President Kennedy's Adrenals
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While the late President Kennedy held public office, an aura of mystery prevailed regarding his endocrine status. During his campaign for, and brief tenure of, the presidency, rumors circulated that he suffered from chronic adrenocortical insufficiency (Addison's disease). Credence was given to these rumors by failure of his attending physicians to deny the allegations. Since his death, speculation continues partially related to failure of federal officials to release pertinent data. This is in marked contrast to the intimate details of President Eisenhower's several illnesses which were given wide dissemination in various news media. The moral and ethical issues were carefully considered by Lt Gen L. D. Heaton and his associates when they concluded the world had a right to know of the medical details of President Eisenhower's operation for regional enteritis. President Eisenhower agreed with this. This writer also agrees that the public is entitled to knowledge of the health of their chief executive and candidate for this office. Details of the final illnesses of other presidents who died or were assassinated while in office have been disclosed and extensively discussed in medical journals.

It may be argued that a breach of physician-patient relationship would result if physicians, with direct professional knowledge of President Kennedy's illness, made public comment without consent. Witness the furor which arose from Lord Moran's disclosure of Churchill's clinical condition. However, none of the foregoing considerations would apply if any other person (physician or lay) drew conclusions from previously published data.

Known Published Facts

In a discussion on management of adrenocortical insufficiency during surgery, Nicholas et al. in 1955 reported three cases—the third, a man aged 37 whose Addison's disease was stated to be well controlled for seven years. After extensive endocrine study, lumbaracral and sacro-iliac fusion was performed in the Hospital for Special Surgery in the Cornell University Medical College Complex on Oct 21, 1954. The patient returned four months later for removal of the metal plate.

On Oct 11, 1954, in a 1 1/2-inch column on page 39, the New York Times reported that...
Times reported that Senator John F. Kennedy entered the Hospital for Special Surgery for a spinal operation. Later, this same newspaper, in a 3 ½-inch column on page 17, announced that Senator Kennedy was operated on Oct 21, 1954. Again, four months later, Feb 25, 1955, the *Times* revealed that Senator Kennedy walked out of the hospital, having had a plate removed 15 days previously (Figure).

**Comment**

These facts were independently documented by the two separate disciplines of medicine and journalism prior to his candidacy for the presidency of the United States. It is most unlikely that two persons with the same age and clinical history of the late President would have undergone similar surgery in the same hospital on the same day and returned on exactly the same time four months later for removal of the plates. If so, Nicholas et al would have illustrated their paper with four cases instead of three. This writer believes the case cited by Nicholas et al is that of the late President and he accepts their clinical diagnosis of Addison's disease.

The diagnosis of Addison's disease could have been firmly established at autopsy and perhaps the etiology determined. However, the autopsy protocol is curiously silent on this point as well as on details of the pituitary, of his vertebral column, and sacroiliac joints. The silence on these points may be due to (a) accidental or intentional failure to search and observe, or (b) suppression of autopsy findings and existing clinical records by relatives or federal officials or both. These conditions would not have prevailed if the autopsy had been done in the jurisdiction where death occurred. In any circumstance, the clinical diagnosis of Addison's disease may be strongly presumed by continued silence by the attending physicians, officials of the hospital, or others with direct knowledge.

The most unfortunate aspect is concealment of the diagnosis. Addison's disease, formerly fatal, is an honorable disease and is not a disease to be concealed. It has no stigmata to be avoided. Patients with Addison's disease can now be maintained under perfect control, whereas diabetes still may follow an erratic, hazardous, and fulminating course even with the best of medical therapy. The fact that President Kennedy was continuously engaged in strenuous mental and physical activity, tolerated extensive surgical trauma, and became father of four children, all without decrease in life expectancy, is noteworthy.

**References**


FRACASTORO, PHYSICIAN OF ITALIAN RENAISSANCE.—Girolamo Fracastoro (1478-1553), physician of the Italian Renaissance, described syphilis and gave the disease its name through the medium of poetry. Prior to that, the disease was called the "love pestilence."

Hieronymus Fracastorius, known today as Girolamo Fracastoro, was born in Verona, Italy, and studied at the nearby University of Padua. He entered into the practice of medicine in his native city. Syphilis and tuberculosis were widespread and he turned his attention to those diseases.

In 1525, he published his poem, *Syphilis sive Morbus Gallicus*, with a revision five years later. His *De Contagione*, which appeared in 1546, is a more scientific discourse on that disease and tuberculosis. This also had a chapter on the treatment of the venereal disease. (Fracastorius, the Poet of Syphilis, editorial. *JAMA* 186:593-594 [Nov 9] 1963.)

Fracastoro retired from the active practice of medicine shortly after that and devoted his time to the materia medica and botany. He rediscovered some of the herbs used in olden times, wrote of the movements of the planets, became interested in geology, showed a concept of the refraction of light, and was the first to refer to the magnetic poles of the earth. A stroke ended his life.

Italy in 1955 issued a 25 lire stamp bearing his portrait.—Mirt, J.A., "Medical Pathfinders on Postage Stamps."