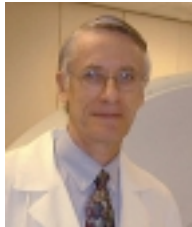




**Weatherhead P.E.T. Center for Preventing and Reversing Atherosclerosis**  
**The University of Texas-Houston Medical School and Memorial Hermann Hospital**

With this inaugural issue of P.E.T. News, I wish to thank each of you for the successful completion of the **Weatherhead Campaign**, and update you on our mutual mission against vascular and heart disease. P.E.T. News will be published twice yearly, reporting on activities of The Weatherhead P.E.T. Center, results from your contributions, breakthroughs in medical research, practical tips on food or lifestyle and featuring a Heart Star, an individual in the program who exemplifies healthy living and improving P.E.T. Please give us your suggestions for future issues and nominations for the **Heart Star** feature.



It has been a very exciting year for us. My staff and I are deeply touched by your support and generosity. The spirit of your gifts and commitment to your own health has given us the energy, inspiration and means to pursue the healing of faltering hearts and prevention of broken ones.

You may have heard that **Dr. M. David Low** recently returned to full-time teaching after serving as president of The University of Texas Health Science Center for more than a decade. All of us having the privilege of working with him will miss him. We wish him well in his creative new undertaking. In August, U.T. System Chancellor R.D. Burck announced that **Dr. James T. Willerson**, Chairman of our Department of Internal Medicine, will serve as interim president, effective September 1. Dr. Willerson is a nationally recognized cardiologist, molecular biologist and staunch supporter of the Weatherhead P.E.T. Center. Consequently, the Center has an even greater future than originally envisioned as a bridge between the powerful discoveries of molecular biology and clinical application of new knowledge for the prevention and healing of atherosclerosis. P.E.T. News will keep you updated and brings our best wishes for your long healthy life.

The **Weatherhead P.E.T. Center for Preventing and Reversing Atherosclerosis** officially opened on October 13, 1999, offering the most revolutionary, cost-effective, prevention and reversal treatment for heart and vascular disease while providing the best of invasive procedures when needed.

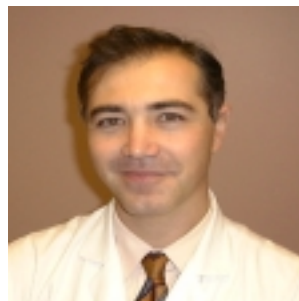


**Al and Celia Weatherhead**

Weatherhead Campaign Chair, **Ben F. Love**, and his powerful team of vice chairs, including Stanford Alexander, Charles Miller, Brian O'Neill, Ed Randall III, Bill Wise, Gerald Hines, and Irvin Levy declare "Victory" in raising \$11 million for the P.E.T. Center. Funds will be used to develop new knowledge, new technology and new ways to prevent and treat vascular disease.

The U.T. System Board of Regents has approved **The Martin Bucksbaum Distinguished University Chair in Heart Disease** and appointed **K. Lance Gould, M.D.** as the first chairholder. This prestigious endowment was made possible thanks to a very generous donation of \$2 million from The Matthew and Carolyn Bucksbaum Family Foundation, The Martin Bucksbaum Family Foundation, Chicago, Illinois, and The Weatherhead Foundation, Cleveland, Ohio.

**Stefano Sdringola, M.D.**, Assistant Professor of Medicine/Cardiology has joined Dr. Gould as faculty in the Weatherhead Center. Dr. Sdringola (pronounced syringola) was born in Perugia, Italy, received his scientific diploma there and medical degree from the University of Perugia, Italy, cum laude. He had three years of medical residency training in Perugia, repeated in Cabrini Medical Center in New York and the University of Texas in Houston followed by three more years of cardiology training at the University of Texas Medical School in Houston.





Dr. Sdringola won the Best Fellows award in the University of Texas training Program, two Bristol-Meyers-American Heart Association Abstract Awards and a commendation award for leadership in cardiovascular medicine. He speaks Italian, English, French and Spanish, a major addition to our all Texan speaking staff.

**Andrea Dvorachek, R.N.** has joined Mary Jane Hess, R.N. Center Manager and Mary Haynie, R.N., M.B.A., Clinical Coordinator, to deal with the increased clinical



and research load. Andrea was born and raised in Two Rivers, Wisconsin. She attended Manitowoc High School, then Marquette University, is a member of the Jesuit Honor Society, received a Marquette University Nursing Alumni Scholarship and Bachelor of Science in Nursing, Cum Laude.

She has experience in the cardiovascular intensive care unit, teaching and supervising student-alumni activities. Her people skills, medical proficiency and comfort with personal computers are great for the team. She speaks high English, is learning Texan and prefers our winters to Wisconsin's -40°.

**Other staff, from left to right upper row,**

Mary Haynie, R.N., M.B.A., Mary Jane Hess, R.N., Dilip Patel, Kathy McCormick, Ro Edens;  
**lower row,** Darla Hicks, Patsy Kleypas, Nizar Mullani, Associate Professor, Tomohiro.

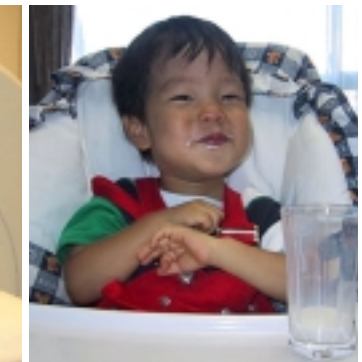
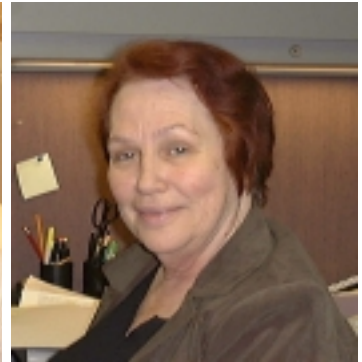
Scheduling demands for P.E.T. imaging have increased markedly with the schedule now extending for six to eight weeks. New protocols and technical improvements are being developed in order to increase throughput in collaboration with the cyclotron facility.

We have discovered a completely new concept for identifying early coronary artery disease before future heart attacks using P.E.T., even before the coronary arteriogram shows significant narrowing. We recently published those findings in the leading scientific cardiovascular journal, **Circulation**.

Our **Family Study** has also been accepted for publication in **Circulation** demonstrating that, of adults with one parent or sibling with coronary heart disease, 50% have an abnormal P.E.T. scan identifying early familial coronary atherosclerosis for preventive treatment.

The **RAPID project**, Reversal with Atorvastatin of Perfusion Imaging Defects by P.E.T., nears completion with data returned from multiple other sites to the Center for data analysis.

The newest member of the P.E.T. family is **Tomohiro Nakagawa**, son of Drs. Yuko and Keiichi Nakagawa, both of whom worked with us for three years in research. He is learning Japanese and how to walk presently. Dr. Nakagawa is establishing the world's largest P.E.T. facility in Tokyo, Japan with five P.E.T. scanners and multiple other advanced imaging modalities.





An additional project, **INTENSE**, a dietary and pharmacologic treatment of atherosclerosis as compared to standard, less vigorous management is also nearing completion. It involves over 400 patients with markedly better outcomes for greater intensity of treatment as compared to poorer outcomes with more casual, standard treatment. A new study has started on a new medication to test whether the risk of heart attack due to breakdown of cholesterol plaque can be prevented within a brief time (10 weeks), independent of and in addition to cholesterol lowering drugs. The hope is that this new medication would stabilize the cholesterol plaques and lower immediate risks of heart attacks, thereby providing a greater margin of safety during reversal treatment that requires 18 to 24 months for optimum benefit.

From an initial one lecture per year on the principles of preventing and reversing coronary heart disease, the number of scheduled lectures or conferences has increased to twenty-three lectures in order to increase awareness and skills in our treatment techniques.

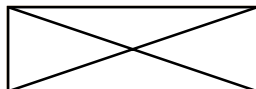
Even a major bastion of bypass surgery, The Cleveland Clinic, invited the Weatherhead P.E.T.Center Director to be a plenary session speaker on preventing and reversing coronary heart disease. Following our example, two other P.E.T. facilities are being established in Houston.

The book, **Heal Your Heart, How You Can Prevent Or Reverse Heart Disease**, by the Weatherhead P.E.T. Center Director, was just released in paperback by Rutgers University Press as evidence of the growing interest in our approach. See the last page for a discount order form.

The best selling author Abraham Verghese, M.D. published an excellent article in TALK magazine (March 2000 issue) on our treatment of coronary artery disease.

Medical TV Producer, Anthony Burden has completed an outstanding PBS feature on the Weatherhead P.E.T.Center, generously underwritten by Dorothy Kay and Robert Brockman. Show times and dates to be announced.

*K. Lance Gould, M.D., P.E.T. News Editor*

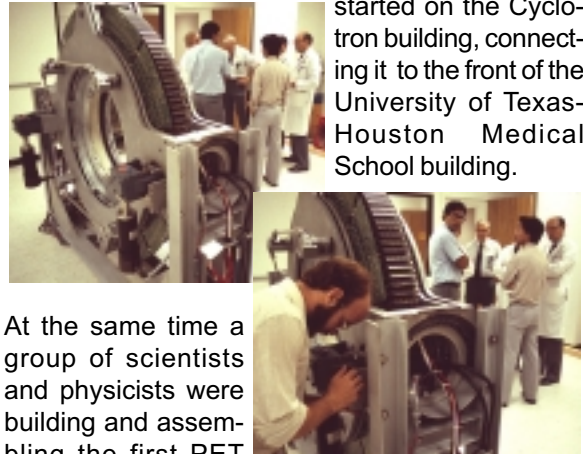


### **From the Archives:**

### **The Year was 1982....**



During the Summer of 1982, construction was started on the Cyclotron building, connecting it to the front of the University of Texas-Houston Medical School building.



At the same time a group of scientists and physicists were building and assembling the first PET camera in our first research lab on the first floor of the Medical School. You might recognize a young Nizar Mullani, still a member of the team some 18 years later.

### **The Year is 2000....**



*Positron Corporation, Houston, Texas*

This is the latest edition of the PET camera, now in use at the Weatherhead P.E.T.Center



# RUTGERS UNIVERSITY PRESS



## Heal Your Heart

*How You Can Prevent or Reverse Heart Disease*

K. Lance Gould, M.D.



"Although Gould's lucid style makes things easy for the reader, the uncluttered, well-labeled illustrations help substantially, too. The concluding chapter of 'Gould Guidelines to Prevent or Reverse Vascular and Coronary Heart Disease' . . . gives practical advice to those who have had heart problems and those who want to avoid them."—*Booklist*

*Following Dr. Gould's program can result in substantial weight loss, and being fit is essential for treating or preventing heart disease. For people without heart disease who simply want to lose weight, Gould's food and lifestyle plan provide a flexible, healthy way of sustained weight control.*

Dr. K. Lance Gould's goals are better survival and improved health through the prevention and reversal of heart and vascular disease. His program provides do-it-yourself steps and explores options beyond traditional medical procedures for more definitive solutions. *Heal Your Heart* can be used by anyone. Scientific information and practical guidelines are presented in full-color

illustrations and tables with nontechnical text that incorporate the most recent medical knowledge.

The principles of reversing cardiovascular disease may be adapted to various lifestyles and personalities. This program avoids multiple medical consultations and special equipment. The essentials are healthy living habits combined with medical management at home and work. For the minority of patients who may need balloon dilation or bypass surgery, Dr. Gould's reversal program will provide optimal outcome by dramatically lowering further risk. For most people, this program produces a sense of well-being and reduces or eliminates symptoms.

**K. Lance Gould** is professor and founding director of the Weatherhead PET Imaging Center for Preventing and Reversing Heart Disease and has served as director of the Division of Cardiology at the University of Texas Medical School in Houston.

272 pp., 61 b&w illus.  
Paper \$20.00, 0-8135-2896-8

### 20% DISCOUNT ORDER FORM

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