

**Peter Elwood:** DSc, MD, FRCP, FFPHM, Hon DSc

Elwood worked with Archie Cochrane for many years and succeeded him as Director of the Medical Research Council Unit in Wales, UK. He retired some years ago but he was granted an honorary chair in Cardiff University. He continues to work and since 'retirement' he has published well over 100 papers.

Elwood's apogee was the publication by his team in 1974 of the first randomised trial of aspirin in the reduction of vascular disease, and this started the modern phase of work and interest in aspirin prophylaxis. Work on aspirin now focuses on the reduction in cancer by low-dose aspirin.

Elwood's interests have always been on the prevention of disease, rather than on its treatment, and his main concerns have been with public health rather than with clinical situations. A major concern in recent years has been the enormous benefits of a healthy lifestyle, and the very poor uptake of the healthy behaviours throughout the community,

The contribution of milk and dairy foods to health and to survival has been a major interest of Elwood for the past ten and more years, and currently the potential role of natural salicylates from fruit and vegetables, is of special interest.

Elwood has long had a major concern over the communication of research findings to the general public and the promotion of informed debate. Together with colleagues he organised a citizens' Jury: 'My Health, whose responsibility?' and for several public lectures recently Elwood chose the title: 'Aspirin, the sixth healthy behaviour'.

Ten years ago Elwood initiated a series of monthly Public Lectures in Cardiff on topics of concern in health care, and these lectures continue. Elwood has also held seminars for medical journalists in Beijing, in Stockholm and in Riga, on how to report the findings of medical research.

Elwood's other interests are his grand children, cosmology, and the piano - on which he struggles with the music of Bach.

