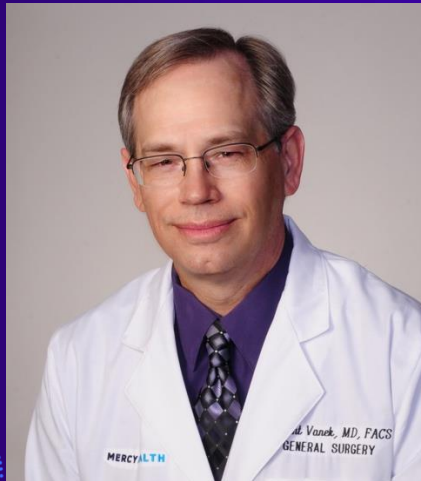


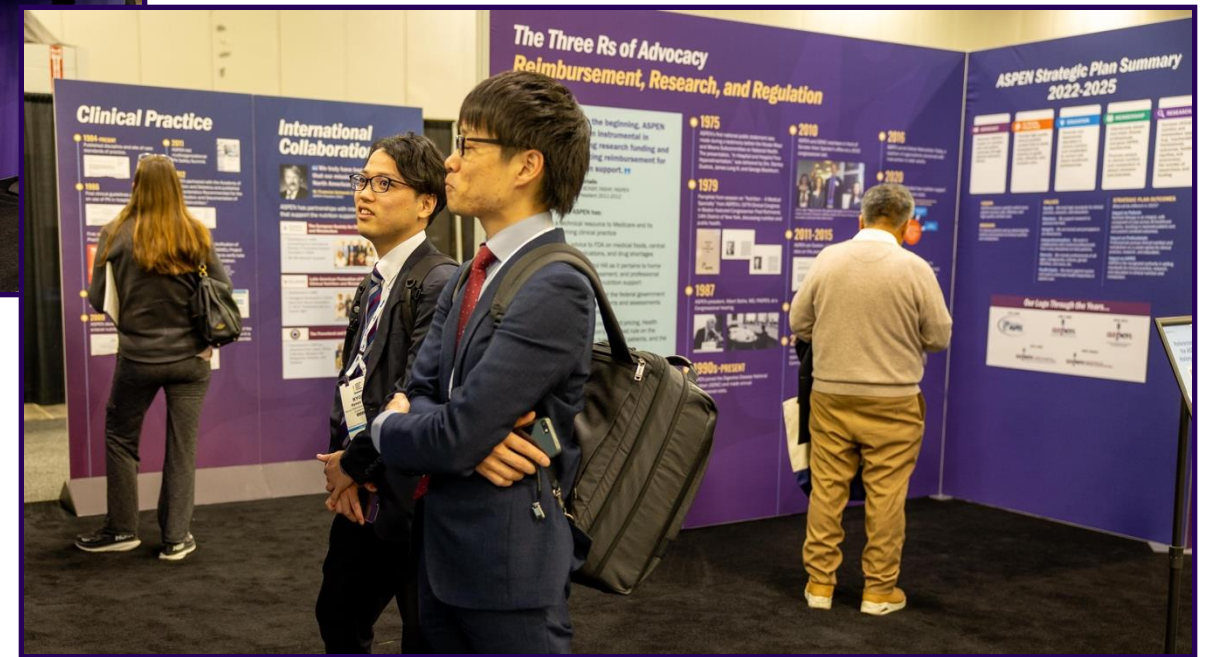
# ASPEN – 50 Years in the Making



## Vincent W. Vanek, MD, FACS, FASPEN

- Associate Program Director General Surgery Residency
- St. Elizabeth Hospital, Youngstown, OH
- Professor Surgery, Northeast Ohio Medical University
- ASPEN President 7/2007 to 6/2008

# ASPEN 50th Anniversary Celebration Booth





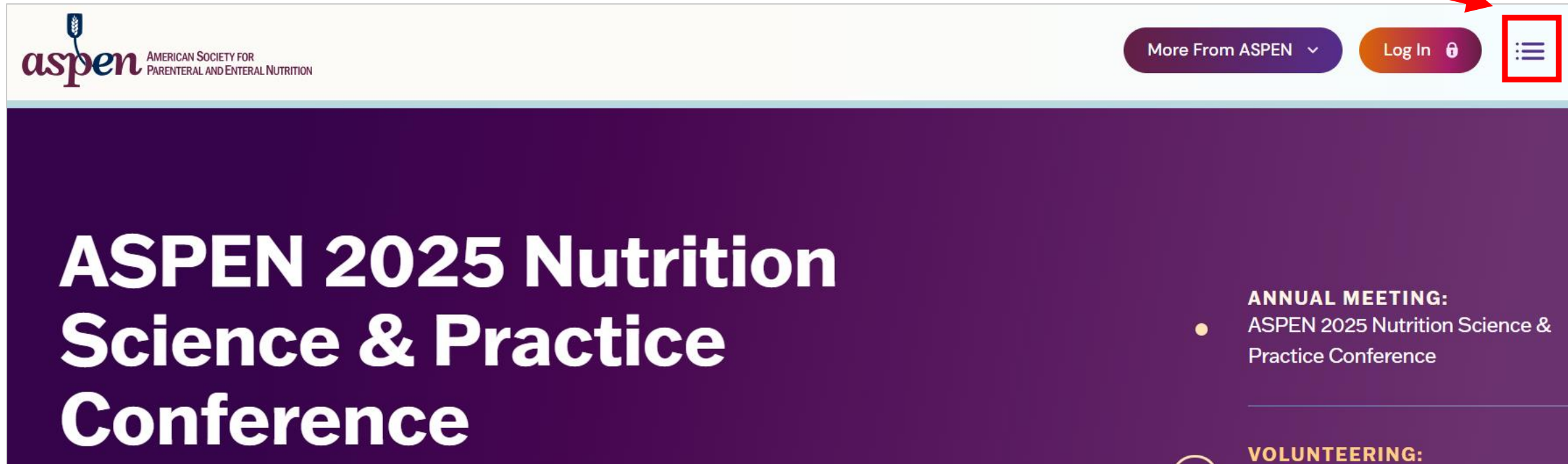
# ASPEN 50th Anniversary Celebration Booth



# Visit the ASPEN Website History Section

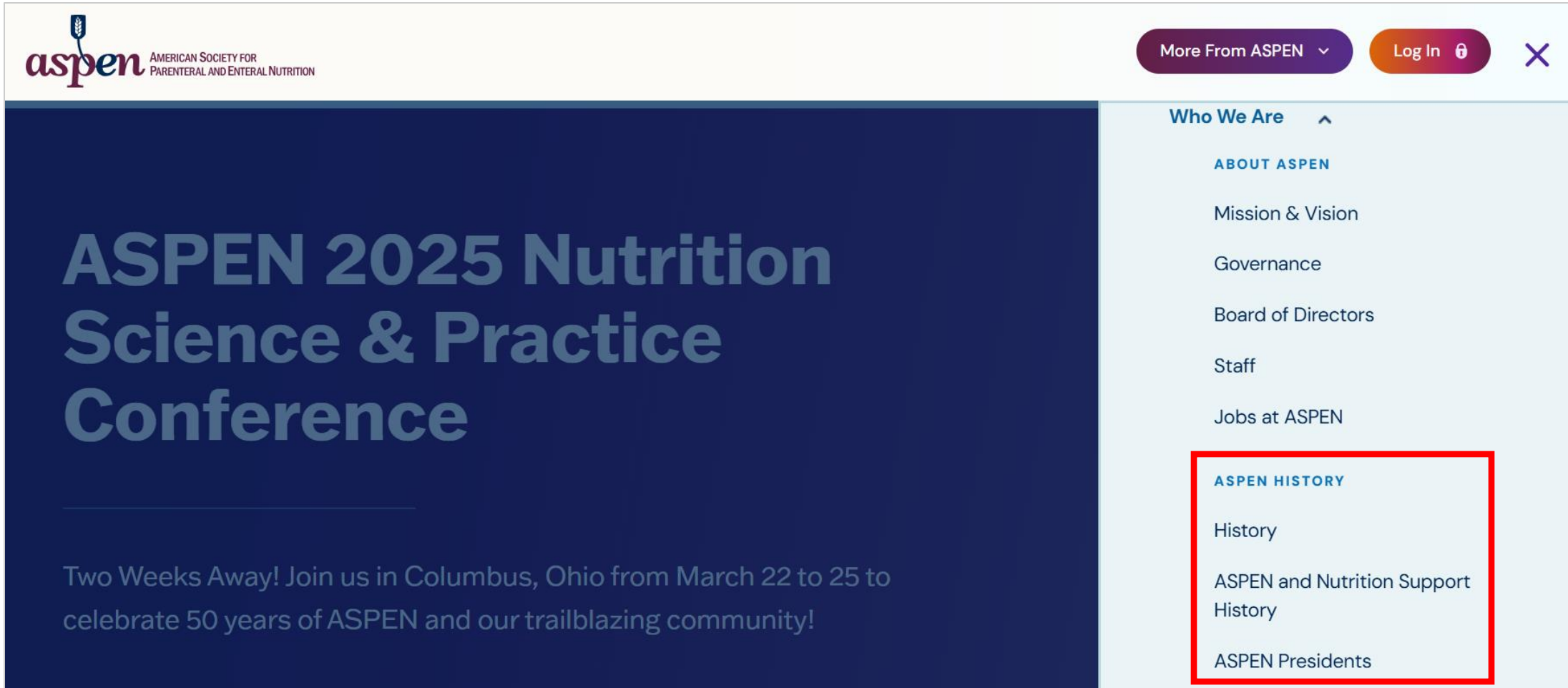
[www.nutritioncare.org](http://www.nutritioncare.org)

Click on the drop-down icon to get to the **History** section



# Visit the ASPEN Website History Section

Click on the items under **ASPEN HISTORY** – more to come!



The screenshot displays the ASPEN website's header and main content area. The header includes the ASPEN logo (American Society for Parenteral and Enteral Nutrition) on the left and navigation links for 'More From ASPEN', 'Log In', and a close button on the right. The main content area features a large blue banner for the 'ASPEN 2025 Nutrition Science & Practice Conference' with the text 'Two Weeks Away! Join us in Columbus, Ohio from March 22 to 25 to celebrate 50 years of ASPEN and our trailblazing community!'. A sidebar menu on the right, titled 'Who We Are', lists various sections. The 'ASPEN HISTORY' section is highlighted with a red border and contains the following links: 'History', 'ASPEN and Nutrition Support History', and 'ASPEN Presidents'.

aspEN AMERICAN SOCIETY FOR PARENTERAL AND ENTERAL NUTRITION

More From ASPEN Log In

Who We Are

ABOUT ASPEN

Mission & Vision

Governance

Board of Directors

Staff

Jobs at ASPEN

ASPEN HISTORY

History

ASPEN and Nutrition Support History

ASPEN Presidents

**ASPEN 2025 Nutrition Science & Practice Conference**


Two Weeks Away! Join us in Columbus, Ohio from March 22 to 25 to celebrate 50 years of ASPEN and our trailblazing community!




# Visit the ASPEN Web Site History Section


Click on **ASPEN Presidents** hyperlink to see the list of Presidents in chronological order with hyperlinks to their Presidential addresses

1975  
to  
1977



ASPEN Organizing Committee  
 [View Members](#)

1977




Stanley J. Dudrick MD, FASPEN

Read the Presidential Address:

[The Common Denominator and the Bottom Line](#)

1978




George L. Blackburn MD, PhD

Read the Presidential Address:

[Interaction of the Science of Nutrition and the Science of Medicine](#)

1979



Mitchell V. Kaminski, Jr. MD, FASPEN

Read the Presidential Address:

[Humanism in Hyperalimentation](#)

# Five “W”s of ASPEN

1. Why?

2. When?

3. Where?

4. Who?

5. What?

# Why ASPEN Was Formed?

**A**merican

**S**ociety for

**P**arenteral and

**E**nteral

**N**utrition



# Early History of Enteral Nutrition

- 300 BC** Hippocrates first physician to use rectal feedings for EN therapy via a long tube with a funnel or syringe attached to the outside end
- 1617** Small silver nasopharyngeal tube used to feed patients with tetanus
- 1646** Flexible leather transnasal tube used to feed into the stomach
- 1876** First successful gastrostomy in humans
- 1878** First successful jejunostomy in humans
- 1882** President Garfield shot during an assassination attempt was kept alive with rectal feedings for 79 days before succumbing to his injuries
- 1894** Dr. Stamm standardized the gastrostomy technique, known as the Stamm gastrostomy
- 1895** Dr. Eiselbreg modified the jejunostomy technique, which is still in use today
- 1910** Development of weighted NG tube that could pass into the duodenum
- 1915** Development of a weighted NG tube that could pass into the jejunum

# Early History of Parenteral Nutrition

- 1658** IV made from goose quill used to infuse wine, ale, and opiates into dogs
- 1831** IV infusion of saline solution into humans for treatment of cholera
- 1843** IV infusion of sucrose into humans with detection of glucose in urine
- 1904** subcutaneous infusion of peptone, fat, glucose, and salt
- 1911** infused glucose postoperatively in humans
- 1936** IV infusion of enzymatically hydrolyzed proteins into dogs and humans
- 1939** IV infusion hydrolyzed proteins and glucose into humans
- 1949** successful infusion of PN into adult dogs

**Early 1960s** – Despite the above advances, the prevailing dogma was that “Feeding entirely by vein is impossible; even if it were possible, it would be impractical; and even if it were practical, it would be unaffordable!”

**1963** – Dr. Jonathan Rhoads, Surgery Chair & General Surgery Residency Program Director, inspired one of his 3rd year residents, Dr. Stanley Dudrick, to dedicate his mandatory research year to solving the problems of Total Parenteral Nutrition (TPN)

• Vassilyadi F et al. Hallmarks in the history of enteral and parenteral nutrition: from antiquity to the 20th century. Nutr Clin Pract. 2013;28(2):209-17.  
• Dudrick SJ. Rhoads Lecture: a 45-year obsession and passionate pursuit of optimal nutrition support: puppies, pediatrics, surgery, geriatrics, home TPN, A.S.P.E.N., et cetera. JPEN J Parenter Enteral Nutr. 2005;272-87.

# Early History of Parenteral Nutrition

Starting at 8 weeks of age, six Beagle puppies were placed on TPN and they gained weight and matured at the exact same rate as their six orally-fed litter mates

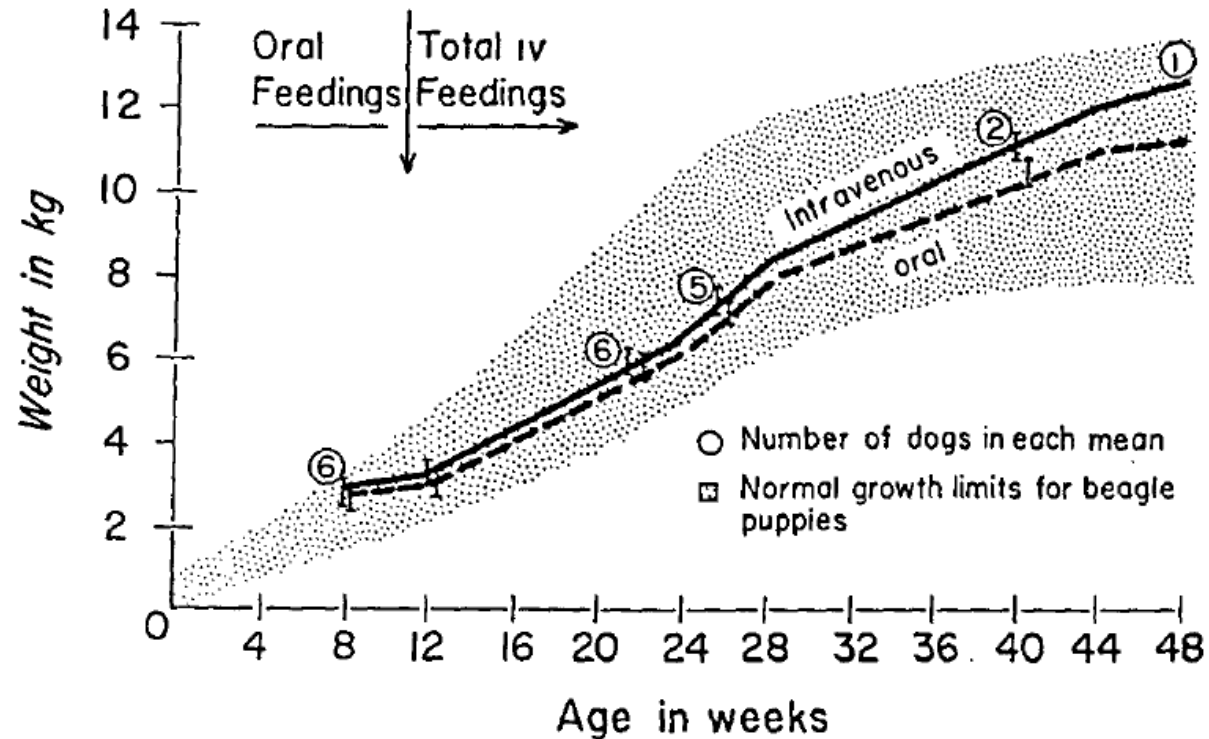
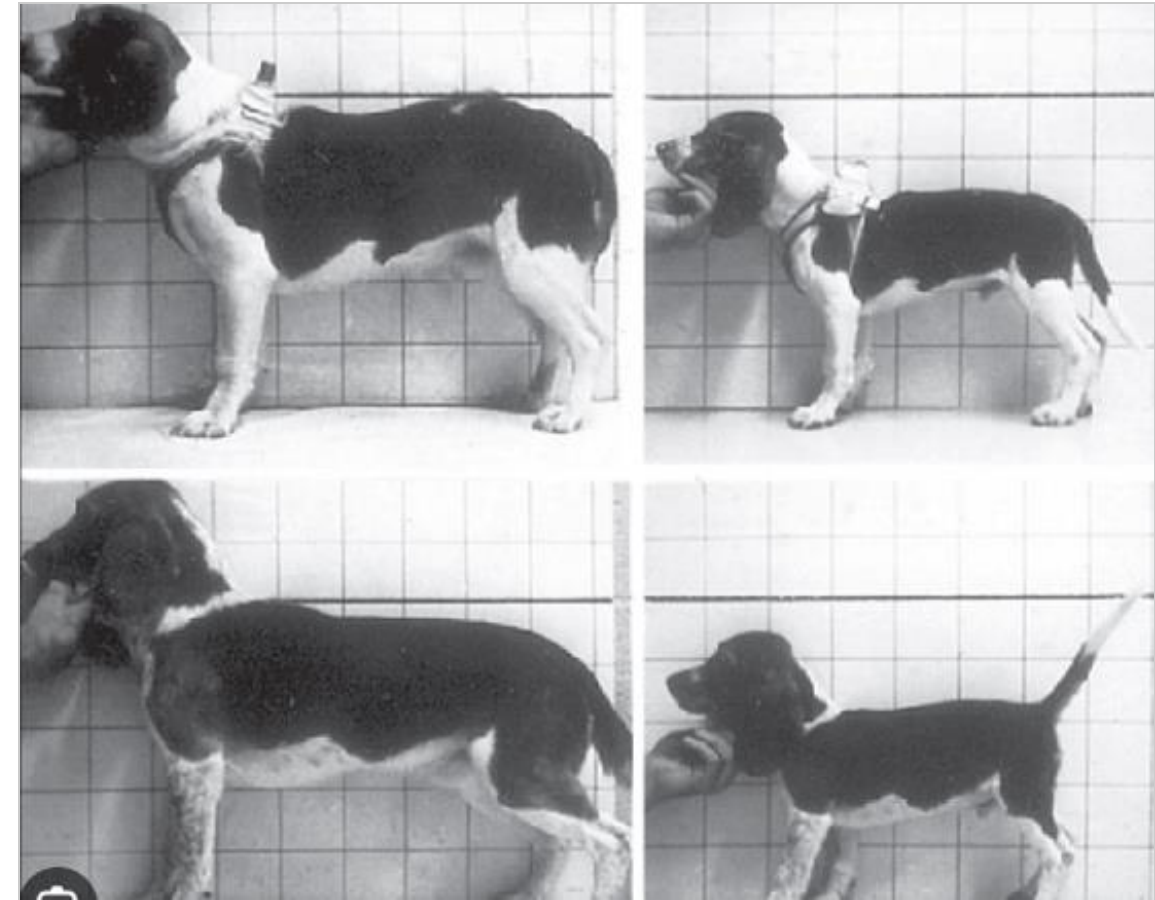
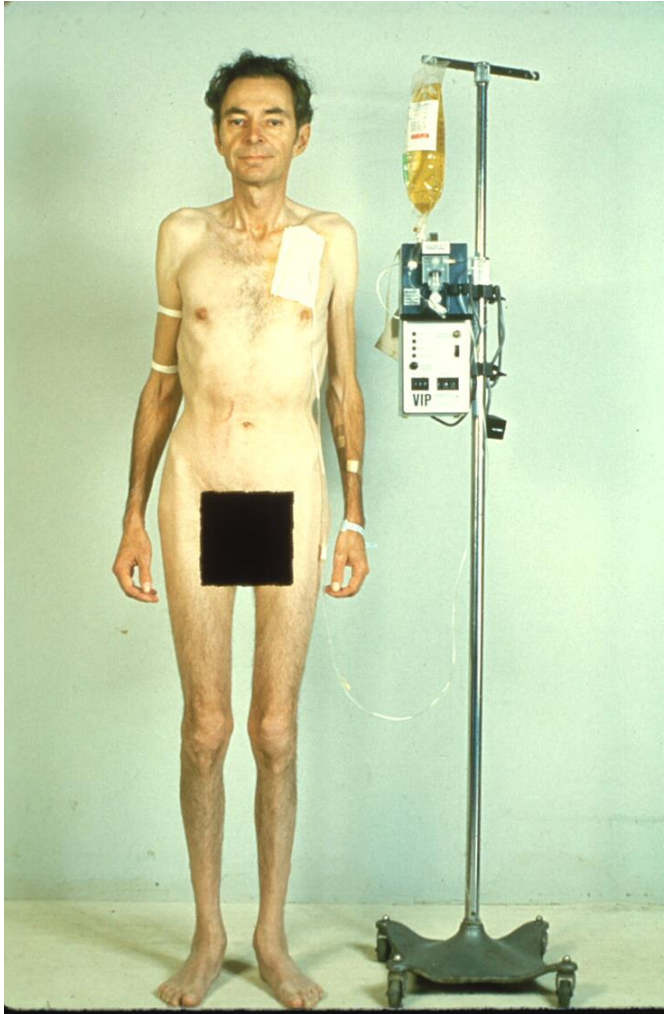


Fig. 2. Composite growth curves of 6 intravenously fed puppies and their paired orally-fed litter mates. Intravenous nutrients were administered exclusively for study periods of 10, 15, 30, and 37 weeks.



# Early History of Parenteral Nutrition



Successfully administered PN with positive nitrogen balance achieved in 6 consecutive malnourished adult patients with chronic, complicated GI diseases

Dudrick SJ, Wilmore DW, Vars HM, Rhoads JE. Can intravenous feeding as the sole means of nutrition support growth in the child and restore weight loss in an adult? An affirmative answer. *Ann Surg.* 1969. 69(6):974-84.



# Early History of Parenteral Nutrition



**7/1967** Dr. Dudrick graduates from his General Surgery residency and remains on staff at the Hospital of the University of Pennsylvania

**8/1967** Dr. Dudrick receives a consult from Children's Hospital of Philadelphia on a post-op 3-week-old baby with almost complete intestinal atresia who was dying of malnutrition

- Wilmore DW, Dudrick SJ. Growth and Development of an Infant Receiving All Nutrients Exclusively by Vein. JAMA. 1968; 203(10): 140-144.
- Dudrick SJ, Wilmore DW, Vars HM, Rhoads JE. Can intravenous feeding as the sole means of nutrition support growth in the child and restore weight loss in an adult? An affirmative answer. Ann Surg. 1969; 69(6):974-84.

# Early History of Parenteral Nutrition



**8/9/1967** – The newborn was started on TPN and over the next several weeks, the baby gained weight and became more alert, active, and responsive

**After 400 days on TPN**, the baby was growing and maturing normally and was tolerating small amounts of oral feedings (“trophic feedings”)

- Wilmore DW, Dudrick SJ. Growth and Development of an Infant Receiving All Nutrients Exclusively by Vein. JAMA. 1968; 203(10): 140-144.
- Dudrick SJ, Wilmore DW, Vars HM, Rhoads JE. Can intravenous feeding as the sole means of nutrition support growth in the child and restore weight loss in an adult? An affirmative answer. Ann Surg. 1969; 69(6):974-84.

# Early History of Parenteral Nutrition

## 2005 ASPEN Annual Rhoads Lecture

Dr. Dudrick presented “*A 45-year obsession and passionate pursuit of optimal nutrition support: puppies, pediatrics, surgery, geriatrics, home TPN*”  
(JPEN 2005; 29(4):272-87)



# Early History of Parenteral Nutrition

2010 ASPEN Fall Nutrition Symposium – Youngstown, OH



- **Vince Vanek, MD** – “Current Parenteral Vitamin and Trace Element Solutions – Too Little or Too Much?”
- **Laura Matarese, PhD, RD** – “Parenteral Glutamine – Fact or Fiction?”
- **Doug Seidner, MD** – “Parenteral Fat Emulsions (FE) – Soybean, MCT, Olive Oil, or Fish Oil – Does It Make a Difference?”
- **Stanley Dudrick, MD** – “The Unsanitized History of the Development of TPN: A Novel Approach to Parenteral Nutrition



# Why Was ASPEN Formed?

- Early 1970's, despite many advances, there were still many challenges

## Enteral Nutrition Challenges

1. Limited availability of standardized commercial formulas
2. Inconsistent nutritional composition of homemade blenderized diets
3. Potential for infection due to improper handling
4. Need for better enteral access tubes and techniques
5. Difficulties in monitoring nutrient delivery

## Parenteral Nutrition Challenges

1. Inability to formulate complete nutrition solutions
2. Lack of appropriate IV fat emulsions resulting in complications and fatty acid deficiencies
3. Lack of IV multivitamins and IV multi-trace elements leading to micronutrient deficiencies
4. Issues with maintaining aseptic technique during preparation and administration
5. Lack of support to manage and maintain patients on long term PN support at home

- Need for an organization dedicated to helping physicians, dietitians, pharmacists, nurses, and patients face these challenges!
- **ASPEN** would rise to the challenge and meet this need!

# ASPEN – When, Where, & Who?



**Dr. Mitchell Kaminski, Jr.**

**6/1972** – At a conference on “Parenteral Nutrition and Special Diets” held in Washington, DC, a group of individuals led by Dr. Mitchell Kaminski Jr. drafted a set of goals for a new medical society focused on specialized nutrition support

**Late 1972** – Dr. Kaminski and Dr. John Grant founded a local society in conjunction with the American Hyperalimentation Society in Washington, DC



**Dr. John Grant**

**1972 to 1974** – Numerous loosely organized local and regional groups were formed under various names related to parenteral nutrition and/or specialized nutrition support

# ASPEN – When, Where, & Who?

**6/5/1975**

- ASPEN was founded during the “Symposium on Fat Emulsions in Parenteral Nutrition” meeting sponsored by the Department of Foods and Nutrition of the American Medical Association at the Hyatt Regency O’Hare Hotel in Chicago, Illinois
- About 100 individuals in attendance and were the founding members of ASPEN
- An Organizing Committee was appointed with Dr. Mitch Kaminski as the Chairman
- The Treasurer, Dr. Murray Seltzer, was authorized to start soliciting contributions to the organization

Table 1. A.S.P.E.N. Organizing Committee

Name	Position	Location
Mitchell V. Kaminski, Jr., MD	Chairman	Chicago, Illinois
Katherine D. Bury, MD	Co-chairman	Toronto, Canada
Murray H. Seltzer, MD	Treasurer	Livingston, New Jersey
Margarita Nagy, MS, RD	Secretary	Chicago, Illinois
James M. Long III, MD	Constitutional Committee	Houston, Texas
George L. Blackburn, MD, PhD	Education Committee	Boston, Massachusetts
Michael D. Caldwell, MD	Education Committee	San Francisco, California

**4/1976** – Membership grew to 601 with 270 physicians, 87 dietitians, 82 pharmacists, 11 nurses, & 151 from a variety of other disciplines and categories

# ASPEN – When, Where, & Who?

## 2/3/1977

- First ASPEN Clinical Congress was held at the Chicago, IL O'Hare Marriott Hotel
- Organizing Committee turned over control of the organization to the first Executive Council and Board of Directors (BOD)
- Dr. Stanley Dudrick was elected to be the first ASPEN President

## 2/1978

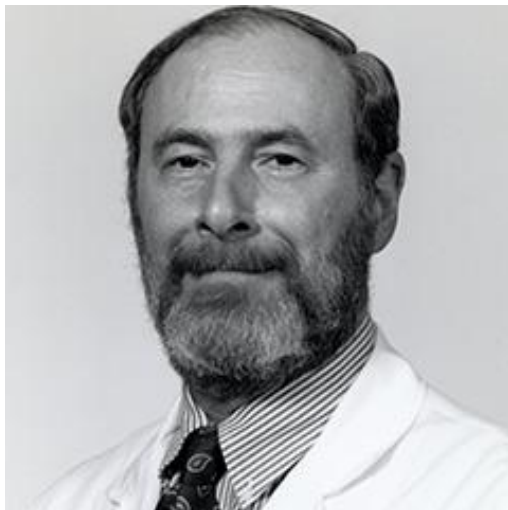
- Second ASPEN Clinical Congress was held in Houston, TX
- Dr. Stanley Dudrick gave the first ASPEN Presidential Address, entitled “The Common Denominator and the Bottom Line”, during which he stated, “The basic purpose of the Society was to gather together a diverse group of people with a common interest in solving the problems and achieving the ultimate goal of optimal nutrition for all people at all times, and having an intense interest in, and earnest desire for, communication and interaction with each other.”
- Each subsequent ASPEN president has presented a presidential address at the annual ASPEN meeting

**ASPEN was off and running and the rest,  
as they say, is History!**



# ASPEN –Who?

- **Dr. Ezra Steiger** – General Surgery resident at University of Pennsylvania 4 years behind Dr. Stanley Dudrick
- One of the founding members of ASPEN making him one of the longest standing ASPEN members
- Joined Cleveland Clinic in 1975 and...
  - Started Nutrition Support Hospital Committee & Nutrition Support Team within a few weeks
  - Started Home Parenteral Nutrition Program within first year
  - Started Intestinal Rehab Program several years latter
- **1984** – 8th ASPEN President and he continues to contribute to ASPEN to this day!

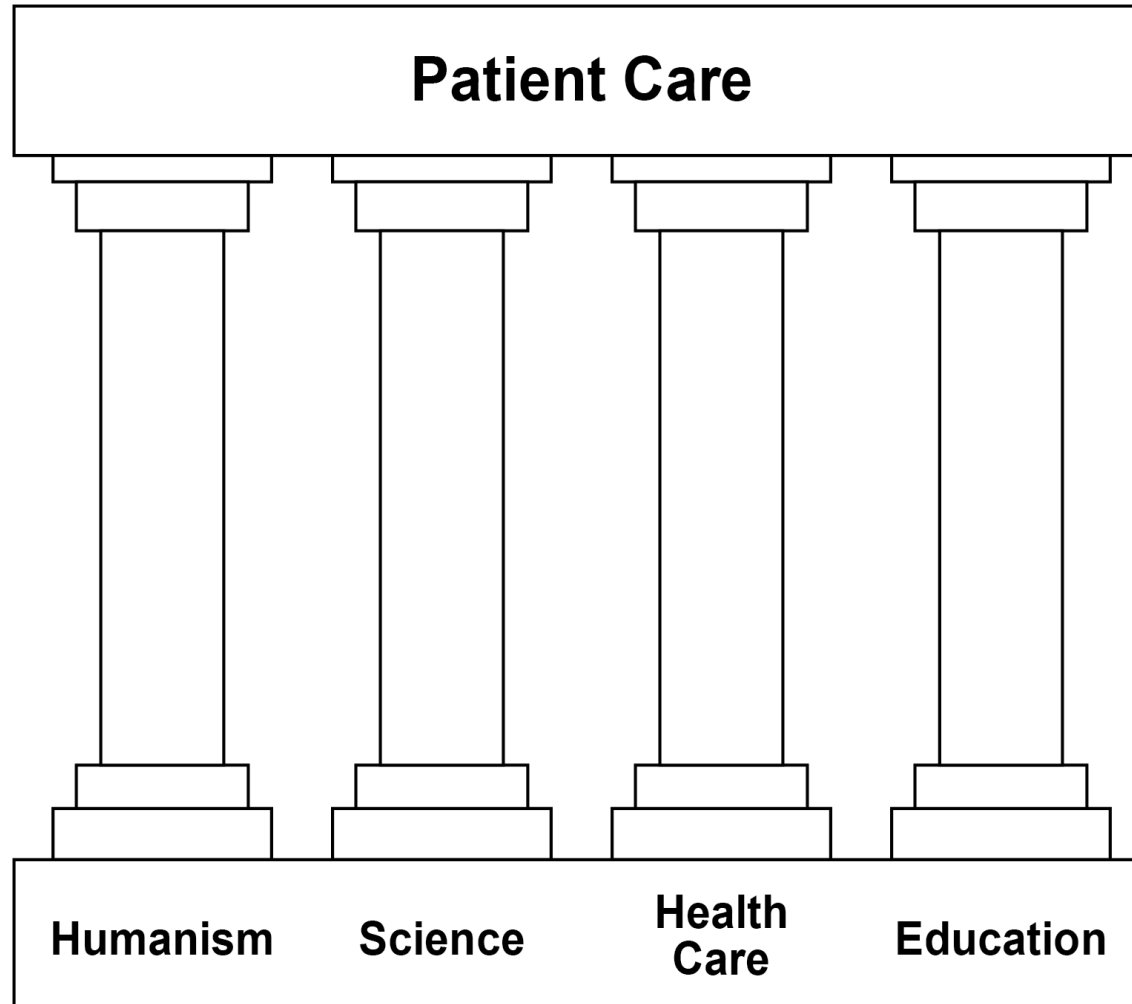


# What is ASPEN?

- National & International medical society dedicated to the science and practice of nutrition support
- Multidisciplinary medical society (physicians, dietitians, pharmacists, nurses, & others)
- Medical society devoted to clinicians & others throughout all levels of training and experience (students, beginners, novices, advanced, experts)
- Global leader in the area of nutrition support
- Community (“family”) of individuals dedicated to meeting the challenge first set forth by Dr. Stanley Dudrick in 1977 of “...achieving the ultimate goal of optimal nutrition for all people at all times...”

# What are the Pillars of ASPEN?

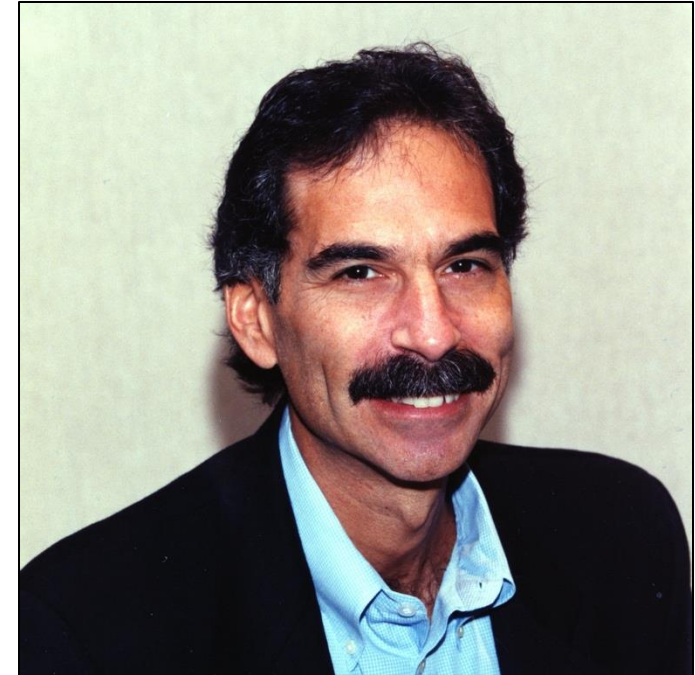
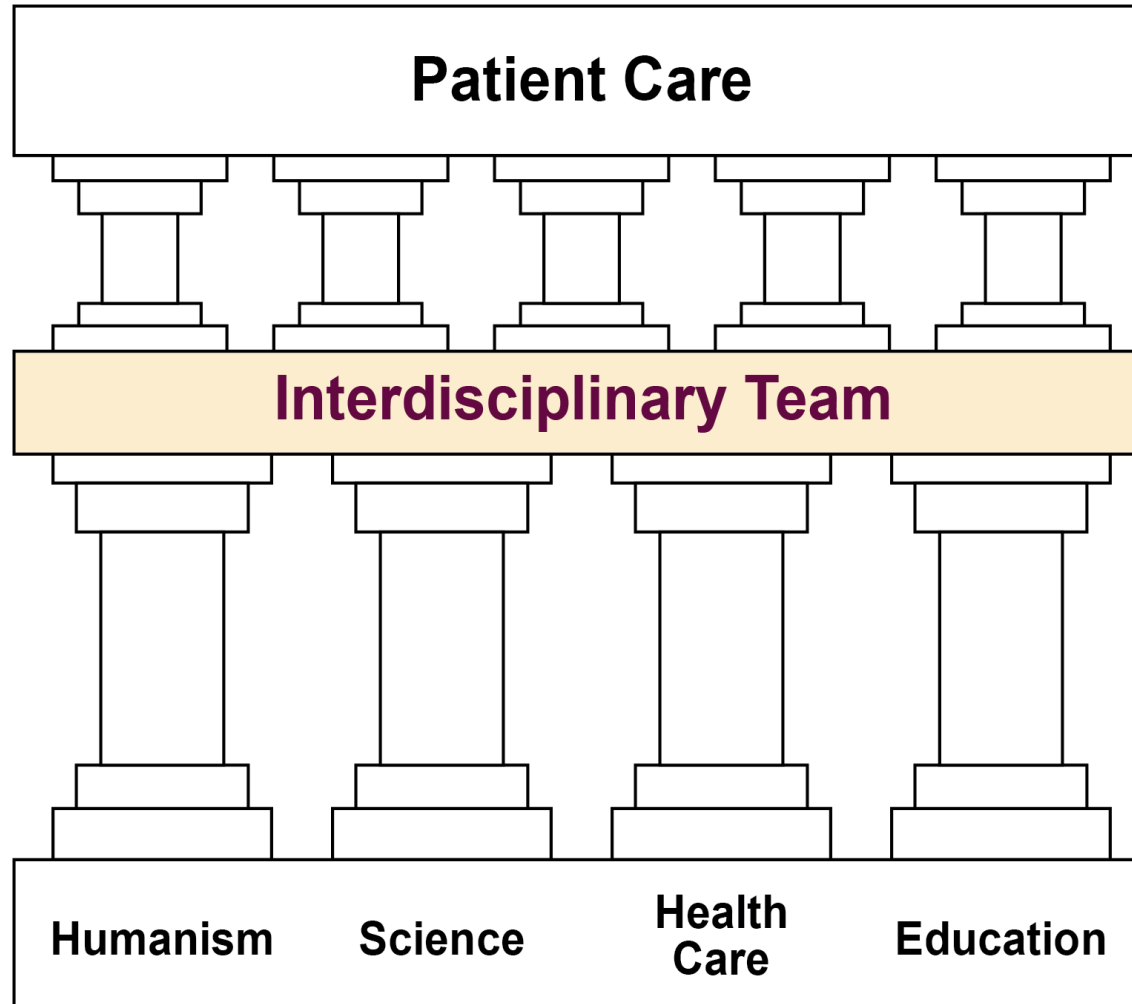
1979



**Dr. George Blackburn**  
*ASPEN's 2nd President*

# What are the Pillars of ASPEN?

2001

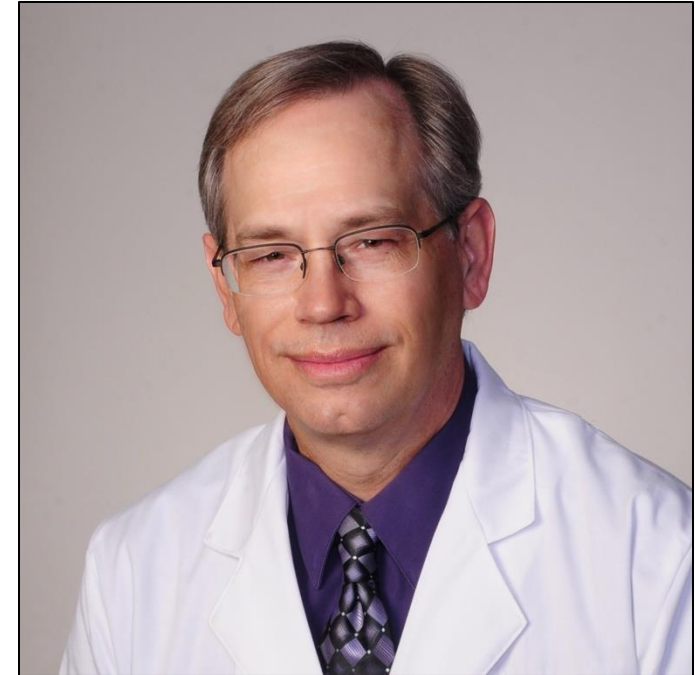
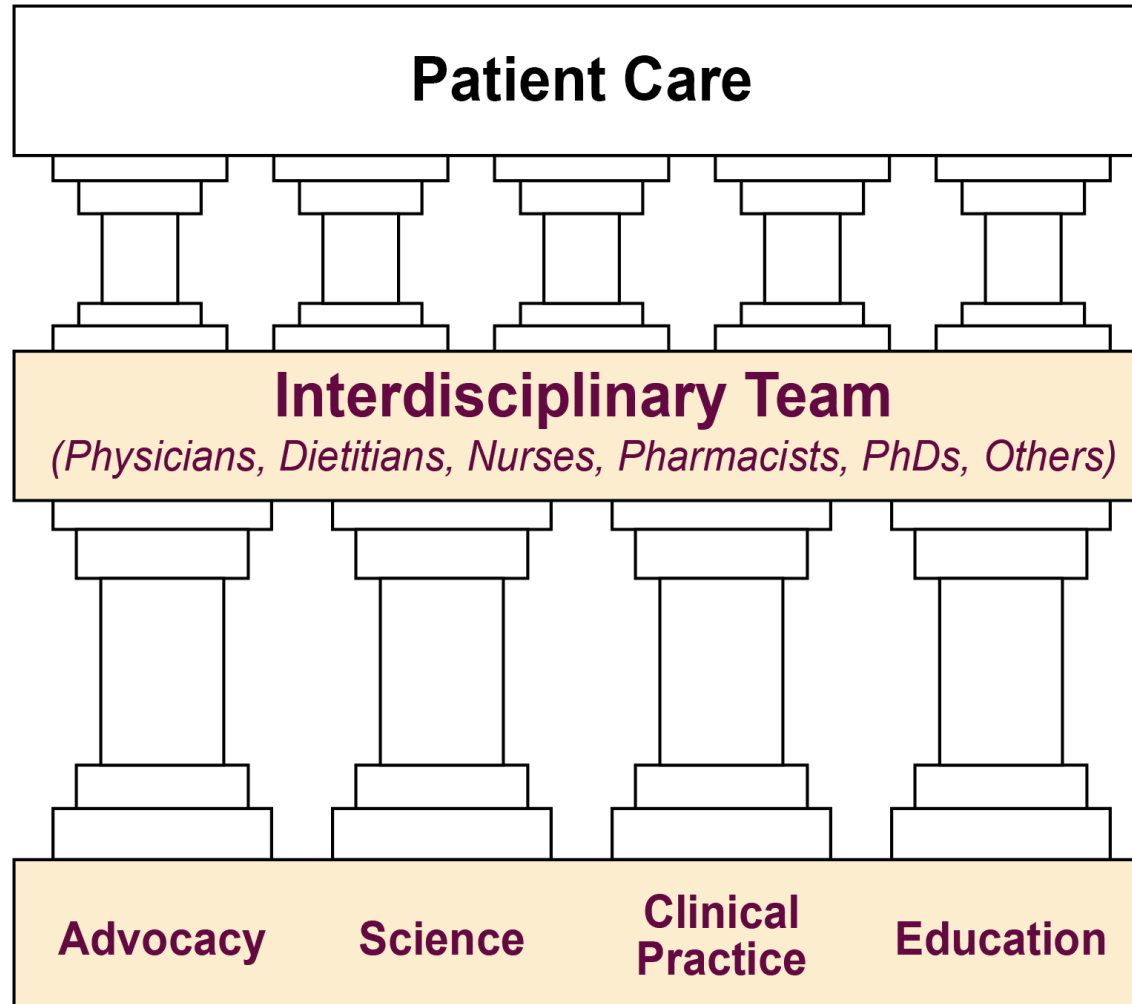


**Dr. Robert Kushner**  
*ASPEN's 24th President*



# What are the Pillars of ASPEN?

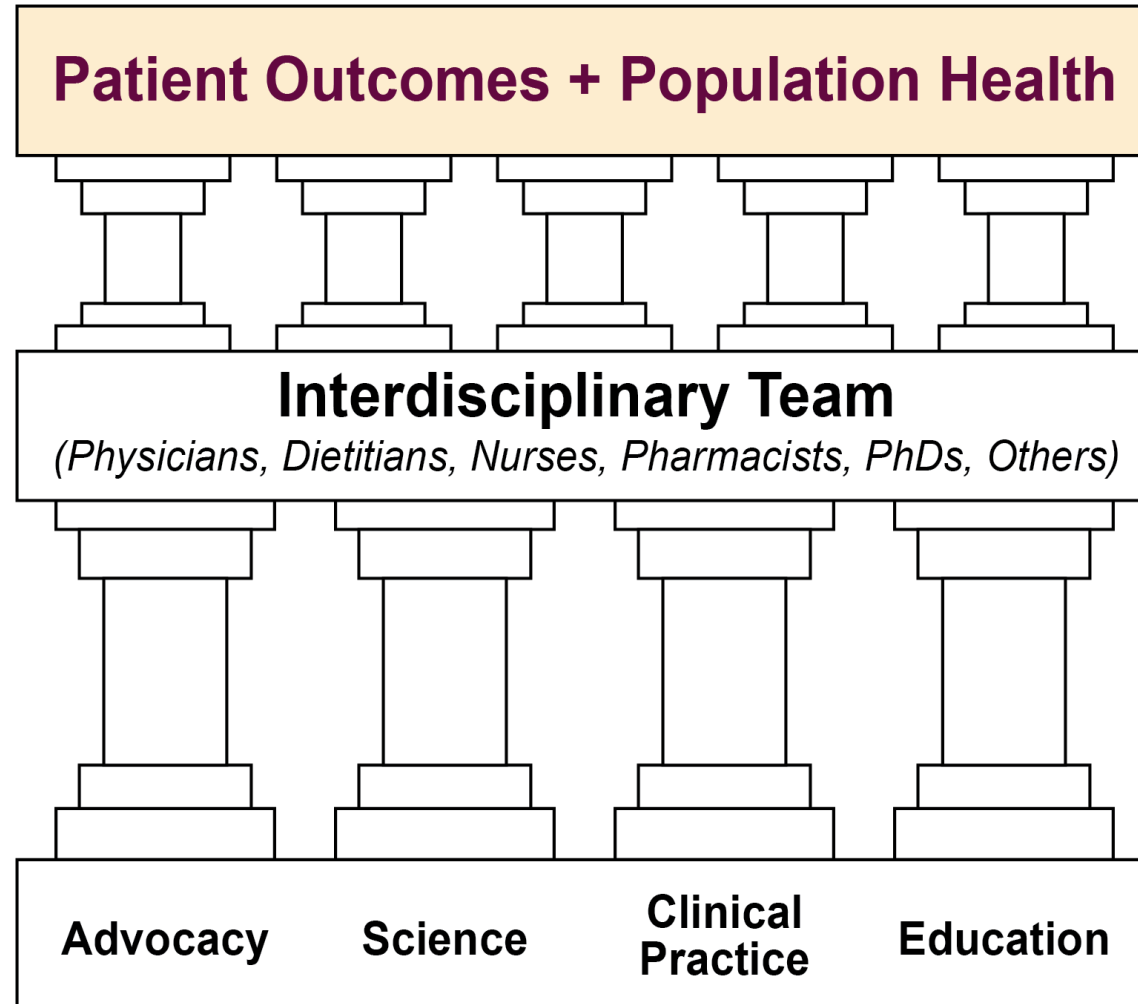
2008



**Dr. Vince Vanek**  
*ASPEN's 31st President*

# What are the Pillars of ASPEN?

2019



**Dr. Nilesh Mehta**  
*ASPEN's 42nd President*

# What are the Pillars of ASPEN?

**2022** – ASPEN Board of Directors approved the...

## ASPEN Strategic Plan Summary 2022-2025



### ADVOCACY

Maximize ASPEN's impact on nutrition care and patient outcomes through external advocacy efforts.



### CLINICAL PRACTICE

Provide high quality clinical practice content that is easily translated into practice to guide safe, effective, and inclusive care.



### EDUCATION

Promote and disseminate education in clinical nutrition and metabolism to current and future healthcare professionals.



### MEMBERSHIP

Intentionally attract and retain diverse professionals and grow ASPEN membership.  
  
Promote careers in clinical nutrition and metabolism to attract clinicians and scientists.



### RESEARCH

Increase clinical nutrition and metabolism research (e.g., mechanistic, translational, outcomes, health equities, and economics), the number of researchers, and funding.

# Quote From a Famous President...



**“And so, my fellow Americans, ask not what your country can do for you – ask what you can do for your country.”**

**John F. Kennedy**

*35th President, United States of America  
1961 inaugural address*

# Renewed Challenge from a previous ASPEN President...

**“Ask not what ASPEN can do for you – ask  
what you can do for ASPEN!”**

**Vince Vanek, MD, FACS, FASPEN**

*31st ASPEN President, 2008 ASPEN Presidential Address*

If we as ASPEN members meet this challenge, then ASPEN will be around for another 50 years and long there after!