



School of Medicine

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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[An Aurora clinic brings COVID-19 vaccine to communities at heightened risk](#)

At a community COVID-19 vaccination clinic, **Fernando Holguin** offered a stark message for those unsure about whether to get their shots. “I see patients in the intensive-care unit with COVID. I’ve seen many patients die,” he said. “You do not want to ever ... have to live through that or take that risk.” Holguin is a UCHHealth doctor, University of Colorado medical professor and Mexican immigrant.

Rocky Mountain PBS, Feb. 13, 2021



[Coloradans flock to clinics across Denver metro to receive COVID-19 vaccine despite bitter cold](#)

Despite an initial worry that folks might cancel their appointments due to the frigid cold, the exact opposite happened at a UCHHealth sponsored vaccination clinic at New Hope Baptist Church in Denver, said **Brandi Freeman**, a pediatrician with [CU School of Medicine]. “I’ve actually been surprised people are still coming out and wearing just enough layers to stay warm and not make it a hassle to expose their arm for the shot,” Freeman said.

Denver Gazette, Feb. 13, 2021



[More needs to be done to find and fight COVID-19 variants, says Colorado researcher](#)

The novel coronavirus can rapidly mutate inside of compromised patients and give way to new and more dangerous variants, according to new research from a University of Colorado School of Medicine scientist, **David Pollock**.

Fox31, Feb. 12, 2021



[Colorado's top infectious disease expert answers your COVID-19 vaccine questions](#)

On Wednesday, we invited **Michelle Barron**, the medical director of infection control and prevention at UCHealth University of Colorado Hospital [and professor of medicine at CU School of Medicine], to talk about the vaccine and answer some of your concerns surrounding the two vaccines currently available to the public.

Channel 7, Feb. 12, 2021

[Are you vaccinated? You still need to wear a mask and social distance, experts advise](#)

People may think they're invincible with the vaccinations, but until 70% to 80% of people are vaccinated, the risk of spreading coronavirus remains, including the chance of exposure for others, said Michelle Barron, senior medical director of infection prevention for UCHealth.

Denver Post, Feb. 13, 2021



[What Side Effects To Expect From The COVID Vaccine \(And Why It Still Beats Getting Sick\)](#)

Fernando Holguin, a pulmonary and critical care physician at Anschutz Medical Campus, said the studies reflect what he's seen. "There were no hospitalizations related to these events and people recover in one to two days," Holguin said. He said the symptoms pale in comparison to those who get hit hard with COVID-19. "You're not going to land in the hospital, you're not going to have shortness of breath," Holguin said.

CPR News, Feb. 17, 2021



[The long haul: After COVID-19 infections, some struggle with prolonged recoveries](#)

"We can't think of COVID as just 10 days and done," said **Robert Lam**, a practicing emergency physician for UCHealth and assistant professor at University of Colorado School of Medicine. "And as the number of cases grows, tragically, so does the number of patients looking at long-haul symptoms."

Vail Daily, Feb. 12, 2021



[Coronavirus Stole Chef Bonanno's Taste And Smell. Science Is Working On Why](#)

The good news according to neuroscientist **Diego Restrepo** who runs a smell lab at The University of Colorado Anschutz Medical Campus is that, for most people, the loss of these senses is temporary. Bonanno said his wife lost hers for just a few days. "Most people will recover their sense of taste and smell within a few months," Restrepo said.

CPR News, Feb. 13, 2021



[Dr. Fauci predicts vaccines could be authorized for young kids this fall](#)

"In this COVID vaccine time, we've really accelerated everything and that's why we're starting to see, even after a few months of these vaccines that we're starting to think, what about children?" said Pediatric Infectious Disease Specialist at Denver Health **James Gaensbauer** [associate professor of pediatrics at CU School of Medicine].

Fox 31, Feb. 14, 2021



[We Asked 175 Pediatric Disease Experts if It Was Safe Enough to Open School](#)

"Children's learning and emotional and, in some cases, physical health is being severely impacted by being out of school," said **Lisa Abuogi**, a pediatric emergency medicine physician at the University of Colorado, expressing her personal view. "I spend part of my clinical time in the E.R., and the amount of mental distress we are seeing in children related to schools is off the charts."

The New York Times, Feb. 11, 2021



[From Starvation To Overdose, Coronavirus' Hidden Toll Emerges in Colorado's Death Data](#)

"Early on in the pandemic, we were calling this 'COVID collateral damage,'" said **Kyle Leggott**, a family medicine physician in Lone Tree [and assistant professor of family medicine at CU School of Medicine]. "COVID has disrupted the healthcare landscape beyond the direct impact of people who have been diagnosed or gotten sick from COVID. It's sad, it's disheartening."

CPR News, Feb. 16, 2021



[Vitamin D Flops in Moderate-Severe COVID](#)

An [accompanying editorial](#) by **Adit Ginde**, of University of Colorado School of Medicine, [and a co-author] noted that prior research showed that lower levels of vitamin D were independently associated with worse outcomes in patients with acute illness, but also that vitamin D supplementation as a treatment had no impact on clinical outcomes.

MedPage Today, Feb. 18, 2021



[CGM users see more time in range during early weeks of COVID-19 pandemic](#)

“[The findings] clearly show that glucose control was well maintained or time in range improved by 2%,” **Satish Garg**, professor of medicine and pediatrics at the Barbara Davis Center for Diabetes, University of Colorado, told Healio. “There was nearly a twofold increase in the number of patients who had an increase in the time in range by 5%.”

Healio, Feb. 15, 2021



[Frostbite Injuries Soar After Freezing Weekend In Colorado](#)

“We aren’t used to having that many days in a row of that cold of temperature, so I was worried about it. Then I started seeing all the numbers starting to roll in and I knew that my worst fears were going to come true. That’s what’s happened so far,” said **Anne Wagner**, Medical Director of UHealth Burn and Frostbite Center [and associate professor of surgery at CU School of Medicine].

CBS4, Feb. 15, 2021

[Record number of frostbite patients in UHealth Burn and Frostbite Center](#)

“In my entire career I’ve never seen this many in two days,” said **Anne Wagner**, the director of the center. “We’ve had the same number in the last 48 hours that we average in an entire year.”

Fox31, Feb. 15, 2021

[Record 26 people being treated for frostbite at UHealth](#)

“We take care of probably about 50 frostbite patients a year, on average,” said **Anne Wagner**, UHealth’s Burn and Frostbite Center medical director. “Our numbers have at least doubled this year, maybe even tripled.”

9News, Feb. 15, 2021



[UCHealth emergency medicine physician seeks to bridge the divide in health care](#)

“When people come in and they’re sick and they’re hurting — their most vulnerable time — it can be pretty hectic, and that’s when I like to step in,” said **Jacqueline Ward-Gaines**, an emergency medicine physician at UCHealth University of Colorado Hospital. . . . Now, she not only provides patient care in the emergency department, she’s also assistant professor of emergency medicine at the University of Colorado (CU) School of Medicine and the Diversity, Equity and Inclusion Educational Lead at the CU Department of Emergency Medicine.

Channel 7, Feb. 17, 2021



[Denver Health Emergency medicine residents participate in cultural sensitivity training](#)

“There’s always a debate over where we include that education and training. I think residency is definitely one of the places to do it and it’s one of the last places before they continue on to be board certified emergency physicians,” said **Jacqueline Ward-Gaines**, the Diversity Equity and Inclusion Educational Lead for the Department of Emergency Medicine.



“We really wanted the learners to come in say, ‘Alright, so I have this bias, how do I effectively treat my patient, knowing I have this bias while also being able to take care of them in a safe environment?’” said **Joce Blake**, the communications, business development and community relations manager at the Center for Advancing Professional Excellence.

Channel 7, Feb. 17, 2021



[‘Treating People The Right Way’: CU Medical Residents Take Course In Health Equity](#)

“The history of this country has led to inequities for certain groups in health care. In order to improve those, we have to identify those biases, identify areas where there’s systemic racism and institutionalized racism, and be able to battle those,” said **Jackie Ward-Gaines**, Diversity, Equity and Inclusion Lead for CU Emergency Medicine.



Jocelyn Blake of the Center for Advancing Professional Excellence helped write the simulation cases. Like many people of color, she's experienced many firsthand. "I've definitely had situations where I've said I'm in pain and then I'm either told to come back, or I'll be fine. That's why we have the simulation. We want to have these conversations and we want to address these types of inequities because it's happening to people every day," said Blake.



Smitha Bhaumik, a third-year resident, told CBS4 about a case involving a sick, elderly Black man who was very nervous about entering the medical system. Bhaumik worked to build rapport. "I don't come into a doctor's appointment nervous that I'm not going to be taken seriously, or afraid that the color of my skin or my background is going to be to my detriment in the same way that a lot of the patients we saw today have to deal with. I definitely felt privileged in that regard. I felt a sense of responsibility to be able to recognize that bias and try to check it as best we can," said Bhaumik.



Another resident, **Greg Weiner**, said the cases involving gender equality and inclusion were especially meaningful. "It was an important day. Being a white male, less biases are pushed towards me. It allowed me to kind of think deeper and harder and make sure that I'm treating people the right way. . . .The entire day, which was an amazing experience, allows us to think about the bigger picture and about the human. For me, that's the part of medicine that I love," said Weiner.

CBS4, Feb. 17, 2021



[Writing styles linked to Alzheimer's development later in life](#)

"Certain words that we use every day in speech, like: 'a', 'and' – short little words began to fade away, drop out, as speech became more simple over time in writing," said **Peter S. Pressman**, [assistant professor of neurology at CU School of Medicine and] a neurologist at UHealth.

Fox31, Feb. 11, 2021



[Young Coloradans discuss mental health and suicide in new MTV documentary](#)

"This is absolutely a public health crisis," said **Jenna Glover**, a child clinical psychologist at Children's Hospital Colorado [and assistant professor of psychiatry at CU School of Medicine]. "The pandemic has not only challenged our physical health, but it has put our teens and our children in a mental health crisis."

Channel 7, Feb. 15, 2021



[Many Babies Acquire Oral HPV, Probably From Mom](#)

"These young children, certainly 15% of them are not going to go on to develop cancer from their HPV," said **Sean O'Leary**, vice chair of the American Academy of Pediatrics' (AAP) Committee on Infectious Diseases [and professor of pediatrics at CU School of Medicine]. "Some of them will clear it. But we don't really have a good understanding of who will clear it and who won't."

HealthDay, Feb. 11, 2021



[Heart Health in Pregnancy Tied to Kids' Later CV Risk](#)

In an accompanying [editorial](#), **Stephen Daniels**, of the University of Colorado School of Medicine in Aurora, said that these findings support the idea that a mother's cardiovascular health may have longstanding effects on that of their children.

MedPage Today, Feb. 16, 2021

[Mom's Heart Health While Pregnant Could Influence Her Child's Health for Years](#)

Stephen Daniels, who wrote an editorial accompanying the report, said that he thinks the study is "really important." At one time, it was thought that all babies start off with a "clean slate" in terms of cardiovascular health, said Daniels, pediatrician-in-chief at Children's Hospital Colorado [and chair of pediatrics at CU School of Medicine].

U.S. News & World Report via HealthDay, Feb. 17, 2021



[Why there is no 'one-size-fits-all' treatment for asthma](#)

“In recent years, we’ve recognised that everyone’s asthma is a little different, with different underlying mechanisms, and the paradigm for treating it has changed completely,” says **Michael Wechsler**, an asthma specialist at National Jewish Health [and professor of medicine at CU School of Medicine].

Independent, Feb, 17, 2021



[Coffee Consumption Linked to Decrease in Cardiovascular Risk](#)

New research puts more weight on the value coffee has on reducing cardiovascular risks. A team, led by **Laura M. Stevens**, Computational Bioscience Program, Department of Pharmacology, University of Colorado Anschutz Medical School, investigated the diet domain in a trio of cardiology studies to identify any potential lifestyle and behavioral factors linked to coronary heart disease, heart failure, and stroke.

HCP Live, Feb. 11, 2021



[Coffee Consumption Reduces Incident Heart Failure Risk, New Research Suggests](#)

“While smoking, age and high blood pressure are among the most well-known heart disease risk factors, unidentified risk factors for heart disease remain,” said **David Kao**, a researcher at the University of Colorado School of Medicine.

Sci News, Feb. 15, 2021

[Drinking this many cups of coffee per day reduces heart attack risk by a third](#)

“The association between caffeine and heart failure risk reduction was surprising,” says senior author **David Kao** from the University of Colorado in a [media release](#). “Coffee and caffeine are often considered by the general population to be ‘bad’ for the heart because people associate them with palpitations, high blood pressure, etc.”

Ladders, Feb. 15, 2021



[Artificial pancreas 'dashboard' could ease diabetes data burden for patients, providers](#)

Healio spoke with **Viral Shah**, associate professor of medicine and pediatrics at the Barbara Davis Center for Diabetes and the School of Medicine at the University of Colorado Anschutz Medical Campus, about the need to create a standardized, one-page data report for all hybrid closed-loop insulin delivery systems to increase device uptake and improve provider understanding.



Shah and **Satish K. Garg**, professor of medicine and pediatrics at the Barbara Davis Center for Diabetes, University of Colorado, co-authored a review on the need for an artificial pancreas "dashboard" in a recent issue of *Diabetes Technology & Therapeutics*.

Healio, Feb. 12, 2021



[Statins Linked to Reduced Postop Adhesions, Bowel Obstruction](#)

"Adhesion formation is the main underlying etiology of small bowel obstruction, and adhesions are responsible for significant morbidity and healthcare expenditures, with limited effective options at this time for preventing adhesion formation," lead author **Frank Scott**, assistant professor of medicine, Crohn's and Colitis Center, Division of Gastroenterology, University of Colorado School of Medicine, told *theheart.org | Medscape Cardiology*.

Medscape, Feb. 11, 2021



[Actor Gary Sinise Expands Philanthropic Work To Help More Colorado Veterans Suffering From Traumatic Brain Injuries](#)

Actor Gary Sinise is expanding his philanthropic work and that means more help for Colorado veterans with brain injuries. His new network will give money to the [Marcus Institute for Brain Health](#) at the University of Colorado Anschutz Medical Campus.

CBS4, Feb. 16, 2021



[How 9 hospital innovation chiefs want health IT to further adapt to the pandemic](#)

Richard Zane, chief innovation officer, UHealth: I think the most important thing when we talk about health IT and the concept of delivering healthcare is that we need to stop separating the two and putting them in silos.

Becker's Health IT, Feb. 16, 2021

[Combatting alarm fatigue at Colorado hospitals saves lives of UCHealth sepsis patients](#)

“The issue with bedside alarms is that there are too many, and they are too sensitive,” said **Richard Zane**, chief innovation officer for 16 UCHealth hospitals in three states, with more than 24,000 employees and nearly 2,000 beds.

Colorado Sun, Feb. 17, 2021