

# UT News

Office of Medical Information  
The University of Texas Health Science Center at Dallas  
5323 Harry Hines Boulevard Dallas, Texas 75235  
214/688-3404

April 25, 1986

CONTACT: Tommy Joy Bosler  
Office: 214/688-3404  
Home: 214/327-1773

\*\*\*\*Effects of weight and diet on longevity  
to be subject of Dr. Reubin Andres, clinical  
director, National Institute on Aging

DALLAS--One of the nation's foremost experts on aging, Dr. Reuben Andres, will speak on "Prescription for Longevity: Nutritional Factors and Body Weight" in a free public lecture at The University of Texas Health Science Center at Dallas on May 15.

Dr. Andres, clinical director of the Gerontology Research Institute of the National Institute on Aging, will appear at 7:30 p.m. in the Jones Lecture Hall (DI.602) on the health science center campus at Harry Hines Boulevard and Butler Street.

Most people believe that maintaining a desirable weight and eating an ideal diet lead to a longer, healthier life. The problem, according to Andres, is that "recommendations for desirable weight and ideal diet remain highly controversial. Furthermore, it appears that recommendations may need to change for different stages in the life cycle."

Andres, who is a professor in the Department of Medicine at Johns Hopkins University in Baltimore, Md., has been closely associated with research on aging, heart disease and obesity in various programs of the National Institutes of Health. He was assistant chief of the National Institute on Cardiovascular Heart Disease from 1965-1976, serving as chief of clinical physiology from 1969-1975.

Working with the National Institute on Aging since 1962, Andres has been assistant chief of the Gerontology Research Center since 1975 and clinical director of the NIA since 1976.

This is the third public lecture in a series of Distinguished Lecturers on Nutrition sponsored this semester by the Center for Human Nutrition at UTHSCD as a community service. The series will begin again in the fall.

Andres also will address medical professionals on "Body Fat and the Pattern of its Distribution: Implications for Health and Longevity" in the Continuing Education Classroom (E6.200) at the health science center at 12:15 p.m. on May 15.

XXXX

Distribution: AA, AB, AI, AM, SC