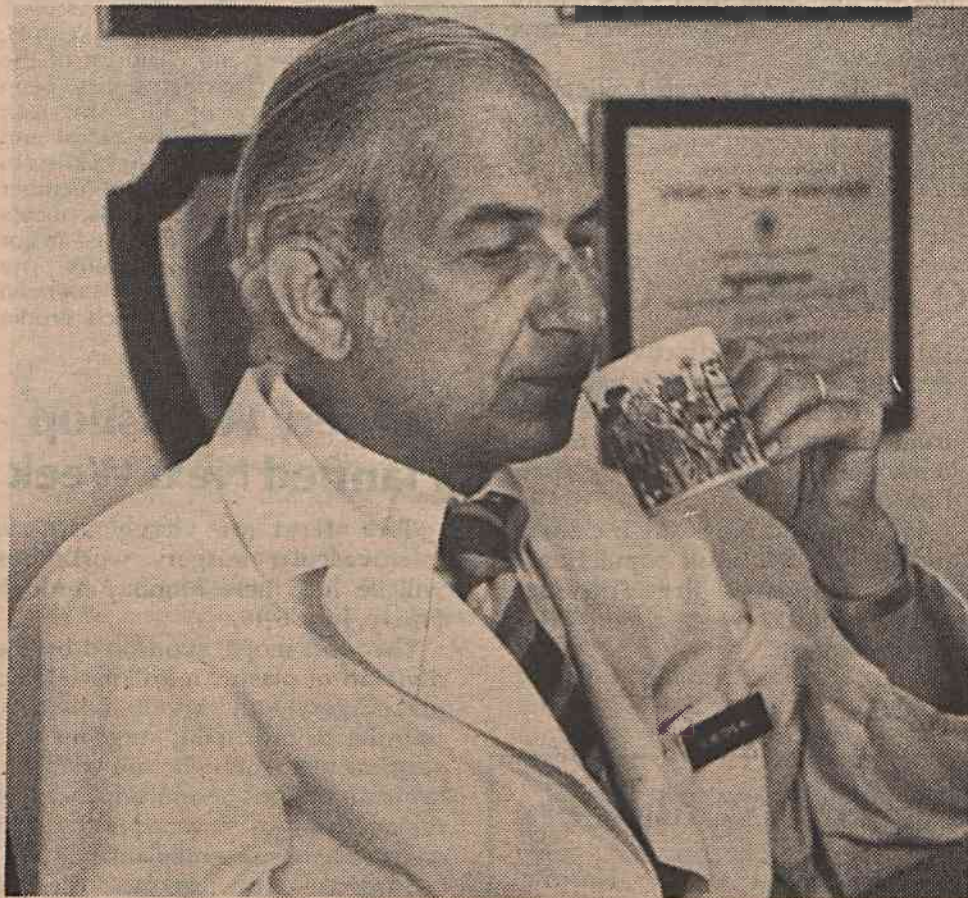
# Intercom

## Duke University Medical Center

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**COFFEE BREAK**—Dr. Siegfried Heyden, professor of community health sciences, sips coffee during a break in his working day. A study conducted by the physician in rural Evans County, Ga., indicates that, contrary to popular opinion, heavy consumption of the brown beverage is not unhealthy. (Photo by Jim Wallace)

### Study Reveals

## Coffee Only Harms Wallet

By David Williamson

Coffee prices may cause heartburn, but a study conducted by medical center scientists indicates that the aromatic brown beverage itself is perfectly harmless.

The research compared the coffee-consuming habits of 2,350 adults in rural Evans County, Ga., with coronary heart disease, stroke and all other causes of death in the same population over four and a half years.

Dr. Siegfried Heyden, professor of community health sciences at Duke, said no significant differences in death rates were found in groups listed as "high coffee consumers" — five or more cups per day and "low coffee consumers" — four or fewer cups per day.

Results of the study, conducted as part of an ongoing U.S. Public Health Service research effort launched in 1960, confirm a preliminary investigation published by Heyden and his associates four years ago.

#### Unbelievable Attacks

"More diseases have been related to the use of coffee than to the cigarette habit and alcohol consumption combined," the physician said. "The multitude of ailments of civilization and risk factors of chronic degenerative diseases which have been alleged to be related to the regular drinking of coffee leaves the layman and the practicing physician confused and skeptical."

Heyden classifies himself as a heavy coffee drinker, but not a

smoker. He said he finds it "unbelievable" that coffee is still associated in the press and by the public with such widely differing illnesses as hypertension, bladder cancer, cirrhosis of the liver, birth defects and coronary heart disease despite overwhelming scientific evidence to the contrary.

"I don't see many attacks on tobacco and alcohol anymore," he said. "Perhaps this is passe, and everyone assumes that everyone knows about their dangers already. Attacking coffee seems to be in vogue now."

#### Unscientific Studies

The scientist said studies linking coffee with coronary heart disease, bladder cancer and other conditions frequently fail to take into account the number of cigarettes smoked. That's like "not seeing the forest for the trees," he said, and "is completely unscientific."

The data published by the physician and his colleagues four years ago is known as a "prevalence" study. It was based on extensive health interviews with residents of Evans County in Georgia to find out their coffee drinking habits and whether they had had heart attacks or strokes in the past.

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## Disability Benefits Help Relieve Worries when She Can't Work

By Ina Fried

"I can't imagine what I would have done without my benefits from Duke," says Pauline Carden, former nurse clinician in the Urology Clinic.

After working in the medical center for 22 years, she contracted tuberculosis of the spine. She doubts she will ever be able to work again as a nurse.

Carden, 63, is one of about 100 Duke employees on medical disability leave who are receiving disability benefits from the university. "Duke stood by me and offered every possible service as to what to do and how to do it," Carden said, "so I've had no worries."

#### Who's Covered?

Any permanent, full-time employee is covered by total disability insurance after three years of employment at Duke, according to Lois Ann Green, personnel benefits officer. Duke pays the entire premium for the disability insurance.

Total disability means that in the first 28 months the person is completely unable to perform his or her regular occupation, Green explained. After 28 months, it means the person is unable to perform any occupation for which he or she is reasonably trained.

If approved, benefits begin after four months and continue until the disabled employee recovers and returns to work, reaches age 65 or dies.

#### What Are Benefits?

The monthly income benefit, combined with Social Security and Workmen's Compensation, will equal 55 per cent of the employee's covered monthly salary, Green said. The minimum is \$50 a month.

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**WHAT YOU SEE IS WHAT YOU GET**—Richard A. Bindewald, associate director of personnel and director of benefits and records, explains how Duke helps pay for health insurance coverage for employees and their families. The Benefits and Records Office has begun a series of information presentations covering Duke's major fringe benefit programs: Retirement Plan, Blue Cross/Blue Shield health insurance, life insurance and total disability insurance. Programs are scheduled during regular, paid working hours. Details of disability benefits are in the accompanying story. For more information about the presentations, call Alphonso Williams, 684-6723. (Photo by Ina Fried)

## Medical Center To Honor Some Special People

More than 250 employees, staff, faculty and retirees will be honored at the Annual Medical Center Awards Dinner, June 10, at the Downtowner Motor Inn.

Dr. Jerome Harris, professor of pediatrics, and Charles S. Wall, Medical Center Housekeeping, will receive awards for 40 years of service.

These awards, as well as the thirty-year awards, will be presented by Dr. William G. Anlyan, vice president for health affairs.

Dr. R. R. Robinson, chief executive officer of the hospital, will present the ten- and twenty-year awards. Richard H. Peck, administrative director of the hospital, will give closing remarks.

The dinner will follow a 6:30 p.m. reception and, characteristically, will start on time, Herb E. Aikens, director of Employee Relations promises.

Aikens will be the M.C. for the ceremony, which will feature music by the Russ Olson Trio.

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