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72

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Jacques Genest and Erich Koiw

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Dr. J. GENEST, Scientific Director, Clinical Research Institute of Montreal,
110 Pine Avenue West, Montreal 130/Canada

ERICH KOIW, Eng. Ph., Senior Researcher, Clinical Research Institute, 110 Pine
Avenue West, Montreal 130/Canada

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This Symposium was organized by the Clinical Research Institute of Montreal
under the auspices of the University of Montreal Medical School

Organizing Committee

JACQUES GENEST, Chairman

ROGER BOUCHER

PIERRE GRANGER

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The Clinical Research Institute of Montreal



Preface

The Clinical Research Institute of Montreal, inaugurated in April 1967, introduced a new concept of organization of clinical research in teaching medical centers. Adjacent to the Hôtel-Dieu Hospital, a major teaching hospital of the University of Montreal, the "professional" or career clinical investigators were grouped under one roof with common auditorium, seminar rooms, instruments rooms, cold rooms, experimental surgical rooms and illustration department, with administration, accounting division and machine shops at the service of the research workers.

Besides its large multidisciplinary team working on various aspects of hypertension, the Institute includes research teams in the following fields: 1) neurobiology and Parkinson's disease, 2) lipids and atherosclerosis, 3) molecular biology, 4) immunochemistry, 5) pituitary polypeptides and proteins, 6) nutrition and 7) clinical pharmacology of new drugs.

Research is financed entirely by grants obtained from accredited agencies, mostly from the Medical Research Council of Canada. These grant monies constitute about 50 % of the entire budget of the Institute while the other half for administration, maintenance and physical facilities is financed through the support of the Ministry of Social Affairs of Quebec.

The grouping of full-time clinical investigators in various fields under a single roof has facilitated the exchange of ideas, has initiated many joint projects and has greatly encouraged collaboration at all levels. This has resulted in a high degree of harmony, unity and happiness in work which are rarely seen. All research projects must have a direct relationship to clinical problems and may involve work at any level, be it at the fundamental or clinical level, be it biochemical, histological, physiological, experimental or clinical pharmacology. They necessitate the same type of sophisticated and advanced electronic equipment as seen in any basic laboratories, including gas chromatography, amino-acid analyzers, sequencer, electron microscope and others. The planning of the Institute has produced an economically simple but highly effective structure that can readily be adapted to the needs of any research worker or project.

Because of its position, the Clinical Research Institute plays an important part as a bridge between the French and English medical centers of Canada's metropole. As an example, the Clinical Research Institute has organized an advanced course on Cellular Biology recognized for advanced postgraduate training by the Department of Experimental Medicine of McGill University and the Department of Medicine of the University of Montreal, with half of the teachers coming each from the anglophone and the francophone universities.

The aims of the Institute are to advance our knowledge of normal and abnormal physiopathology and diseases, to train teachers-scientists and research workers and to bring a climate of excellence in the community it serves.

List of Participants

Argentina

Prof. J. C. Fasciolo, Director, Departamento de Fisiologia, Facultad de Ciencias Médicas, Universidad Nacional de Cuyo, Mendoza.

Australia

Dr. J. R. Blair-West, Howard Florey Laboratories of Experimental Physiology, University of Melbourne, Parkville, 3052 Victoria.

Dr. P. Kincaid-Smith, Reader in Medicine, University of Melbourne, Physician in Charge Renal Unit, Royal Melbourne Hospital, 3050 Victoria.

Canada

Dr. A. Barbeau, Director, Neurobiology Laboratory, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. J. C. Beck, Physician-in-Chief and Chairman, Department of Medicine, Royal Victoria Hospital, 687 Pine Avenue West, Montreal 112.

Dr. R. Boucher, Director, Biochemistry Laboratory of Hypertension, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. G. M. Brown, President, Medical Research Council, Montreal Road, Ottawa K1A 0R6.

Dr. J. S. L. Browne, Professor Emeritus, McGill University, and Consultant, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. S. M. Friedman, Professor and Head, Department of Anatomy, University of British Columbia, Vancouver.

Dr. D. Ganten, Senior Research Fellow, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. J. Genest, Scientific Director, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. P. Granger, Director, Renal Physiology Laboratory, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. P. Hamet, Senior Research Fellow, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. O. Kuchel, Senior Researcher, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. J. C. Laidlaw, Director, Institute of Medical Science, University of Toronto, Toronto 5.

Dr. M. Nickerson, Professor and Chairman, Department of Pharmacology and Therapeutics, McGill University, Montreal 110.

Dr. W. Nowaczynski, Director, Steroids Laboratory, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

Dr. D. Regoli, Chairman, Department of Pharmacology, Sherbrooke University Medical School, Sherbrooke.

Dr. J. M. Rojo-Ortega, Director, Experimental Hypertension and Electron Microscopy Laboratory, Clinical Research Institute of Montreal, 110 Pine Avenue West, Montreal 130.

France

Dr. P.-Y. Hatt, Directeur scientifique de l'Unité de Recherches de pathologie cardiovasculaire de l'I.N.S.E.R.M., Hôpital Léon Bernard, 94-Limeil-Brévannes.

Dr. P. Meyer, Directeur, Centre de Recherches sur l'Hypertension, Hôpital Broussais, 96 rue Didot, Paris XIV.

Germany

- Prof. K. D. Bock, Mediz.-Klinik und Poliklinik, 43 Essen, Hufelandstr. 55.
 Dr. H. Dahlheim, Physiologisches Institut der Universität München, 8 München 15, Pettenkofferstr. 12.
 Dr. F. Gross, Chairman, Department of Pharmacology, University of Heidelberg, 6900 Heidelberg.
 Dr. K. Hayduk, Med. Univ.-Klinik, 7400 Tübingen. Former Senior Research Fellow of the Clinical Research Institute of Montreal.
 Priv.-Doz. K. A. Meurer, Med. Univ.-Klinik, 7400 Tübingen.
 Prof. D. Lommer, I. Med. Klinik und Poliklinik der Johannes Gutenberg-Universität, 6500 Mainz.
 Prof. K. Thureau, Professor of Physiology, Department of Physiology, University of Munich, 8 Munich 15, Pettenkofferstr. 12.

Great Britain

- Dr. Y. S. Bakhle, Senior Research Fellow, Department of Pharmacology, Institute of Basic Medical Sciences, Royal College of Surgeons of England, Lincoln's Inn Fields, London WC2A 3PN.
 Dr. G. W. Boyd, Senior Lecturer in Medicine, Medical Unit, St. Mary's Hospital Medical School, London W. 2.
 Dr. J. J. Brown, Ext. Staff, M.R.C. Blood Pressure Unit, Western Infirmary, Glasgow W. 1.
 Dr. C. T. Dollery, Director, Hypertension Division, Royal Postgraduate Medical School, Hammersmith Hospital, London W12 0HS.
 Dr. A. F. Lever, Director, M.R.C. Blood Pressure Unit, Western Infirmary, Glasgow W. 1.
 Sir George Pickering, Master, Pembroke College, Oxford OX1 1DW.
 Dr. J. I. S. Robertson, M.R.C. Blood Pressure Unit, Western Infirmary, Glasgow W. 1.
 Dr. J. R. Vane, Professor of Experimental Pharmacology, Department of Pharmacology, Institute of Basic Medical Sciences, Royal College of Surgeons of England, Lincoln's Inn Fields, London WC2A 3PN.

Hungary

- Dr. E. Gláz, Reader in Endocrinology, Head of the Unit of Clinical Endocrinology, IInd Department of Medicine, University Medical School, Budapest VIII, Szentkirályi-46.

Italy

- Dr. Giuseppe Bianchi, Via Pace 15, Milano.

Japan

- Prof. M. Ikeda, The Third Department of Internal Medicine, Faculty of Medicine, University of Tokyo, Hongo, Tokyo 113.

Switzerland

- Prof. A. F. Muller, Chairman, Department of Medicine, Hôpital Cantonal, CH 1211 Geneva-4.
 Dr. R. Veyrat, Assistant Professor of Medicine, Head of Division of Nephrology and Hypertension, Department of Internal Medicine, Geneva University, Hôpital Cantonal, CH 1211 Geneva 4.

United States

- Dr. T. A. Assaykeen, Assistant Professor of Surgery (Urology) and Pharmacology, Division of Urology, Stanford University School of Medicine, Stanford, California 94305.
 Dr. L. Baer, Assistant Professor of Medicine, College of Physicians and Surgeons of Columbia University, 630 West 168th Street, New York, N.Y. 10032.
 Dr. F. C. Bartter, Chief, Endocrinology Branch, National Heart and Lung Institute, National Institutes of Health, Bethesda, Maryland 20014.
 Dr. E. G. Biglieri, Professor of Medicine, Clinical Study Center, San Francisco General Hospital, 1001 Potrero Avenue, San Francisco, California 94110. (Was unable to attend, his manuscript was sent for insertion in the Proceedings).

- Dr. D. F. Bohr, Professor of Physiology, 7710 Medical Science II, University of Michigan, Ann Arbor, Michigan 48104.
- Dr. F. M. Bumpus, Chairman, Division of Research, Cleveland Clinic, Cleveland, Ohio 44106.
- Dr. O. A. Carretero, Director, Hypertension Research Laboratory, Henry Ford Hospital, 2799 West Grand Boulevard, Detroit, Michigan 48202.
- Dr. K. J. Catt, National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, Maryland 20014.
- Dr. E. L. Cohen, Associate Professor of Internal Medicine, University of Michigan Medical School, Ann Arbor, Michigan 48104.
- Dr. J. W. Conn, Louis Harry Newburgh University Professor of Internal Medicine, Director, Division of Endocrinology and Metabolism, and the Metabolic Research Unit, University of Michigan Medical School, Ann Arbor, Michigan 48104.
- Dr. D. W. Cushman, Senior Research Investigator, Squibb Institute for Medical Research, New Brunswick, New Jersey 80903.
- Dr. L. K. Dahl, Senior Scientist, Medical Department, Brookhaven National Laboratory, Upton, N.Y. 11973.
- Dr. J. O. Davis, Professor and Chairman of Physiology, University of Missouri School of Medicine, Columbia, Missouri 65201.
- Dr. A. Fitz, Assistant Professor of Medicine, Department of Internal Medicine, University of Iowa College of Medicine, Iowa City, Iowa 52240.
- Dr. E. D. Frohlich, Professor of Medicine and Director, Division of Hypertension, The University of Oklahoma Medical Center, 800 Northeast Thirteenth Street, Oklahoma City, Oklahoma 73104.
- Dr. W. F. Ganong, Professor of Physiology, Chairman, Department of Physiology, University of California, San Francisco, California 94122.
- Dr. T. L. Goodfriend, Associate Professor, Departments of Internal Medicine and Pharmacology, School of Medicine, University of Wisconsin, Madison, Wisconsin 53706.
- Dr. A. C. Guyton, Chairman and Professor of Physiology and Biophysics, University Medical Center, 2500 N. State Street, Jackson, Mississippi 39211.
- Dr. E. Haber, Chief, Cardiac Unit, Massachusetts General Hospital, Boston, Massachusetts 02114.
- Dr. W. Hollander, Professor of Medicine, University Hospital, 750 Harrison Avenue, Boston, Massachusetts 02118.
- Dr. J. C. Hunt, Professor of Medicine, Mayo Graduate School of Medicine, Rochester, Minnesota 55901.
- Dr. P. A. Khairallah, Scientific Director, Cardiovascular Research, Research Division, Cleveland Clinic, Cleveland, Ohio 44106.
- Dr. W. M. Kirkendall, Professor of Medicine, Director, Renal-Hypertension-Electrolyte Division, University of Iowa Hospitals, Iowa City, Iowa 52240.
- Dr. J. H. Laragh, Professor of Clinical Medicine, College of Physicians and Surgeons of Columbia University, Department of Medicine, 630 West, 168th Street, New York, N.Y. 10032.
- Dr. G. Williams, Department of Medicine, Peter Bent Brigham Hospital, Boston, Massachusetts 02115.
- Dr. M. Levine, Research Chemist, Cleveland V.A. Hospital; Assistant Professor of Biochemistry, Department of Biochemistry, Case Western Reserve University, Cleveland, Ohio 44106.
- Dr. J. Lowenstein, Department of Medicine, New York University School of Medicine, 550 First Avenue, New York, N.Y. 10016.
- Dr. J. A. Luetscher, Professor of Medicine, Division of Endocrinology, C 226, Department of Medicine, Stanford University School of Medicine, Stanford, California 94305.
- Dr. J. W. McCubbin, Research Division, Cleveland Clinic, Cleveland, Ohio 44106.
- Dr. J. C. Melby, Professor of Medicine, Head, Section of Endocrinology and Metabolism, Boston University School of Medicine, Boston University Medical Center, University Hospital, 750 Harrison Avenue, Boston, Massachusetts 02118.

- Dr. P. J. Mulrow, Professor of Medicine, Yale University School of Medicine, 333 Cedar Street, New Haven, Connecticut 06510.
- Dr. A. M. Michelakis, Vanderbilt University School of Medicine, Nashville, Tennessee 37203.
- Dr. G. Onesti, Associate Professor of Medicine, Director, Section of Hypertension, Hahnemann Medical College and Hospital, Department of Medicine, 230 North Broad Street, Philadelphia, Pennsylvania 19102.
- Dr. I. H. Page, Editor, Modern Medicine, 8907 Carnegie Avenue, Cleveland, Ohio 44106. Formerly: Director, Research Division Cleveland Clinic.
- Dr. R. E. Peterson, Division of Endocrinology, Department of Medicine, The New York Hospital-Cornell Medical Center, 525 East 68th Street, New York, N.Y. 10021.
- Dr. K. Poulsen, Cardiac Biochemistry Research, Massachusetts General Hospital, Fruit Street, Boston, Massachusetts 02114.
- Dr. F. C. Rector, Jr., Professor of Internal Medicine, The University of Texas Southwestern Medical School at Dallas, 5323 Harry Hines Boulevard, Dallas, Texas 75235.
- Dr. M. P. Sambhi, V. A. Hospital, 16111 Plummer, Sepulveda, CA. 01343.
- Dr. L. T. Skeggs, Professor of Biochemistry, Department of Biochemistry Case Western Reserve University and V.A. Hospital 10701 East Boulevard, Cleveland, Ohio 44106.
- Dr. C. G. Strong, Assistant Professor of Medicine, Mayo Graduate School of Medicine and Mayo Foundation, 200 First Street, S.W., Rochester, Minnesota 55901.
- Dr. L. Tobian, Professor of Medicine and Director, Hypertension-Nephrology Unit, University of Minnesota Hospital, Minneapolis, Minnesota 55455.
- Mr. S. N. Turiel, Director, Department of Professional Education, G. D. Searle & Company, P.O. Box 5110, Chicago, Illinois 60680.
- Dr. N. Winer, Program Director, Menorah Institute for Medical Education and Research, The Menorah Medical Center, 4949 Rockhill Road, Kansas City, Missouri 64110.

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Introduction

J. GENEST

Our first Symposium on Hypertension was held in Ste Adèle-en-Haut, Que., in October 1963 and its Proceedings were published in less than three and a half months, that is in January 1964, as a special issue of the Canadian Medical Association Journal. It soon became a standard source of reference for all research workers in the field of the renin-angiotensin-sodium aspects of hypertension. This meeting coincided with major advances in the field, in new methods for measuring plasma renin activity, in the demonstration of the relationship of the renin-angiotensin system to sodium regulation and of the relationship of renin-angiotensin, aldosterone and sodium in clinical and experimental hypertension.

We have been fortunate in the organization of this second Symposium to have most of the participants of the first Symposium and many other scientists who have contributed significantly to the field since 1963. This second Symposium deals with important new advances concerning tissue renins, angiotensin I converting enzyme activity, new radioimmunoassay methods for the measurement of angiotensin I and angiotensin II, the control of the renin secretion and release, the disturbance of aldosterone regulation in early, uncomplicated benign essential hypertension and the 18-hydroxydeoxy-corticosterone secretion rate in early hypertension. As for the first Symposium, this second one has been entirely funded from Canadian sources. We are glad to express our gratitude to the Ministry of Social Affairs of the Province of Quebec, to the Medical Research Councils of Canada and of Quebec, to the Department of National Health and Welfare of Ottawa and to the Dean of the University of Montreal Medical School, Dr. Pierre Bois, for their active and generous support.

We are proud to say that we did not ask for any financial support from American sources for we are convinced that their ready understanding of the necessity of such symposia has become an excuse for scientists in many wealthy western countries to dispense with the efforts needed to convince their own governments and their research agencies of the importance of adequate financial support of medical research and of such scientific symposia and meetings. We have the greatest admiration for the American generosity in the scientific and medical fields but this cannot be taken as an excuse for inertia for many scientists for not exerting in their own countries, sufficient pressure for greater support for medical research and related activities.

We have done away with the recording of the discussions which delay publication of Proceedings for periods of 9–15 months. Instead, the discussions after each paper were summarized in a critical way by an expert in the field. These summaries are added in the Proceedings. The value of such a Symposium for all those inter-

ested in the field has its importance only if those who could not be invited because of space and budget limitations, have rapid access to the new information presented. Hence, the decision for the solution adopted, the Editorial Board verifying that all manuscripts conform to the regulations and every participant being responsible for the quality of style and presentation of his own paper.

We hope that this Symposium will serve as those in the past to strengthen the friendships between the many research workers in the field and facilitate and encourage exchange of ideas.

The Remarkable Story of Hypertension

IRVINE H. PAGE

To introduce such a superb program it is well that in the name of the audience I thank Dr. Genest and his associates who over the years have continued to show not only great scientific productivity but great organizing ability as well. I know God created the earth in six days without the help of a committee; the amazing thing is that Genest created a conference with a committee!

I must not set a bad example by exceeding my time limits. I might as well give you an outline of the story of hypertension in five minutes as in five hours. I am not sure where it will take us but at least we will go there faster.

Not so long ago hypertension was considered a good thing because it compensated for the narrow blood vessels adequately to perfuse the tissues. We would all have starved then. The age of amateur quackery was concurrent, when D'Arsonvalization, potassium iodide, purges, red meat, garlic and even "whiffles" garlic were prescribed. Later came those like rutin, nephritin and probably huge doses of vitamin C. It was an era which like the poorly endowed woman with the sequined sweater, was much ado about nothing.

The age of mechanism was ushered in by production of X-ray nephritis, surgical reduction of renal parenchyma, but nothing truly reliable until the clamp on the renal artery was introduced. It was then shown in hypertensive patients that arterial pressure could be reduced without reduction in tissue perfusion and the way was thus open for effective treatment. The neurological, chemical and hemodynamic mechanisms have since provided all of us with tenure. It gradually dawned that hypertension was a many splendored thing and not a single entity with a single cause; a "mosaic" if you will.

The age of surgery was a natural progression with sympathectomy leading the van followed by nephrectomy, adrenalectomy and renal artery repair. Times were more peaceful then and the Roman Circus had not been introduced, so we medical men could live with the surgeons. In those days they could not resurrect our medical failures by a heart transplant to give a few months of life!

And then came the age of the Pill. You remember the unfortunate woman who forgot to take her pill and got into trouble because she was practicing license without a medicine. I need not detail the enormously valuable remedies that in