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Say 'I'll have tea, please,' researcher suggests

Tea has roots in the American heritage dating back to 1650 when the Dutch first brought tea to their colony New Amsterdam, better known today as New York. Tea didn't reach the English colonies for a couple more years, but it didn't take long for the beverage to become entrenched in the colonists' customs.

Now researchers say tea's effects may reach beyond the breakfast table; the popular beverage actually has medicinal qualities.

James Klaunig, PhD, is one of those researchers. He presented his research on tea's beneficial effects on reducing the level of oxidative stress, especially in smokers, on Sept. 14 at the Second International Scientific Symposium on Tea and Human Health in Washington, D.C.

Dr. Klaunig began his tea research about seven years ago, looking at its effects as an antioxidant in in vitro tissue cell cultures. Later, his research moved to mice. The rodents were given drinking water with a 2 percent concentration of tea, similar to the amount present in beverages consumed by humans.

"We showed we can prevent chemically induced liver and lung cancer in mice with tea," he said.

Dr. Klaunig says tea mainly works in the tumor promotion stage when precancerous cells first begin to divide and grow.

"We have not looked at whether it prevents metastases, but we do know it prevents tumor cells from growing," he said. "It appears to function as an antioxidant similar to vitamin E and vitamin C except the components in tea are more potent than in those vitamins."

Dr. Klaunig and his fellow IUSM researchers Lisa Kamendulis, PhD, and Yong Xu, MD, decided to look at tea's effects in humans. Their report, presented at the International Symposium, includes their findings

from human studies.

"We looked at smokers and non-smokers and showed that tea consumption resulted in a decrease in oxidative damage in humans," he said. "Cancer, emphysema and heart disease might be related to oxidative stress. Tea may not cure it, but it may slow down the pathologic consequences."

Participants in this research included 50 Hoosiers between the ages of 25 and 55 and 240 Chinese soldiers. Dr. Klaunig has an appointment as a visiting professor at Beijing Medical University, allowing him to conduct research in one of the major tea drinking countries in the world. He said the Chinese soldiers were excellent test subjects because they share a common lifestyle and diet.

Dr. Klaunig is a true believer in the benefits of tea - he sips it all day long, he says, after his initial cup of coffee.

Black, green or oolong all have the same beneficial effects, he says. The secret is in the quantity. "The more you drink, the better off you may be," he advises.

BRIEFS

Open house

"Celebrating Family Health Downtown" will be the theme of the open houses planned to familiarize dignitaries, employees and the community with the new Indiana University - Methodist Family Practice Center at 16th Street and Senate Avenue.

IUSM and IUPUI faculty and staff and Clarian employees are invited to open houses from 6:30 a.m. to 9 a.m. and from 3:30 p.m. to 6 p.m. Oct. 8.

On Oct. 9 a ribbon cutting ceremony is planned at 8 a.m. with Otis Bowen, MD, honorary chairman of the celebration, doing the honors. A reception for physicians, legislators and community representatives is planned for 7:30 a.m. to 9 a.m.

On Oct. 10 an open house for patients and the community at-large is planned from 9 a.m. to noon.

Free screening

The Adult Outpatient Psychiatry Clinic will offer free screenings for depression from 9 a.m. to 6 p.m., Thursday, Oct. 8, in Suite 3124 on the third floor of the IU Hospital Outpatient Center.

Screenings consist of a written self-test for depression and a brief screening interview with a mental health professional. Educational information will be provided.

Appointments are not required. If you have questions, call 274-7422.

Mini Medical School begins its 11th session this fall

The 11th session of IUSM Mini Medical School, which is open to the community, will be on six consecutive Tuesday evenings from 7 p.m. to 9 p.m. beginning Oct. 13.

The fall lineup will include a Nov. 10 presentation by Judah Folkman, MD, entitled "Angiogenesis: A New Cancer Foe?" Dr. Folkman, a professor of pediatric surgery and cell biology at Harvard Medical School, will be at IUSM to receive the 1998 Steven C. Beering Award.

Other topics to be presented by IUSM faculty include:

- Oct. 13 - Stephen Lalka, MD, and Matthew Johnson, MD, will present "Minimally Invasive Vascular Surgery;"
- Oct. 20 - John Mulcahy, MD, and Diane Brashear, PhD, will present "Midlife Sex in the Wake of Viagra;"
- Oct. 27 - Michael Koch, MD, will discuss "Controversies About Prostate Cancer;"
- Nov. 3 - Thomas Witt, MD, and Robert Timmerman, MD, will present "Knifeless Surgery for Brain Disorders;"
- Nov. 17 - Antoinette Hood, MD, will present "Skin Therapy: Myth vs. Reality."

Course moderators for the six-week program are Stephen Lalka, MD, and Bette Mayberry, MD.

IUSM to host exams

The Departments of Neurology and Psychiatry will host the American Board of Psychiatry and

Neurology Oral Examination Nov. 21 and 22.

More than 400 psychiatry and nearly 150 neurology candidates will take their specialty oral examinations at Indiana University, Riley, LaRue Carter and Wishard hospitals, as well as the Roudebush VA Medical Center and Midtown Mental Health Center. More than 300 neurology and psychiatry examiners will conduct the testing.

Telemed examined

Legislative leaders from 11 Midwestern states got a lesson on the future of telemedicine and a demonstration of an interactive videoconference during the 53rd annual meeting of the Midwestern Legislative Conference in August in Indianapolis.

Beverly Hill, EdD, spoke to the legislators about the clinical and educational applications of telemedicine and participated in an interactive videoconference panel session linking Indianapolis, Evansville and Crown Point.

Appointments announced

Ralph Buschbacher, MD, has been named acting chairman of the Department of Physical Medicine & Rehabilitation. The appointment becomes effective Oct. 1.

He has been a clinical associate professor in the department since July 1997.

Dr. Buschbacher has served as medical director of the IU Center for Occupational Rehabilitation since 1993 and director of the Methodist Occupational Health Center, Case Management Clinic.

He succeeds **Randall Braddom, MD, MS**, who accepted the position of chief executive officer and medical director of Wishard Health Services.

Dr. Braddom founded the Department of Physical Medicine and Rehabilitation at IUSM in 1991 and has served as department chairman since that time.

William Sanford Quillen, PhD, PT, SCS, has been named director of physical therapy in the School of Allied Health Sciences.

He previously was associate professor and chairman of the physical therapy program at the College of Mount St. Joseph in Cincinnati, where he also maintained an active clinical practice at the Sports Medicine Clinic, Department of Pediatric Orthopaedics, Children's Hospital Medical Center. He is a retired commander in the U.S. Navy Medical Department.

Effective in July, **John Eble, MD**, was named acting chairman of the Department of Pathology and Laboratory Medicine, and **Frances Brahmi, MLS**, was named acting director of the Ruth Lilly Medical Library.

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