

NEWS

The University of Texas Health Science Center at Dallas
5323 Harry Hines Boulevard Dallas, Texas 75235 (214)688-3404

April 23, 1986

CONTACT: Susan Rutherford
OFFICE: 214/688-3404
HOME: 214/349-7820

****Caveman's high potassium diet provides model eating habit for today.

DALLAS--Take a hint from the diet of prehistoric man, says Dr. Louis Tobian, and avoid modern-day health problems.

Our hunter-gatherer ancestors consumed foods that were very high in potassium and low in sodium, according to Tobian, professor of medicine at the University of Minnesota School of Medicine. He says their diet of one-third lean meat and two-thirds vegetables protected them against high blood pressure, with its related consequences of stroke, heart attack and kidney damage.

High blood pressure, he says, is the price we pay for straying too far from the diet to which our bodies are genetically adapted.

On May 15, Tobian will be speaking in Dallas for the second time in recent months as the Arthur Grollman Visiting Professor at The University of Texas Health Science Center at Dallas. He will be presenting the topic "High Potassium Diets Prevent Hypertensive Strokes, Kidney Disease and Artery Hypertrophy--A Possible Legacy from Prehistoric Times" at the 11 a.m. Internal Medicine Grand Rounds in room D1.502.

Tobian is a native Dallasite who received his M.D. degree from Harvard Medical School in 1943. He then completed a research fellowship in medicine at Southwestern Medical School in Dallas and became assistant professor of medicine at Southwestern, which is part of UTHSCD. While at Southwestern he was appointed as an established investigator of the American Heart Association. In 1951 he returned to Harvard as a research fellow in biological chemistry and in 1954 took a post on the faculty of the University of Minnesota Hospital and School of Medicine, where he has remained.

He is a member of numerous professional committees and has received many honors throughout the years, including lectureships at Yale University, the New England Cardiovascular Society and the health science center. He is a fellow of the New York Academy of Sciences and of the American College of Physicians.

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