

FOR IMMEDIATE RELEASE

REF: 1-9-29-87

CONTACT: Preston Lewis

LUBBOCK -- Dr. Sheryl H. Boyd, assistant chairperson for the Texas Tech University Health Sciences Center Department of Internal Medicine, has been appointed to the state's Special Task Force on Rural Health Care Delivery.

The nine member task force will define the desired level of medical care for rural counties and communities and will identify resources necessary to meet the needs of Texas counties. The task force will present its findings and recommendations to the 71st Legislature when it convenes in January 1989.

Boyd was one of three task force members appointed by Lt. Gov. William P. Hobby. She was nominated for the post by State Sen. John T. Montford of Lubbock.

A member of the TTUHSC faculty since 1985, Boyd is an associate professor in the Department of Health Organization Management. She has written numerous papers on rural health care issues and currently chairs the medical affairs committee for the West Texas Chamber of Commerce. She is an active member in the Texas Rural Health Association.

Boyd holds a doctor of education degree in higher education and health services management and a master of business administration in management and marketing from Texas Tech University. She earned a bachelor's degree in education and English from Capital University in Columbus, Ohio.

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2-9-29-87

Dr. TOM LEAMON

The recent airline tragedy in Detroit is yet another example of the difficulties of designing modern technological systems for use by human beings.

Whether the final analysis of this example shows that it was the result of true pilot error, what is clear is that such errors are the tip of an iceberg of human errors which result when designers produce working environments more suitable for monkeys than for men.

This accident appears to involve an obvious, basic and fundamental error: a pilot failing to extend the wing flaps.

This has astounded the professional aviation world.

Some years ago, a Turkish airliner crashed outside of Paris when the pilot, ignoring all warning signals in the cockpit, continued to raise the nose of the aircraft until it stalled.

Both of these examples are remarkable because the errors are obvious, not subtle, decision-making processes.

Often an official inquiry determines "pilot, or human, error" and this may satisfy the anxious public.

But the real problem is one of a design, which either causes or allows the human being to make the error.

Designers of large systems, from nuclear power stations to jet airliners, are aware of the technical limitations of human operators, and seek to compensate by building in more and more backup systems and safety features in an effort to make the system, in their words, "idiot proof."

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The result of this technological process is that for much of the time the human operator is reduced to a watcher of the process, scanning dials and displays which rarely show a faulty condition.

Indeed, another set of designers are constantly attempting to make systems more reliable: reducing even further the need for operator action.

It is not unusual for operators to sleep, on a fairly regular basis, at the controls of high speed express trains; on the flight decks of airplanes; and in the control rooms of nuclear power stations. This is not only common, but is a natural response to boring and monotonous work situations.

However, a counter process to design improvements is also taking place: the systems themselves are becoming bigger, more complicated and, in some cases, less stable -- despite the best attempts of the designers.

Aircraft fly ever closer to each other on more sophisticated schedules. Nuclear power stations are seeking increased efficiencies in design. And new technology is being introduced at an increasing rate into work places throughout society.

The result is that, on rare occasions, when a fault in these major systems does arise, there is the chance of catastrophic failure.

At such a point, very skilled human responses are required which may require crucial information which was presented, minutes or even hours, prior to the event, and certainly at a time when a bored controller was quite unaware of the forthcoming incident.

It seems that as systems become more complex, more difficult decisions will be required of human operators who will need support by ever increasingly sophisticated computers and information displays.

However, much more fundamental changes in design will have to take place.

The characteristics of human beings will have to be better understood and accounted for in designs to match them to control systems. Until then we may really not expect a pilot, a controller, or other operator of vital systems, to be capable of responding to the once-a-year, or even once in a lifetime incident, at the speed and with the precision which is becoming increasingly significant to the safety of ever increasing sections of this nation.

(Dr. Leamon is chairman at Texas Tech University's Industrial Engineering Department. His prior experience includes director of Graduate Programs in Safety and deputy director for the Great Lakes Center for Occupational Safety and Health. Dr. Leamon can be contacted at 806 742-3403).

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FOR IMMEDIATE RELEASE

REF: 3-9-30-87

CONTACT: Kippie Hopper

LUBBOCK -- A pioneer in the creation of a television public service news program, Jack Bowen, and a longtime political consultant, M.Y. "Jerry" Hall, will be recognized as 1987 Outstanding Alumni of the Texas Tech University Mass Communications Department during Homecoming activities Oct. 10.

An 8 a.m. breakfast in the University City Club will precede a reception scheduled from 10-11:30 a.m. in Room 223 Mass Communications Building. Reservation deadline for the breakfast is Wednesday, Oct. 7.

Bowen, who earned a bachelor's degree in telecommunications in 1971, works at KOCO-TV in Oklahoma City and has been recognized nationally for his "Wednesday's Child" program, which focuses on finding permanent adoptive homes for children with special needs.

Hall has owned his Austin-based public relations firm since 1974 and focuses on public and press relations, governmental liaison activities and political campaigns. He earned a bachelor's degree in journalism in 1950.

Bowen's television news feature has won nine national awards and helped to place KOCO-TV as a finalist for a public service Emmy. Bowen, who was one of the first broadcasters to develop a successful news feature about adoptive children, has received commendations for his work from presidents Jimmy Carter and Ronald Reagan and has been included in stories in both Time and TV Guide magazines.

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The recipient of several media awards, Bowen also has been honored with many public service merits. He recently served on the Governor's Committee on Employment of the Handicapped and the Oklahoma Commission of Human Services.

Bowen began his career in 1966 at KWAB-TV in Big Spring where he had attended public schools. From 1971 to 1974, he worked as news anchor, producer, reporter and assignment editor at KERP-TV in El Paso. Currently news anchor at KOCO-TV in Oklahoma City, Bowen recently began a new position as anchor at KWTW Channel 9 in Oklahoma City.

Hall, a Stanton native, travels the state scheduling editorial board meetings, television talk shows and interviews concerning various issues to be voted on by the Texas Legislature. He has served as press secretary and traveling press aide in more than 30 campaigns, ranging from Sen. Lloyd Bentsen's 1976 presidential effort to state senators' bids for office. Hall also has acted as consultant and press advisor in eight congressional campaigns with seven successes.

Hall served as administrative assistant to Texas Congressman George Mahon in Washington, D.C., from 1955 to 1958. He was appointed in 1969 as press secretary to Texas Gov. Preston Smith. In 1973, he served as director of public information for the Constitutional Revision Commission and the Constitutional Convention.

During his time at Texas Tech, Hall was sports editor of the Texas Tech yearbook, La Ventana, and editor of the student newspaper, the Toreador, the precursor to The University Daily. Hall has worked as a reporter for the Stanton Reporter, the Lubbock Avalanche-Journal, the Fort Worth Star Telegram and the capitol bureau of Newspapers Inc.

Tickets for the outstanding alumni breakfast are \$7.50 and reservations can be made by telephoning the Mass Communications alumni office at (806) 742-3381. -30-

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FOR IMMEDIATE RELEASE

REF: 6-10-1-87

CONTACT: Preston Lewis

LUBBOCK -- Early to bed and early to rise may make you healthy, wealthy and wise, but it will not assure you a good night's sleep.

Though a variety of maladies -- ranging from narcolepsy to sleep apnea to abnormal sleep cycles -- can disturb your sleep, most people simply don't prepare themselves for a good night's sleep.

That's why neurologist Gustavo C. Roman, who directs the Center for Sleep Disorders at the Texas Tech University Health Sciences Center, suggests the following steps that contribute to good sleep "hygiene."

1. Understand your personal body clock. Your body operates on an average 25-hour cycle. Some people need more sleep than others and the length of sleep generally declines with age.

2. Avoid caffeinated beverages after noon and alcoholic beverages before bedtime. Both can create havoc with your sleep schedule, particularly if you drink them habitually.

3. Do not take long naps. They throw the body off its sleep cycle. That Sunday afternoon nap can ruin you for the upcoming workweek.

4. At bedtime, go through a regular routine to help your inner body mechanisms adjust for rest. Putting out the cat, brushing your teeth, putting on your pajamas and other last minute details before bedtime help tell your body that sleep is nearing.

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5. Go to bed at the same time nightly. Your body responds best to a regular schedule. Retiring and arising at irregular times disrupts your body clock.

6. Read for awhile in bed to further prepare the body and mind for rest. Instead of a report from work, read a western, a mystery or a romance novel, something that is enjoyable, not taxing on the mind.

7. Upon waking, go through a regular routine that helps tell your body that rest is completed and the daily cycle is starting over. A regular routine of showering, dressing and eating breakfast accomplishes this.

A bad night's sleep can be hazardous to your health, Roman said. Studies have shown that people who do not rest well are more prone to have automobile accidents than those getting a good night's sleep. He said involvement in an automobile accident is statistically more likely, for instance, in the days following the biannual shift to and from daylight savings time than at most other times in the year.

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Story ideas for week of
October 5, 1987
7-10-2-87

RISK PERCEPTION--The United States Department of Energy (DOE) has told the people of Deaf Smith County and surrounding areas that there is no evidence that a nuclear waste repository would put them in any danger, physically or economically. But the Castro, Parmer, Swisher Counties Repository Assessment Commission has ordered a study of its own. Texas Tech agricultural economist Gary Condra is the project leader for that study. Condra says that people often make decisions based on risks they perceive, despite statistics to the contrary. Condra says if major agricultural and ranching industries quit their operations in the area because they don't want to run any risk of contamination, the area could be in big economic trouble. The study will cover three major areas: possible effects on the environment; potential economic impact; and public opinion. For more information, contact Dr. Condra at 742-1949.

TOP TECHSANS -- The Texas Tech Ex-Students Association will honor top achievers on Friday, Oct. 9, in two ceremonies. Six Tech employees will be presented with "Top Techsan" awards for outstanding service to the university at a noon luncheon in the Coronado room at Tech's University Center. At approximately 8 p.m. that evening, the Association will present President Lauro Cavazos with the first "Lauro Cavazos Distinguished Service Award." The award will also be presented to three distinguished Tech alumni. That awards dinner will begin at 7:15 p.m. in the Lubbock Civic Center banquet hall. For more information, call Peggy Pearce, Ex-Students Association, 742-3641. (Note: if you would like to join us for lunch or dinner at these events, call Ms. Pearce.)

For assistance in developing these or other story ideas, call News & Publications, 742-2136.

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FOR IMMEDIATE RELEASE

REF: 8-10-2-87

CONTACT: Joe Sanders

LUBBOCK -- The Texas Tech Ex-Students Association will honor six Tech employees for their outstanding service to the university at a noon luncheon Friday (Oct. 9).

The annual "Top Techsan" award will be presented to Oralia Martinez, custodial supervisor; Margie Salazar, administrative secretary in the classical and romance languages department; Mary Simon, assistant director of the career planning and placement service; Mildred Smith, senior administrative assistant to the dean of education; Robert Spruill, technician III in the department of chemical engineering; and Darrel Thomas, director of photography in the student publications department.

The six employees were chosen from among more than 100 nominations made by co-workers and supervisors. They will receive a \$500 cash award from the university and a plaque from the Ex-Students Association.

The luncheon will be held in the University Center's Coronado Room. Tickets cost \$6. For more information, call the Ex-Students Association at 742-3641.

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FOR IMMEDIATE RELEASE

REF: 9-10-2-87

CONTACT: Preston Lewis

LUBBOCK -- Some forms of senility are detectable in time to possibly prevent their ravages on memory, reports a Texas Tech University Health Sciences Center (TTUHSC) neurologist in the Oct. 2 issue of the Journal of the American Medical Association (JAMA).

Dr. Gustavo C. Roman, interim chairman of the TTUHSC Department of Medical and Surgical Neurology, reports his findings in the latest issue of JAMA, one of the nation's most prestigious medical publications.

Studies by Roman have helped identify white matter lesions -- a change in the white medullated nerve fibers in the brain -- as common in elderly suffering senility from Binswanger disease. Computed tomography and magnetic resonance imaging now make it possible for physicians to identify the onset of these lesions. Until now, methods of identifying the onset of senility have been elusive.

Early detection, Roman said, offers the chance that the physiological factors which contribute to senility in Binswanger disease can be treated. Roman has proposed the name Senile Dementia of the Binswanger Type (SDBT) for this specific type disease.

If a treatment can be determined for SDBT it offers hope that other forms of senility may be preventable. About 50 percent of the senility patients are suffering from Alzheimer's disease and 30 percent from SDBT, both primary forms of senility. The remaining 20 percent are secondary senility, caused by non-neurological factors.

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The neurology of aging is a focus of the TTUHSC Department of Medical and Surgical Neurology, which is widely recognized for its expertise on Alzheimer's and Parkinson's diseases.

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FOR IMMEDIATE RELEASE

REF: 10-10-2-87

CONTACT: Preston Lewis

LUBBOCK -- The Texas Cancer Council has awarded a \$41,000 grant to Dr. Davor Vugrin, director of the Southwest Cancer Center, to develop a Cancer Control Training Laboratory at the Texas Tech University Health Sciences Center (TTUHSC).

The Cancer Control Training Laboratory will train students, physician residents and practicing community physicians on the latest methods in cancer prevention, detection and treatment. Vugrin said the laboratory's long-term goal is to reduce cancer mortality in West Texas within the next decade.

Southwest Cancer Center co-investigators for the grant are Dr. Terry McMahon, associate director of cancer education, and Margaret Vugrin, associate director of cancer information resources.

The Texas Cancer Center awarded the grant in response to the high rate of cancer and cancer mortality in West Texas, which has a disproportionate share of the state's cancer patients possibly because of high exposure to carcinogens associated with the region's petroleum and agricultural industries.

Vugrin said it is widely accepted that even with no further advances in cancer treatment, better screening and early detection followed by existing treatments would reduce cancer mortality by a third. An estimated million Texans will develop cancer in the coming decade with combined medical costs and losses in productivity and earnings exceeding \$100 billion.

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The grant, Vugrin said, acknowledges the vital role the TTUHSC Southwest Cancer Center can play in developing an organized approach toward effective cancer control for West Texas.

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HEALTH TIPSHEET
from
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
October 2, 1987

BRAIN DRAIN -- In some elderly, aging results in senility, one of the most elusive maladies for physicians to predict. That may be changing, though. Studies by Gustavo C. Roman, M.D., interim chairman of the TTUHSC Department of Medical and Surgical Neurology, has helped identify white matter lesions -- a change in the white medullated nerve fibers in the brain -- as a common factor in elderly suffering from one specific type of senility resulting from Binswanger disease. In the Oct. 2 issue of the Journal of the American Medical Association, one of the nation's most prestigious medical publications, Roman explains his findings and proposes the name of Senile Dementia of the Binswanger Type (SDBT) for this vascular form of senility. The findings offer hope that SDBT may be a potentially preventable and treatable form of primary dementia and open up the possibility that other forms may one day be identifiable early enough for treatment and even prevention. For more information, contact Roman at (806) 743-2721.

THE MORNING AFTER -- What happens to Friday night heroes who are injured on the high school football field? Many times they spend Saturday morning in the TTUHSC Sports Medicine Clinic. An average of a dozen high school football players come in each Saturday for injury assessment and treatment. Although a variety of injuries are treated, the most common are to the knee and ankle, according to Robert P. Yost, M.D., orthopaedic surgeon and director of the Sports Medicine Division in the Department of Orthopaedic Surgery. Yost said the clinic was begun seven years ago to give small and rural high schools, which often lack the resources to hire athletic trainers, a place to turn when dealing with injuries. Immediate assessment and treatment benefit players by identifying major injuries, preventing minor ones from becoming serious and prescribing proper treatment, whether by a clinic physician or staff physical therapist. With Saturday treatment within hours of the game, players may be sufficiently recovered to play in the next game when that might not have been possible had they waited until Monday to see a physician. The clinic also benefits coaches by helping them know how to properly handle injured players so they can avoid potential liability issues. The Sports Medicine Clinic is open 9 a.m. to noon Saturdays during high school football season and weekdays year round to treat athletes, both male and female, from the entire spectrum of sports. For more information on the clinic in Room 1A113 of the HSC building, contact Yost at (806) 743-2466 or at 743-2475 on Saturdays.

For assistance in covering these or other stories, contact TTUHSC news manager Preston Lewis at (806) 743-2143. Photographs and video footage can be arranged upon request.

11-10-2-87