Collier Winters, making his second start at quarterback, had a hand in each of Harvard’s three touchdowns. He threw scoring passes to Luft and tight end Nicolai Schwarzkopf ’11, and scored the go-ahead touchdown on a three-yard keeper. He hit on 18 of 27 pass attempts for 233 yards and was the game’s leading rusher, gaining 66 yards on 13 carries.

A junior from Claremore, Oklahoma, Winters holds the position vacated by Chris Pizzotti ’08 (09), the 2008 Ivy League Player of the Year. Sidelined by injuries a year ago, Winters saw only spot duty in 2007, when he was sent in to run the ball in goal-line offenses. He earned the starting assignment in training camp and played creditably in this fall’s opening game, a 27-20 loss to Patriot League behemoth Holy Cross at Worcester’s Fitton Field. Lining up in shotgun formation, Winters displayed poise and agility under pressure, showed good speed when he carried the ball, and yielded so much penalty yardage. “We have a tremendous amount to work on,” said coach Murphy after the game. “Traditionally, we’re a team that doesn’t beat itself….We were not a polished Swiss watch tonight, but we played with a lot of emotion and found a way to win.”

Photosynthesis: Harvard remains unbeaten in nocturnal play. The Stadium’s first night game was a 24-17 defeat of Brown that drew 18,898 spectators in September 2007. Last fall, with 20,462 in the stands, Harvard came from behind to nip Holy Cross, 25-24. The attendance at this year’s Brown game was 17,263.

Aerial circus: The passing attack looks like the offense’s trump card. All of last fall’s gifted receivers—Luft, Lorditch, Schwarzkopf, Mike Cook ’10, Marco Ianuzzi ’11, Levi Richards ’11, and Adam Chrissis ’12—are back this season.

Saturday’s hero: Senior tailback Cheng Ho, who had touched the ball only once in the first two games, rushed for 132 yards and scored twice as Harvard beat winless Lehigh, 28-14, in the second road game of the season. An all-Ivy rusher as a sophomore, Ho was hurt for much of the 2008 season and saw limited action. Starting in place of Gino Gordon ’11, who was nursing an injury, Ho galvanized the Crimson offense. “I knew this might be my only shot,” he said afterward, “and I just had to take advantage of it.” The defensive unit forced five turnovers—four interceptions and a fumble recovery—and had four quarterback sacks in the Lehigh victory.

TIDBITS: The Ivy League’s preseason media poll had Harvard beating out Penn, Brown, and Yale (in that order) for a third consecutive Ivy title. The 2007 Crimson squad went undefeated in league play, while last year’s team (6-1 Ivy, 9-1 overall) shared the crown with Brown. No team has managed a “three-peat” since Dartmouth did it in 1930-92.

Payback: Harvard has bested Brown in nine of the teams’ last 10 match-ups. A year ago, the Bears capitalized on missed extra points to eke out a 24-22 win at Brown Stadium. Losing only to Yale, Brown finished the season with an Ivy record of 6-1 (9-1 overall).

Yellow flags: Harvard incurred 1 11 penalties for 92 yards in the Brown game. Not since November 2007 had a Crimson team yielded so much penalty yardage. “We have a tremendous amount to work on,” said coach Murphy after the game. “Traditionally, we’re a team that doesn’t beat itself….We were not a polished Swiss watch tonight, but we played with a lot of emotion and found a way to win.”

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ance premiums), skewed toward the lower end of that range, they report. Their upscale clientele is 70 percent male; a few are under 40 or in their 80s, but the average new patient is a 50- to 55-year-old male.

With age, hormone levels fall. In women, there are the relatively discrete changes of menopause; “with men, it’s more subtle,” says Nadelberg. “A loss of energy, the need for afternoon naps, libido falls off, and cognitive processes get duller.” To address such symptoms, Katz and Nadelberg do things most doctors don’t, such as laboratory screenings of more than 100 tests, including insulin levels and hormone panels for estrogen and testosterone. They try to get clients off certain drugs, like antacids: “Without enough stomach acid, vitamin B-12 absorption goes way down,” Katz explains.

They also order DEXA scans (which use two x-ray beams with differing energy levels; they use a specially calibrated DEXA scan on a machine with different software and a longer bed) to measure density of bone, muscle, and fat. “Women have DEXA scans after menopause to monitor signs of osteoporosis,” says Nadelberg, “but men’s bone density falls off as well.” Standard guidelines recommend scanning men for osteoporosis beginning at age 70, but Katz says that “as soon as men get short of testosterone, they’ll start to get osteoporosis,” and he and Nadelberg order DEXA scans for nearly all their clients. (According to the National Institutes of Health, the radiation exposure of .001 rem or less from a DEXA scan is comparable to average exposure from natural background radiation sources.)

The doctors’ approach to Type 2 diabetest, which Nadelberg calls “a huge wave” approaching the healthcare system, is heterodox. High blood glucose levels flag diabetes, but “the first stop sugar makes in your body is in the muscles,” Katz explains. “Your bloodstream will contain about four grams of glucose, your liver 60 to 70 grams, and your muscles, 180 grams—or even more if you increase muscle tissue.” Consequently, the doctors’ counsel involves both weight management (a central element in all diabetes treatment) and weight lifting, or other exercises to build muscle.

But “most people over 50 can’t build muscle without the right hormone substrate,” says Nadelberg. “They’ll go to the gym and work out, but see no results.” The physicians may then prescribe testosterone replacement, because that hormone “is essential to building muscle,” Nadelberg explains. “Testosterone has gotten a bad rap. Bodybuilders and pro athletes have been using it without medical supervision and increasing their levels to way outside the healthy range. We do careful lab monitoring—we’re looking to balance and optimize hormone levels within normal ranges.” For Nadelberg and Katz, therefore, testosterone supplementation for Type 2 diabetics often makes sense. “Replacing testosterone to levels within the normal physiological range is reasonable and often helpful,” says associate clinical professor of surgery (urology) Abraham Morgentaler ’78, M.D. ’82, a noted researcher in this area and author of the book Testosterone for Life. Furthermore, Morgentaler notes that data suggest “no reason to be concerned that raising testosterone levels will increase the risk of prostate cancer.”

Even so, testosterone supplementation for Type 2 diabetics doesn’t fit standard medical practice. But Katz and Nadelberg don’t mind being mavericks. “Health-insurance goals are based on average outcomes,” says Katz, “and average outcomes aren’t fun.”
Katz and Nadelberg, instead, look to help clients like one busy executive who’d gained 20 pounds in the past five years while losing his energy, libido, and concentration. His previous doctor had told him, “You’re just getting older.” The key issue, though, is not the undeniable fact, but the how of aging. As Katz says, “If you don’t succeed in doing the things that are important to you in your life, then we aren’t succeeding as your doctors.” —Craig Lambert

Well Done

The Harvard Alumni Association Awards were established in 1990 to recognize outstanding service to Harvard University through alumni activities. This year’s recipients were to be honored on October 12 during the HAA board of directors’ annual fall meeting in Cambridge. Highlights of their many contributions are given below.

Jonathan L. S. Byrnes, D.B.A. ’80, of Lexington, Massachusetts, has played a key role in strategic planning for the HAA, having managed the initial plan in 2001 that charted the organization’s current path and conducted subsequent reviews. Over the years, he has served on the executive committee in various capacities, including as president (2007-2008). He has also served as vice president of the Harvard Club of Boston, and was a member of the board of directors of the Harvard Business School Alumni Association.

Comings and Goings

Harvard clubs offer a variety of social and intellectual events around the country. For information on upcoming programs, contact your local club directly, or call the HAA at 617-495-3070, or visit www.haa.harvard.edu. Below is a partial list of winter happenings.


For details and registration, please call the Boston club at 617-450-8496, or visit www.harvardclub.com/index.php.

Above and Beyond

Hazard Stevens, of the class of 1865, led the assault that captured a Confederate fort. Leonard Wood, M.D. ’84, volunteered to carry dispatches through Apache territory, traveling 70 miles in one night and walking 30 more the next day. Sherrod Skinner ’51 threw himself on a North Korean grenade to save wounded marines under his command. They are among the 10 Harvard men awarded the Congressional Medal of Honor for “conspicuous gallantry and intrepidity” at the risk of their own lives “above and beyond the call of duty.” Recent research suggests that no other college or university, apart from West Point and Annapolis (with 82 and 74 recipients), can claim more alumni so honored.

On November 11, Veterans Day, at an 11 a.m. service at Memorial Church, a plaque commemorating these men will be unveiled, dedicated, and presented to the University for installation in the sanctuary. The Reverend Peter J. Gomes, who teaches a course in Harvard history, will officiate, and President Drew Faust, a Civil War scholar, will participate. The plaque is a gift from the more than 500 members of the Harvard Veterans Alumni Organization (HVAO; www.harvardveterans.org), a group sponsored by the Harvard Alumni Association; the ceremony is sponsored by HVAO, Advocates for Harvard ROTC, and the Business, Kennedy, and Law Schools’ armed forces clubs.

The plaque, says HVAO president Thomas P. Reardon ’68, is part of a Harvard Veterans History Project documenting “the 12 generations of Harvard men and women—the ‘Long Crimson Line’—who have served in the military of our country from Colonial times through every war and peace since.” (Research by Paul E. Mawn ’63, chairman of Advocates for Harvard ROTC, determined Harvard’s Medal of Honor ranking.) The University’s other Medal of Honor recipients are: Theodore Roosevelt, A.B. 1880, and Theodore Roosevelt Jr., A.B. 1909, for leadership at San Juan Hill in 1898 and on D-Day in 1944; Manning F. Force, A.B. 1845, LL.B. ’48, and Henry W. Lawton, L ’66, who served with Sherman’s Georgia campaign in 1864; Walter N. Hill, class of 1904, who led marines at the battle of Veracruz in 1914; and George G. McMurtry, class of 1899, and Charles W. Whittlesey, LL.B. 1908, commanders of the “lost battalions” that held out in the Argonne against German forces for a week in 1918 before rescue (details at www.advocatesforrotc.org/harvard/honor.html).