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Boston University School of Medicine

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NEWS

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DEAN OF BOSTON UNIVERSITY SCHOOL OF MEDICINE RECEIVES THE AMERICAN HEART ASSOCIATION'S FIRST LIFETIME ACHIEVEMENT AWARD IN HYPERTENSION

Boston, Mass.--Aram V. Chobanian, M.D., the dean of Boston University School of Medicine (BUSM) and founder of the School's Cardiovascular Institute, has become the first recipient of the Bristol-Myers Squibb Lifetime Achievement Award in Hypertension. The prize was bestowed on him at the recent annual meeting of the Council for High Blood Pressure Research of the American Heart Association (AHA). The award honors Chobanian, who is known internationally for his research in hypertension, for over 30 years of contributions to the field of hypertension in such areas as fundamental research, education, clinical care and personal leadership.

Chobanian's interest in hypertension began when he was a young research fellow at Boston University Medical Center (BUMC) under Robert W. Wilkens, M.D., a pioneer in the treatment of hypertension. Chobanian was part of the team which also included Wilkens and William Hollander, M.D., to first use diuretics in the treatment of hypertension. The use of diuretics--which continues to be the most widely used drug to treat hypertension--was a major breakthrough in the treatment of hypertension.

During his time at BUMC, Chobanian and his colleagues conducted research that improved the understanding of the causes and complications of hypertension and developed new approaches to its treatment. In fact, BUMC researchers were the first to demonstrate that hypertension was detrimental rather than beneficial to one's health.

Boston University's Cardiovascular Institute, under Chobanian's leadership, was designated in 1985 as the nation's first National Research and Demonstration Center in Hypertension by the National Heart, Lung and Blood Institute. This national Center is engaged in both basic and clinical research on many aspects of the causes of high blood pressure and in developing new approaches for treatment. In addition, the Center has been involved in the development of health policies that address the impact of hypertension.

Chobanian's current research work involves examining the molecular and cellular biology of the arterial wall in response to hypertension and hypercholesterolemia. His research team is working on developing new methods and therapeutic approaches to prevent vascular diseases.

Chobanian's expertise in hypertension earned him chairmanship of the National Institutes of Health's Fourth Joint National Committee on the Detection, Evaluation and Treatment of Hypertension. This committee issued a report in 1988 that helped change the way people think about the diagnosis and management of hypertension and cardiovascular disease, both in the United States and around the world. The report has been translated into more than eight languages.

Recently, Chobanian, a professor of medicine and pharmacology at BUSM, received two other prestigious awards--a National Award of Merit from the American Heart Association (AHA) and the Modern Medicine Distinguished Achievement Award--for his contributions to medicine.

Chobanian's administrative positions nationally have included 15 presidencies and committee chairmanships. He has been a member of the editorial boards of eight clinical publications, including the New England Journal of Medicine, and has published two books and over 200 articles in scientific journals.

Chobanian received his undergraduate degree from Brown University and his medical education at Harvard University.