

from coronary heart disease. This observation made it evident to us that other risk factors must be involved because U.S. physicians are reported to smoke very little and no segment of our society is more aware of the potential dangers of hypercholesterolemia and hypertension.

Further insight into the etiology of heart disease was obtained during our analysis of data from large population surveys. We observed that persons who had stopped smoking of their own free will actually had a lower prevalence of coronary heart disease than persons who had never smoked. The original Framingham studies showed similar findings but no attempt was made to interpret this anomaly. Our explanation is that persons who discontinue smoking for reasons unrelated to medical necessity, fear or coercion, may possess an unusual capacity for adaptation to stress and thus a diminished vulnerability to atherogenic influences.

My clinical observations and research have led me to conclude that while smoking of cigarettes is harmful to the cardiac patient, many of the conclusions and findings about heart disease etiology need to be reexamined in a broader framework. Consistent and persuasive findings are being reported linking coronary heart disease to prolonged emotional stress, coronary-prone behavior patterns, sociocultural mobility, and stressful life events. Obviously, if cigarette smoking is involved in the pathogenesis of coronary artery disease, the relationship is far from clear and further research is needed in this complex area.


Henry I. Russek, M.D.

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Statement of Bernice C. Sachs, M.D.; Seattle, Washington

After graduating from the University of Michigan Medical School "with distinction" in 1942, I took my internship and post-graduate training at Michael Reese Hospital and Medical Center, and the Institute for Psychosomatic and Psychiatric Research and Training, in Chicago, 1942-1949. Since that time, I have practiced psychiatry and psychosomatic medicine in a pre-paid Cooperative Plan which delivers comprehensive medical care to Seattle, Washington, and its environs. The Cooperative has 325 board-certified or board-eligible physicians who serve a population of 285,000, and it owns and operates two hospitals comprising 450 beds. It is one of the first, and one of the largest, Health Maintenance Organizations (HMO) in the United States.

I am President of the Academy of Psychosomatic Medicine, Trustee of the King County Medical Society assigned to the Drug Abuse and Alcoholism Committee, member of The Cooperative's Cancer Committee, Board Member of the Education and Research Foundation of the American Society of Clinical Hypnosis, and Chairman of its Research and Grants Committee. I am past Chief of The Cooperative's Mental Health Service (1970-72, 1976-78), past President of the American Medical Women's Association, American Society of Clinical Hypnosis, American Psychiatric Association's Seattle Branch, and past

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Chairman of the Cooperative's Alcohol and Drug Abuse Committee. In my medical practice, I have seen thousands of patients and given talks to and met with thousands of persons who shared my interests in community health and welfare. My curriculum vitae and bibliography are attached.

The large body of psychiatric experience demonstrates that disease is a problem of the individual as a whole, and not an autonomous disturbance localized in a particular organ. The extraordinary complexity of the activities and reactions of man leads physicians trying to understand and classify them to talk about the mind and body as if they were distinct and separate entities. The emphasis on specialization in medical practice of past decades increases this dichotomy of thinking.

But, in every area, including smoking and health, we are dealing with a whole entity; an interrelated complex of underlying, constitutionally determined, physical and psychic patterns of behavior.

Since causes of reaction are complex, so the causes of disease are multiple. The 1964 Surgeon General's Advisory Committee on smoking and health recognized this basic proposition: "All members," the Report notes, "shared a common conception of the multiple etiology of biological processes" and "all were thoroughly aware of the fact that there are series of events in occurrences and developments

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in these fields, and that the end results are the net effect of many actions and counteractions."

What we cannot tell from simple statistical association--even if it is assumed that the association is real--is whether both smoking and the various diseases statistically associated with it are correlated with other hidden factors such as psychological and physiological differences which themselves exert the true causal force. Accumulated data suggest a number of reasons to believe this is so. In a presidential address to the American Cancer Society 20 years ago, Dr. Eugene Pendergass stated about cancer: "There is a distinct possibility that within one's mind is a power capable of exerting forces which can either enhance or inhibit the process of this disease."

In a statement to the Congress in 1965, when the Congress was considering proposed warnings for cigarette packages and advertising, I warned that admonitory labeling of cigarettes could well fan the fire of youthful rebelliousness, rather than deter smoking by teenagers. At that time, it was long since well-known that public health officials had branded cigarettes smoking as deleterious to health.

As I predicted, surveys following the adoption of warning statements showed a rise in smoking by children, particularly girls, fast catching up with boys. Yet, a high

percentage of youngsters believe that cigarette smoking can cause lung cancer, emphysema, heart disease. Relatively more smoking students in 1971 than 1964 believe that smoking impairs health. Still, it was reported that despite the anti-smoking campaigns and programs, approximately 1-1/4-1-1/2 million adolescents were starting smoking each year.

Education to the health hazards of smoking didn't deter them. Scare techniques and preaching didn't deter them. They smoke anyway. Teenagers rebel against restriction. Teenagers feel that they should be able to do the things they want to do when adults tell them they can't do them. Teenagers want to control what happens to them.

Consider teenage sex activity, which adolescents fully know can produce venereal disease, and pregnancy, with high rates of premature deliveries and congenital anomalies. Availability of contraceptive measures to teenagers, costly and extensive educational efforts about birth control, have not decreased the number of teenage pregnancies. These pregnancies have increased.

HR 4957 purports to find the present Federal, State and private initiatives insufficient to warn the American public about the dangers of smoking. This is not the fact. The fact is that awareness does not alter behavior after a point. The people reached by warnings about smoking have been reached. The others are not going to change their

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behavior, whatever the warning.

Different people smoke for different reasons, among them:

- 1) To cope with feelings of anxiety and stress;
- 2) For pleasurable relaxation;
- 3) To raise energy levels;
- 4) As a "suicidal act," not only consciously in the hope that health will be impaired, but also unconsciously as an inner-directing of aggressive behavior;
- 5) To control hostility and anger.

If we look at initiatives conveying health warnings that I have had a lot of experience with in the past fifty years--campaigns about alcohol, pill-popping, drugs, smoking, teenage pregnancies--we find that law (prohibition) did not abort drinking (30% or more of hospitalized patients today have alcohol-related problems); availability of contraceptives and birth control education to children did not decrease teenage pregnancies; numbers of people continue to smoke; there is more drug-taking throughout the adult and adolescent populations than ever before. The King County Medical Society Committee on Drug Abuse & Alcoholism, of which I am past Chairman, has addressed itself to campaigns for the education of physicians, as well as the general population. There has

been no discernible change in behavior, unless it is in the direction of increasing tension-relieving behavior.

The way to learn about people's attitudes and reactions is to work closely, as I have, with thousands of patients. I have not seen a patient since the mid-fifties who was not aware of the assertion that they should not smoke. This information had even filtered down to children, who learned to tell their parents not to smoke in the belief that parental smoking is harmful to their parents and themselves.

But of course I see every day patients with cancer, and lung and heart disease, who have never smoked.

Medical "preventive" health is a personal problem. People are apprised of the dangers of smoking, but they have their own personal reasons for not giving up smoking. Dire medical advice coming from legislative bodies is not effective advice. Smoking is a personal medical matter, not a legal issue.

Stringent warnings have a negative effect. As The Smoking Digest, U.S. Dept. HEW, NCI, 1977 stated: "Fear-arousing messages actually increase smoking among the particularly vulnerable people and those with low self-esteem. Such messages tend to make the smoker defensive and harden his attitude and resistance. People who smoke to

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reduce anxiety also often smoke more after receiving a strong health threat in order to reduce their anxiety and fear."

If medicine is to teach "preventive" medicine, it must address itself to finding and promoting adaptive ways to deal with stress. The 1964 Surgeon General's report stated:

"Stress seems to be related to smoking and there is evidence that the experience of stressful situations contributes to the beginning of the habit, to its continuation and to the numbers ... of cigarettes consumed."

The Report further stated:

"Existence of an association between stress and tensions on the one hand and smoking behavior on the other can probably be accepted with a reasonable degree of confidence."

From the research material in the smoking field we could conclude that the same stress that stimulates heavy smoking may be the stress that precipitates the complex cancer process or produces the coronary-prone individual.

It is up to the medical profession to reduce stress in the population -- and not by fiat or mandates that engender guilt, anger and resistance, which in turn

create more stress and can promote the very diseases they are trying to prevent.

It is costly and inappropriate for Congress to busy itself in this area. "Good health" and "good behavior" cannot be legislated. It is physicians who should and do address themselves to the person -- to the person's constitutional diathesis and self-motivation, and to techniques for reducing the person's stress with its deleterious physiological reactions and maladaptive responses.

Bernice C. Sachs, M.D.
March 2, 1982

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BERNICE COHEN SACHS, M.D.

MENTAL HEALTH SERVICE

GROUP HEALTH COOPERATIVE OF PUGET SOUND

200 - 15th Avenue East (206)-326-7050

Seattle, Washington 98102

CURRICULUM VITAE and BIBLIOGRAPHY

1982

1918 - Born September 16, Passaic, New Jersey

1939 - B.A. Cum Laude, University of Michigan

1942 - M.D. "with distinction," University of Michigan Medical School

1942-1949 - Internship and post-graduate medical training in Chicago at Michael Reese Hospital and Medical Center and the Institute for Psychosomatic and Psychiatric Research and Training at Michael Reese Hospital and Medical Center.

1949 - Practice of Psychiatry and Psychosomatic Medicine at Group Health Cooperative of Puget Sound; Chief of Mental Health Service, Group Health Medical Center 1970-72, 1976-78

HOSPITAL STAFF:

Group Health Medical Center
 St. Francis Xavier Cabrini Psychiatry Service

PROFESSIONAL SOCIETIES:

American Medical Association
 Washington State Medical Society
 Task Force on National Health Insurance
 King County Medical Society Alternate Delegate
 King County Medical Society, Media Relations Committee 1973-76
 Mental Health Committee 1970-73
 Chairman, Alcohol and Drug Abuse 1974-81
 Trustee 1982-84 and Delegate to the Washington State Medical Association
 Fellow of Academy of Psychosomatic Medicine, Credentials Comm., 1980
 Executive Council 1973-76, Secretary 1976-77, Executive Council 1978-81,
 President-Elect 1981 - President 1982
 Washington Academy of Clinical Hypnosis, President 1970-74; 1975-77
 Honorary President 1978-
 Society for Clinical and Experimental Hypnosis (Fellow)

PROFESSIONAL SOCIETIES: (cont.)

Puget Sound Group Psychotherapy Association
 Fellow of American Society of Clinical Hypnosis, Component Section
 Comm. 1970-71, National Treasurer, 1973-76, Workshop Faculty 1973-77,
 First Vice-President 1976-77, President 1977, Newsletter Editor 1978-79
 Fellow of ASCH - Research and Education Foundation
 Board of Trustees, Chairman of Grants, 1981-4
 Seattle Medical Women's Association, President 1959-1964
 American Medical Women's Association, President 1965
 Washington State Delegate 1959-61
 National Recording Secretary 1959-60
 2nd Vice President 1960-61
 Vice President 1961-63
 President-Elect 1964-65
 President 1965
 Councilor: Growth & Development 1966-68
 Nat. P & PR Chairman 1973-75
 Pan-American Medical Women's Alliance
 Corresponding Secretary 1960-62
 Vice-President of USA 1962-64
 Medical Women's International Association
 Puget Sound Association of Phi Beta Kappa
 A.M.W.A. Sponsor of the BERNICE C. SACHS JUNIOR BRANCH OF UNIVERSITY OF
 WASHINGTON SCHOOL OF MEDICINE
 Women's Medical College of Pennsylvania (Board Member, ex-officio)
 American Association for the Advancement of Science
 Aerospace Medical Association
 American Psychiatric Association - President-Elect, Seattle Chapter 1975-76
 President, Seattle Chapter 1976-77
 Council of Medical Administrators
 International Platform Association
 American Geriatrics Society, Founding Fellow, West Division, 1973
 American Psychosomatic Society
 American Psychiatric Association - Observer - Consultant to Council of
 International Affairs 1978-79
 Observer - Consultant 1978-79
 Committee on Professional Liability 1980-86
 " " Loss Control Review 1980-86

HONOR SCHOLARSHIP SOCIETIES:

Alpha Lambda Delta (Freshman Honorary)
 Iota Sigma Pi (Chemical Honorary)
 National Forensic League (Distinction in Debating)
 Phi Beta Kappa (Elected to National Honorary in Junior Year)
 Phi Kappa Phi (Senior Honorary)
 Alpha Omega Alpha (Elected to National Medical Honorary in Junior Year)

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COMMUNITY ORGANIZATIONS:

Board of Directors: Health & Welfare Council 1957-1960
 Past Presidents' Assembly 1961-1962
 Seattle-King County Safety Council 1960-1970
 Governor's Advisory Committee on Youth Opportunities 1962-1965
 Group Health Credit Union - Board of Directors - 1978-84 (Secretary)

NATIONAL ORGANIZATIONS:

Soroptomist
 Women's University Club of Seattle
 American Association of University Women
 National Resource Personnel Board of the Intercollegiate
 Association of Women Students
 Women's Conference Committee of National Safety Council
 Mortar Board

HONORS:

1955 - Gold Key for "Most Outstanding Citizen" at 20th High School Reunion
 1964 - "Bernice C. Sachs Junior Branch of American Medical Women's Association" organized by the University of Washington Medical Women Students
 1965 - Theta Sigma Phi (National Honorary Journalism Society)
 Special Honors Award for "Woman of Achievement"
 1966 - "Medical Woman of the Year", A.M.W.A. presentation, Washington, D.C.
 "In recognition of outstanding contribution to her profession, her community and to her fellow human beings"
 1967 - "Myrtle Wreath Award" - National Hadassah "In recognition of her continuing contribution to humanity in the field of medicine"
 1969 - Honorary Member of Mortar Board, National Senior Honorary
 "because her career exemplifies the Mortar Board goals of leadership, scholarship and service," Tolo Chapter, University of Washington
 1975 - "SALUTE AWARD"
 "For an outstanding contribution to the Convention and Visitor Industry of Seattle and King County"
 1979 - Elizabeth Blackwell Medal in honor of outstanding contribution to medicine and advancing the cause of women in medicine
 1980 - Presidential Merit Award
 "In sincere appreciation of her dynamic and caring service to the American Society of Clinical Hypnosis"

KNOWLEDGED IN:

Marquis - Who's Who in Washington - Century 21 Edition
 Who's Who in the West
 Who's Who of American Women
 Who's Who in America
 Who's Who in the World
 Dictionary of International Biography
 International Scholars Director
 National Register of Prominent Americans and International Notables 1974-75
 Notable Americans of the Bicentennial Era

T.V. Appearances:

National: December 1965, GIRL TALK
 January 1966, Johnny Carson: TONIGHT SHOW

Local: October 1966 - KIRO "Eye of Seattle"
 February 1967 - Judith Lane Show
 October 1967 - KING - Community Services Program
 February 1971 - KING, KOMO, KIRO - "Psychological Rights and Responsibilities of Women"
 September 1971 - KCTS - Al Page - Interview: "Menopause - the Pause that Refreshes"
 March 1972 - KOMO "Viewpoint"
 May 1972 - KING "Telescope" - Jean Enerson, Howard Hall
 "Middlescent Woman"
 February 1975 - KUOW FM - University of Washington, "Psychosomatic Medicine"
 June 1976 - KING "Seattle Today" - "Psychosomatic Medicine"
 February 1977 - KING "Seattle Today" - "Aging Gracefully"
 March 1977 - KING "It's About Time"
 March 1979 - KING "Today Show" - "Women Over Forty"
 March 1980 - KING "Today Show" - "Women's Issues in Mental Health"

SPEECHES:

International: Puerto Rico, Columbia, South America, Tokyo, Canada, Austria, Australia, Israel, Rio de Janeiro

National: Chicago, Detroit, Rochester, New York, Augusta, Cleveland, New Orleans, Gulfport, Los Angeles, Santa Cruz, San Francisco, Portland, Olympia, Minneapolis, Phoenix, Philadelphia, Walla Walla, Sea Island, Ga., San Jose, Sarasota, Boston, Honolulu, Anaheim, New Jersey

FAMILY: Married in 1941 to Surgeon; two children, three grandchildren

CONSULTANT:

Chicago Board of Public Health 1965-1966
 Washington, D.C. June 1966 - Medicare Conference
 Invited by President Johnson
 Washington, D.C. January 1968 - Conference on Meeting Medical Manpower Needs: Optimum Utilization of Women Doctors, Invited by U.S. Dept. of Labor, Women's Division

FACULTY:

Hypnosis Workshops of American Society of Clinical Hypnosis and Education and Research Foundation
 Hypnosis in Clinical Practice, sponsored by University of Pennsylvania, Department of Psychiatry and Institute of Pennsylvania Hospital 1978-1980
 Group Health Prevention Rounds, 1980-

PUBLICATIONS:

"Psychosomatic Medicine", Journal of American Medical Women's Association, March 1961
 "Psychosomatic Aspects of Accidents", Industrial Medicine and Surgery, 31:12, 525-532, December 1962
 "Psychosomatic Aspects of Accidents", British Columbia Journal of Medicine, 6(5), 188-192, May 1964
 "Know Then Thyself", JAMWA, Vol. 20, No. 1, January 1965
 "Medicine as a Career for Women", Intercollegiate Association of Women Students, Winter Issue 1965
 "Clinical Problems of Adolescents", JAMWA, Vol. 20, No. 6, June 1965
 "Women's Destiny, Chance or Choice", JAMWA, Vol. 20, No. 8, August 1965
 "Psychologic or Emotional Factors in the Child who Fails to Thrive", JAMWA, Vol. 21, No. 2, 123-131, February 1966
 "Emotional Health in Industry", Journal of Occupational Medicine, Vol. 9, No. 9, September 1967
 "Hemlines in Medicine", Massachusetts Physician, Sept. 1968, Vol. 27, No. 9
 "Sex and the Unmarried Adult", JAMWA, Vol. 23, No. 7, July 1968
 "Problem of Population Explosion and its Control: Psychological, Religious and Educational Aspects", JAMWA 23:499-802, September 1968
 "This Bosom Business - Part I: Changing Emphasis on the Breasts", Medical Aspects of Human Sexuality, Vol. III, No. 4, pp. 49-56, April 1969

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PUBLICATIONS: (cont.)

"This Bosom Business - Part II: Cosmetic Aids and Surgery". Medical Aspects of Human Sexuality, Vol. III, No. 5, pp. 14-26, May 1969

"Sex Education - Why, Where, How, By Whom?" VIEW, (Group Health Cooperative of Puget Sound bimonthly publication).
Part I - Sept.-Oct. 1968
Part II - Nov.-Dec. 1968

"WOMANPOWER Psychosomatic Implications - Mental or Detrimental?" The Woman Physician Vol. 25, April 1970, No. 4

"Rx for the Climacteric Collage" Patient Care, August 1969

"How To Get Along With Your Teenager Without Resorting to Violence" VIEW, (Group Health Cooperative of Puget Sound bimonthly publication)
Part I - Sept.-Oct. 1970
Part II - Nov.-Dec. 1970

"The Adolescent in My Practice", THE WOMAN PHYSICIAN, Vol 25 No. 2 Feb, 1970

"The Tired Housewife Syndrome" - PATIENT CARE January 1971

"An Experience in Providing Mental Health Care in a Comprehensive Prepaid Group Practice Plan", JAMA, Vol. 27, No. 4 pp 186-196 April 1972

"Menopause Can Be The Pause That Refreshes" - VIEW, July-August, 1973

"The Menopause & Estrogen Therapy", JOURNAL OF REPRODUCTIVE MEDICINE Vol. II No. 6 December 1973

"Impact of Social Forces on Mental Health" - JAMA, Vol. 30 No. 11 November 1975

"Psychiatrist-Wife-Mother: Some Aspects of Role Integration", American Journal of Psychiatry, Vol. 133 No. 7 July 1976

"Facts by Sachs", King County Medical Society THE BULLETIN, Feb. 1978 Vol. 57 PP. 12 M

"Breasts: Sex Symbols & Releasers", Breast: Diseases of the Breast Vol. 14, No. 4 Dec. 1978, pp. 26-30

"Hypnotherapy with Cancer Patients", CLINICAL HYPNOSIS IN MEDICINE, pp. 69-83. Published November 1980 by Symposia Specialists, distributed by Year Book Medical Publications, Chicago, Illinois.

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CONCERNING THE "COMPREHENSIVE SMOKING PREVENTION ACT OF 1982"

G.N. Schrauzer, Ph.D.
La Jolla, California

I am Professor of Chemistry at the University of California, San Diego. I hold a Ph.D. degree in chemistry from the University of Munich and am the president and founder of the International Association of Bioinorganic Scientists. I am a member of several scientific societies, including the American Chemical Society, the Association of Clinical Scientists, and the American Public Health Association. I am the author of approximately 200 research publications and have edited 2 books.

My main research interests are in cancer-prevention, cancer epidemiology, trace minerals in human and animal nutrition, and various fields of experimental chemistry. I have done pioneering work on the prevention of cancer by the essential trace mineral selenium and in 1978 received a special award from the Santa Clara Section of the American Cancer Society.

As a chemist, cancer researcher and American Citizen I wish to comment upon the "Comprehensive Smoking Prevention Act

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