
Historical Review

A.S.P.E.N.: The Genesis

MURRAY H. SELTZER, M.D.*

The American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.) was founded on June 5, 1975 at the Hyatt Regency O'Hare Hotel in Chicago. The occasion that attracted many nutrition-oriented individuals on this date and at this place was a Symposium on Fat Emulsions in Parenteral Nutrition sponsored by the Department of Foods and Nutrition of the American Medical Association.

This founding meeting was called to order at 8:30 pm by Mitchell V. Kaminski, Jr., M.D. and approximately 100 interested and rather spirited individuals were present. The year 1975 marked approximately the 7th year after the successful demonstration by Drs. Stanley Dudrick, Jonathan Rhoads, Douglas Wilmore, and Harry Vars that intravenous hyperalimentation could be successfully performed in humans. Six years had elapsed since Henry Randall, M.D. had spearheaded renewed interest in chemically defined foods based upon the then currently available elemental formulae. There was a growing restlessness and frustration amongst those who were to become the founders of The American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.). They knew that the new treatment modalities of parenteral and enteral nutrition were effective and they were disappointed that the nation and the world were not adopting these techniques as rapidly as anticipated. It was felt that a multidisciplinary organization was needed to ignite an enthusiasm worldwide for the proper utilization of these specialized nutrition support materials and techniques.

The services to be provided by the organization were as follows: to coordinate for the membership pertinent information, therapeutic advances and technical innovations related to parenteral and enteral nutrition; to provide an open forum for involvement and exchange of information among all members of the nutrition team including physicians, doctors of nutrition, nurses, pharmacists, dietitians and appropriate industry members; transfer knowledge and experience from those who possessed a high degree of competency in the practice of parenteral and enteral nutrition support to those who

were seeking such expertise via the use of seminars, guest speakers, and various other information exchange devices; provide an abstract service to review existing information; provide literature and on site technical assistance to institutions establishing new programs; and to provide a basis for future scientific collaboration between investigators.

Such an ambitious list of goals necessitated A.S.P.E.N.'s rapid growth; the organization barely had time to have an infancy. An Organizing Committee was formed that night (Table I). After much discussion between those chauvinistic towards parenteral nutrition and those of a similar leaning towards enteral nutrition a name for the organization was agreed upon. The first "grant" was provided in the form of a personal check for \$50 by Anne Barlow, M.D. the Medical Director of Abbott Laboratories for "stationary and postage." The organizing committee led the infant organization from its inception to its first formal governing body. A.S.P.E.N. was immediately launched into its adolescence which was not to end for another 7 years. "A.S.P.E.N.: THE GENESIS" describes both the factual and emotional tumult involved with the organization's early years, 1975 to 1982.

Lest it be thought that the group originated as a result of spontaneous combustion, it is important to recall the circumstances from which A.S.P.E.N. evolved. Between June 15, 1972 and A.S.P.E.N.'s first organization meeting on June 5, 1975 a series of meetings were held by fledgling organizations guided primarily by Dr. Mitchell V. Kaminski, Jr. These included the District of Columbia conference on Parenteral Nutrition and Special Diets held in June 1972 which drafted similar goals to those eventually adopted by A.S.P.E.N. Later that year Drs. John Grant and Mitchell Kaminski founded a local society in conjunction with the American Hyperalimentation Society in Washington, D.C. On January 6, 1973, a meeting was organized by Dr. Kaminski and hosted by Dr. Grant at the National Institute of Health's department of surgery. Speakers included Drs. Stanley Dudrick and Ezra Steiger, later A.S.P.E.N. presidents.

In May of 1973 Dr. Grant outlined plans for a journal on total parenteral nutrition in letters to colleagues. A month later, these fledgling organizations continued to meet under the same leadership and adopted the name of The American Society for Parenteral and Elemental

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Reprint requests: Murray H. Seltzer, M.D., 22 Old Short Hills Road, Livingston, NJ 07039.

* Founding member, past President.

TABLE I
Organizing committee of A.S.P.E.N.

Mitchell V. Kaminski, Jr. M.D.	Chairman	Chicago, IL
Katherine D. Bury, M.D.	Co-Chairman	Toronto, Canada
Murray H. Seltzer, M.D.	Treasurer	Livingston, NJ
Margarita Nagy, M.S., R.D.	Secretary	Chicago, IL
James M. Long III, M.D.	Constitution Committee	Houston, TX
George L. Blackburn, M.D., Ph.D.	Education Committee	Boston, MA
Michael D. Caldwell, M.D.	Education Committee	San Francisco, CA

Diet Nutrition. Some of the participants at the scientific and organizational meeting included Drs. J. Grant, M. Kaminski, H.C. Meng, M. Caldwell, A. Coran, D. Wilmore, G. Blackburn, and E. Steiger. In July 1973, after reviewing the International Society for Parenteral Nutrition's constitution, Dr. James Long drafted a constitution for the new society. At the same time momentum continued to grow with Dr. George Blackburn corresponding with Dr. Kaminski to offer support for a society. In October of 1973 similar support was offered by Drs. Joel Freeman and Lew Stegink.

The organizational process continued with an organization entitled the American Society for Enteral Nutrition which may have excluded the term "parenteral" by clerical accident and finalized itself into the American Society for Elemental Nutrition. A constitution and by-laws were circulated again in April 1974.

While none of the preceding groups ever fully matured into a thriving organization, these endeavors served as an important basis for the ultimately successful organization of the American Society for Parenteral and Enteral Nutrition in 1975.

A.S.P.E.N.'s immediate success in 1975 was due to a mixture of circumstances. The winning combination consisted of a young, energetic group of people who were to work selflessly. There was an eagerness and readiness within the medical community for the formation of such a society, and a recognition among the manufacturers of specialized nutrition support products that generous unrestricted financial support was to the benefit of all concerned. The cordial interpersonal relationships and spirit of dedication amongst the early founders gave rise to a fraternal sense of commitment. Strong bonds existed between individuals of common interest allowing communication to take place over great distances at any hour of day or night to discuss A.S.P.E.N.'s needs which ranged from the sublime to the trivial. All of the members of the Organizing Committee, and many others, were ready on a moment's notice to subordinate their own personal career obligations to the immediate needs of this new society. There was an intuitive sense that one was part of medical history in the making.

The mechanics of forming and running a society began and a second meeting of the group was scheduled for October 13, 1975 during the American College of Surgeons meeting in San Francisco. This author, as treasurer, was authorized to solicit contributions sufficient to insure the stability of the organization. By September 30, 1975 the first treasurer's report revealed \$750 collected with another \$250 pledged. A.S.P.E.N. was solvent! This second meeting of the Organizing Committee occurred at the Hyatt on Union Square. By the time of

this meeting contact had been made with the Royal College of Physicians and Surgeons of Canada to explore a Canadian wing of A.S.P.E.N. Dr. Stanley Dudrick had met with Dr. Kaminski in Japan and agreed to serve as the society's first president. Appropriate bank accounts and registration with the government, plans for a speakers bureau, and preliminary planning for a society sponsored journal were all under way. Shortly thereafter, upon initiation by A.S.P.E.N. the society's first national public statement was made in the form of testimony before the Subcommittee of the Committee on Ways and Means, U.S. House of Representative Hearings on National Health. The title of the presentation was "Inhospital and Hospital-Free Hyperalimentation." It was issued by Drs. Dudrick, Long, and Blackburn. An impressive bibliography consisting of 35 references was also presented.

The year 1976 was explosive in plans. Katherine Bury, M.D. actively recruited Canadian members. Membership within the United States similarly was growing at a rate faster than expected. By April membership was at 601 people including 270 physicians, 87 dietitians, 82 pharmacists, 11 nurses and a variety of remaining disciplines. Early in the year a motion picture made by Dr. Kaminski and Dr. Arthur Burke about parenteral nutrition was being circulated to educate others and to provide continuing medical education credit. A.S.P.E.N.'s first regional meeting was held in Altoona, Pennsylvania and additional plans were underway for slide and audio tape presentations concerning intravenous cannulation. Additionally the development of films, monographs, speakers bureau, additional regional meetings, publication of a quarterly journal with first issue planned for January 1977, meetings with other organizations and continued relationships with government agencies were all under way.

By the time the Organizing Committee met on April 27, 1976 the organization was thriving. There was a total of \$1900 in contributions with only \$272 in expenses. As Margarita Nagy, R.D. was the secretary of the Society and was associated with the Food and Nutrition Department of the American Medical Association (AMA), the official address of A.S.P.E.N. became 536 N. State Street, Chicago, which happened to be the back door address of the AMA. In addition to using the address of the AMA one of the AMA's attorney's was gracious enough to advise and assist A.S.P.E.N. in the process of incorporating. Not only industry and the AMA personnel were involved with assisting this new organization but as the need for accounting services grew, this author's personal accounting firm, Rich, Baker, Rosenkranz, Berman and Nimar of Maplewood, NJ graciously provided accounting

and financial advice for well over a year without charge. The purpose of the society was infectious to those who came in contact with it.

In May 1976, many of A.S.P.E.N.'s early leaders met with other professionals interested in enteral nutrition at the AMA sponsored Conference on Defined Formula Diets for Medical Purposes in Washington, D.C. Subsequently many of these other professionals became deeply involved in A.S.P.E.N. activities.

In June of 1976 the Organizing Committee met in Dallas and plans were already underway for A.S.P.E.N.'s first clinical congress to be held in February 1977 in Chicago. The initial budget to be managed by Dr. Jim Long was an awesome \$30,000 and Jim Breeling, Director of the AMA's Division of Continuing Medical Studies, assisted A.S.P.E.N. with plans for continuing medical education credit.

By the summer of 1976 Michael Caldwell, M.D., the first editor of the *Journal of Parenteral and Enteral Nutrition (JPEN)*, was soliciting articles for the first issue which was to be distributed at the First Clinical Congress. The work load associated with A.S.P.E.N. affairs was becoming overwhelming. By September of 1976 arrangements were made with the firm of Charles B. Slack, Inc., in Thorofare, NJ to serve the management and publication needs of A.S.P.E.N., and A.S.P.E.N.'s first real national office was established. A.S.P.E.N. co-sponsored two meetings in September and October in Michigan and Illinois, respectively, related to New Concepts in Nutrition and the Use of Fat Emulsions. By the end of the year, A.S.P.E.N. was incorporated in the State of Illinois.

Late 1976 saw an absolute whirlwind of frenetic activity to ensure the success of the First Clinical Congress. This meeting was to be the culmination of the organization's efforts to date and there was great anxiety associated with preparations for the event. Up until the fall of 1976 a total of \$3750 had been contributed by Abbott, Travenol, USV, PALL, Ross and Extracorporeal laboratories. The Society was greatly appreciative of such financial support to an as yet unrecognized entity. It was decided that the first few clinical congresses should be

held in the home town of the organization's chairman or president in the event that back-up services were needed from a local nutritional support service. The nutrition support service of St. Mary's of Nazareth Hospital Center, Chicago, and the industrial representatives from the greater Chicago area canvassed every health care facility in the area to be sure that the First Clinical Congress would be well attended.

Finally on February 3, 1977 A.S.P.E.N.'s First Clinical Congress was convened during a snow storm at the Chicago O'Hare Marriott Hotel. The excitement could be felt in the air during the 3-day meeting. Several hundred A.S.P.E.N. members were present. The quality of the academic meetings reflected newness but under the circumstances were of higher quality than initially anticipated. The success of the Congress was climaxed with the simultaneous availability at the meeting of Volume one, Number one of *JPEN*, the *Journal of Parenteral and Enteral Nutrition* (Table II). All of the anticipated administrative meetings were held and on February 4th and 5th the Organizing Committee turned the Society over to the First Executive Council (Table III) of A.S.P.E.N.. Policies and procedures were established with particular attention devoted to A.S.P.E.N.'s relationship to industry.

As a new society, the early leaders were fearful of the Society being "tainted" by accepting donations from industry. Furthermore, there was concern that A.S.P.E.N. would be viewed by other health professionals as a frivolous group of food faddists. Indeed there were some professionals who still chose to avoid A.S.P.E.N. until it was so well established and respected that they would not have to risk their reputations by association. Fortunately, most of the high quality professionals with special expertise in parenteral and enteral nutrition were eager to participate and lent not only their reputations but also their efforts. It is therefore understandable that clear-cut working relationships had to be established with industry to avoid any conflict of interest. To the great credit of the health care industries related to specialized nutrition support, they were staunch advocates of a "hands-off" policy by rendering unrestricted grants.

TABLE II
First *JPEN* Editorial Board

EDITOR

M. Caldwell

San Francisco, California

Editorial Consultants

G. Blackburn
Boston, Massachusetts
K. Bury
Toronto, Canada
S. Dudrick
Houston, Texas
H. Greene
Nashville, Tennessee
K. Jeejeebhoy
Toronto, Canada
J. Long
Houston, Texas
J. O'Neill
Nashville, Tennessee
H. Otherson
Charleston, South Carolina

H. Randall
Providence, Rhode Island
M. Seltzer
Livingston, New Jersey
G. Sheldon
San Francisco, California
D. Wilmore
San Antonio, Texas
R. Winters
New York, New York
R. Colley
Boston, Massachusetts
L. Forlaw
San Francisco, California
C. Shaw
Boston, Massachusetts

A. Burke
Wilmington, Delaware
C. Ng
Toronto, Canada
D. Carlson
San Francisco, California
R. Chernoff
New York, New York
M. Nagy
Chicago, Illinois
R. Holman
Austin, Minnesota
C. Long
Toledo, Ohio
L. Stegink
Iowa City, Iowa

TABLE III
A.S.P.E.N. Executive Council/Board of Director Members

	1977	1978	1979	1980	1981
President	S. Dudrick	G. Blackburn	M. Kaminski	J. Long	M. Seltzer
Pres. Elect	G. Blackburn	M. Kaminski	J. Long	M. Seltzer	W. Steffee
Vice-Pres.	M. Kaminski	J. Long	M. Seltzer	W. Steffee	T. Hensle
Secretary	M. Nagy	W. Steffee	W. Steffee	R. Chernoff	R. Chernoff
Treasurer	M. Seltzer	M. Seltzer	T. Hensle	T. Hensle	J. Daly
Other Members	J. Long M. Caldwell A. Burke D. Godfrey C. Long H. Shizgal	J. Rombeau M. Caldwell R. Chernoff R. Fleming C. Long B. Griggs T. Sykes W. Luther A. Burke T. Hensle M. Nagy G. Sheldon D. Wilmore	E. Steiger M. Caldwell R. Chernoff B. Griggs T. Sykes R. Suskind	J. Daly M. Caldwell L. Forlaw R. Griffin J. Mullen T. Jensen	J. Long A. Bothe L. Forlaw R. Griffin J. Mullen T. Jensen J. Cerda B. Wolfe E. Steiger M. Meguid

TABLE IV
A.S.P.E.N. Board of Advisors

1977	1978	1979	1980	1981
G. Gori S. Levenson H. Randall J. Rhoads H. Vars P. White	J. Dwyer G. Gori J. Rhoads P. White Past-President S. Dudrick	J. Dwyer J. Rhoads D. Rudman P. White Past-Presidents S. Dudrick G. Blackburn	J. Dwyer J. Rhoads P. White Past-Presidents S. Dudrick G. Blackburn M. Kaminski	J. Dwyer J. Rhoads P. White Past-Presidents S. Dudrick G. Blackburn M. Kaminski J. Long III

Over the course of the next year \$100,000 in such grants were given as major contributions by Cutter, McGaw, Travenol, Abbott and Ross Laboratories. Equally important was the commitment of friendship, advice, and business sense provided by the many executives of these companies to A.S.P.E.N.'s leaders. Such a commitment transcended purely corporate interests. That is not to say that the companies were not fiercely competitive with each other and our inexperienced and rather naive leadership on more than a few occasions caused embarrassing situations between the Society and the companies.

Recognizing the immaturity of the Society it was felt that a Board of Advisors (Table IV) was vital to the maturation process. The members were selected for their professional contributions and their impeccable credentials and reputations. A.S.P.E.N. was eagerly seeking approval within the professional community and the addition of a prestigious Board of Advisors was a significant step towards that goal. It was not infrequent through the ensuing years that when an issue was reaching a boiling point within the organization, the advice and counsel of one or more members of the Board of Advisors would set the issue into proper perspective.

The year 1977 went quickly and most efforts were devoted to developing the mechanics of accomplishing the society's goals. It was decided in May of that year to establish an annual lecture at the Clinical Congress in

TABLE V
Jonathan E. Rhoads Lectures

Year	Congress No.	Lecturer/Title	Congress location
1978	2	Stanley M. Levenson, M.D. "The Influence of the Indigenous Microflora on Mammalian Metabolism and Nutrition"	Houston
1979	3	Sir David P. Cuthbertson "Metabolic Response to Injury and Its Nutritional Implications: Retrospect and Prospect"	Boston
1980	4	Frances D. Moore, M.D. "Energy and the Maintenance of the Body Cell Mass"	Chicago
1981	5	George F. Cahill, M.D. "Ketosis"	New Orleans
1982	6	Hamish N. Munro, M.B., D.Sc. "Metabolic Interaction Between Organs in Health and Disease"	San Francisco

honor of Dr. Jonathan E. Rhoads (Table V). Dr. Stanley Levenson was selected to deliver the first of these distinguished lectures at the time of the Second Clinical Congress in 1978. Other highlights of 1977 included the initiation of a newsletter making members aware of 75 lectures and 11 day-long seminars. The treasury had a

balance of \$86,000 by the fall of 1977 and plans were made to become a 501(C)(3) tax exempt medical organization. Membership certificates were designed for printing. The Liaison Committee on Continuing Medical Education accredited A.S.P.E.N. on a provisional basis for 2 years to provide continuing education credit. Dr. Blackburn spearheaded communications with key government authorities including Congresspersons, Dan Rostenkowski, Margaret Heckler, and Fred Richmond.

The year 1978 was ushered in for A.S.P.E.N. by a highly successful clinical congress in Houston. Following the 1st formal year of a functioning Executive Council A.S.P.E.N. accomplished its greatest amount of rapid growth, change, and expansion, in 1978, aside from its initial year of inception (Table VI). To the surprise of all except Dr. Caldwell the Library of Congress was agreeable to considering **JPEN** for index Medicus. A.S.P.E.N. made major administrative changes; for a while all financial matters were managed by our accounting firm and all administrative matters were handled by A.S.P.E.N.'s President, Dr. Blackburn. Shortly thereafter, the national office was moved to the firm of Enviro Control in Rockville, MD and the Federation of American Societies for Experimental Biology (FASEB) was retained to manage the 3rd Clinical Congress planned for 1979.

Anne Schmid of San Francisco was named managing editor of **JPEN**, greatly assisting the Journal. During the year Dr. Blackburn, as President, traveled so much on behalf of A.S.P.E.N. that the odds became better than even that a phone call to Boston would find him away.

Membership climbed to 1714 members in 1978. A.S.P.E.N.'s first annual advanced course in clinical nutrition was held in Chicago. **JPEN** journals were shipped for distribution at the International Society of Parenteral and Enteral Meeting (ISPN) in Brazil. Regional courses were held, monographs printed and distributed, and a variety of other frenetic activities were accomplished.

A.S.P.E.N.'s early leaders, although all hard working, had a variety of experiences that were memorable treats. The Executive Committee by the nature of meeting for 12 to 14 hrs at a time was always sure to provide itself with appropriate nutritional support. This manuscript should actually be subtitled "From Ondine's to Fedele's" with Ondine's being a restaurant on the bay in Sausalito, CA and Fedele's being a small but excellent restaurant in Boston. The Executive Council could easily have written a guide to America's finer restaurants from coast to coast since so much A.S.P.E.N. business was trans-

acted over dinner. Seeking variety and escape from the niceties of the restaurants, led **JPEN**'s editorial board to carry on higher intellectual discussions concerning the Journal's future at the Moet Chandon Winery in the Napa Valley of CA. Also combining business with pleasure a memorable retreat was held at Dr. Blackburn's summer home on Cape Cod, where both the Executive Council and Board of Advisors met in one of the most exciting and productive joint meetings ever held to plan the future of the organization.

By the end of the year A.S.P.E.N. contracted with Williams & Wilkins, publishers in Baltimore, to publish **JPEN**. A.S.P.E.N. was now sophisticated enough to open its own national office and decided to hire an executive director. These were not decisions undertaken lightly. It was felt that the national office was best located in Washington, D.C. for reasons ranging from the proximity to Congress to the fact that none of A.S.P.E.N.'s leaders was based in this area, thus it represented "neutral territory." The decision to hire an executive director revolved around the desirability of hiring a person skilled in organizational management vs hiring a person skilled in nutrition. Again the organization was primarily concerned with its credibility and, therefore, hired Elizabeth A. J. Williams, who had a Ph.D. in nutritional biochemistry and metabolism. At this point a budget of \$100,000 per year was planned for the national office and of \$200,000 per year for the entire society. The year ended on an upbeat with Senator George McGovern accepting our offer to be the keynote speaker at the 3rd Clinical Congress in 1979.

The years 1979, 1980, and 1981 were marked by increased stabilization of A.S.P.E.N. management. Gradually A.S.P.E.N.'s leaders relinquished some of their control of management functions to the national office. For those of us who initially ran various segments of the organization from our offices this transition was both a relief and a regret at the same time. It was similar to watching one's child grow and become independent.

The Clinical Congress remained the major event of each year with its academic and social events. The third Clinical Congress was held in Boston. At each meeting it was the privilege of the President to have a special limited invitation social event. As Sir David Cuthbertson was the Rhoads Lecturer, in Boston, a special black tie evening at the Harvard Club was arranged to honor him with both bagpipes and dignitaries. All present felt another evening of history in the making and have cherished the experience. It became impossible for the organizations' early leaders to continue to schedule a special event at each clinical congress and therefore the last of these memorable events was during the fourth Clinical Congress in Chicago when a small group was entertained in memorable fashion by the Chicago Symphony String Quartet and when a magnificent "under a tent" dinner was held at the Kaminski home. Thru the ensuing congresses there were so many contributors to A.S.P.E.N.'s success that a special presidential cocktail party was held with 100 to 150 special invitees. While such an approach was very fair and avoided insulting anyone, there was a sorrow associated with losing these very special smaller events.

TABLE VI
A.S.P.E.N. membership and expenses

Year	No. of paid members	Approximate expenses (\$)
1975	100	300
1976	601	19,000
1977	1,142	80,000
1978	1,714	438,000
1979	1,779	449,000
1980	1,982	789,000
1981	2,006	709,000

TABLE VII
Chronology of important A.S.P.E.N. milestones

1975		
June 5	First organizational meeting in Chicago	
December 2	First public statement—Congressional subcommittee testimony	
1976		
April 16	First regional meeting—Altoona, Pa.	
	First Unofficial office—AMA-536 N. State St., Chicago	
September	First Official office—Charles B. Slack, Inc., Thorofare, NJ	
November 30	Incorporated in State of Illinois	
December 13	Corporation recorded in Cook County (Doc. #23745079)	
1977		
February 3	First Clinical Congress—Chicago	
	JPEN ; volume 1, number 1, distributed at 1st Congress	
September	First Newsletter	
December 2	Liaison Committee on CME accredits A.S.P.E.N.	
1978		
February 1	Second Clinical Congress—Houston	
March 23	Granted tax exempt status (501C3)	
	National office moved to Enviro Control, Rockville, MD	
June 15	First Annual Advanced Course in Clinical Nutrition, Chicago	
October 14	First JPEN associate editors meeting—San Francisco	
December 21	First Executive Director—Elizabeth A. J. Williams, Ph.D.	
1979		
January 30	Third Clinical Congress—Boston	
March 1	A.S.P.E.N.'s own first national office opened, Rockville, MD	
October 29	First Executive Council Meeting in National Office	
1980		
January 30	Fourth Clinical Congress—Chicago	
February 2	Executive Director resigns	
July 1	National office moves to Washington, D.C.	
September 5	Karen Kight appointed Executive Director	
1981		
February 1	Harry Shizgal, M.D. appointed Editor-in-Chief, JPEN	
February 2	Fifth Clinical Congress—New Orleans	
November 4	Executive Director resigns	
1982		
February 3	Sixth Clinical Congress—San Francisco	
March 8	Barney Sellers begins as Executive Director	

The National office blossomed and was opened in March 1979 in Rockville, MD. Very quickly an office manager and shortly thereafter a meeting manager were added to the staff. All A.S.P.E.N. members assumed that a staff of hundreds existed and quickly overwhelmed the office with requests and conflicting instructions. By now the Clinical Congress budget had grown to over \$200,000 and A.S.P.E.N. entered the world of big business. Meanwhile, the number of very active participants grew rapidly and A.S.P.E.N. stretched out in all directions from various busy committee meetings, to publishing monographs, to interacting with congressional subcommittees, to still performing the “dog and pony” (1-hr or 1-day meetings, anywhere, at any time) shows to spread the word of specialized nutrition support.

While not wishing to omit any important people, some nevertheless deserve special recognition. Nurses such as Mary Hoppe, Barbara Griggs, Deanne Englert, Loretta Forlaw, Christine Shaw Regan, Bernadette Slocum, Catherine Muttart, Kathy Crocker, Marilyn Jarrard, and Dorothy Godfrey were all immensely committed to not only supporting A.S.P.E.N. but in making others in nursing circles aware of what was happening in specialized nutrition support. Arthur Burke, Richard Griffin, Timothy Sykes, and Timothy Vanderveen were doing the same from the pharmacist's point of view. Dietitians such as Terri Jensen, Ronnie Chernoff, Cecilia Filetti, Antigone Letsou, Joanne Wade, Ann Winborn, and Emma Cataldi-Betcher exerted great effort and were deeply involved on behalf of the dietitians.

In light of the fact that A.S.P.E.N.'s membership included individuals from not only North America but also Europe, Latin America, Asia, Australia, and Africa, there was an eagerness to participate and cooperate with out counterparts who developed the European Society for Parenteral and Enteral Nutrition (E.S.P.E.N.). Thus, it became traditional for A.S.P.E.N. to underwrite the expenses to send our President, Journal Editor and Executive Director to the annual E.S.P.E.N. meeting. Once again, experiences and memories shared with our European counterparts were unforgettable.

Meanwhile administrative events continued to roll on. After our Executive Director resigned in 1980, her successor, and our former meeting manager, Karen Kight, took the helm as Executive Director. A.S.P.E.N. became a full member of the National Nutrition Consortium; **JPEN** continued to grow to 5000 subscriptions and became very respected in the field of nutrition. The Editor-in-Chief position of **JPEN** was removed from A.S.P.E.N.'s executive council to provide the editor with more academic freedom and less direct pressure from societal issues.

The A.S.P.E.N. By-laws were revised, interaction with medical schools was increased, efforts to start A.S.P.E.N. chapters at the local level were initiated, and the A.S.P.E.N. Board of Directors (formerly called Executive Council) were placed in a stronger management position by assigning each member a specific administrative function. In 1980 the national office was moved to Washington, D.C. By now, the budget was \$750,000. Donna Malone took over the task of meeting manager and approximately 3000 people attended the Clinical Congress.

As Dr. Caldwell's 5-yr term as Editor-in-Chief of

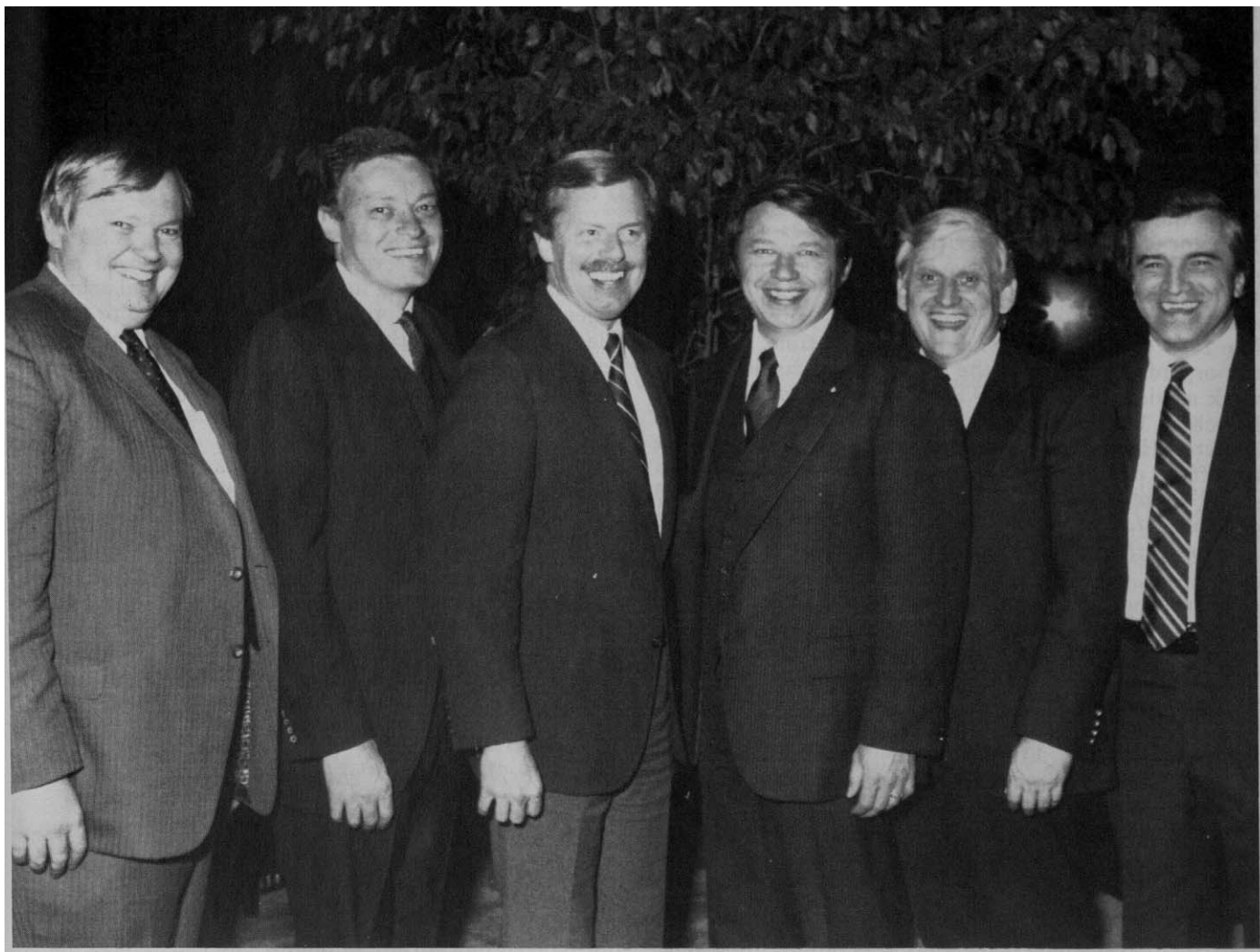


FIG. 1. A.S.P.E.N.'s first six Presidents photographed at 6th Clinical Congress in 1982. In order of presidency from *Right to Left*: Drs. Dudrick, Blackburn, Kaminski, Long, Seltzer, and Steffee.

JPEN came to a close the Journal Liaison committee of the society met in Philadelphia, under the chairmanship of Dr. Jonathan Rhoads. Dr. Harry Shizgal was selected by the committee to be the next Editor-in-Chief and he was subsequently confirmed on February 1, 1981 by the A.S.P.E.N. Board of Directors.

A.S.P.E.N. repeatedly had need to seek the advice and participation of its Board of Advisor members. Their wisdom, experience, and maturity not infrequently prevented the society's ship from casting itself upon the dangerous political, economic or academic rocks that abound. Of those who lent such advice, Drs. Johanna Dwyer, Jonathan Rhoads, and Philip White probably assumed the greatest parental roles during the adolescent days of the Society's history. There was a fear that with so many young leaders and young presidents, the potential for subsequent involvement of these same people with other societies could ultimately be detrimental to A.S.P.E.N.. Therefore, the Society, modeling itself after the American College of Surgeons, elected to capture the everlasting loyalty of its past Presidents by placing them

on the Board of Advisors, in addition to the other advisors.

A.S.P.E.N. had many milestones that tend to be forgotten with time; some of the more definitive ones are listed in Table VII. By 1980 and 1981 there were so many ongoing projects that they become too numerous to elaborate upon. However, one is worthy of note. Dr. Stanley Levenson in a letter dated November 20, 1980, to Dr. James Long (A.S.P.E.N.'s President) suggested that A.S.P.E.N. establish an award to honor Dr. Harry Vars. Dr. Vars' mature wisdom and sage advice had been extremely valuable during the early years of animal research related to hyperalimentation at the University of Pennsylvania. Thus, in 1981, a committee was selected and the first such award to a young researcher was given at A.S.P.E.N.'s 6th Clinical Congress in 1982 to Dr. Charles W. Heard of the University of Texas for his paper entitled "The Positive Impact of Nutritional Support on Fracture Healing."

In describing A.S.P.E.N.'s early years one must decide what marks the end of the beginning. A.S.P.E.N. was

now a thriving organization that had had five presidents (Fig. 1), had achieved unprecedented successes and yet was in many ways still unstable. The end of the beginning was marked by two distinct events. First, the end of a long line of surgeons as presidential leaders was to take place with the election of Dr. William Steffee, an internist, as A.S.P.E.N.'s 6th president. Second, and probably most definitively ending the organization's beginning years, was the appointment of Barney Sellers (Formerly Director of Beneficiary Services, Health Care Financing Administration) as Executive Director following the resignation of Karen Kight in the Fall of 1981. "Barney" in shirt sleeves and without a jacket, was interviewed in late 1981, and, unbeknownst to us at the time, took over the organization during the interview. It turned into a work session to solve A.S.P.E.N.'s problems. Effective March 8, 1982, he became the society's 3rd Executive Director. He and his national office staff were to conduct the affairs of A.S.P.E.N. in such an efficient and professional manner that the "adolescent society" suddenly matured into a seasoned, well run, and stable society.

It was with both pride and intense nostalgia that many

of us watched "our" society move on. Our dreams had come true. Our anticipation of A.S.P.E.N.'s future accomplishments is exciting. The end of an era merely marks the beginning of a newer, broader and more influential role in American medicine for the American Society for Parenteral and Enteral Nutrition.

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