

Glendale S-L Manager Plans School Course

Charles T. Cederlof, manager of the newly-opened Del Amo office of Glendale Federal Savings and Loan assn., will attend the Savings and Loan School for Executive Development at the University of Washington, Sept. 3-15.

A native of San Pedro, Cederlof attended public schools there and is a graduate of Long Beach State college, where he majored in business administration. He entered the savings and loan business in 1956 as a teller in Glendale Federal's San Pedro office and the following year was advanced to manager of the Loma Linda branch office, where he has served residents of this area until the Del Amo office was opened last July at 3832 Sepulveda Blvd., Torrance.

Relation of Stresses to Heart Functions Probed by University

The relationship between emotional stress, "action" hormones, and blood fats is being investigated by Loma Linda university medical scientists with the aid of a \$6,000 grant from the Los Angeles County Heart Assn.

Shannon Brunjes, M.D., instructor in medicine, and his associates, are doing a series of tests on medical students to find out whether the level of adrenalin and related substances in the urine goes up at the same time as blood cholesterol when the students are facing the stress of medical school examinations.

The study is related to the question of whether stress causes heart attacks, a question that has stirred widespread and vigorous medical controversy in the past five years.

ADRENALIN and its chemical cousin, noradrenalin, belong to a group of substances called catecholamines which

are described as the "action" hormones, excreted when the human body is faced with a challenge. They prepare the body for "fight or flight," either to put up a struggle or escape from the stress with which the body is confronted.

Blood fats, notably cholesterol, are believed to be related to the process that hardens arteries and causes heart attacks and strokes. The higher the level of cholesterol, statistics indicate, the more likely a heart attack is to occur some time in the patient's life.

Other investigators, both at Loma Linda university and elsewhere, have reported that blood cholesterol levels increase in students taking academic examinations, but adrenalin measurements have not been made.

THE STRESS experiments are one part of a broad study of catecholamines being carried out by Dr. Brunjes and his associates. The scientists started their stress work both because of the prevalent clinical impression that hard-driving businessmen are prone to have heart attacks, and also because of some studies on patients who had tumors that made an excess of adrenalin. These patients were also found to have a high level of cholesterol. When the tumor was taken out, the adrenalin level went down, and the cholesterol level went down too.

In discussing his research work, Dr. Brunjes was cautious about drawing conclusions.

"JUST BECAUSE two things may happen at once," he said, "it doesn't necessarily mean that the first thing causes the second thing. But correlations are always interesting to follow up. Enough evidence is now beginning to appear on the relationship of stress and coronary disease to make this type of study particularly timely."

This is the third year of Heart Assn. support for Dr. Brunjes' research on catecholamines. Recently the National Institute of Health has also provided an extensive grant to expand the investigation.



NEW OFFICERS... New officers of the Californians for Goldwater South Bay Chapter were elected at a meeting last week. The new officers are: top row, Kenneth B. Gordon, secretary; Philip LeFevre, first vice president; James F. Rea, second vice president; William C. Wilbur, president; Mrs. Glen Stevenson, recording secretary; and Winston Bayer (not pictured), treasurer. The group also heard Dr. Tirso Del Junco speak at the meeting.

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