Colorado's Ongoing Fight to End HIV

Front-page, HIV-related headlines are a rarity today, and while the lack of publicity arguably underscores progress, University of Colorado Hospital infectious disease physician [and professor of medicine at CU School of Medicine] Steven Johnson says it can also lead to complacency.

“It’s not really on people’s minds as much,” Sarah Rowan, an infectious disease specialist at Denver Health [and assistant professor of medicine at CU School of Medicine], says of the disease. “We could not only plateau but also see a reversal of progress. It’s important we continue the efforts and continue funding for research and implementation—that’s what it will take to not lose ground.”

Worse, says Ed Gardner, a Denver Health infectious disease specialist [and associate professor of medicine at CU School of Medicine], HIV transmits more easily in someone who already has an STI. “From the clinical side,” Gardner says, “I think the higher STI rates are somewhat concerning.”

Sarah Christensen, a primary care internist at the Bernard F. Gibson Sr. Eastside Family Health Center in Five Points [and assistant professor of medicine at CU School of Medicine], explains that time is one of the limiting factors in getting more people tested.
“This demonstrates that it is possible to cure,” says **Thomas Campbell**, an internal medicine doctor and infectious disease specialist at the University of Colorado Hospital [and professor of medicine at CU School of Medicine]. “But the big caveat is that the treatment is not something that is applicable to the vast majority of people because of safety and cost.”

*5280, July 26, 2019*

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<th>Pain Control Expectations Differ Between Patients from US and Other Countries</th>
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<td><strong>Marisha Burden</strong>, associate professor of medicine and division head of hospital medicine CU School of Medicine: “Curbing the opioid epidemic is challenging and will require not only addressing clinician prescribing practices but also exploring and addressing patients’ expectations about their pain control.”</td>
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*MedicalResearch.com, July 26, 2019*

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<th>If You Smoke Pot, Your Anesthesiologist Needs To Know</th>
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<td><strong>Andrew Monte</strong>, an associate professor of emergency medicine and medical toxicology at the CU School of Medicine and UCHealth. “We’re ahead of the game in terms of our ability to talk to patients about it. We’re also ahead of the game in identifying complications associated with use.”</td>
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*It’s even difficult to quantify how many of the estimated 800,000 to 1 million anesthesia procedures that are performed in Colorado each year involve marijuana users, according to **Joy Hawkins**, a professor of anesthesiology at the CU School of Medicine and president of the Colorado Society of Anesthesiologists.*

*Kaiser Health News, Aug. 2, 2019*

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<th>Choline found to prevent damaging fetal effects associated with marijuana</th>
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<td><strong>Camille Hoffman</strong> is an associate professor of Maternal Fetal Medicine at the CU School of Medicine: “In this study, we found that maternal marijuana use begins to negatively impact the fetal brain at an earlier stage in pregnancy than we expected. However, we also found that eating choline-rich foods or taking choline as a supplement may protect the child from potential harm.”</td>
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<td>Source</td>
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<td>Earth.com, Aug. 1, 2019</td>
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<tr>
<td>Medscape, Aug. 1, 2019</td>
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<td>Colorado Public Radio, July 30, 2019</td>
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<td>Denver Post, July 29, 2019</td>
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Simple Maneuver Can Help Ease Vertigo Symptoms

Carol Foster, Director of the Balance Laboratory from the University of Colorado, came up with this exercise to stop vertigo when she had vertigo.

*WKDQ (Evansville, Ind.), July 26, 2019*

The Benefits of Stair Climbing Exercise

Today, as the medical director of the UCH Health Foot and Ankle Center – Stapleton in Denver, Kenneth Hunt [associate professor of orthopedics at CU School of Medicine] advises patients that climbing stairs – whether you’re working your way up and down actual steps or exercising on a stair climbing machine – can be an efficient and safe way to exercise multiple muscle groups.

*U.S. News & World Report, July 29, 2019*

Best Chef Shoes – Expert Advice & Popular Brands Survey

Courtney Grimsrud, Orthopaedic Surgeon, UCH Health Foot and Ankle Center Stapleton [and assistant professor of orthopedics at CU School of Medicine]: “A good shoe is one that fits well and is not too small or too narrow. It should have a stiff sole that cannot be bent in half.”

*Chef’s Pencil, July 29, 2019*

“I’m a Survivor”: Incoming ADA President Has Type 1 Diabetes

“I feel fortunate to be alive. Despite aging and related stiffness, I feel wonderful.” These are the words of Robert H. Eckel, 71, who — when he takes over as co-president of the American Diabetes Association in January — will bring unique credentials to the position: he has lived nearly his entire life with type 1 diabetes, while spending a 46-year career focused on heart disease in type 2 diabetes….He’s currently professor of medicine in the Divisions of Endocrinology, Metabolism and Diabetes, and Cardiology; professor of physiology and biophysics; and the Charles A. Boettcher II Chair in Atherosclerosis at the University of Colorado Anschutz medical campus.

*Medscape, July 31, 2019*
**Boy sets up lemonade stand to raise money for a date with mom after dad dies of colon cancer**

“We will use a small portion of the funds raised for Brady and Amanda to continue having adventures (and dates) together. We will use the rest to honor the Palliative Care Team and Cancer Center at University of Colorado Anschutz....” As of Tuesday, the page had raised more than $38,000. And, planning for that mom-and-son date is currently in the works.

*Good Morning America, July 31, 2019*

**This is one of Colorado’s most beautiful running races but you’ve probably never heard of it**

Race founder Stan Havlick wanted to create a fundraising race in 1980 when his wife was in a cancer fight with acute lymphocytic leukemia. One of her doctors was Bill Robinson, an oncologist at the CU Cancer Center who lived in Eldorado Springs, and that seemed like the perfect spot for the race. All proceeds from the race go to the Colorado Cancer Foundation to benefit the CU Cancer Center, Havlick said.

*The Know (Denver Post), July 30, 2019*

**Colorado Springs’ new Children’s Hospital behavioral health unit the ‘envy’ of medical community**

“You’re welcome to try to move the beds — I can’t budge them at all.” David Listman, medical director for the emergency department at the new Children’s Hospital Colorado in Colorado Springs [and associate professor of clinical practice at CU School of Medicine], demonstrates his claim by trying to lift a corner of the weighted single bed in the behavioral health unit. “It probably weighs 400 to 500 pounds,” he says.

*Colorado Springs Gazette, Aug. 1, 2019*

**Denver-area hospitals ranked best in the U.S. for respiratory care**

This week, [U.S. News and World Report](https://www.usnews.com) ranked UCHealth University of Colorado Hospital and National Jewish Health Denver the best hospitals in the country for respiratory care....CU Boulder student Erin Forrister recently underwent surgery at UCHealth University of Colorado Hospital....Ali Musani [professor of medicine at CU School of Medicine] at UCHealth University of Colorado Hospital says the tumor was benign, but it was obstructing her airway.

*Fox31, July 31, 2019*
Fort Collins, Loveland hospitals land on list of best in the state

UCHealth University of Colorado Hospital (UCH) at the Anschutz Medical Campus ranked No. 1 in the state for the eighth year in a row. It was also named the nation’s best hospital for respiratory care.

Coloradoan, July 30, 2019