

## **Dewitt S. Goodman, MD (1930–1991)**

Dewitt S. Goodman, MD, a native of New York City, graduated from Harvard College in 1951 and from Harvard Medical School in 1955. He was an intern and resident at Columbia-Presbyterian from 1955 to 1959 and then a postdoctoral researcher at Hammersmith Hospital in London before joining the faculty at Columbia University in 1962.

Dr. Goodman, who held the Tilden-Weger-Bieler Professorship of Preventive Medicine at Columbia, was an attending physician at Columbia-Presbyterian and the director of the Specialized Center for Research in Arteriosclerosis and the Institute of Human Nutrition — both at Columbia University. He became president of the New York Chapter of the American Heart Association in July 1991 after serving as president-elect for two years.

Dr. Goodman was the chairman of the first National Cholesterol Education Program, which was largely responsible for developing the first national guidelines for the treatment of high blood cholesterol levels to prevent coronary artery disease, published in 1988. These guidelines introduced the focus of treatment on the concentration of LDL cholesterol and on the use of a combination of diet and drugs to achieve goals considered to be effective in risk reduction. The basic approach has continued to present and has been adopted by government and health professional groups around the world. Looking back, the cholesterol-treatment guidelines, which went far beyond the then clinical evidence, were the basis of the field now known as preventive cardiology and contributed to the decline in coronary artery disease and premature death during the past 20 years.

Dr. Goodman was a major figure in lipidology and atherosclerosis for most of the second half of the 20th century. During his more than 30 years on the faculty of Columbia University, he authored more than 300 publications primarily on metabolism of cholesterol and vitamin A. His basic research involved the rates of movement of cholesterol into and from various organs of the body including the adipose tissue. He won a number of awards and fellowships, including a Guggenheim Fellowship, and received an honorary doctorate from the University of Oslo in 1986.

Columbia University College of Physicians and Surgeons continues to produce outstanding research in lipid and lipoprotein metabolism from the group of investigators that Dr. Goodman recruited and mentored during his tenure.