Cancer risk may increase with too much dietary protein

**BY JIM DEWIN**

A great deal of research connects nutrition with cancer risk. Overweight people are at higher risk of developing post-menopausal breast cancer, endometrial cancer, colon cancer, kidney cancer and a certain type of esophageal cancer.

New preliminary findings from School of Medicine researchers indicate that eating less protein may help protect against certain cancers that are not directly associated with obesity.

The research, published in the December issue of the American Journal of Clinical Nutrition, shows that lean people on a long-term, low-protein, low-calorie diet had considerably lower levels of the plasma growth factor called IGF-1 [insulin-like growth factor 1] than equally lean endurance exercisers, said the study’s first author Luigi Fontana, M.D., Ph.D., assistant professor of medicine and an investigator at the Institute of Diabetes in Rome. "That suggests to us that a diet lower in protein may have a greater protective effect against cancer than exercise endurance, independently of body fat mass." The study involved three groups of people. The first ate a low-protein, low-calorie, raw food vegetarian diet and was made up of 21 men and 29 women. The second group eaten the same diet, but also exercised. The third group consumed the same diet, but didn’t exercise. After 6 months, the researchers found that participants who ate a low-protein diet had lower levels of the plasma growth factor called IGF-1 than those who ate a high-protein diet. The researchers also found that the low-protein diet was associated with a lower risk of developing breast cancer.

Fontana

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Pioneering Alzheimer’s disease researcher Leonard Berg dies at 79

**BY MICHAEL C. PURDY**

Leonard Berg, M.D., the founder and former director of the Alzheimer’s Disease Research Center, died Monday, Jan. 15, 2007, following a stroke. He was 79.

Berg, professor emeritus of neurology, received many awards and honors for his contributions to Alzheimer’s research, including the Lifetime Achievement Award and the Public Service Award from the Alzheimer’s Association, the Peter H. Raven Lifetime Achievement Award from the St. Louis Academy of Science and the School of Medicine Second Century Award.

"Leonard Berg was one of the most talented and respected physicians I have known," said Chancellor Emeritus William H. Danforth, M.D. "He was ahead of the rest of us in recognizing the importance of Alzheimer studies. We all trusted his judgment and wisdom."

Berg had two separate and distinguished careers in medicine—one for several decades as a clinician in private practice and a second one in research. In the 1970s, motivated by his work with patients, Berg started a discussion group in the Department of Neurology at St. Louis University School of Medicine. Berg was interested in the link between mental and physical health and how to improve it. He started a program to encourage reading and writing among stroke survivors and developed a system for distinguishing healthy aging from the onset of very mild dementia. Based on that research, the National Institutes of Health in 1979 awarded Berg, Berg, Berg, the Department of Health and Human Services, the National Institute of Neurological Disorders and Stroke, and the St. Louis County Alzheimer’s Disease Center a four-year grant to study aggressive and abusive behavior among older adults.

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Medical News: Bacteria in gut may influence obesity

Honing MLC: Learn to break the cycle of poverty

Washington People: Conron Colangelo on the art of unification
Immigration expert receives professorship in School of Law

BY JESSICA MARTIN

Stephen H. Legomsky, J.D., chancellor for administration and service to the University, is chair of the immigration law department and an internationally recognized immigration scholar. He is the founding director of the school’s Whitney R. Harris Institute for Global Legal Studies, a past chair of the University’s Academic Senate, and president of the Immigration Law Association. He is a member of the American Law Institute, the American Society for International Law, the American Society of International Law, and the American Immigration Lawyers Association. He is also a member of the American Immigration Lawyers Association’s Immigration Law Association.

Legomsky is the author of numerous articles and several books on immigration law and other subjects. His book, "Immigration and Refugee Law and Policy," was the required text for immigration courses at 127 U.S. law schools.

He testified before Congress chaired several national immigration hearings and served on several United States presidential administrations, the United Nations High Commission for Refugees, the immigration ministers of Russia and Ukraine, and several foreign governments.

As an ambassador for the McDonald International Scholarships Academy at WUSTL, he represents the institution for the University of Hong Kong. Legomsky has held visiting teaching and research positions in 10 countries.

He has received many accolades, including the Immigration Law Association Award and its Founders Day Distinguished Faculty Recognition. He also was awarded the Legion of Merit, the highest U.S. military award for civilians.

The University of Hong Kong’s President Sir Peter Dodds Emerson said, "We are thrilled that Professor Legomsky has accepted our new professorship on Stephen's behalf. He is a distinguished immigration scholar and a leader in the field of international law. His appointment will further reinforce our commitment to excellence in legal education and research."
Abundance of common microbes in the gut may contribute to obesity

By Caroline Aranas

School of Medicine researchers have found a link between obesity and the microbial communities living in our guts. The findings indicate that our gut microbes are biomarkers, mediators and potential therapeutic targets in the war against the worldwide obesity epidemic.

In two studies published last month in the journal Nature, the scientists report that the relative abundance of two of the most common groups of gut bacteria is altered in obese humans and mice. By sequencing the genes in gut microbial communities of obese and lean mice and comparing the effects of transplanting these communities into germ-free mice, the researchers showed that obese human and animal microbiota share an increased capacity to harvest calories.

"The amount of calories you consume by eating and the amount of calories you expend by exercising are key determinants of your tendency to be obese or lean," said lead investigator Jeffrey J. Gordon, M.D., director of the Center for Genome Science and Policy at Washington University School of Medicine.

"The number of calories we are able to extract and absorb from our diet and deposit in our fat cells," Gordon said.

That is, the same bowl of cereal may not yield the same number of calories for each person depending on the fiber content. For example, the same number of calories for each person depending on the fiber content. For example, the same number of calories for each person depending on the fiber content.

In one of the Nature articles, Ruth Ley, Ph.D., a microbial ecologist in Gordon's group, reports on her investigation into whether these findings were true among obese humans. She followed 12 obese patients at a WUSTL weight loss clinic for a one-year period. Half the patients were on a low-calorie, low-fat diet, and half were on a low-calorie, low-carbohydrate diet.

At the outset of the study, the obese patients had the same type of depletion of Bacteroidetes and relative enhancement of Firmicutes as the obese mice. As the patients lost weight, the abundance of the Bacteroidetes increased and the abundance of Firmicutes decreased, irrespective of the diet they were on. Moreover, the entire group of Bacteroidetes increased as patients lost weight.

In a companion paper in the same journal, Peter Turnbaugh, a doctoral student in Gordon's lab, compared the genes present in the gut microbial communities of the obese and lean mice using the newest generation of massively parallel DNA sequencers.

The results of these comparative metagenomic studies revealed that the obese animals' microbial communities had a greater capacity to digest polysaccharides, or complex carbohydrates. By transferring the gut microbial communities of obese and lean mice to germ-free mice, he confirmed that the obese microbial community prompted a significantly greater gain in fat in the recipients.

These studies raise a number of questions, according to Gordon. "Are some adults predisposed to obesity because they 'start out' with fewer Bacteroidetes and more Firmicutes?" he asked. "Can features of a reduced-Bacteroidetes/Firmicutes microbiota contribute to obesity?"

A woman pregnant with triplets, for example, needs to eat at least six meals a day and consume an extra 1,600 calories. Patients at the center meet with a nutritionist regularly and receive advice on high-fat, high-calorie foods. "They also need nutritional guidance and exercise support," said Paul, associate professor of obstetrics and gynecology, and head of the clinic.

"These women need to be monitored more closely because they are at high risk of developing preterm labor as well as abnormalities in their babies' growth," said Paul, associate professor of obstetrics and gynecology, and head of the clinic.

Women who have multiples also face an increased risk of postpartum depression, and the divorce rate among these parents exceeds 70 percent, according to Paul. The clinic's staff is ultimately aware of the stress parents of multiples face long-term and goes to lengths to connect them with national and local parent organizations that offer support and counseling.

Paul and the three other physicians on staff have gained a greater understanding of the psychological aspects of delivering babies. They also face an increased risk of postpartum depression, and the divorce rate among these parents exceeds 70 percent, according to Paul. The clinic's staff is ultimately aware of the stress parents of multiples face long-term and goes to lengths to connect them with national and local parent organizations that offer support and counseling. Paul said treating the mothers-to-be and delivering babies is extremely rewarding. "The real payoff is getting Christmas cards from these children who are developing normally," he said.

The researchers focused on two major groups of bacteria: Bacteroidetes, which produce succinate and fatty acids; and Firmicutes, which make up 55 percent of gut bacteria. These two groups are in direct competition calories that can be stored as fat.

"The amount of calories you consume by eating and the amount of calories you expend by exercising are key determinants of your tendency to be obese or lean. Our studies imply that differences in our gut microbial ecology may determine how many calories we are able to extract and absorb from our diet and deposit in our fat cells," Gordon said.

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By Bruce Miller

Jeffrey J. Gordon, M.D., professor of molecular microbiology and immunology, center director and Robert J. Glaser executive vice chancellor and chief academic officer of the Center for Genome Science and Policy, proposed a theory last year that the gut microbiome is a key player in determining one’s vulnerability to obesity.

"Our goal in implementing this policy is to provide a clean and healthy work and patient care environment for everyone and to reduce the toll of tobacco-related illness and to reduce tobacco use among employees, students, visitors and patients interested in quitting," Shapiro said. "As a health care organization, this is the right thing to do.

In Jan. 1, the five University health-insurance plans began to cover two prescription drugs when prescribed for the purpose of smoking cessation. Viagra, Kamagra and Zyban are covered as "tier-4" drugs on the United Healthcare and Blue Cross prescription drug tier listings. There are various community organizations that offer smoking-cessation strategies and prescription drug tier listings.

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Is it Natural to be Unruly? Women’s Lighting Design

Carl Safe (center) helps students cut the ribbon at the Grand Center plaza dedication Dec. 15.

Carl Safe (center) helps students cut the ribbon at the Grand Center plaza dedication Dec. 15.
By Lisa Otten

Lighting designer opens lecture series

Lighting designer Paul A. Zattoni will launch the Spring Forum of Design & Visual Arts series at 6:30 p.m. Jan. 22, in the 100-seat Forum at the George Warren Brown Hall. Following the program, there will be a reception and a private exhibition of Zattoni's work. Zattoni is president and principal of Lam Partners Inc., a lighting consulting firm based in Cambridge, Mass. He has worked on a wide range of educational, institutional and transportation projects, including the Guggenheim Museum in Bilbao, Spain; The Getty Villa in Malibu, Calif.; the Boston Convention & Exhibition Center; and the Metropolitan Kansas City Police Academy National Training Center.

In St. Louis, Zattoni worked on two buildings for the School of Medicine: the Spencer T. Olin Residence Hall and the Pediatrics Biomedical Research Building. Other area projects include the Saint Louis Science Center's IMAX Theatre, Mercantile Bank Plaza, the Stix Early Childhood Center and the Pere Marquette Gallery at St. Louis University's Doherty Library. The lecture series continues at 6:30 p.m. Jan. 29 with a talk on "Lighting Design for Museum Exhibitions" by John A. Erlandsen, director of the Rhoda Mann Institute at the Art Museum in St. Louis. Other speakers in the series include: Feb. 19: Bruce Lindsey, dean, College of Architecture; Feb. 20: Dean of the School of Architecture Urban Design, "Collective Practice"; March 5: John Hoal, Ph.D., assistant professor of the architecture undergraduate program at Washington University, "Cancer - from Page 1

Iron men and women. Another group consisted of 21 lean subjects who did regular endurance running, averaging about 48 miles per week. The runners ate a standard Western diet, consuming more calories and protein than Group One. The third group included 21 sedentary people who also consumed a standard Western diet, higher in sugar, starch, fat and processed grains and animal products. The subjects were matched for age, sex and other demographic factors, and no one smoked or had diabetes, cardiovascular disease, lung disease or other chronic illness. Subjects in the low-protein group averaged a daily intake of 0.7 grams of protein per kilogram of body weight. Endurance runners averaged 1.6 grams and sedentary people, about 0.8 grams. The study consumed the highest of body weight and fat mass," Fontana said most of us don't eat enough fruits and vegetables — as much as 10 points and nine rebounds, while sophomore Sean Wallis had 10 points, nine rebounds and four assists. Ruths scored a career-high 28 points as Columbia's basketball team improved to 10-1 over a week ago. WUSTL entered the Dec. 8 Mechanical and Aerospace Engineering Design Fair in Whitaker Hall. Following the program, there will be a reception and a private exhibition of Zattoni's work. Zattoni is president and principal of Lam Partners Inc., a lighting consulting firm based in Cambridge, Mass. He has worked on a wide range of educational, institutional and transportation projects, including the Guggenheim Museum in Bilbao, Spain; The Getty Villa in Malibu, Calif.; the Boston Convention & Exhibition Center; and the Metropolitan Kansas City Police Academy National Training Center.

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end of the first level, with dis-abled spaces throughout. The re-mainder of the garage is zoned to be shared by yellow- and blue-painted spaces, as indicated.

Two cars enter the garage at the east or west ends; exit is allowed only at the west end. Snow Way Drive is one-way east-west between Big Bend and the east end of the complex.

For more information, call 955-2989 ext. 4 or e-mail specialprojects@wustl.wustl.edu.
This crater was formed by a comet particle penetrating the collector’s aluminum foil at a velocity of 14,000 mph. The crater was found among the debris on the crater’s outer rim.

Stardust

— from Page 1

received his team’s first cometary material: three slices of one particle.

Wanting no time, Stadermann and his WUSTL — Eric S. Zinner, Ph.D., research professor of physics and of earth and planetary sciences in Arts & Sciences; Christine Hess, Ph.D., research associate professor of physics; and Koolie Kaur Marais, Ph.D., post-doctoral researcher of physics — went right to work on it and, eventually, 10 other Stardust samples from three researchers also are co-authors on the Science articles.

Kevin D. McKeegan, Ph.D., professor of chemistry at the University of California, is a first author on the article. McKeegan earned a doctorate in chemistry from WUSTL in 1987, with Zinner serving as his advisor. In addition to McKeegan, other WUSTL alumni are either first authors or have a role on some of the seven Science articles. Beighe Gone K. Wepfer, Ph.D., senior research scientist in earth and planetary sciences and a member of the McDonnell Center for the Space Sciences in Arts & Sciences, is a co-author on four of the Science articles. As the other WUSTL researcher to receive Stardust samples to study, Wepfer is using a technique called Raman microprobe spectroscopy to characterize the inorganic composition and elemental composition of individual cometary dust grains.

From the ‘cosmic freezer’

Using the University’s state-of-the-art ion probe, the NanoSIMS (Secondary Ion Mass Spectrometer), Staderman’s team ana-
yzed the elemental and isotopic composition. The NanoSIMS, which Stadermann and Zinner helped design and test, can resolve objects as small as 50 nanometers — one thousand times smaller than the diameter of a human hair.

The first NanoSIMS instrument in the world was purchased by WUSTL in 2000 for $2 million, with funds provided by the National Science Foundation and the McDonnell Center for the Space Sciences.

quickly analyzed at WUSTL yielded a unique result providing a fundamental answer about the early solar system.

The parent bodies of primi-
tive meteorites (asteroids) formed in places different, closer to the sun, than comets, which formed farther away,” Zinner continued. The preservation of Stardust in both types of solar system bodies tells us something about their formation history. However, at present we have evidence for only one Stardust grain in cometary material, making it a little early to make final conclusions.

hoss added. “The preliminary examination of the three par-

Big Read

— from Page 1

pleasure among American adults. The Big Read aims to address this issue directly by providing citizens with the opportunity to read, discuss and share a single book within their communities. "While the goal of the Big Read is to get everyone in a community — from high school kids and of-
fice workers to public officials and senior citizens — reading a great book, said NEA Chair Dana Gioia. "Our goal is to get people thinking about the challenges of "Fahrenheit 451" — with the same con-

continued for the 186 years since the invention of the slice of bread. Today, the world's largest slice of bread is the "Big Slice" which was placed on display at the "The Eyes of the Birds" (1983) di-
greeted by Bradbury and Orwell.

Fahrenheit 451,3 (1966), Jan. 27 screening.

Jan. 26-27 will feature the Dyostic Numbers Film Festival at 7 p.m. each night in Brown Hall. Each film will be followed by a discussion of the films and their societal implications.

The Eyes of the Birds (1983) di-
guests: John C. Morris, M.D., the Andrew B. and Helen Aram Bamberger Professor of Neurology, and Christine Berg, professor and chair of English. "Leonard was a visionary clinician-scientist promoting Alzheimer’s disease research and clinical care at Washington University. The buzzword now at the NIH and around academia is translational research, but Leonard was doing cutting-edge translational research 30 years ago. I respected him as a physician-scientist as much as anyone I have known,” David Hartman

Campus book discussion groups specifically for faculty and staff are being offered at different locations. All discussions start at noon except where noted.

Feb. 2: Barnes & Noble, Fashion Avenue and Children’s Place, 1 p.m.
Feb. 3: Dardenne, Hurst Lounge, Room 201

Feb. 15: Mallinckrodt Student Center, Lambert Lounge
Feb. 16: North Campus, Ridgley Hall, Room 215
Feb. 23: Duncker Hall, Hurst Lounge, Room 201

purposes of learning.”

Lawton will launch one of the first events in conjunction with the program when he speaks for the Assembly Series Jan. 24. His talk is titled “Burning to Read” and will be delivered at 11 a.m. in Graham Chapel. This is the first Assembly Series lecture of the spring semester. "The Friedeman Quinn Assembly Series dinners start at noon except where noted.

DAVID HOLTZMAN

"Leonard was a visionary clinician-scientist promoting Alzheimer’s disease research and clinical care at Washington University. The buzzword now at the NIH and around academia is translational research, but Leonard was doing cutting-edge translational research 30 years ago. I respected him as a physician-scientist as much as anyone I have known.”

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The parent bodies of primiti-
...
Rafia Zafar receives Fulbright grant

BY SUSAN KILLENBERG MCGINN

WASHINGTON UNIVERSITY IN ST. LOUIS

WASHINGTON University has awarded an Award of Excellence from the Health Improvement Institute for the merger of its multiple Institutional Review Boards (IRB).

We are very pleased and feel honored to be awarded a Moody's Triple-A rating," University President Harvey S. Meyerhoff said.

Strong, research engineer in Genome Sequencing Center, 36

BY ANDY CLENDENNEN

Moody's Investors Service has assigned the University of Missouri a Moody's upgraded debt rating to Aaa from Aa1 and assigned an Aa1 rating to the Series 2007 A and B fixed-rate bonds that are expected to be issued to fund the Missouri Health and Educational Facilities Authority. The Aaa rating is the highest level offered by Moody's. According to Moody's, the upgrade reflects the University's superior levels of liquid financial resources and improved student market position, consistently positive operations and Moody's expectation of continued careful evaluation of future capital projects.
Carmon Colangelo brings together various disciplines in Sam Fox School

architecture & Urban Design. And the following month, "Configured/Disfigured," an exhibition of prints, at the University of Windsor in Ontario, Canada.

Selected collections:
- Whitney Museum of American Art in New York
- Fogg Art Museum at Harvard University
- Florida State Art Museum in Tallahassee
- New Museum of American Art in Washington, D.C.
- Kemper Art Museum in Kansas City

Family: Wife, Susan; daughters, Jessica (20), Ashley (18), Chelsea (12)

As a young artist, Colangelo was deeply influenced by his parents’ works and by the city of Naples, where he grew up.

"Carmon is a thoughtful, knowledgeable and hard-working administrator as well as an artist of substance," says Jeff Pike, dean of the College of Art and the Graduate School of Art.

"He leads through relationships with colleagues and students who have very different ways of looking at things, but we use a lot of the same critical and analytical tools. The challenge is to become a unified school without losing those discipline-specific ideas or that sense of professional commitment."

Colangelo has the personality and skills to succeed amid the changes and challenges, colleagues say.

"Carmon is a thoughtful, knowledgeable and hard-working administrator as well as an artist of substance," says Jeff Pike, dean of the College of Art and the Graduate School of Art.

"He witnessed his sensitivity to the challenges of implementing these school's new structure and his attention to the needs of students who have been affected by the changes. He leads his staff and faculty through relationships building."