

FOR RELEASE:

IMMEDIATE

Contact: Bob McGill



Mailed April 30, 1985

YOUNGSTOWN, Ohio - How much will people change their dietary patterns in order to reduce cancer risk?

This is the subject of a study for which Dr. Raj Varma, associate professor of nutrition in Youngstown State University's Home Economics Department, has been awarded a \$4,650 developmental grant by the Cancer Control Consortium of Ohio.

The Home Economics Department is part of YSU's College of Applied Science and Technology.

Entitled "Self Instruction Nutrition Program for Homemakers to Lower the Risk of Cancer in the Family," the study incorporates an awareness campaign. The project was highly recommended by Dr. Lawrence M. Pass, chairman of the Department of Medicine of the Youngstown Hospital Association, and Dr. Sudershan K. Garg, director of Hematology and Oncology at St. Elizabeth Hospital Medical Center, among others.

In the U.S., approximately 35 percent of all cancers are believed to be related to diet and therefore seven guidelines for dietary change were developed by the American Cancer Society, the National Research Council of the National Academy of Sciences, and the National Cancer Institute.

Dr. Varma plans wide distribution of this information through lectures and talks with area clubs and civic organizations. Volunteers will be accepted from among these groups, and detailed

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packets of information and video tapes will be made available to them for their own dietary education. Included in the information will be menus and meal plans prepared by the students in an experimental foods class at YSU.

Volunteers will be tested prior to and following their self-instruction for knowledge, attitude and behavior regarding dietary patterns.

Among guidelines included in the list are reduction of total fat intake and alcohol consumption, and increased intake of high fiber foods and foods rich in vitamins A and C.

Dr. Varma points out that this information is widely accepted as fact, and that his study does not intend to study its effectiveness against cancer except as incidental to the program.

He said, "We merely want to see how much homemakers are willing to modify their dietary patterns if we provide the necessary information. Unless people follow the teachings, it won't do any good in real life."

The grant supports the study for one year. If found to be effective, the self-instruction program may be extended.

Dr. Varma, a Boardman resident, has been on the YSU faculty since 1983. Besides the cancer/nutrition research, he is also currently involved in a study labeled "Nutritional Intervention in the Management of the Sickel Cell Anemia Patient."

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YOUNGSTOWN, Ohio - Metropolitan Savings Bank and Youngstown State University announce a new Scholarship/Internship program with the bank.

It was created in cooperation with the Youngstown State University Foundation.

Candidates will be selected by the departments of Marketing, Management, and Accounting and Finance in YSU's Warren P. Williamson, Jr. School of Business Administration.

Students wishing to be considered for the program may contact the chairmen of those departments before May 30.

The recipient will work as an intern at Metropolitan Savings Bank during the summer between his/her junior and senior year at the university. Along with the summer employment, the student will receive a \$500 scholarship for his or her senior year at the university.

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