

Contact: Christine Hanson McKnight, 442-3091

### Media Advisory

## Candlelight Vigil To Be Held Tonight at University at Albany

ALBANY, N.Y. - The University at Albany will sponsor a candlelight vigil tonight (Tuesday, Feb. 5) to reflect upon all persons affected by the Persian Gulf War. The vigil, which will begin at 7 p.m., will be held in front of the small fountain at the Campus Center on the uptown campus, 1400 Washington Ave. The public is welcome to attend. In case of rain, the event will be held in the Campus Center Ballroom.

The vigil is sponsored by the Student Association, the offices of Campus Life and Student Services, Chapel House, Phi Kappa Sigma and the University's Coalition for a Just Community.

February 5, 1991

91-6

Bea - please fax  
today to:  
3 local TV stations  
Local News papers  
AP, NPI

Walk copy to Jim  
Doellefeld, Campus Life,  
Mitch Livingston  
Joel

*vlz*  
Contact: Christine McKnight or Mary Fiess, (518) 442-3091

## **University at Albany's Center for Stress and Anxiety Disorders Receives \$351,000 Grant for Hypertension Study**

ALBANY, N.Y. - Researchers at the Center for Stress and Anxiety Disorders at the University at Albany have received a \$351,000 grant for a study that could mean greater freedom from drugs for people who suffer from high blood pressure.

The two-year grant, from the National Heart, Lung and Blood Institute, is a follow-up to an earlier, pioneering project carried out in collaboration with research scientists in the Soviet Union. That study, conducted in 1984-88 involved the use of "thermal biofeedback" - an electronic relaxation technique that involves warming the hands and feet - and other drug-free forms of relaxation therapy to treat mild hypertension among American patients. The Soviets, meanwhile, used a method called "autogenic" training, a combination of relaxation, meditation and self-hypnosis.

High blood pressure affects one in five adults in both the United States and the Soviet Union, and can lead to strokes, increased risk of heart attack, and heart and kidney failure if it is untreated.

The study found that both non-drug treatments could work in both cultures. But while both treatments produced significant, short-term decreases in mild hypertension, Soviet patients were much more successful in maintaining lower blood pressure readings than their American counterparts three months to one year later, according to Dr. Edward Blanchard, co-director of the Center for Stress and Anxiety Disorders and a Distinguished Professor of psychology at the University. At one year, Blanchard reported in the journal Health Psychology, 75 percent of the treated Soviet patients had diastolic blood pressures (DBP) of 90 millimeters of mercury (MM), while only 24 percent of American patients had comparable readings.

"We suspected that one reason for the disappointing maintenance results may have been that American patients practiced the relaxation techniques less faithfully than Soviets," Blanchard said. "But all we had was anecdotal evidence. We'll be trying to get a better sense this time as to what's going on during the follow-up period."

In the new project, Blanchard and his associate, Peter Cornish, will also monitor the blood pressure of patients for 24 hours straight - a step which will give individuals a clearer sense of whether they actually suffer from hypertension.

"There have been questions raised in stress management treatment as to whether patients have really lowered their blood pressure, or whether they've just learned how to achieve lower readings while they're in the doctor's office," Blanchard explained. "If the readings are lower over a 24-hour period, then it's safe to conclude that blood pressure is really lower."

Blanchard and Cornish, a doctoral candidate in clinical psychology, believe that an individual's blood pressure does change during the course of the day, depending on one's activities.

To carry out their study, Blanchard and Cornish are seeking about 40 men and women ages 21 to 65 who either have mild hypertension (DBP of 90 to 105 MM) and are not taking anything for it, or who are currently taking drugs for high blood pressure and would like to eliminate them. Those who are accepted for the study will receive a physical at Albany Medical Center, then meet in

small groups to practice biofeedback techniques twice a week for eight weeks at the Center, which is located on Western Avenue near the University at Albany campus. Patients will have their blood pressure monitored for 24-hour periods both before and after the treatment program and again at a one-year follow-up. For more information, contact the Stress Disorders Clinic at (518) 456-4143.

Feb. 19, 1991

91-7



Contact: Lisa James (518) 442-3093

## University at Albany Celebrates Annual World Week

University at Albany President H. Patrick Swygert has proclaimed Monday, March 4 through Saturday, March 9 as World Week X. World Week is the University's celebration of the cultural diversity on campus and in the community through exhibits, music, food, entertainment, and panel discussions. The 1991 World Week tenth anniversary theme is "Creating a Just World Community" and will include a wide variety of events and programs (See enclosed schedule).

The biggest event of the week will be the Opening Celebration and Ethnic Block Party. The Opening Celebration will be highlighted by introductory comments by President Swygert and Mitchel Livingston, vice president for Student Affairs. The Block Party will follow with international foods, educational and cultural displays of dress, arts, crafts and music.

According to Barbara Schoonmaker, director of research, information and development in the Office of Student Affairs and one of the co-chairs for the event, this year's theme was chosen last spring when news of positive world events dominated the media. It seemed a "just world community" was finally emerging. "With the United States' involvement in a war at this time, this may make our focus on World Week and creating a just world community much more important," Schoonmaker said.

There will be several aspects of the festival which address the current situation in the Persian Gulf such as a lecture on "The United Nations' Role in the World and Particularly the Middle East." Other programs deal with issues in various parts of the world including the Soviet Union and Latin America. Most events are free and open to the public.

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Bea - Please send this to:

Local A	AP, UPI	Joel -
Local AA		Lisa -
Local Radio		Peggy -
Local TV		Bulletin Board
Internal Mailing List		

Also send to:

John Noble Wilford, New York Times

Michael Waldholz, Wall Street Journal

~~Margaret~~ B.D. Coleman, Newsday, Garden City, L.I. 11747

Also send to the magazines noted on the attached pages. Thanks.

Many thanks,  
Chris



PREVENTION  
33 East Minor St.  
Emmaus, PA 18049  
Tel: (215) 967-5171

FRQ: Monthly  
CIRC: 2,500,000

Editor:  
Robert Rodale

Contacts:  
John Feltman,  
Managing Editor;  
  
Jane Kinderliner,  
Food Editor;

Eileen Mazer,  
Senior Editor.

Focus: Better health  
through natural food  
supplements and nu-  
trition.

PRIMARY CARE AND CANCER  
Dominus Publishing Co.  
79 Powerhouse Rd.  
(P.O. Box 67)  
Roslyn Heights, NY 11577  
Tel: (516) 621-1080

FRQ: Monthly  
CIRC: 110,000

Editor/Contact:  
James McCarthy.

Focus: Treatment of  
cancer patients, for  
physicians.

PRIVATE PRACTICE  
3400 N.W. Expressway  
Oklaoma City, OK 73157  
Tel: (405) 943-2318

FRQ: Monthly  
CIRC: 150,000

Editor/Contact:  
Karen C. Murphy.

Focus: Practice man-  
agement.

PSYCHOLOGY TODAY  
1200 17th St., NW  
Washington, DC 20036  
Tel: (202) 955-7800

FRQ: Monthly  
CIRC: 856,000

Editor/Contact:  
Patrice Horn.

Focus: Anything to  
do with human  
behavior.

PSYCHOSOMATICS  
55 Holly Hill Lane  
(P.O. Box 4010)  
Greenwich, CT 06830  
Tel: (203) 661-0600

FRQ: Monthly  
CIRC: 40,000

Executive Editor:  
Dr. Wilfred Dorfman

Contact:  
Leo Christopher,  
Editor.

Focus: Psychiatric and  
neurological disorders  
for clinical psychia-  
trists and general  
practitioners.

RN MAGAZINE  
Medical Economics Co.  
680 Kinderkamack Rd.  
Oradell, NJ 07649  
Tel: (201) 262-3030

FRQ: Monthly  
CIRC: 325,000

Managing Editor:  
Marianne Mattera  
News Editor:  
Paul Cerrato

Contacts:  
Thomas Schwarz, R.N.,  
Margaret Van Meter, R.N.

Focus: Clinical break-  
throughs, trends and  
procedures that will  
have an effect on  
nursing practice.  
Also, news on drugs,  
medications and  
treatments.

Rx HOME CARE  
Brentwood Publishing  
Corporation  
825 S. Barrington Ave.  
Los Angeles, CA 90049  
Tel: (213) 826-8388

FRQ: Monthly  
CIRC: 23,000

Editor/Contact:  
Kate Seago.

Focus: News and informa-  
tion about home health  
care for durable medical  
equipment dealers.

SCIENCE  
1515 Mass. Ave., NW  
Washington, DC 20005  
Tel: (202) 467-4351

FRQ: Weekly  
CIRC: 160,000

Editor:  
Dr. Daniel Koshland

Contacts:  
Collin Norman,  
Deputy News Editor;

Barbara Culliton,  
News Editor;

T. H. Maugh,  
Jean L. Marx,  
Gina Bara Kolata,  
Staff Writers.

Focus: Research develop-  
ments in science, written  
by and for scientists.

SCIENCE AND CHILDREN  
National Science Teachers  
Association  
1742 Connecticut Ave., NW  
Washington, DC 20009  
Tel: (202) 328-5800

FRQ: 8 times/yr.  
CIRC: 17,000

Editor/Contact:  
Phyllis Marcuccio.

Focus: Journal for  
elementary school  
science teachers.

SCIENCE CHALLENGE  
Curriculum Innovations,  
Inc.  
3500 Western Ave.  
Highland Park, IL 60035  
Tel: (312) 432-2700

FRQ: Monthly  
CIRC: Confidential

Editor/Contact:  
Laura Ruekberg.

Focus: Science  
education.

SCIENCE DIGEST  
888 Seventh Ave.  
New York, NY 10106  
Tel: (212) 262-7990

FRQ: Monthly  
CIRC: 575,000

Editor:  
Oliver Moore, III

Contacts:  
Joan Shaw,  
Director of Research;

Tom Yulsman,  
News Editor.

Focus: All developments  
of general interest in  
science and technology,  
with accent on the  
dramatic.

SCIENCE 85  
1101 Vermont Ave., NW  
Washington, DC 20005  
Tel: (202) 842-9500

FRQ: 10 times/yr.  
CIRC: 700,000

Editor:  
Allen Hammond

Contacts:  
Eric Schrier,  
Managing Editor;

Jane Alexander,  
Associate Managing  
Editor;

Avery Comarow,  
Michael Gold,  
Senior Editors;

Bill Allman,  
John Tierney,  
Susan West,  
Staff Writers.

Focus: Discoveries,  
trends and problems  
in science, medicine  
and technology for  
the layman in govern-  
ment, business,  
health and related  
professions.

SCIENCE EDUCATION  
John Wiley & Sons, Inc.  
605 Third Ave.  
New York, NY 10158  
Tel: (212) 692-6000

FRQ: 5 times/yr.  
CIRC: 2,000

Editor/Contact:  
Leopold Klopfer.

Focus: Research,  
practices, issues  
and trends in science  
instruction and the  
preparation of  
science teachers.

SCIENCE FOR THE PEOPLE  
Science Research Ctr. Inc.  
897 Main St.  
Cambridge, MA 02139  
Tel: (617) 547-0370

FRQ: Bi-monthly  
CIRC: 5,000

Magazine Coordinator/  
Contact:  
Seth Shulman.

Focus: Social and  
political implica-  
tions of science  
and technology  
with the purpose  
of demystifying  
science for lay-  
persons.

SCIENCE NEWS  
Science Service, Inc.  
1719 N St. NW  
Washington, DC 20036  
Tel: (202) 785-2255

FRQ: Weekly  
CIRC: 175,000

Editor:  
Joel Greenberg  
*Anna Young*

Contacts:  
Jo Anne Silberner,  
Biomedicine Writer;

Julie Ann Miller,  
Life Sciences Editor;

Dietrick Thomsen,  
Physical Sciences  
Editor;

Ivars Peterson,  
Chemistry Editor;

Janet Raloff,  
Iris Peterson,  
Policy/Technology  
Editors;

Jonathan Eberhart,  
Space Sciences  
Editor;

Bruce Bower,  
Behavioral Sciences;

Stefi Weis Burd,  
Earth Sciences.

Focus: Anything new and  
significant in science  
and medicine.

SCIENCE TRENDS  
1071 National Press Bldg.  
Washington, DC 20045  
Tel: (202) 393-0031

FRQ: Weekly, except  
July and August,  
when it is monthly.  
CIRC: Confidential

Editor/Contact:  
Arthur Kranish.

Focus: All developments  
of significance in the  
sciences.

THE MEDICAL LETTER  
56 Harrison St.  
New Rochelle, NY 10801  
Tel: (914) 235-0500

FRQ: Bi-weekly  
CIRC: 125,000

Editor:  
Dr. Mark Abramowicz

Contact:  
Patricia Burnett.

Focus: All new drug  
information in-  
cluding reports of  
clinical trials.

MEDICAL SELF-CARE

P.O. Box 1000  
Point Reyes, CA 94956  
Tel: (415) 663-8462

FRQ: Quarterly  
CIRC: 30,000

Editor/Contact:  
Dr. Tom Ferguson.

Focus: Preventive  
health care for  
lay-persons.

MEDICAL TIMES

Romaine Pierson  
Publications Inc.  
80 Shore Rd.  
Port Washington,  
NY 11050  
Tel: (516) 883-6350

FRQ: Monthly  
CIRC: 110,000

Executive Editor/Contact:  
Susan Carr Jenkins.

Focus: New products,  
clinical trials,  
general medical news.

MEDICAL TRIBUNE

257 Park Ave. South  
New York, NY 10010  
Tel: (212) 674-8500

FRQ: Bi-monthly  
CIRC: 157,000

Managing Editor:  
William Ingram

Contact:  
Nathan Horwitz,  
Special News Editor.

Focus: Medical news  
and features for the  
practicing physician.

MEDICAL WORLD NEWS

211 East 43rd St.  
(Ste. 401)  
New York, NY 10017  
Tel: (212) 490-7800

FRQ: Bi-monthly  
CIRC: 114,000

Editor:  
Annette Oestreicher

Contact:  
Malcolm Manber,  
Bureau Chief.

Focus: Anything  
genuinely new in  
medicine. Covers  
clinical research in  
all specialties and  
features on people in  
medicine.

MERCURY

Astronomical Society  
of the Pacific  
1290 24th Ave.  
San Francisco, CA 94122  
Tel: (415) 661-8660

FRQ: Bi-monthly  
CIRC: 10,000

Editor/Contact:  
Andrew Fraknoi.

Focus: Non-technical  
articles on new  
developments in the  
exploration of the  
universe.

MODERN MEDICINE

7500 Old Oak Blvd.  
Middleburg Hgts.,  
OH 44130  
Tel: (216) 243-8100

FRQ: Monthly  
CIRC: 120,000

Editor/Contact:  
Dean Celina.

Focus: Current  
trends in family  
practice medicine  
for primary care  
physicians.

MOSAIC

National Science  
Foundation  
1800 G St., NW  
Washington, DC 20550  
Tel: (202) 357-9838

FRQ: Bi-monthly  
CIRC: 13,000

Editor/Contact:  
Warren Kornberg.

Focus: Reports on  
research conducted  
by the National  
Science Foundation;  
includes topics from  
life forms on the  
ocean floor to  
stellar phenomena.

NATIONAL GEOGRAPHIC  
MAGAZINE

17th & M Sts. NW  
Washington, DC 20036  
Tel: (202) 857-7000

FRQ: Monthly  
CIRC: 10,475,000

Editor:  
Wilbur E. Garrett

Contacts:  
W.E. Garrett,  
Editor;

Kenneth F. Weaver,  
Sr. Assistant Editor  
for Science;

Thomas Y. Canby,  
Richard Gore,  
Senior Writers.

Focus: The "diffusion  
of geographic know-  
ledge," including wide  
variety of topics re-  
lated to Man, the en-  
vironment and space.  
Specific interests  
(more general-science  
than medical) include  
wildlife, energy, an-  
thropology and  
natural resources.

NATIONAL WILDLIFE

National Wildlife  
Federation  
1412 16th St. NW  
Washington, DC 20036  
Tel: (703) 790-4000

FRQ: Bi-monthly  
CIRC: 700,000

Managing Editor:  
Jonathan Fisher  
Editor:  
John Strohm

Contacts:  
Patricia Daniels,  
Ilene Levitan,  
Mark Wexler,  
Senior Editors.

Focus: Wildlife, enviro-  
nmental issues and  
Man's relationship  
with the natural world.  
(See also: International  
Wildlife.)

THE NATION'S HEALTH

American Public Health  
Association  
1015 15th St. NW  
Washington, DC 20005  
Tel: (202) 789-5600

FRQ: Monthly  
CIRC: 30,000

Editor/Contact:  
Kathryn Foxhall.

Focus: Current issues  
in health, including  
legislative and po-  
litical developments,  
events and professional  
news.

NATURAL HEALTH BULLETIN

P.O. Box CN 5245  
Princeton, NJ 08540  
Tel: (609) 924-9320

FRQ: Monthly  
CIRC: 12,000

Editor/Contact:  
Annette van Duesen.

Focus: All issues re-  
lated to natural  
health care.

NATURAL HISTORY

American Museum of  
Natural History  
79th St. and Central  
Park West  
New York, NY 10024  
Tel: (212) 873-1498

FRQ: Monthly  
CIRC: 485,000

Editor/Contact:  
Alan Ternes.

Focus: For the edu-  
cated, ecologically-  
aware individual.  
Includes reports of  
research in all  
sciences except  
chemistry and physics  
with emphasis upon  
biological sciences  
and anthropology.

NATURE

(New York Office)  
15 East 26th St.  
New York, NY 10010  
Tel: (212) 689-5900

FRQ: Weekly  
CIRC: 26,000

Editor/Contact:  
John Maddox.

Focus: Biomedical re-  
search including bio-  
chemistry, genetics,  
natural history and a  
wide variety of other  
topics.

NEW AGE JOURNAL  
342 Western Ave.  
Brighton, MA 02135  
Tel: (617) 787-2005

FRQ: Monthly  
CIRC: 90,000

Editorial Director:  
Peggy Taylor

Contact:  
Lee Fowler,  
Editor.

Focus: Holistic health,  
the environment, al-  
ternative forms of  
energy, personal  
growth and world  
events.

NEW ENGLAND JOURNAL OF  
MEDICINE

10 Shattuck St.  
Boston, MA 02115  
Tel: (617) 893-3800

FRQ: Weekly  
CIRC: 213,000

Editor/Contact:  
Dr. Arnold S. Reiman.

Focus: Primary journal  
of articles and re-  
search reports on  
significant develop-  
ments in medical  
science.

NEW PHYSICIAN

American Medical  
Student Association  
1910 Association Dr.  
Reston, VA 22091  
Tel: (703) 620-6600

FRQ: 9 times/yr.  
CIRC: 83,000

Editor/Contact:  
Renie Schapiro.

Focus: Sociopolitical  
and clinical news  
and information ad-  
dressed to medical  
students, interns  
and residents.



Focus: The effects of the environment on health from the Washington point of view.

ENVIRONMENTAL SCIENCE AND TECHNOLOGY  
1155 16th St., NW  
Washington, DC 20036  
Tel: (202) 872-4581

FRQ: Monthly  
CIRC: 17,500

Editor:  
Russell Christman

Contact:  
Stanton Miller,  
Managing Editor.

Focus: Environmental issues from angle of hard science and technology.

THE EXPLORER  
Cleveland Museum of Natural History  
Wade Oval, Univ. Circle  
Cleveland, OH 44106  
Tel: (216) 231-4600

FRQ: Quarterly  
CIRC: 27,000

Editor/Contact:  
Bill Baughman.

Focus: Interpreting the natural history and science of North America with emphasis upon conservation and environmental issues.

FACETS  
American Medical Association Auxiliary, Inc.  
535 N. Dearborn St.  
Chicago, IL 60610  
Tel: (312) 751-6000

FRQ: 5 times/yr.  
CIRC: 80,000

Editor/Contact:  
Kathy Jordon.

Focus: Highlights of projects conducted by members of the American Medical Association Auxiliary.

FAMILY PRACTICE NEWS  
International Medical News Group  
12230 Wilkins Ave.  
Rockville, MD 20852  
Tel: (301) 770-6170

FRQ: Semi-monthly  
CIRC: 70,000

Editor/Contact:  
William Rubin.

Focus: Clinical news and features for family practitioners and other primary care physicians.

FIT  
P.O. Box 366  
Mountainview, CA 94043  
Tel: (415) 965-8777

FRQ: 9 times/yr.  
CIRC: 100,000

Managing Editor/Contact:  
Catherine Cassidy.

Focus: Nutrition, health and exercise with emphasis on aerobic exercise and dance.

FITNESS INDUSTRY MAGAZINE  
1545 N.E. 123rd St.  
North Miami, FL 33161  
Tel: (305) 893-8771

FRQ: Bi-monthly  
CIRC: 21,000

Editor/Contact:  
Michael Keighley.

Focus: News and information for the fitness industry.

FUSION  
888 Seventh Ave.  
New York, NY 10019  
Tel: (212) 265-3749

FRQ: 10 times/yr.  
CIRC: 150,000

Editor/Contact:  
Marjorie Hecht.

Focus: Fusion energy.

HEALTH  
3 Park Ave.  
New York, NY 10016  
Tel: (212) 340-9200

FRQ: Monthly  
CIRC: 1,000,000

Editor/Contact:  
Hank Herman.

Focus: All aspects of personal health--physical, mental and emotional--for health-minded young men and women.

THE HEALTH LETTER  
Harvard University Medical School  
79 Garden St.  
Cambridge, MA 02138  
Tel: (617) 495-5234

FRQ: Monthly  
CIRC: 315,000

Editor/Contact:  
Dr. William Bennett.

Focus: Information and advice on all aspects of personal health. Written for a general audience by members of the faculty of the Harvard Medical School.

HEALTH PERSPECTIVES  
Clayton-Davis & Associates  
8229 Maryland Ave.  
St. Louis, MO 63105  
Tel: (314) 862-7800

FRQ: Bi-monthly  
CIRC: 150,000

Editor/Contact:  
Jim Roth.

Focus: Consumer-oriented general health magazine.

HEALTH PROGRESS  
Catholic Health Association  
4455 Woodson Rd.  
St. Louis, MO 63134  
Tel: (314) 427-2500

FRQ: 10 times/yr.  
CIRC: 14,500

Editor/Contact:  
Carol Boyer.

Focus: Official journal of the Catholic Health Association. Covers professional issues in hospital science, nursing education and allied fields.

HEALTH SCIENCE  
The American Natural Hygiene Society, Inc.  
12816 Race Track Rd.  
Tampa, FL 33625  
Tel: (813) 855-6607

FRQ: Bi-monthly  
CIRC: 5,500

Editor/Contact:  
Jim Lennon.

Focus: The importance of one's habits and environment to personal health--e.g. one's home, job and relationships.

HEART & LUNG  
11830 Westline Industrial Dr.  
St. Louis, MO 63141  
Tel: (314) 872-8370

FRQ: Monthly

Editor/Contact:  
Kathleen Dracup.

Focus: Heart and lung research, news and information.

HIGH TECHNOLOGY  
38 Commercial Wharf  
Boston, MA 02110  
Tel: (617) 227-4700

FRQ: Monthly  
CIRC: 300,000

Editor:  
Robert Haavind

Contact:  
Garrett De Young,  
Secretary.

Focus: Appeals to the business community and covers all frontiers of emerging technology. Does not run pure science pieces. Covers business, military, aerospace, medical technology, consumer affairs, micro-computers, investments, industry and special reports.

HOME MECHANIX  
1515 Broadway (12th Fl.)  
New York, NY 10036  
Tel: (212) 719-6000

FRQ: Monthly  
CIRC: 1,626,000

Editor/Contact:  
Joseph R. Provey.

Focus: Feature articles relating to all aspects of house and car, including "How to" stories.

HOSPITAL MEDICINE  
90 Park Ave.  
New York, NY 10016  
Tel: (212) 682-5430

FRQ: Monthly  
CIRC: 145,000

Managing Editor/Contact:  
Marion Berger.

Focus: Developments in medicine and diseases for physicians.

HOSPITAL PRACTICE  
575 Lexington Ave.  
New York, NY 10022  
Tel: (212) 421-7320

FRQ: 18 times/yr.  
CIRC: 200,000

Editorial Director:  
David Fisher

Contact:  
Samuel Bukantz.

Focus: All medical and scientific developments of interest to doctors who practice in hospitals, and private practice, from research in immunology to clinical experience.

HOSPITALS  
American Hospital Publishing Inc.  
211 East Chicago Ave.  
(Ste. 700)  
Chicago, IL 60611  
Tel: (312) 951-1100

FRQ: Bi-monthly  
CIRC: 100,000

Executive Editor:  
Wes Curry  
Managing Editors:  
Jo Ellen Mistrasko  
Frank Sabatino  
Asst. Managing Editor:  
Terri Shahoda

Contacts:  
Kathy Shannon,  
Technology Editor;

Joyce Riffer,  
Patient Care Editor.

Focus: Topics of interest to hospital management, from the interpretation of legislation to the organization of multi-hospital systems.



ACCENT ON LIVING  
P.O. Box 700  
Bloomington, IL 61702  
Tel: (309) 378-2961

FRQ: Quarterly  
CIRC: 18,000

Editor/Contact:  
Betty Gary.

Focus: Topics of interest  
to physically disabled  
persons and rehabilita-  
tion professionals.

AMERICAN DRUGGIST  
555 West 57th St.  
New York, NY 10019  
Tel: (212) 399-2890

FRQ: Monthly  
CIRC: 80,000

Editor/Contact:  
Stanley Siegelman.

Focus: All topics of in-  
terest to pharmacists  
including trends,  
features and news.

AMERICAN FAMILY PHYSICIAN  
1740 West 92nd St.  
Kansas City, MO 64114  
Tel: (816) 333-9700

FRQ: Monthly  
CIRC: 130,000

Editor/Contact:  
Walter H. Kemp.

Focus: News and in-  
formation for family  
physicians (official  
publication of American  
Academy of Family  
Physicians).

AMERICAN HEALTH  
80 Fifth Ave.  
(Ste. 302)  
New York, NY 10011  
Tel: (212) 242-2460

FRQ: 10 times/yr.  
CIRC: 850,000

Editor-in-Chief:  
T. George Harris  
Editor:  
Joel Gurin

Contact:  
Tim Watkins,  
Associate Editor.

Focus: Health and  
all that affects  
it.

AMERICAN JOURNAL OF  
MEDICAL TECHNOLOGY  
150 Fifth Ave.  
New York, NY 10011  
Tel: (212) 286-9118

FRQ: Monthly  
CIRC: 25,000

Focus: News and  
information for  
clinical laboratory  
professionals.

AMERICAN JOURNAL OF  
MEDICINE  
Yorke Medical Group  
875 Third Ave.  
New York, NY 10022  
Tel: (212) 605-9400

FRQ: Monthly  
CIRC: 45,000

Editor/Contact:  
Arthur J. Antenucci.

Focus: Medical news  
and information for  
internists.

AMERICAN JOURNAL OF  
NURSING  
555 West 57th St.  
New York, NY 10019  
Tel: 582-8820

FRQ: Monthly  
CIRC: 330,000

Editor/Contact:  
Mary B. Mallison, RN.

AMERICAN JOURNAL OF  
PSYCHIATRY  
American Psychiatric  
Association  
1400 K St., NW  
Washington, DC 20005  
Tel: (202) 682-6000

FRQ: Monthly  
CIRC: 40,000

Managing Editor:  
Evelyn S. Myers

Contact:  
Dr. John C. Nemiah,  
Editor.

Focus: News and in-  
formation about  
psychiatry.

AMERICAN JOURNAL OF  
PUBLIC HEALTH  
American Public Health  
Association  
1015 15th St., NW  
Washington, DC 20005  
Tel: (202) 789-5600

FRQ: Monthly  
CIRC: 30,000

Managing Editor/Contact:  
Dr. Alfred Yankauer.

Focus: Technical  
articles and news of  
interest to profes-  
sionals in the public  
health field.

AMERICAN JOURNAL OF  
SCIENCE  
Yale University  
P.O. Box 6666  
New Haven, CT 06511  
Tel: (203) 432-4658

FRQ: 10 times/yr.

Editor/Contact:  
John Rodgers.

Focus: Geology and  
Geological Sciences.

INFECTIOUS DISEASES  
276 Fifth Ave.  
New York, NY 10001  
Tel: (212) 986-4444

FRQ: Monthly

Editor/Contact:  
Dr. Harold C. Neu.

Focus: News, information, and research about infectious diseases.

INFORM REPORTS  
381 Park Ave. South  
New York, NY 10016  
Tel: (212) 689-4040

FRQ: Bi-monthly  
CIRC: 1,700

Editor/Contact:  
Parin Stryker.

Focus: Effects of corporate decisions on hazard wastes, land and water resources, air pollution and worker's health and safety.

INTERNAL MEDICINE NEWS  
International Medical News Group  
12230 Wilkins Ave.  
Rockville, MD 20852  
Tel: (301) 770-6170

FRQ: Semi-monthly  
CIRC: 65,000

Editor/Contact:  
William Rubin.

Focus: Clinical news and features for internal medicine specialists and other primary care physicians.

INTERNATIONAL WILDLIFE  
Federation  
1412 16th St., NW  
Washington, DC 20036  
Tel: (703) 790-4000

FRQ: Bi-monthly  
CIRC: 450,000

Managing Editor:  
Jonathan Fisher  
Editor:  
John Strohm

Contacts:  
Patricia Daniels,  
Ilene Levitan,  
Mark Wexler,  
Senior Editors.

Focus: World wild-life, environmental issues and Man's relationship with the natural world. (See also: National Wildlife.)

JOURNAL OF ADOLESCENT  
HEALTH CARE

Elsevier Science Publishing Co., Inc.  
52 Vanderbilt Ave.  
New York, NY 10017  
Tel: (212) 370-5520

FRQ: Bi-monthly

Editor:  
Elizabeth Swain

Contact:  
Dr. Verdain Barnes.

Focus: All aspects of health care for professionals working with adolescents.

JOURNAL OF THE AMERICAN  
MEDICAL ASSOCIATION

535 North Dearborn St.  
Chicago, IL 60610  
Tel: (312) 751-6000

FRQ: Weekly  
CIRC: 279,000

Editor:  
George D. Lundberg, MD.

Contact:  
Phil Gunby, Editor,  
JAMA Medical News.

Focus: News of developments in clinical medicine and medical science for a physician audience.

JOURNAL OF AMERICAN  
MEDICAL WOMEN'S  
ASSOCIATION

465 Grand St.  
New York, NY 10002  
Tel: (212) 533-5104

FRQ: Bi-monthly  
CIRC: 6,000

Editor/Contact:  
Kathryn McGoldrich, M.D.

Focus: Medical.

JOURNAL OF CARDIO-  
VASCULAR MEDICINE

475 Park Ave. South  
New York, NY 10016  
Tel: (212) 686-0555

FRQ: Monthly  
CIRC: 122,000

Editor/Contact:  
Edwin Bayrd.

Focus: Developments in cardiovascular medicine for the general practitioner, family practitioner and internist.

JOURNAL OF CHRONIC  
DISEASES

Pergamon Press, Inc.  
Journals Division,  
Maxwell House  
Fairview Park  
Elmsford, NY 10523  
Tel: (914) 592-7700

FRQ: Monthly  
CIRC: 2,200

Editor/Contact:  
Dr. Alvin R. Feinstein.

Focus: Articles on problems and management of chronic illness in all age groups.

JOURNAL OF HOLISTIC  
MEDICINE

Human Sciences Press  
72 Fifth Ave.  
New York, NY 10011  
Tel: (212) 243-6000

FRQ: Semi-annually  
CIRC: 1,500

Editor/Contact:  
Dr. Elmer M. Cranton.

Focus: Scientific research and articles exploring the intricacies of holistic therapy.

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Xerox Student Group  
Magazines  
245 Long Hill Rd.  
Middletown, CT 06457  
Tel: (203) 347-7251

FRQ: Weekly, Sept.-May  
CIRC: 233,000

Editorial Director:  
Irwin Siegelman

Contact:  
Ann-Marie Drozd,  
Editor.

Focus: Science features for students in secondary grades.

LAB ANIMAL

Media Horizons  
475 Park Ave. South  
New York, NY 10016  
Tel: (212) 725-2300

FRQ: 8 times/yr.  
CIRC: 11,500

Editor/Contact:  
Marshall E. Ostrow.

Focus: Quasi-scientific trade magazine; deals with care and maintenance of lab animals and humane research methods.

LABORATORY MEDICINE

2100 West Harrison  
Chicago, IL 60612  
Tel: (312) 738-4860

FRQ: Monthly  
CIRC: 150,000

Editor/Contact:  
Dr. Elmer Koneman.

Focus: News and information for private and public medical laboratories.

LET'S LIVE  
444 North Larchmont Blvd.  
Los Angeles, CA 90004  
Tel: (213) 469-3901

FRQ: Monthly  
CIRC: 135,000

Managing Editor/Contact:  
Howard Kim.

Focus: All issues pertaining to health, food and nutrition.

LIFE SCIENCES

Pergamon Press, Inc.  
Journals Division,  
Maxwell House  
Fairview Park  
Elmsford, NY 10523  
Tel: (914) 592-7700

FRQ: Weekly  
CIRC: 2,200

Editor/Contact:  
Rubin Bressler.

Focus: Pharmacology, biochemistry, endocrinology and microbiology.

MD MEDICAL NEWSMAGAZINE

30 East 60th St.  
New York, NY 10022  
Tel: (212) 355-5432

FRQ: Monthly  
CIRC: 142,000

Editor:  
Al Vogel

Contact:  
Barbara Guidos,  
Managing Editor.

Focus: Culturally-oriented journal, designed to enrich the personal and professional life of physicians in many areas, especially medicine, science, fine arts, travel, leisure.

MEDICAL CARE

J.B. Lippincott Co.  
E. Washington Square  
Philadelphia, PA 19105  
Tel: (215) 238-4200

FRQ: Monthly  
CIRC: 3,000

Editor/Contact:  
Connie McSweeney.

Focus: Various studies and issues related to medical care in the U.S.

MEDICAL ECONOMICS

Medical Economics Co.  
680 Kinderkamack Rd.  
Oradell, NJ 07649  
Tel: (201) 262-3030

FRQ: Bi-weekly  
CIRC: 170,000

Editor/Contact:  
Don Berg.

Focus: The non-clinical side of medicine: running a practice, tax issues, other business and professional aspects of medicine.

MEDICAL HOTLINE

Medical News Service  
450 Park Ave. South  
New York, NY 10016  
Tel: (212) 889-4600

FRQ: Monthly  
CIRC: 60,000

Editor:  
Patrick Carr

Contact:  
Dr. Labe Scheinberg,  
Medical Consultant.

Focus: Consumer-oriented news-letter covering advances and trends in the medical world.



Contact: Peggy L.S. Barmore (518) 442-3092

**PRESS ADVISORY**

New York City Mayor David N. Dinkins will be the keynote speaker at the University at Albany's 12th annual Martin Luther King Jr. Luncheon on Tuesday, Feb. 26, from noon to 1:30 p.m. in the Campus Center Ballroom on the University's main campus, 1400 Washington Ave., Albany. The luncheon is the touchstone of the campus's observance of Black History Month.

Dinkins will be available to the media immediately following his talk. Because the luncheon program is free and open to the public, space is limited. Members of the media interested in attending the program should contact me, Peggy Barmore, at 442-3092 as soon as possible to reserve a seat.

Feb. 20, 1991

91-9

Peggy did  
mailing

Contact: Peggy L.S. Barmore

### University to Honor Minority High School Achievers

For the third consecutive year, the University at Albany will host its Minority High School Student Achievers Luncheon, honoring students of color from throughout the Capital Region. The luncheon will be held at noon Saturday, Feb. 23, in the Campus Center Ballroom on the University's main campus, 1400 Washington Ave., Albany.

Sixty-one area 11th and 12th graders will be recognized for their academic accomplishments and the leadership roles they play in their schools and communities. (A complete list of the students and their schools is attached.)

The University initiated the program "to recognize students of color who are high achievers in the areas of academics and leadership, and to encourage them to go on to college and continue their leadership development," according to Carson Carr Jr., associate dean for Academic Support Services at the University and the luncheon's organizer.

This year's program is co-sponsored by the New York State African American Institute, GE Schenectady, the State University of New York Office of Minority Access and Retention Services, the University at Albany Admissions Office and Office of Academic Support Service, and the Single and Black Organization for Social Alternatives (SABOSA Inc.)

Feb. 22, 1991

91-10

*Peggy did  
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Contact: Vince Sweeney 442-3075

#### THE WAR'S FINAL PHASE: PEACE

As the fighting intensifies in Kuwait, Iraq and the Persian Gulf, a public discussion at the University at Albany on Wednesday, February 27, will look beyond the immediate hostilities in a forum entitled "Shaping the Peace." The forum, which is free and open to the public, will be held from 12:15 p.m.-1:30 p.m. in the Ballroom of the Campus Center.

University President H. Patrick Swygert, who is well acquainted with the region having taught at Tel Aviv Law School during the summer for several years, will open the discussion. Jeanne Gullahorn, Interim Vice President for Academic Affairs, will moderate the panel of faculty experts.

The panel members are Donald Birn, Professor of History, Martin Edelman, Professor of Political Science, Dan S. White, Professor of History, and Helen Desfosses, Associate Provost of Rockefeller College of Public Affairs and Policy.

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February 25, 1991

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Contact: Peggy L.S. Barmore (518) 442-3092

**Community Forum to Examine the Pivotal Role of the University in  
Meeting Businesses' Demand for a Skilled and Educated Workforce**

"The Workforce, The Economy, The University: New York's Prosperity in the 1990s" will be the focus of a University at Albany-sponsored community forum on Wednesday, March 6, in Ballroom E of the Albany Hilton Hotel, Ten Eyck Plaza, Albany.

The 7:45 a.m. breakfast session for Capital District business and community leaders and elected officials will examine the anticipated needs in the state's workforce for the balance of the 1990s and into the next century, how the state's economy will dictate the makeup of that workforce, and the measures the University is and will be taking to meet the growing demand for a skilled and educated workforce.

University at Albany President H. Patrick Swygert, who has been actively involved in fostering business-university partnerships, will head a distinguished panel comprised of: H. Graham Jones, executive director of the New York State Science and Technology Foundation, the agency responsible for the development and transfer of technology within the state; Hugh Johnson, chief financial officer and senior vice president at First Albany Corporation; Jeanne E. Gullahorn, interim executive vice president for Academic Affairs at the University at Albany, who has been a consultant to System Development Corporation, Trans World Airlines, and the U.S. Agency for International Development; and Walter Goldstein, professor of Public Policy and International Relations at the University's Rockefeller College of Public Affairs and Policy, and a consultant to IBM and Shell Oil Company.

This is the second community forum sponsored by the University this academic year. A forum held last fall looked at the Persian Gulf Crisis and its impact on the state's economy.

\* \* \* \*



Christine McKnight  
University Relations Office  
442-3091

Bea - please send this to  
the same outlets that  
received the hypertension  
release about 10 days ago.

Also send copies to:  
- Nancy Nicholson & Ed Blanchard  
at Stress Disorders Clinic

Given to me March 4<sup>th</sup>  
mailed out 12 PM

Same list as  
# 91-7



Administration 233  
Albany, New York 12222

**news**

518 442-3073

Contact: Christine Hanson McKnight, (518) 442-3091

## Center for Stress and Anxiety Disorders Studies Headaches in the Elderly

ALBANY, N.Y. - Wanted: individuals 60 years or older who suffer from recurring headaches.

With a growing proportion of elderly in the nation's population, scientists at the University at Albany are investigating new ways of helping older headache sufferers relieve their pain without drugs.

Earlier studies have found that the older a patient was, the more difficult it was to teach that individual to use "thermal biofeedback" - an electronic relaxation technique that involves warming the hands and feet - and other drug-free forms of relaxation therapy as a way of reducing headaches. But researchers at the University's Center for Stress and Anxiety Disorders are carrying out a new study that may challenge the results.

"We hope to show that older people can respond as effectively as younger people if the treatment is delivered carefully," said Nancy Nicholson, a doctoral candidate in clinical psychology who is carrying out the study with Dr. Edward Blanchard, co-director of the Center.

The study, now under way, features a more flexible, "building block" approach to the way in which older people are taught to use biofeedback and other forms of relaxation therapy. While Nicholson has kept the same number of sessions as younger headache sufferers, she has lengthened them by one-half hour, providing for a more leisurely learning pace. Older patients also receive some information by audiotape.

While headaches generally tend to decrease with age, 14 percent of women over 60 and seven percent of men over 60 continue to suffer from headache, Nicholson said.

"Since this is the fastest growing segment of our population, the study takes on growing importance," said Nicholson, a migraine sufferer herself as an adolescent and a nurse for 20 years before deciding to pursue a career in behavioral medicine. "Second, this the elderly are often subject to other health problems that require other drugs, it could help reduce the potential for side effects from multiple drug use."

Many clinicians - and lay people as well - believe incorrectly that older people "are just supposed to live with their aches and pains," Nicholson added.

To complete the study, Nicholson and Blanchard are seeking 12 to 15 men and women 60 years or older who suffer from either tension or migraine headaches. Participants will first be examined by a neurologist and then be asked to maintain "headache" diaries for either one or three months, followed by 12 treatment sessions of one to one-and-one-half hours for eight weeks. Following the treatment, all will be asked to keep their "headache" diaries for an additional month.

For more information or to participate in the study, call the Stress Disorders Clinic at (518) 456-4143.

Feb. 27, 1991

91-13