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[Drug Sites Upend Doctor-Patient Relations: 'It's Restaurant-Menu Medicine'](#)

Federal drug marketing rules apply to drug manufacturers, drug distributors, packers and their representatives. Whether the consumer drug sites fall into any of those categories is an unsettled question.... "Where are the regulatory agencies in this?" asked **C. Neill Epperson**, [a women's behavioral health](#) expert at the University of Colorado School of Medicine. "How can this just be O.K.?"

*The New York Times, April 2, 2019*



[Measles outbreaks are sickening ultra-Orthodox Jews. Here's why many of them go unvaccinated.](#)

Despite outbreak clusters, the "vast majority" of American Jews, like their Christian and Muslim counterparts, have been vaccinated, said **Joshua Williams**, an assistant professor of pediatrics at CU who studies the role of clergy in the vaccination process. Ultra-Orthodox Jews who refuse to vaccinate their children "tend to cite secular concerns about the safety of vaccines, the risk of autism and side effects, and not religious doctrine," Williams said.

*Washington Post, April 3, 2019*



[Study: Consuming Edibles Is Way More Likely To Send People To The ER Than Smoking](#)

"Many thousands of people use cannabis safely. We need to understand and respect that," said **Andrew Monte**, an emergency medicine and toxicology specialist at UHealth [and associate professor of emergency medicine at CU School of Medicine]. "But we also know that it's not completely safe, and we need to understand what those risks are. If people are going to use, they need to understand what those risks are and when it's pertinent to them to go to the emergency department."

*Colorado Public Radio, April 2, 2019*



### [New Research Suggests That Exercise Is More Important Than Diet for Weight Loss](#)

“This study addresses the difficult question of why so many people struggle to keep weight off over a long period,” said **Danielle Ostendorf**, a postdoctoral fellow at CU Anschutz Health and Wellness Center.



“Our findings suggest that this group of successful weight-loss maintainers are consuming a similar number of calories per day as individuals with overweight and obesity but appear to avoid weight regain by compensating for this with high levels of physical activity,” said **Victoria A. Catenacci**, one of the researchers involved with the project at the Anschutz Medical Campus.

*Yahoo!, April 1, 2019*



### [Unhealthy Diets May Be World’s Biggest Killer](#)

“People are missing a lot from their diets,” said **Andrew Freeman**, who directs cardiovascular prevention and wellness at National Jewish Health [and is assistant professor of medicine at CU School of Medicine]. “If you include more whole, plant-based foods, that will push out some of the bad things.”

*HealthDay, April 3, 2019*



### [This 30-Day Mental Health Challenge Is Like a Makeover for Your Mind](#)

“We know that small, realistic, and attainable steps help us sustain good health behavior,” says **Helen L. Coons**, Clinical Director of Women’s Behavioral Health and Wellness Service Line at the CU School of Medicine. “So if we think that we’re going to lose 50 pounds this week, we tend not to do it, but if we think about ‘I’m going to skip the cookie today,’ that’s a good start. Same thing in mental health.”

*Good Housekeeping, April 1, 2019*



### [Virus tricks the immune system into ignoring bacterial infections](#)

**Breck Duerkop**, a microbiologist at CU in Aurora, calls the finding “astounding”. He says that researchers will now be forced to think more broadly about the microbiome — the collection of bacteria in the human body. “I think it adds a layer of complexity to host–microbiome interactions that was largely overlooked.”

*Nature, March 28, 2019*



[Choline could prevent fetal brain problems caused by maternal infection](#)

“Many pregnant women report common infections,” **Robert Freedman**, professor of psychiatry at the CU School of Medicine, told *Infectious Diseases in Children*. “These seemingly benign infections increase risk to the fetus for later attention deficit disorder, autism, and even schizophrenia.”

*Healio, April 5, 2019*



[With ADHD, amphetamine has double the psychosis risk of methylphenidate](#)

“Parents and practitioners will be concerned about whether or not stimulants cause psychotic disorders,” said **Joel Stoddard**, a pediatric psychiatrist with Children’s Hospital Colorado [and assistant professor of psychiatry at CU School of Medicine].

*Reuters, March 20, 2019*



[9 Ways to Soothe Red, Itchy Eyes from Allergies, According to Experts](#)

Once those allergens hit your eyes, **Richard Davidson**, an ophthalmologist with UCHealth [and professor of ophthalmology at CU School of Medicine], says they “cause the conjunctiva on the surface of the eye to become inflamed, which causes redness and itchiness. In addition, the eyelid skin can become inflamed as well.”

*Well + Good, April 3, 2019*



[Pollen Allergy’s Tough Toll: Disrupted Sleep, Work – and Health](#)

**Richard Weber**, an allergist and professor of medicine at National Jewish Health and the University of Colorado, calls allergic rhinitis the Rodney Dangerfield of medical conditions – like the late comedian, the disease doesn’t get any respect.

*Allergic Living, April 2, 2019*



### [Female Ob/Gyns paid \\$67K less than male colleagues](#)

“Women also need to step into mentorship roles now more than ever,” said **Malgorzata Skaznik-Wikiel**, assistant professor of obstetrics and gynecology at the CU School of Medicine. “An opportunity exists for practitioners in the field of obstetrics and gynecology and its subspecialties to lead by example in establishing new transparent norms and better policies that create an environment of equity in pay.”

*Health Exec, April 1, 2019*

### [Women Make Less Than Men, Even Among Specialized OB-GYNs](#)

“Some of the speculations are because women are less aggressive negotiating their salaries, which also shouldn’t be an excuse because salaries should be transparent,” said lead author **Malgorzata Skaznik-Wikiel**. “But also when women try to negotiate, they are perceived as more aggressive, while for men, this is considered a desired behavior.”

*Colorado Public Radio, April 2, 2019*



### [Docs gone wild: The risks and rewards of wilderness medicine](#)

“What’s attractive about wilderness medicine for many of us is that it’s stripped-down medicine. It’s medicine at its most basic. There’s adventure, and a real sense of connecting with other people who love being outdoors, in the natural world. A lot of people rediscover why they got into medicine in the first place,” said **Christopher Davis**, CU School of Medicine.

*AAMCNews, April 2, 2019*



### [VA Secretary Robert Wilkie On Expanding Colorado Veteran Services, Not Allowing MMJ Prescriptions](#)

“Spinal cord injuries, for me, are the saddest aspects of this culture that we live in. Denver has been a leader and the University of Colorado has been a partner with the Denver VA in establishing new protocols for the treatment of spinal cord injuries,” said VA Secretary Robert Wilkie.

*Colorado Public Radio, April 2, 2019*



### [Children With Diabetes Treated To A Break From Hospital Life](#)

LA Chargers linebanger Uchenna Nwosu travelled from California to Colorado to visit kids at the Barbara Davis Center for Childhood Diabetes.

*CBS4, April 3, 2019*



### [Local Organizations Provide LGBTQ-Friendly Training to Healthcare Providers](#)

“It’s not something that has traditionally been included in medical schools and/or residency training programs, although more and more are doing this work,” said **Rita Lee**, an internist and primary care provider with UCHHealth [and associate professor of medicine at CU School of Medicine]. “So those of us that are out practicing need to learn how to use inclusive language, as well as read up on the specific clinical needs of the LGBTQ population.”

*Longmont Observer, April 4, 2019*



### [Numbers of scooter injuries unclear in Denver](#)

“We’re seeing people injured in scooter accidents at least several times a week,” said **Eric Lavonas**, an emergency physician at Denver Health [and professor of emergency medicine at CU School of Medicine]. “Some of these injuries are minor – some are very serious.”

*9News, April 3, 2019*



### [Can the Arts Help Critical-Care Health Professionals Cope?](#)

“Burnout syndrome and psychological distress in healthcare professionals is really an occupational health issue,” says **Marc Moss**, vice chair for Clinical Research in the CU School of Medicine. “It’s not that there’s something wrong with the individual. It’s that they work in a difficult environment.”

*5280, April 1, 2019*