



School of Medicine

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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[New tool for healthcare providers to combat obesity in primary care settings](#)

“These are favorable weight losses. We hope that our IBT (intensive behavioral therapy) manual will help practitioners in primary care settings achieve comparable results,” said **Adam Tsai**, obesity medicine physician at Kaiser Permanente Colorado and at CU School of Medicine.

News-Medical.Net, Sept. 24, 2019



[How to participate in a CU study to reverse Type 2 diabetes](#)

Can a high protein diet reverse Type 2 diabetes? That’s the focus of a study at the University of Colorado School of Medicine, led by **Holly Wyatt**, whose study is one of many being featured at the [9Health CU Anschutz Health and Wellness Research Fair](#) on Saturday, Sept. 28.

9News, Sept. 24, 2019



[From the Editor: Research is imperative to finding a cure for Type 1 diabetes](#)

Type 1 diabetes is an autoimmune disorder (meaning your immune system attacks the body’s own cells) that results from the body’s inability to produce insulin, a hormone that turns food into energy. It affects 1.3 million people in the U.S. and is on the rise, according to the [Barbara Davis Center](#) for Diabetes at the University of Colorado Anschutz Medical Campus, one of the largest diabetes research facilities in the world.

The Gazette, Sept. 24, 2019



[Food sensitivity tests: Legitimate investment or waste of money?](#)

National Jewish Health pediatric allergist **BJ Lanser** [assistant professor of pediatrics at CU School of Medicine] expressed concerns about the tests. “Until we have the science to support their claims, I think, unfortunately, you are misleading the public,” Lanser said.

Fox31, Sept. 19, 2019



[This tiny change could help people beat cancer, according to science](#)

Unfortunately, the biggest risk factors for breast cancer are being a woman and getting older. “Breast cancer in women is the most common cancer diagnosed, and the incidence increases with age,” says **Regina Brown**, an oncologist at UCHHealth [and assistant professor of medicine] in Lone Tree.

BestLife, Sept. 24, 2019



[Dr. Evalina Burger: The big challenges for spine and top goals for the next 3-5 years](#)

Evalina Burger is the Robert D’Ambrosia Endowed Chair of Orthopedics at the school of medicine for the CU Anschutz Medical Campus. She has dedicated her career to spinal medicine and built a robust practice; now she is focused on passing her expertise on to surgeons just starting out, in addition to patient care. Here, she talks about her key concerns for the field today and where she sees spine headed.

Becker’s Spine Review, Sept. 23, 2019