



December 28, 2018 – January 3, 2019

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[Almost half of Colorado’s marijuana money can go wherever lawmakers wish](#)

In November, the agency awarded **Nicole Tartaglia**, a pediatrician at Children’s Hospital Colorado, and her team \$1.35 million for a three-year study on how CBD affects children and adolescents with autism spectrum disorder.

Denver Post, Dec. 30, 2018



[What’s Better for Weight Loss: Morning or Evening Workouts?](#)

“First, I think that this study highlights the importance of physical activity for managing body weight,” says study co-author **Seth Creasy**, of the University of Colorado Anschutz Medical Campus Division of Endocrinology, Metabolism, and Diabetes.

Bicycling, Dec. 28, 2018



[Just Minutes Of Physical Activity Count Towards Better Health](#)

“Any step they take is important for their health,” said **Amy Huebschmann** with the [Center for Women’s Health Research](#) at the CU Anschutz Medical Campus.

CBS4, Dec. 31, 2018



[Colorado Doctor Publishes Book On Overcoming Vertigo](#)

Carol Foster is the author of “Overcoming Positional Vertigo” which is dizziness caused by loose crystals in the inner ear. More than 8 million people in the U.S. suffer from sudden, debilitating, dizzy spells. Foster, associate professor of Otolaryngology at CU School of Medicine, developed the vertigo fix. In 2012, Foster [showed us her Half Somersault maneuver](#).

CBS4, Jan. 2, 2019



[What I Wish I'd Known About the "Fourth Trimester"](#)

Julie Scott, a clinical associate professor of maternal fetal medicine at the CU School of Medicine: "We've thought of pregnancy as three trimesters and focused all our care on getting a mom safely through pregnancy with a healthy newborn. [Now] they've realized that a lot of problems occur during the postpartum period."

5280, January 2019



[Scheduled dialysis for undocumented immigrants saves money and lives](#)

"Given the collective research on this issue, there's enough evidence to suggest that providing access to care for this community makes sense, whichever perspective you come from," said **Lilia Cervantes** of Denver Health and Hospital Authority.

Reuters, Dec. 28, 2018



[Facebook ads may help reduce cancer deaths, says study](#)

According to researchers, even with the recommendation of a primary care physician, people tend to procrastinate or simply forget to schedule an appointment for cancer screening — a simple step that could save many lives. "The idea was to start a text messaging campaign for cancer prevention," said **Andrea Dwyer**, of University of Colorado.

Financial Express, Dec. 30, 2018



[Kratom linked to opioid deaths but researchers unsure of actual dangers](#)

"When cases are considered kratom-only deaths, there really should be additional testing done, because in all of the cases we examined, we found other drugs involved when we did more comprehensive testing," said lead researcher **Andrew Monte**, an associate professor of emergency medicine at CU.

UPI, Jan. 3, 2019



[Unprotected left main PCI rates remain low](#)

“There are several possibilities to explain the limited rates of [unprotected left main] PCI in contemporary practice,” **Javier A. Valle**, interventional cardiologist with Rocky Mountain Veterans Affairs Medical Center and interventional cardiology fellow at CU Anschutz Medical Campus, and colleagues wrote.

Healio, Jan. 3, 2019



[Doctors are asking Silicon Valley engineers to spend more time in hospital before building apps](#)

As an emergency room physician, **Richard Zane** often considers how software can help him with patients. Zane, who’s also the chief innovation officer at UHealth in Colorado, said that most technologists he’s met have never seen the inner workings of a hospital and don’t have a deep understanding of what doctors want and need.

CNBC, Dec. 28, 2018