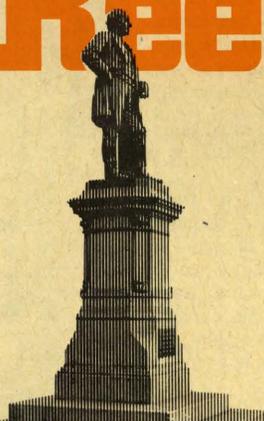


# Michael Reese News



Vol. 1, No. 3  
November 22, 1974

Printed on  
Recycled Paper

## Endoscopy Used To Supplement X-Rays

Twenty-five cents, a streetcar token and some Vitamin B complex pills could buy a lot more 30 years ago than they can today. In fact, in 1941, they bought the participation of Skid Row alcoholics in a study conducted by Dr. Leonidas Berry, attending physician in Gastroenterology at Reese and one of the nation's experts on fiberoptic endoscopy, a sophisticated tool used by gastroenterologists to study diseases of the stomach and intestines.

In that study, Dr. Berry, who is also chief of the Gastrointestinal Endoscopy service at Cook County Hospital, discovered that the stomachs of the alcoholics were in pretty good condition, contrary to popular opinion at the time, but that their livers were not. This is the first time such a study was made.

Now, Dr. Leonidas Berry has written the definitive textbook on

endoscopy, the use of a periscope-like tube of 50,000 glass fibers to look inside the body without surgery. "It's like looking into the mouth with a flashlight," said Dr. Berry, "only we look a lot deeper. The tube is placed through the mouth, rectum, or an incision through the abdominal wall and can be used to look directly into the stomach, duodenum, colon, rectum and the outside of the abdominal organs."

Dr. Berry explained that endoscopy is used to supplement x-ray, "since 15 to 20 percent of lesions (abnormalities) are missed by x-ray, and can be picked up through endoscopy. We can make a diagnosis of things difficultly placed or too small for x-ray. A biopsy section can also be taken through the instrument."

Dr. Berry's book, *Gastrointestinal Pan-Endoscopy*, contains contributing chapters from physicians from ten countries and four continents, including contributions from Dr. Leslie Sandlow, deputy vice-

president for professional affairs at Reese, and Dr. Mitchell Spellberg, acting director of Gastroenterology.

The book is a culmination of Dr. Berry's life work, and was preceded by 65 research papers published in national and international journals and the many papers he has given before national and international societies. Dr. Berry said. "I was in a unique position to write the book...if only I could make the necessary sacrifices that it would call for—including practically stopping half my practice for three years."

Dr. Berry's teacher was Dr. Rudolf Schindler, who wrote the first "bible of the field." Now his student has written a "worthy successor to Schindler's classic," in the opinion of Sr. Francis Avery Jones of London who wrote the book's introduction. In 1932, Dr. Schindler invented the first semi-flexible gastroscope instrument; the totally flexible gastroscope currently used was developed in 1958. "Since then," said Dr. Berry, "the field has been growing rapidly."

Another of Dr. Berry's contributions to the field was the development of a biopsy suction instrument for the Schindler scope. It was used for 15 years.

Dr. Berry has taught endoscopy for more than a quarter of a century *continued on page 5*

## Hypertension + Fat Diet Equals Danger To Heart

High blood pressure, and a diet rich in fat and cholesterol, are a duo dangerous to the heart, according to the results of a series of experiments with monkeys at Michael Reese.

Drs. Ruth Pick, Philip J. Johnson, and Gerald Glick of the Cardiovascular Institute, described the experiments in the current issue of the journal, *Circulation Research*, published in New York by the American Heart Association.

The researchers explain that the threat to the heart of the person who follows an atherogenic (high-fat,

high-cholesterol, high-caloric) diet is well known. The risk of stroke due to high blood pressure is also recognized by doctors. Their question was: Do high blood pressure and the atherogenic diet work together to increase the risk of heart disease?

The Reese scientists used stump-tail macaque monkeys because they are easy to work with and take so readily to the atherogenic diet. Some monkeys were left alone; others were fed only the high-fat diet; a third group was given high *continued on page 8*

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As director of microbiology and of the Medical Research Institute (MRI) Dr. Sidney Cohen is studying the phenomenon of the development of resistance to certain antibiotics... even by people who never used antibiotics.

### Health Insurance Update P.3

In an interview with Edwin Beller, vice president for government relations, the current status of national health insurance is discussed.

### Employee Profile: RN Tim Doyle P.4

Michael Reese's nursing staff has one male nurse—RN Tim Doyle—in its staff of 452 RN's. Mr. Doyle is assistant nursing supervisor in Baumgarten.

### Computers that help people P.4

The newly redesigned Information Systems Department will be headed by William Griffith, who has four main people-oriented goals for his department.

### Michael Reese 50 Years Ago P.5

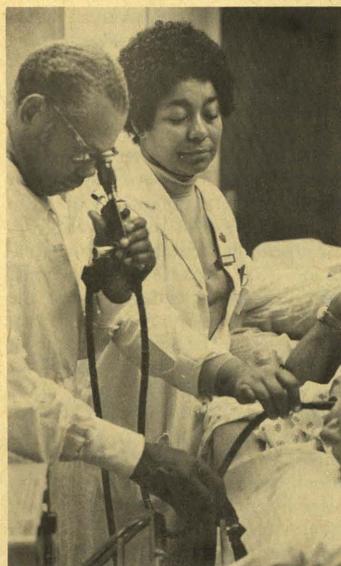
Patrick McCallig, Reese's historian, provides an insight into the Michael Reese of 1924.

### New Reese Lawyer P.6

Reese's new in-house lawyer, William Roach, is uniquely qualified for his position. He has had training in hospital administration and health law.

### Crusade of Mercy kick-off P.8

The annual Crusade of Mercy will kick-off at Reese Dec. 2 with a goal of \$50,000.



Dr. Leonidas Berry examines a patient with an endoscope with RN Ruth Armstrong's assistance.

# Michael Reese: 50 Years Ago

By Patrick McCallig,  
Hospital Historian

Half a century ago, 1924. The roaring 20's. Calvin Coolidge sat stoned-faced in the White House, earning the nickname "Silent Cal." Couples were dancing the Charleston. Girls were having their hair bobbed. Prohibitionists anxiously watched the proliferation of the speakeasy. New Yorkers watched with growing interest a hot minor-league prospect by the name of Lou Gehrig win every batting statistic in sight. At the University of Illinois a slightly built young man named Red Grange was electrifying football fans across the nation.

Henry Ford built his ten millionth car: an American motorist broke the existing desert cross-country driving record by speeding across the Sinai in just four hours. The Marx brothers were starring in *I'll Say She Is*, while more serious theatregoers considered the message of Maxwell Anderson's *What Price Glory?* People were reading, too. Ernest Hemingway brought out *In Our Time*, but was over-shadowed by a new form of mental gymnastics, the cross word puzzle.

In Chicago, Bill Dever was mayor. The notorious northside gangster Dion O'Banion was shot to death in his State Street flower shop. Despite the offer of his fellow gang members to meet the assassins at the corner of State and Madison for a shoot-out at high noon, the identity of the killer was never determined. But those in the know pointed guardedly to the Capone gang.

Hyde Park residents were horrified as a court room drama slowly unfolded, detailing the murder of a young man by two University of Chicago students whose only interest were in perpetrating the "perfect crime." Eloquently defended by Clarence Darrow, they escaped with their lives but not their freedom.

Meanwhile on the city's southside a growing Michael Reese quietly went about its business under the direction of President Alfred C. Meyer. Tucked away on the corner of 29th and Ellis, the campus consisted of only three buildings in 1924: Main Michael Reese on the northwest corner, Sarah Morris Children's Hospital across the street on the southeast corner, and the Nelson Morris Memorial Institute for Medical Research on the southwest corner.

But already knothole watchers were contemplating the completion of a fourth building, the beautiful new nurses' residence. The 1924 nurses' yearbook noted, "the student body is overjoyed at being the fortunate group to occupy the new

residence on Ellis Avenue."

As June arrived, and with it the prospect of a hot Chicago summer, student nurses were cheered by the news that, thanks to the generosity of Mr. Melville Rothschild, a swimming pool would grace their new home.

The Woman's Board continued to take great interest in the personal welfare of the nurses. The Board had raised a constant voice on behalf of new quarters for the nurses, and now their aid made the nurse's adjustment to the new surroundings both pleasant and swift.

Earlier that year the Rothschild family had provided a kindergarten for Sarah Morris Children's Hospital. A gift from Mrs. Rothschild turned the basement of Sarah Morris into a spacious amphitheatre, equally suited to entertainment or education.

Mr. and Mrs. Levy Mayer, who had also been generous in their support of the nurses' residence, filled a long-felt need when their endowment provided for a dental clinic on the now rapidly expanding campus. The continuation of that expansion was assured in the middle of the year when the Edward Meyer family pledged half a million dollars for the construction of a new, luxury pavilion to be built adjacent to Sarah Morris: Meyer House.

While the generosity of Michael Reese's patrons made possible the highest quality patient care, medical research was not neglected. Alfred Kuppenheimer added substantially to the hospital's growing research endowment fund. Midway through the year the Board of Trustees began what would become an almost perpetual search at Michael Reese when they sought additional space for researchers outside the already overcrowded Nelson Morris Research Center.

Over in pediatrics Dr. Julian Hess and Dr. Isaac Abt were achieving dramatic success with their premature nursery—the world's first—opened only two years before. There, with the aid of the famous "Hess Bed" (now on display in the Smithsonian Institution) they were lowering the death rate of premature infants by 60 percent. Research fellowships were established in the departments of pathology, chemistry, bacteriology and serology.

Michael Reese was beginning to acquire an outstanding reputation as an educational facility as well. In 1924 a reorganization of all the hospital's educational activities was completed, placing autopsy demonstration, clinicopathological conferences, and various journal clubs on a more formal, integrated basis. The



Nelson Morris Research Institute for medical and pathological research was the second building dedicated on the Michael Reese campus. Located on the S.W. corner of Ellis and 29th St., it was torn down in the early 60's.



Sarah Morris, the first children's hospital built in the Midwest, was located on the S.E. corner of Ellis and 29th St., The two Morris buildings were dedicated together on May 25, 1913, more than doubling the size of the Michael Reese complex.

success of these efforts is evidenced by the fact that the intern class of 1924 included representatives of not just the Midwest but of the entire nation.

At the year's end President Meyer agreed once again to postpone retirement and serve one more year as president of the board of trustees—an agreement he would continue to make for the rest of his life. As he reviewed the year's accomplishments before the annual meeting he could see substantial progress in all three areas of the hospital's concern: patient care, medical research, and medical education—progress that would far outstrip the temporary headlines of the actors, athletes, gangsters and playwrights of that gaudy year half a century ago.

## Endoscopy

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and has trained more than 350 endoscopists from many parts of the world. He has also been involved in several community activities, especially dealing with teenage narcotic use and recruitment for careers.

Dr. Berry was recently awarded an Alumni Achievement Award from his alma mater, the University of Chicago, for his involvement in community health programs and for the practice of medicine.

What's the future of endoscopy? Dr. Berry's opinion is that "there are fantastic possibilities for the future which will add therapeutic techniques and other diagnostic procedures."