

On Research...

Blogging about research issues at Ohio State University



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Not on tonight's newscast . . .

Posted on July 7th, 2008 by earleholland

The paradox of science writing is often that the more you write about a field of research, the more intrigued you become. Common sense suggests that familiarity breeds boredom, but that's seldom the case with research.

I've spent more than a quarter-century writing about the work of [Janice Kiecolt-Glaser](#) and research partner/husband [Ronald Glaser](#) and their quest to understand how psychological stress affects the human immune system. After a dozen and a half stories now, I'm as enthralled as ever.

The latest findings, published in the journal *Brain, Behavior, and Immunity*, and headed by one of their graduate students, Jean-Philippe Gouin, reinforce, in part, what our mothers told us growing up: Control your anger!



The study of nearly 100 volunteers showed that people whose anger control was weak – either they exploded in rage or “swallowed” their anger – had higher levels of the [cytokine cortisol](#) in their blood.

And that increase in cortisol contributed to wounds healing more slowly.

The researchers hoped that teaching [relaxation techniques](#) to the more angry volunteers might speed up their healing, but the study results showed it didn't help.

As basically interesting as this work is, you won't see much currently in the news media about it, sadly.



That's because the published paper on the work somewhat slipped into the literature, perhaps unnoticed by many of us on watch for interesting papers as they appear.

Our monitoring of the databases listing new research publications unveiled this paper only last week, even though the journal publication actually emerged last December.

The news media that cover medical advances are more fickle now than ever. What they consider “news” really has to be “new,” and a paper that's six months old — regardless of its significance — will be supplanted by something published in the last week or two.

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And with the number of scientific journals multiplying like rabbits, keeping track of all that's new and important is sadly a losing battle for those of us who try. And the lack of news coverage for research that deserves it hurts us all in the end. *Earle Holland*

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[Database Management » Blog Archive » Not on tonight's newscast . . .](#) // Jul 7, 2008 at 11:46 pm

[...] ScienceBlogs wrote an interesting post today onHere's a quick excerptNot on tonight's newscast . . . Posted on July 7th, 2008 by earleholland The paradox of science writing is often that the more you write about a field of research, the more intrigued you become. Common sense suggests that familiarity breeds boredom, but that's seldom the case with research. I've spent more than a quarter-century writing about the work of Janice Kiecolt-Glaser and research partner/husband Ronald Glaser and their quest to understand how psychological stress affects the human [...]

[kpss](#) // Aug 5, 2008 at 4:48 am

thx you for sharing your experience with us..

[Tebrieree](#) // Aug 9, 2008 at 9:38 pm

Thank you

[Microzide](#) // Sep 29, 2008 at 10:54 am

Interestingly was, but there is someone who does not quite agree with the author?

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