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FOR IMMEDIATE RELEASE

REF: A-4-5-93

CONTACT: Preston Lewis

LUBBOCK -- One of the world's leading neuroscientists will discuss neurological factors which promote brain cell growth and survival Thursday as part of the Chairmen's Distinguished Lecture Series at the Texas Tech University Health Sciences Center.

Ira B. Black, M.D., who is president of the Society for Neuroscience, will speak on "Brain Growth and Survival Factors" at noon Thursday (April 8) in TTUHSC Room 5B148. The lecture is open to the public.

Black is chairman of the department of neuroscience and cell biology for the Robert Wood Johnson Medical School at the University of Medicine and Dentistry of New Jersey/Rutgers University.

For his research, he has received numerous honors, including a McKnight Foundation Award and a Jacob Javits Award in Neuroscience. He is the recipient of a Bristol-Myers Unrestricted Neuroscience Research Grant Award and a medal of recognition from the Swedish Medical Association.

Black received his a medical degree from Harvard Medical School, then served his neurology residency at Cornell Medical Center and as a research associate at the National Institutes of Health. Before taking his current position, he was professor at Cornell University Medical College and director of the division of developmental neurobiology.

The Chairmen's Distinguished Lecture Series brings to the Texas Tech School of Medicine internationally recognized scholars and clinicians in medicine. Black's presentation is jointly sponsored by the TTUHSC department of cell biology and anatomy and the Office of Continuing Medical Education.

-30-

MEDIA ADVISORY



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HEALTH TIPSHEET

from

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

April 9, 1993

MEDICAL LAB WEEK -- Behind every physician and every hospital is a medical laboratory. Without the laboratories and the highly trained personnel who run them, the practice of medicine would be much less sophisticated than it is today.

Many times though, the role and the miracle of the laboratory remain hidden from the public. For that reason, Sunday through Saturday (April 11-17) has been designated National Medical Laboratory Week to highlight the behind-the-scenes work of these highly trained health specialists, reports TTUHSC Clinical Laboratory Science Chairman Hal S. Larsen, Ph.D.

Medical laboratory workers, ranging from pathologists to microbiologists and from clinical chemists and medical technologists, help identify illnesses and diseases as well as help evaluate treatment effectiveness. Medical laboratory personnel conduct some 3 billion tests annually in their often hidden contributions to helping patients stay well or recover.

For more on health care professionals in the medical laboratory, contact Larsen at (806) 743-3247.

HEALTH FOCUS -- As the Clinton Administration moves toward unveiling a proposed new federal health care program, many people are beginning to examine the impact of public policy on our individual and collective national health.

Two speakers will focus on related issues at the "Nursing Leadership for Healthy People 2000" conference at the TTUHSC School of Nursing Friday (April 16). The program in Room 2C103 will begin with an 8:30 a.m. speech by Marie-Eileen Onieal, R.N., a nurse practitioner at Harvard University Health Services Center, on "Health Care: Yesterday, Today, Tomorrow."

The keynote address, "Nursing and Public Policy: Promoting the Health of Our Communities," will be delivered at 11:10 a.m. by Diana J. Mason, R.N., Ph.D., associate director of nursing for education and research at New York City's Beth Israel Medical Center.

For more on the program, contact TTUHSC Nursing Associate Dean Nancy Ridenour, who is serving a Primary Care Policy Fellowship with the U.S. Public Health Service to help develop recommendations for health care reform, at (806) 743-2731.

For assistance on these or other stories, contact John Walls or Preston Lewis at TTUHSC News and Publications, (806) 743-2143.

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CONTACT: Preston Lewis

LUBBOCK -- Trends in health care and ways to improve community health will be examined during the 1993 Nursing Research Conference "Nursing Leadership for Healthy People 2000" at the Texas Tech University Health Sciences Center (TTUHSC) Friday (April 16).

The keynote address, "Nursing and Public Policy: Promoting the Health of Our Communities," will be delivered by Diana J. Mason, R.N., Ph.D. Mason, associate director of nursing for education and research at Beth Israel Medical Center in New York city, will speak at 11:10 a.m. Friday in Room 2C103.

The program will begin at 8:30 a.m. with a speech by Marie-Eileen Onieal, R.N., a nurse practitioner at Harvard University Health Services Center, on "Health Care: Yesterday, Today, Tomorrow." Onieal will examine trends in health care and the implications for the public, especially as the federal government considers revamping the nation's health care system.

The conference is presented by the Iota Mu Chapter of the international nursing honor society Sigma Theta Tau. It is co-sponsored by the Texas Tech School of Nursing and its Continuing Nursing Education Program, Methodist Hospital and Glaxo, Inc.

Other sessions during the program will cover various aspects of AIDS, breast cancer, urinary incontinence, myocardial infarction in women and the consequences of technology for contemporary nursing research.

The program is of special interest to nursing professionals seeking to meet national, state and local goals of Healthy People 2000, to analyze public policy issues related to health care and to increase the nursing profession's voice in public policy arena.

Continuing education units are available to participants. Additional information on the conference is available by calling (806) 743-2731.

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LUBBOCK -- The Texas Tech School of Medicine has received \$35,000 from the National Institutes of Health (NIH) to fund summer work in research laboratories for up to seven minority students and three science teachers.

This latest award marks the ninth consecutive year the Texas Tech University Health Sciences Center (TTUHSC) has received NIH funding for the program designed to interest minority students in science careers. The program to help science teachers enhance their teaching and their ability to steer minorities into scientific careers is in its third year at TTUHSC.

Program Director Alexander D. Kenny, Ph.D., of the TTUHSC pharmacology department said the student program provides high schoolers with a taste of laboratory science and can help steer them toward careers in science.

One student in the 1990 program, for instance, now holds a Howard Hughes Medical Institute Fellowship administered by the department of biological sciences at Texas Tech University. The fellowship supports the student's continued research in a pharmacology department laboratory at the health sciences center.

Students selected for the 1993 program will be assigned to TTUHSC faculty research labs during the summer and will receive up to \$2,000 for their work.

Minority students enrolled in grades 9-12 during the 1992-93 school year are eligible. Awardees will be selected on the basis of motivation, ability, scholastic aptitude and accomplishments with consideration given to recommendations by teachers and to a student's interest in biomedical research or the health professions as a career.

Selected science teachers will receive research associate awards of up to \$5,000. To be eligible, a science teacher must be a minority or must teach a significant number of minorities. Science teachers will be chosen on the basis of their experience, teaching responsibilities, enthusiasm for research and ability and desire to encourage minority students to pursue scientific careers.

Applicants for either program must be U.S. citizens or must hold a permanent residence visa. Applications are available at area high schools. Additional applications or information can be obtained from the pharmacology department office, Room 4A162, TTUHSC, Lubbock, Texas 79430, (806) 743-2425.

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NIH FUNDING/PAGE 2

Kenny said the student program has drawn minority students from Lubbock, Dunbar-Struggs, Estacado, Coronado, Monterey, Frenship and Slaton high schools and McKenzie Junior High School over the past eight years. By targeting minority students in the high schools, the program can help influence their ultimate career choice.

This year's \$35,000 grant ties last year's award as the most TTUHSC has received through the NIH programs for students and teachers.

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REF: B-4-16-93

CONTACT: John Walls

LUBBOCK -- If the sniffles and sneezes are upon you, you might be one of about 35 million Americans who suffer from allergies.

The onslaught of pollen and other allergens has many people looking for their tissues this time of year, according to Jitra Anuras, M.D., chief of the Texas Tech University Health Sciences Center division of general internal medicine and allergy.

The symptoms of allergies include wheezing, sneezing, congestion, a runny nose and itchy nose and throat. Allergies can also produce fatigue.

"Allergies definitely can decrease your quality of life," Anuras said.

In spring, South Plains residents seem to suffer from tree pollens -- even though the area is pretty flat and wide open, Anuras said.

"In Lubbock, you probably don't think we have a lot of trees," Anuras said, "but dry weather and strong winds spread pollen across the area."

Additional hay fever misery is on the horizon as grasses start pollinating, adding one more source of allergy discomfort to the list.

"Grasses seem to be one of the major allergens in Lubbock and West Texas," Anuras said.

If allergy problems become more bothersome and don't subside with over-the-counter medications, a doctor should be consulted. If needed, that doctor then can refer the patient to an allergist, who can conduct tests to determine the extent of the problem, she said.

If the patient doesn't respond to the medications, allergy shots may be another option for treatment, Anuras said. "The allergy shots will stimulate your immune system to build antibodies."

Another way to fight allergies is to stay in good shape by eating a good diet and exercising, she said. "When you are in good, general condition, you can fight off the allergy better."



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REF: A-4-20-93

CONTACT: Preston Lewis

LUBBOCK -- A member of the School of Nursing faculty at the Texas Tech University Health Sciences Center has been named "Teacher of the Year" by the Texas Nursing Students Association (TNSA).

Sharon Decker, R.N., M.S.N., an associate professor of clinical nursing, was recognized with the award at the annual TNSA convention. The award honors faculty for their dedication to nursing students, their involvement in the nursing profession and their achievements in clinical and academic nursing.

Decker, faculty adviser for TNSA's Texas Tech chapter, is the first Texas Tech faculty member to receive the state organization's Teacher of the Year award. She has been active in TNSA at both the local and state levels. She has also been active in the Texas Nurses' Association.

Interim Nursing Dean Pat S. Yoder Wise said, "Sharon is most deserving of this honor. It serves to highlight her enthusiasm and commitment to the School of Nursing and its students. We are very proud of Sharon and her achievements and deeply appreciate the excellence she brings to the school."

Over the last six years, Decker has received the President's Excellence in Teaching Award in the School of Nursing four times, including this year. During that same period she has been named School of Nursing Teacher of the Year four times by the TTUHSC Student Senate.

Decker is a certified critical care nurse and a clinical specialist in medical-surgical nursing. She has been on the TTUHSC faculty since 1984.

She holds a bachelor's degree in nursing from Baylor University and a master's degree in nursing from the University of Texas at Arlington.

FEATURE
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FOR IMMEDIATE RELEASE
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CONTACT: John Walls

LUBBOCK -- Less than one year after its first bone marrow transplant, University Medical Center's program is showing remarkable success in providing healthy and happy lives for patients.

To date 12 patients ranging from 17 to 52 years old have received transplants, according to Everardo Cobos, M.D., a Texas Tech University Health Sciences Center hematologist/oncologist and medical director of the bone marrow transplant unit at UMC. The program has had a better than 90 percent success rate.

"It turns out that the majority of the patients return to work, return to full productive lives and are able to go to school. In fact, the first patient that we did was out in a month and within three months started a new business. So that is something that we were very happy about," Cobos said.

The transplant program is another indication of Lubbock's development as a major medical center, Cobos said.

"People looked at what resources were available here and decided that we have quality expertise here, not only in the city but also within the expertise that is available at Texas Tech," Cobos said. "And the decision was made that we don't have to send our patients to Seattle, San Francisco or Houston."

Bone marrow is the spongy tissue that produces red blood cells as well as the white blood cells necessary to protect against infection. With bone marrow transplants, doctors can replace marrow damaged by chemotherapy treatments for cancer and other deadly diseases.

A multi-disciplinary team of nurses, physicians, blood bank personnel, surgeons and psychiatrists work on each transplant, said Shannon Acosta, UMC bone marrow unit coordinator.

"A lot of people just look at the individual and think it's a medical problem, but you also have to look at the person as a whole. And there are issues that you have to deal with that are psychological because this is very detrimental to a patient who has to undergo a transplant," Acosta said.

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NEWS RELEASE
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LUBBOCK -- Anthony B. Way, M.D., Ph.D., professor and chairman of the Texas Tech University Health Sciences Center Department of Preventive Medicine and Community Health, has been elected president of the Association of the Teachers of Preventive Medicine.

Way received the honor during the national Prevention '93 meeting. Way was the president-elect last year.

The national organization, consisting of 400 teachers and 70 medical school departments of preventive medicine, seeks to improve and expand the teaching of preventive medicine in medical schools. The association currently is working with the president's commission on health care reform.

Way has taught at Texas Tech's School of Medicine since 1972. He holds a bachelor's degree from Williams College, a medical doctorate from the University of Pennsylvania and a Ph.D. from the University of Wisconsin. He has been a member of the association since 1974, previously serving on its board.

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MARROW/PAGE 2

Patients receive extensive testing to make sure they are functioning normally before the transplant. That includes heart, lung and even sinus and dental checks.

"Basically we do a head-to-toe workup looking for infections, just to make sure that there is not anything that we've missed," Acosta said.

Bone marrow is liquid and is taken by needle aspirations during a three- to four-hour process. The marrow then is stored in a laboratory. Usually it turns out to be about a quart of bone marrow which is a tenth of what we normally have or produce on a daily basis, Cobos said.

After the patient has been treated for a disease, then the previously harvested bone marrow is returned to the patient. "One way of looking at it is that it's like seeds, they are the seeds of life," Cobos said.

It takes about three or four weeks for that reinfused bone marrow to start producing new blood so the patient is in the hospital for about a month.

With UMC's 91 percent success rate, the phone queries have started to come in from sites outside the area.

"I've even gotten a call from Houston from a patient whose family read about our transplant unit here in Lubbock and how successful we were," Acosta said.

"I see it really growing because this is a unique opportunity for the Lubbock area and not just for Lubbock but the whole West Texas area," Acosta said.

Cobos added, "There are more than 200 transplant centers across the country, and we're very proud that we have one here in Lubbock that has been very successful. May I add it has been very successful because the entire West Texas community has supported it."