

FALL BREAKFAST FORUM

**A Conversation about
The Biology of Stress and Addiction**

Date: Thursday, October 2, 2003

Place: Abby Aldrich Rockefeller Hall

Time: 7:30 – 8:00 a.m. Registration &
Breakfast BuffetThe Rockefeller University
York Avenue at 66th Street
New York City

8:00 – 9:00 a.m. Program

Feeling “stressed out” is a common complaint in our society, but stress is difficult to define. Stressful experiences range from crises, such as losing a loved one, to the daily pressures of work and finances. Our emotional and physical responses to these experiences are complex and often confusing. Why do some of us view our situations as temporary challenges, while others find them overwhelming?

The severity and duration of the experience certainly play a role, but science has shown that part of the answer lies within. For example, a recent study presented new evidence of a genetic predisposition to chronic anxiety and depression. Genes and individual physiology may also help to explain why using alcohol and drugs to relieve stress leads to dependency in some, while others never become addicted.

At the October 2 *Women & Science* Breakfast Forum, renowned Rockefeller scientists will discuss stress, addiction, and the future of medical treatment for stress-related disorders.

Mary Jeanne Kreek, M.D., head of the Laboratory on the Biology of Addictive Diseases, has advanced understanding of addiction as a medical condition, focusing on cocaine, heroin, alcohol, and nicotine. Professor Kreek directs a major research center established at Rockefeller by the National Institute on Drug Abuse. Her many honors include the 1999 R. Brinkley Smithers Distinguished Scientist Award from the American Society of Addiction Medicine.

The pioneering research of **Bruce S. McEwen, Ph.D.**, has shown that hormones have lasting effects on the brain and body, helping to explain why men and women differ in their responses to stress. The author of the 2002 book *The End of Stress as We Know It.*, Professor McEwen heads the Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology at Rockefeller. He was elected to the National Academy of Sciences in 1997.

The discussion will be hosted by Nobel laureate **Torsten N. Wiesel, M.D.**, the University’s President Emeritus. As Vincent and Brooke Astor Professor, Dr. Wiesel directs the Shelby White and Leon Levy Center for Mind, Brain and Behavior.

For additional information and reservations, please contact Ms. Jackie Lee
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