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WASHINGTON UNIVERSITY



SCHOOL OF MEDICINE
ST. LOUIS, MISSOURI 63110

August 9, 1966

DEPARTMENT OF MEDICINE
QUEENY TOWER BUILDING, SUITE 4102
4989 BARNES HOSPITAL PLAZA

Dr. Robert Shank
2nd Floor West Building - Preventive Medicine
Barnes Hospital

RE: Mr. Francis F. Bokern

Dear Bob:

I saw your patient Mr. Francis Bokern in my office on August 3, 1966. His chief complaints at that time were "polycythemia" and leg pain which he described as claudication. As you are familiar with his history I shall not reiterate it other than to state that he specifically denies post-bath pruritus, headaches, excessive bleeding when cut, bleeding from other sites or spontaneous ecchymoses. He stated that he is a tense, hard driving worker who sometimes cannot fall asleep at night because of his inability to stop thinking about the problems at work. He has had systolic hypertension in the past.

His past history is notable for a cholecystectomy, an elective appendectomy, and a supracubic prostatectomy in 1957, and a resection of what he calls a spinal cord tumor which manifested itself as sciatica in 1953.

Review of systems reveals that he wears bifocals, has frequent tearing and burning of his eyes, recurrent post-nasal drip and symptoms associated with his hiatus hernia. The family history revealed that his father died at age 75 of a ruptured aorta, his mother died of carcinoma metastatic to the liver at age 78, and he has a son whom I have worked up in my office and diagnosed as having Gaisbock's syndrome (stress erythrocytosis). Mr. Bokern has smoked 1½ packs of cigarettes a day for the past 45 years and is a social drinker.

On physical examination his vital signs were as follows: weight 170 pounds, blood pressure 130/80, temperature 36.8, pulse 92, respirations 18. He appeared to be a well developed, well nourished plethoric white male in no acute distress. Examination of his skin revealed telangiectasia of the face, dependent cyanosis of the feet and a ecchymosis on the dorsum of both hands. He had a 1 cm. left anterior cervical lymph node but no other abnormalities. Examination of the head, eyes, ears, nose and throat was unremarkable except for a beefy red posterior oral pharynx. The neck was supple. No masses were noted and the thyroid was not enlarged. His carotids were easily palpated and no bruits were heard. The chest was symmetrical and expanded normally. The lungs were clear. The heart was not enlarged, the rhythm was regular, and no murmurs were heard. The abdomen was soft and nontender and neither the spleen or liver was palpable. No ankle edema was noted nor was there

*File
In Queeny Tower
Pl. Records.*

Dr. Robert Shank
August 8, 1966

RE: Mr. Francis Bokern
Page Two

any swelling of his fingers. His legs and feet were cool with no hair below the mid tibia. On the right a dorsalis pedis pulse was palpable but diminished. No dorsalis pedis pulse was noted on the left and the posterior tibial and popliteal pulses were not palpated bilaterally. Femoral pulses both seemed somewhat diminished with the left pulse somewhat stronger than the right and a bruit was heard on the right. Neurological examination revealed +2 symmetrical deep tendon reflexes including ankle jerks and knee jerks bilaterally. Position sense was intact as was appreciation of vibration, pin and touch sensations. On dorsiflexion of the toes there was some decreased strength on the right but his ankle strength appeared equal and normal. No pain could be elicited by straight leg raising. Neurological examination was otherwise within normal limits. He was circumcised. The testes were both normal. No hernias were noted. He had a slightly relaxed sphincter tone but otherwise rectal examination was notable only for the nodular residual of his prostate (post prostatectomy).

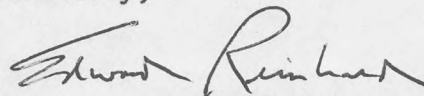
Complete blood counts performed in my laboratory were as follows:
rbc 4,190,000, hematocrit 14.4%, wbc 7,600, platelets 87,000, reticulocytes 1.2%.
Differential: 62% segmented neutrophils, 1% eosinophils, 23% lymphocytes, 14% adult monocytes. A summary of previous counts done here is attached.

While counts from outside hospitals are not available, I believe that Mr. Bokern most likely has stress erythrocytosis. Though his white count has been minimally elevated at times and generally at the upper limits of normal, we have no documentation of a thrombocytosis or symptoms of headaches and post-bath pruritus, or the findings of hepatosplenomegaly that would be consistent with a diagnosis of polycythemia vera. Even if he does have polycythemia vera, his counts are such now that Myleran therapy should be discontinued. I have obtained a leukocyte alkaline phosphatase and asked Mr. Bokern to return in two months for a follow-up visit, at which time if his recovery from Myleran is complete, plasma volume and red blood cell determinations will be done in an attempt to distinguish between polycythemia vera and Gaisbock's syndrome. His so-called weak spells seem most consistent with a diagnosis of reactive hypoglycemia and he tells me he has never attempted to correct these with the ingestion of food. He certainly does have a peripheral vascular deficiency with diminution of pulses in both legs. The history was quite good for intermittent claudication and some trophic skin changes were present.

I think he should be referred to Dr. Mel Goldman, Dr. Falls Hershey or whomever else you prefer for further evaluation including femoral arteriograms.

Thank you for referring Mr. Bokern to me. He and his son are certainly fine examples of familial aggregation of patients with stress erythrocytosis.

Sincerely,



Edward H. Reinhard, M.D.

EHR:ab

HEMATOLOGICAL AND THERAPY RECORD

NAME Francis F. Beltram

WBC CLINIC COUNTS.

DATE	RBC	Hemo-globin	Hema-tocrit	PLATELETS	RETICULO-CYTES	WBC	THERAPY			
							TRANS-FUSIONS	MYLERAN		
3-21-56		17.7				10,800				
5-21-58		17.7				10,800				
4-27-60		18.3				8650				
5-25-61		16.8				11,000				
5-23-62		16.8				9,700				
7-10-63		17.3				14,000				
6-12-64		16.4				10,800				
7-12-65		18.7		249,000		15,700			start 10-65 2mgm op	
7-27-66	4,300,000	14.5	43	83,000	1.0	5900			2mgm	
8-3-66	4,190,000	14.4		87,000	1.2	7600			STOP	

DATE	NEUTROPHILES		EOSIN-OPHILES	BASO-PHILES	META-MYELO-CYTES	MYELOCYTES			MYELO-BLASTS	LYMPHOCYTES		LYMPHO-BLASTS	MONOCYTES		MONO-BLASTS	NUCLE-ATED r.b.c.	ANISO-POIKILO	R B C
	SEGS	BANDS				C	B	A		ADULT	YOUNG		ADULT	YOUNG				
3-21-56	62	2	4							27			6					
5-21-58	61									33			3					
4-27-60	67									37			4					
5-25-61	59	2	1							38			3					
5-23-62	56	3								34			4					
7-10-63	55		2							34			3					
6-12-64	62		2							35			1					
7-12-65	62		1							33			4					
7-27-66	55	4	1	1	1					27			11					
8-3-66	62		1							23			14					

MCV 100
MCH 34
MCHC 34

1-12-66

From the desk of

F. F. BOKERN

Mr Robert C. Shank

Dear Mr Shank

Through your courtesy I had
 Mrs. Bokern see Dr. Ralph
 B. Wood. He is very pleased
 with his help. At about time
 as he will want the complete
 work upon Mrs. Bokern I
 will call your office. I
 understand a different section
 will be required for the same.

With kindest regards and
 Thank you for your help.

F. F. Bokern

CT CORPORATION SYSTEM

214 No. Broadway

St. Louis 2, Mo.

January 11, 1966.

Dr. Robert E. Shank,
Washington University School of Medicine,
Department of Medicine,
David P. Wohl, Jr. Memorial Hospital,
4960 Audubon Avenue,
St. Louis, Missouri, 63110.

Dear Dr. Shank:

I want to thank you for referring me to Dr. Ralph B. Woolf. I had an appointment with him last Friday, January 7th. He asked that I write you and tell you that he prefers to wait until April or May and will want a complete work-up on my physical condition, prior to surgery. He wants a complete physical check-up, an Electrocardiogram and a chest X-Ray at that time.

In the mean time, I am to see him once a month. I have had respiratory problems, so he feels that early Spring would be the ideal time for me.

Very sincerely yours,

Clarice B. Bokern

Mrs. F. F. Bokern,
706 Elm Tree Lane,
Kirkwood, Mo. 63122.

6/16/65

Francis Bohren

~~Life~~ Corp.
Shel

Co. 1-8380

Inc. 1111 on Thru

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insurance

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Home - 1111 - 1500

C T CORPORATION SYSTEM



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MINNEAPOLIS	NEW YORK	PHILADELPHIA
PITTSBURGH	SAN FRANCISCO	SEATTLE
ST. LOUIS	WASHINGTON	WILMINGTON, DEL.

*Will call each
call each
May 9th*

**ST. LOUIS 2,
314 NORTH BROADWAY
CHESTNUT 1-1220**

April 5, 1961

Mr. Robert E. Shank, M. D.
Head of Department of Preventive Medicine
Washington University
600 South Kingshighway
St. Louis 10, Missouri

Dear Dr. Shank:

You have, since 1956, examined our St. Louis office Manager and his assistant. It is again time for another examination pursuant to our regular program.

Would it be possible to set up an appointment for an examination of our Francis F. Bokern? A preferable time would be a Tuesday, Wednesday or Thursday of the week of May 8, 1961. Would you please have your Secretary call me as to the time and date of our agreeable appointment.

The same arrangements that were in effect for the past examinations would be agreeable unless, of course, there has been any change which you could have conveyed to me.

Yours very truly,

C T CORPORATION SYSTEM

FF Bokern
F. F. Bokern
Assistant Vice President

FFB:sln

*Phone 4/6/61
Say for
Tues. May 9th*

*Write after Dr. Shank returns
no up for*

*or any Tues or Wed
MAY 15 or 22
8:30 AM
May 17 or 21*

C T CORPORATION SYSTEM



ASSOCIATED WITH THE CORPORATION TRUST COMPANY

Call him Wed. 3/30/60 morning

ALBANY	ATLANTA	BALTIMORE
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HOUSTON	JERSEY CITY	LOS ANGELES
MINNEAPOLIS	NEW YORK	PHILADELPHIA
PITTSBURGH	SAN FRANCISCO	SEATTLE
ST. LOUIS	WASHINGTON	WILMINGTON, DEL.

ST. LOUIS 2,
314 NORTH BROADWAY
CHESTNUT 1-1220

March 25, 1960

Robert E. Shank, M.D.
Head of Dept. of Preventive Medicine
Washington University
600 South Kings Highway
St. Louis 10, Missouri

Dear Dr. Shank:

You have since 1956 examined our St. Louis Office Manager and his assistant. It is again time for another examination pursuant to our regular program.

Would it be possible to set up an appointment for an examination of our Francis F. Bokern. A preferable time would be a Tuesday, Wednesday or Thursday of any week. *Call* Commitments have been made for the weeks of March 28 and April 4 next so any week thereafter would be agreeable. Would you please have your Secretary call me as to the time and date of our agreeable appointment.

The same arrangements that were in effect for the examinations in 1956 and 1958 would be agreeable unless of course there has been any change which you could have conveyed to me.

Yours very truly,
C T CORPORATION SYSTEM

F. F. Bokern
Asst. Vice President

FFB:baw

*Wed. April 27
8:30 A.M.*

THE CORPORATION TRUST COMPANY



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NEW YORK	PHILADELPHIA	PITTSBURGH
PORTLAND, ME.	SAN FRANCISCO	SEATTLE
ST. LOUIS	WASHINGTON	WILMINGTON, DEL.

NEW YORK 5, N.Y.

120 BROADWAY
RECTOR 2-2060

February 24, 1956

Robert E. Shank, M.D.
Head of Dept. of Preventive Medicine
Washington University
600 South Kings Highway
St. Louis 10, Missouri.

Dear Dr. Shank:

In accordance with your letter of February 22, we now wish to have you proceed with the examination of our St. Louis Office Manager and his assistant as outlined in our previous letter dated February 10.

We assume that you will make the necessary arrangements for appointments. Accordingly, we give you the name and address of these men in our St. Louis Office:

Francis F. Bokern
Asst. Vice President
C T Corporation System
314 North Broadway
St. Louis 2, Missouri
(Tel. No. Chestnut 1-1220)

A. L. Miller
Asst. Secretary
C T Corporation System
314 North Broadway
St. Louis 2, Missouri
(Tel. No. Chestnut 1-1220)

The procedures of the examination as enumerated "1 - 2 - 3 and 4" in your letter of February 22 are satisfactory with us, and we understand that the charges therefor will be \$50.00 plus the cost of laboratory—X-ray services. Upon completion of these examinations please see that bills are forwarded to the writer and we will give their payment our prompt attention.

In regard to giving a detailed report of each examination to the personal physician of each employee, we must leave that decision up to Mr. Bokern and Mr. Miller. However, we do request that a copy of that report be turned over to each of the examinees. If that is not possible, we request that at least a summary of the reports be turned over to each examinee in duplicate.

Duplicate forms.

Robert E. Shank, M.D.

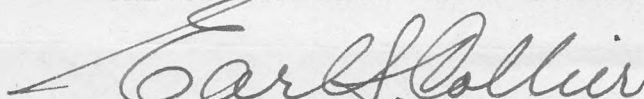
- 2 -

February 24, 1956

We appreciate your taking care of this matter for us, and you may be sure that we will advise Mr. Bokern and Mr. Miller promptly that in due course they will receive word from you as to the date or dates for examination purposes.

Very truly yours,

THE CORPORATION TRUST COMPANY



Earl S. Collier
Vice President

ESC:G

RISSING PARCHMENT

100% RAG U.S.A.

C O P Y

C O P Y

The Corporation Trust Co.
120 Broadway
New York 5, M. Y.

Robert E. Shank, M. D.
Head of Dept. of Preventive Medicine
Washington University
600 South Kingshighway
St. Louis 10, Missouri

Dear Dr. Shank:

In accordance with your letter of February 22, we now wish to have you proceed with the examination of our St. Louis Office Manager and his assistant as outlined in our previous letter dated February 10.

We assume that you will make the necessary arrangements for appointments. Accordingly, we give you the name and address of these men in our St. Louis Office:

Francis F. Bokern
Asst. Vice President
C. T. Corporation System
314 North Broadway
St. Louis 2, Missouri
(Tel. No. Chestnut 1-1220)

~~A.L. Miller
Asst. Secretary
C. T. Corporation System
214 North Broadway
St. Louis 2, Missouri
(Tel. No. Chestnut 1-1220)~~

The procedures of the examination as enumerated "1-2-3 and 4" in your letter of February 22 are satisfactory with us, and we understand that the charges therefor will be \$50.00 plus the cost of laboratory-X-ray services. Upon completion of these examinations please see that bills are forwarded to the writer and we will give their payment our prompt attention.

In regard to giving a detailed report of each examination to the personal physician of each employee, we must leave that decision up to Mr. Bokern and Mr. Miller. However, we do request that a copy of that report be turned over to each of the examinees. If that is not possible, we request that at least a summary of the reports be turned over to each examinee in duplicate.

We appreciate your taking care of this matter for us, and you may be sure that we will advise Mr. Bokern and Mr. Miller promptly that in due course they will receive word from you as to the date or dates for examination purposes.

Very truly yours,

THE CORPORATION TRUST COMPANY

Earl S. Collier
Vice President

new file

Feb. 22, 1956

Mr. Earl S. Collier
Corporation Trust Company
120 Broadway
New York 5, N. Y.

Dear Mr. Collier:

Your letter to Dr. Carl V. Moore has been referred to me for reply.

The staff of the Department of Preventive Medicine has undertaken responsibility for periodic health evaluations of executive personnel of several firms. This can be done on the outpatient basis in our private doctor's offices in Wohl Hospital here, or on the inpatient basis with admission for two days to one of the hospitals of the university group. Ordinarily, the plan is that these be repeated annually, although I presume that these could be done at intervals of two years, as you suggest for your personnel.

The procedures we include are listed below:

1. Complete medical history
2. Physical examination - This would be a complete examination including ophthalmoscopic and otoscopic examination, vision screening, hearing tests, exercise tolerance tests, and proctoscopic examination.
3. Laboratory and test procedures -
 - a. Complete blood count
 - b. Urinalysis
 - c. Two hour post-prandial blood sugar
 - d. Non-protein nitrogen
 - e. Serum cholesterol
 - *f. Serology
 - g. Dephalin - cholesterol flocculation and thymol turbidity reactions as indicated
 - *h. Tuberculin and histoplosmin skin tests
 - i. Electrocardiogram(Note - items marked with an asterisk would be done on initial examination and repeated on subsequent examinations only if indicated.)
4. X-rays
 - a. Chest X-ray
 - b. G-I series and other X-rays as indicated

Mr. Earl S. Collier 2

Reports -

- a. A complete report of each examination would be sent to the personal physician of each employee.
- b. A summary of the observations from each examination would be sent to the Corporation Medical Director.

Costs would include \$50 per examination for professional fees, plus the cost of laboratory and X-ray services.

I would be pleased to provide you with any other information you might desire. We would be able to take care of your two employees, but would like to schedule these examinations several weeks in advance.

Sincerely yours,

Robert E. Shank, M. D.
Professor of Preventive Medicine
Head of Department

February 16, 1956

Esleech
Fidelity Union Skin
Mr. Earl S. Collier
Corporation Trust Company
120 Broadway
New York 5, New York

Dear Mr. Collier:

Dr. Robert Shank, Chairman of our Department of Preventive Medicine, has worked out an arrangement whereby he and his staff have undertaken the medical examination of key personnel for several Companies. It would seem that since Dr. Shank has already established a mechanism for providing the kind of service you wish, that your letter should be referred to him. Consequently, I am sending Dr. Shank a carbon of this note, plus your communication of February 10. I am sure you will hear from him directly.

Sincerely yours,

Carl V. Moore, M.D.

CVM:CM

cc: ✓ Dr. Robert E. Shank

THE CORPORATION TRUST COMPANY



ASSOCIATED WITH C T CORPORATION SYSTEM

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PORTLAND, ME.	SAN FRANCISCO	SEATTLE
ST. LOUIS	WASHINGTON	WILMINGTON, DEL.

NEW YORK 5, N.Y.

120 BROADWAY
RECTOR 2-2060

February 10, 1956

Dr. Carl Moore
Professor of Medicine
Barnes Hospital
600 S. Kings Highway
St. Louis 10, Missouri.

Dear Dr. Moore:

Our Company is now making plans to embark on a medical examination program for some of its key personnel, including Managers of our branch offices throughout the country.

Your name and the name of your Hospital have been furnished to us by a member of the staff of Presbyterian Hospital, New York City, as a place where the medical examination of the Manager and one other person in our St. Louis Office could be accomplished.

We realize that the scope of physical examinations may vary with both the patient and the hospital involved, but, basically, we have in mind that the examination of our men will cover the following:

- Routine physical condition
- Urinalysis
- Chest X-ray
- Blood count and blood chemistry
- Serological blood test.

Will you please advise us if you are in a position to handle the examination for us. If you are willing to do so it would be helpful if you could furnish us with information relating to your procedures, and specifically including the following:

Dr. Carl Moore

- 2 -

February 10, 1956

1. Examination fee. Will you give us an idea as to the approximate fee for the examination. We understand that the initial fee may be higher, because of the necessity of obtaining the patient's history, so that fees for re-examination could be less. It is our present thought that examinations be repeated every two years, subject, of course, to results which suggest more frequent examinations.

2. The cost of the examination will be paid by us. Are you in a position to send the bill direct to the Company for the attention of the writer?

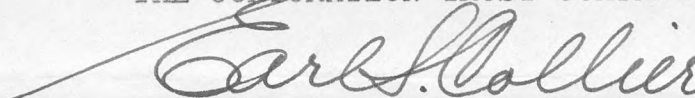
3. We would plan to notify you of the name and address of each of the gentlemen in our St. Louis Office so that you can arrange with them a suitable date or dates for their examination. Is this satisfactory?

4. We assume that you furnish a detailed report to the person examined. Unless you advise to the contrary, we take it that such a report will be made to the patient and that it can be made in duplicate. In some cases we believe a summary is furnished in addition. Are you able to furnish the summary in addition to the detailed report?

We would appreciate hearing from you at your early convenience.

Very truly yours,

THE CORPORATION TRUST COMPANY



Earl S. Collier
Vice President.

ESC/g