

ALBANY PROFESSOR SEEKS MORE PATIENTS FOR STRESS TREATMENTS

Psychologist Edward Blanchard, co-director of the University's Center for Stress and Anxiety Disorders, has a message for Capital District residents who suffer from irritable bowel syndrome or chronic headache, two stress-related ailments: Come to the Center for treatment.

Irritable bowel syndrome, or IBS, is a common gastrointestinal disorder which affects up to 8 percent of Americans sometime during the course of their lives. Its symptoms are pain or tenderness in the abdomen and altered bowel habits such as diarrhea, constipation, or an alternation between diarrhea and constipation.

Chronic headache includes two general types: tension headache and migraine headache. Tension headache, the more common of the two, starts from the back of the skull and surges throughout the entire head. Migraine headache occurs once or twice per month, feels more like a throbbing sensation on one side of the head, and usually causes nausea and extreme sensitivity to light and sound.

The Center, one of the nation's top-funded units for stress and anxiety research, is nationally renowned for its drug-free treatments. Treatments consist of relaxation training and biofeedback procedures. And because the treatments are funded by the federal government, patients are not charged a fee.

For more information about treatment for irritable bowel syndrome and chronic headache, call the Center directly at 456-4143. Blanchard can be reached at that number, or at 442-4854.

Irritable Bowel Syndrome

In June, Blanchard, fellow University psychologist Jerry Suls, and Pohl were awarded a

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3-year grant of \$374,726 by the National Institutes of Health to develop psychological treatments for irritable bowel syndrome. According to Blanchard, the treatment they devised has been successful with 55 percent of the 40 previous participants.

"Our premise is that when you rule out the physical causes of irritable bowel syndrome, the disorder is related to psychological stress," said Blanchard. "The medical community generally shares our premise."

Because symptoms of IBS could result from physiological disorders (infectious parasites, colitis, or illeitis) instead of psychological disorders, all prospective patients are screened by Dr. Henry Pohl and his associates in the Division of Gastroenterology at Albany Medical College.

Chronic Headache

"Tension headache is probably related to the muscles at the back of the neck," said Blanchard. "Seventy to 80 percent of all people have had it sometime in their lives. In fact, it's difficult to find people who haven't suffered at least mildly from this kind of headache. But if it happens every day, it can disrupt your life."

Migraine headache results from swollen blood vessels. With each beat of the heart the sufferer feels a throb of pain. "Whereas tension headache feels like your entire head is being squeezed, a migraine headache can be described as one-sided, beginning at the back of the eye," Blanchard said.

Under grants from the National Institutes of Health and the National Institute of Mental Health, Blanchard and other University psychologists have been treating chronic headache patients for over five years. Eighty-five percent of their patients have been treated successfully. Blanchard defined success as a 50 percent or more reduction of headache frequency.

Relaxation training involves systematically tensing and relaxing muscle groups. The exercises can be done at home, and patients are asked to keep a diary of their progress.



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news

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UNIVERSITY AT ALBANY MUSIC PROFESSOR

WINS ASCAP AWARD FOR 12TH CONSECUTIVE YEAR

Joel Chadabe, associate professor of music at the University of Albany, State University of New York, has received a prestigious award from the American Society of Composers, Authors and Publishers (ASCAP) for the 12th consecutive year.

ASCAP is the world's largest performing arts society, offering financial encouragement and recognition to members for their role in American music. The awards program, begun in 1960, recognizes unique writers whose compositions may not be sufficiently rewarded through normal royalties.

Chadabe, who is well known as a composer and performer of electronically produced "New Music" or "Computer Music," performs using a personal computer. The computer is hooked up to a series of electronic synthesizers.

For the last 10 years, Chadabe has also been actively involved in developing computer software for the electronically produced music.

A faculty member at the University since 1965, Chadabe established the University's Electronic Music Studio a year after his arrival. In addition to the ASCAP awards, Chadabe has received fellowships and prizes from the Ford Foundation, Creative Artists Public Service, and the National Endowment for the Arts.

A graduate of the University of North Carolina, Chadabe received his master's degree in music composition at the Yale School of Music. He studied in Europe for several years as a pianist and arranger of classical music before coming to Albany, where he makes his home.

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Contact: Brenda Oettinger

UNIVERSITY AT ALBANY ROTC STUDENTS
COMPLETE SUMMER TRAINING

Thirteen Army ROTC cadets, students at the University at Albany, recently completed summer training at a variety of locations throughout the country. Several were honored for their outstanding performances.

Junior Mark Ayers of Albany earned the Air Assault Badge at Ft. Campbell, Kentucky. Ayers, together with classmates Suzanne Murphy of Ithaca, and Kenneth Runyon of Ballston Spa, and sophomores Lisa Campanella (Clifton Park), Dean Knight (Menands), Marcus Payson (Hudson), Ira Promisel (Yorktown Heights) and Patricia Sylvain (New York City), all successfully finished the ROTC Advanced Camp at Ft. Bragg, North Carolina. Cadet Suzanne Murphy stayed an extra two weeks at Ft. Bragg, where she served as an acting lieutenant in a communications unit.

In addition, sophomore Richard Shaut of St. Johnsville and juniors Michael Barone of Valley Stream, Mario Lamar of Wilton, and Sergio Hidalgo of New York City completed the ROTC Basic Camp at Ft. Knox, Kentucky.

Earlier this summer, freshmen Thomas J. Baker III of Yonkers, and Charles DeMaso of Maspeth, were awarded three-year, full-tuition scholarships. Sophomores Melvyn Rose Jr. of Buskirk, and Edward Dooley of Babylon received two-year scholarships.

Currently, about 35 University at Albany students are participating in the ROTC program on campus. For further details about the ROTC, contact Captain Ed Rouse at (518)438-2010.

Contact: Vince Sweeney (518) 442-3075

AMERICAN CHEMICAL SOCIETY AWARD TO ALBANY CHEMIST

Dr. Eric Block, chairman of the Chemistry Department at the University at Albany, will receive the 1987 Award for the Advancement and Application of Agricultural and Food Chemistry at the annual meeting of the American Chemical Society on Wednesday, September 2, in New Orleans.

The award, from the Society's Division of Agricultural and Food Chemistry, includes an honorarium of \$2,000 and will be presented at the annual Awards and Installation Banquet. Dr. Block has been asked to address the dinner in acceptance of his award with a description of the highlights of his research career.

A specialist in organosulfur chemistry, Block has isolated and synthesized a number of unusual chemicals which have promise as medicinal agents from garden vegetables such as garlic and onion.

One of the chemicals from garlic has been shown to have bioactivity in preventing blood clots. Block has called the garlic-derived chemical ajoene from the Spanish word 'ajo' for garlic. Laboratories in the U.S. and overseas are investigating its possible uses, and the process for synthesizing it has recently been patented.

Earlier this year, Block received the American Chemical Society's Herman Frasch Foundation grant, which provides \$75,000 over five years to further investigation in sulfur chemistry related to agriculture. He presented plenary lectures on his discoveries this summer at meetings in West Germany and Japan. Block, a graduate of Harvard University, was recently awarded a Guggenheim Fellowship.

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