

Edward J. Sachar, M.D., 1933–1984



Dr. Edward J. Sachar finished his undergraduate education at Harvard College and completed his medical education at the University of Pennsylvania. Additionally, he conducted his psychiatric training at Massachusetts Mental Health Center and graduated from the New York Psychoanalytic Institute. He also chaired the Departments of Psychiatry at Albert Einstein College of Medicine and Columbia University College of Physicians and Surgeons.

During his academic career, Dr. Sachar conducted numerous trailblazing studies on the role of hormones in depressive illnesses and the effect of psychotropic drugs on the endocrine system. His pioneering scientific work in the fields of psychoendocrinology and neuroendocrinology gave him national and international recognition. His creative and scholarly research efforts led to the discovery of the manifestations of hypothalamic dysfunction depicted by hyposecretion of ACTH and cortisol among patients suffering from major depression.

During his distinguished career, Dr. Sachar received numerous and prestigious recognition and scientific honors, including the Gold Medal Award for Distinguished Research in Biological Psychiatry, awarded by the Society of Biological Psychiatry. He also authored more than 200

original scientific papers and edited several books. Among the books he edited are two that are considered seminal contributions in the field of psychoendocrinology: *Topics in Psychoendocrinology* (1) and *Hormones, Behavior, and Psychopathology* (2).

Dr. Sachar trained and mentored numerous young investigators. Many of these young investigators today are fine scientists and scholars. Dr. Sachar was a psychiatrist and scientist ahead of his time. His remarkable career continues to serve as a model for young researchers and academicians. It also provides a sense of pride and satisfaction for those, like me, who had the unique opportunity to work with one of the best scientists in the fields of biological psychiatry and the neurosciences in the 20th century.

References

1. Sachar EJ (ed): *Topics in Psychoendocrinology*. New York, Grune & Stratton, 1975
2. Sachar EJ (ed): *Hormones, Behavior, and Psychopathology*. New York, Raven Press, 1976

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