



August 9 – 15, 2019

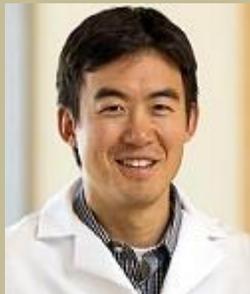
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[Guns, Hate And Mental Health: Where Do They Intersect? And How Should We Move Forward?](#)

“It’s really important to emphasize that individuals with any mental health conditions are more likely to be victims of violence than to perpetrate violence.” **Emmy Betz** is an emergency physician at the CU School of Medicine, where her research focuses on preventing suicide by gun. “Seventy-six percent of firearm deaths in Colorado are suicides,” Betz said. “We need to be talking about those.”

*CPR News, Aug. 15, 2019*



[The unintended consequences of more potent pot](#)

“Typically, young children around the age of 2 are getting into caregivers’ -- whether it’s parents’, grandparents’, babysitters’ -- marijuana products, often edible products,” said **Sam Wang**, [assistant professor of pediatrics at CU School of Medicine]. Wang’s findings from Colorado’s Children’s Hospital are included in a new nationwide study that showed a 27% increase in children and teenagers getting emergency treatment for marijuana toxicity.

*CBS News, Aug. 10, 2019*



[Study Suggests Patients Who Use Cannabis Respond To Anesthesia Differently](#)

“We are very willing to adapt to make the procedure safe for the patient, but this has added another little twist to the things we think about and ask about,” said **Joy Hawkins**, a professor of Anesthesiology at the CU School Of Medicine at the Anschutz Medical Campus.

*CBS4, Aug. 12, 2019*



### [Adjust your child's sleep schedule for school](#)

Kids who don't get enough sleep — even an hour or so less than recommended — may have trouble paying attention, sitting still or keeping their emotions in check at school, says sleep psychologist **Lisa J. Meltzer**, an associate professor of pediatrics at National Jewish Health [and associate professor of family medicine at CU School of Medicine]. “Sleep is just as critical as diet and exercise,” says Meltzer. “We need to make sleep a priority, and often it's not.”

*USA Today, Aug. 10, 2019*



### [Doctors conduct study to help patients cope with chronic pain, overcome opioid addiction](#)

**Narayana Varhabhatla**, of the UCHealth Pain Management Clinic [and CU School of Medicine], says prescribed opioids are responsible for about 40 deaths a day in America, and that there are very few studies, if any, that chronic pain gets better with opioid use.

*KGUN (Tucson, Ariz.), Aug. 9, 2019*



### [Air Quality Rating Along Front Range Could Be Lowered](#)

“People love to come to Colorado because of the environment and the lifestyle of the mountains and generally what is thought to be clean air,” said **David Beuther**, a pulmonologist of National Jewish Health [and assistant professor of medicine at CU School of Medicine]. “While we may not have the worst air, it is maybe not as great as people might hope it to be.”

*CBS4, Aug. 9, 2019*



### [Treating Eczema During infancy Helps Prevent Asthma, Allergies](#)

“Probably a third of patients with eczema develop a food allergy,” said **Donald Leung**, an allergist and immunologist at National Jewish Health [and professor of pediatrics at CU School of Medicine].

*Voice of America, Aug. 12, 2019*



### [A Patient's Guide to Thyroid Cancer](#)

The thyroid is a butterfly-shaped gland in the lower front of the neck. Its job is to make thyroid hormones, which “basically makes everything in the body work more smoothly – metabolism, thinking, other organs,” says **Bryan R. Haugen**, professor of medicine and pathology and head of the division of endocrinology, metabolism and diabetes at the CU School of Medicine at the Anschutz Medical Campus.

*U.S. News and World Report, Aug. 9, 2019*



### [Two Genes Conspire in Endometriosis and Cancer to Help Cells Migrate](#)

“Individually these two mutations have been associated with malignancy, but this paper is unique in helping identify the effects of concomitant mutations,” says **Bradley Corr**, a gynecologic oncologist at the University of Colorado.

*The Scientist, Aug. 9, 2019*



### [TBI may increase suicide risk among veterans](#)

“These findings underscore the importance of understanding veterans’ lifetime history of TBI to prevent future deaths by suicide and support the implementation of screening initiatives for lifetime history of TBI among all individuals utilizing the VHA,” wrote **Lisa A. Brenner**, VHA Rocky Mountain Mental Illness Research Education and Clinical Center [and CU School of Medicine], and colleagues.

*Healio Psychiatry, Aug. 12, 2019*



### [Odd But True: Intense Light Protects Cardiovascular Health](#)

Intense light amplifies a specific gene -- called PER2-- that bolsters blood vessels and offers protection against heart attacks, according to a study by a team from the CU Anschutz Medical Campus. “We already knew that intense light can protect against heart attacks, but now we have found the mechanism behind it,” **Tobias Eckle**, the study’s senior author and a professor of anesthesiology at the CU School of Medicine, said.

*Medical Daily, Aug. 13, 2019*



### [To boost workforce, medical schools try to sell rural life](#)

At the University of Colorado School of Medicine, students can meet with the mayor, police chief or other leaders of rural communities and interview residents to learn about the town. “We want to give the students an idea about what goes into the workings of a small community,” said **Mark Deutchman**, director of the school's rural track.

*ABC News via Associated Press, Aug. 9, 2019*



### [Residency Grad Thanks His Best Teachers – His Patients](#)

Column by **Kyle Leggott**, a family physician doing a fellowship in health politics and policy at the University of Colorado: “So, for every patient who has been a part of my medical training for the past seven years, thank you. You've taught me more than I could have imagined and made me into the physician I am today.”

*AAFP, Aug. 12, 2019*



### [At 67, First Open-Heart Patient Returns To Children’s Hospital Colorado: ‘It’s Amazing’](#)

In 1953, she made history at Children’s Hospital Colorado as the first patient ever to have open-heart surgery there. Monday, 67-year-old Christel Walrath returned to Children’s.



**Jim Jagers**, heart surgeon and co-Medical Director at Children’s Heart Institute, gave Christel a tour.

*CBS4, Aug. 12, 2019*