Colorado hospitals are better prepared for COVID-19 than in March, but flu creates uncertainty

Heather Young, medical director of infection prevention and control at Denver Health [and assistant professor of medicine at CU School of Medicine], said they were treating about 20 COVID-19 patients as of Thursday morning. At the highest point, the hospital had about 70 coronavirus patients, and at the lowest point, it had fewer than 10.

An average of 78% of intensive-care hospital beds and 79% of acute-care beds across Colorado were in use over the seven days ending Thursday. That doesn’t put hospitals at the breaking point, but they are monitoring that to decide about opening additional beds or canceling procedures that aren’t urgent, said Darlene Tad-y, vice president for clinical affairs at the Colorado Hospital Association [and associate professor of medicine at CU School of Medicine]. “It’s a signal for us to pay attention,” she said.

Typically, hospitals can get an idea of what the flu season will be like by looking to Australia, whose winter flu season is during the Northern Hemisphere’s summer, said Michelle Barron, medical director of infection prevention at UCHealth [and professor of medicine at CU School of Medicine].

Denver Post, Oct. 18, 2020

When A Coronavirus Vaccine Is Available, Colorado Plans To Distribute In 3 Phases

“I think it has gone really well, there’s been tremendous support for this vaccine trial both by the community as well as our institutions, UCHealth and the CU Anschutz Medical Campus,” said Thomas Campbell, UCHealth Chief Clinical Research Officer and a professor of infectious disease at the University of Colorado School of Medicine. “Because of the broad support we’ve received, we’ve been able to
enroll not only a large number but diversity in our participants to try to represent the communities that COVID-19 affects in Colorado.”

*CBS4, October 16, 2020*

<table>
<thead>
<tr>
<th><strong>Here’s What a Mandatory COVID-19 Vaccine Means</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>“At that point it’s manageable for hospital resources and it’s manageable to get businesses open,” said <a href="https://www.colorado.edu/">Lauren Grossman</a>, a professor at the University of Colorado School of Medicine. In May, Grossman wrote an article for <a href="https://www.statnews.com/">Stat</a> arguing for a COVID-19 vaccine mandate. Despite the hate mail she received, she continues to advocate for such an approach, which would not mean forcing the vaccine on people, she said.</td>
</tr>
</tbody>
</table>

*Spectrum News 1, Oct. 15, 2020*

<table>
<thead>
<tr>
<th><strong>Massive WHO remdesivir study suggests no Covid-19 benefit. Doctors aren’t so sure.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>A huge, global study of potential medications to treat Covid-19 suggests remdesivir — one of the few available drugs for the virus — may offer no real benefit to the sickest patients. But doctors on the front lines of treating severe cases advise caution when interpreting the findings. &quot;We already knew that in sicker populations, it didn't really change outcomes,&quot; said <a href="https://www.nationaljewishhealth.org/">Ken Lyn-Kew</a>, a pulmonologist in the critical care section at National Jewish Health.</td>
</tr>
</tbody>
</table>

*NBC, Oct. 16, 2020*

<table>
<thead>
<tr>
<th><strong>Doctors: Testing is key to tracking COVID-19, but how and when makes a big difference</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>“The reality is Jan. 1, 2021, it’s not over,” <a href="https://www.colorado.edu/">Michelle Barron</a>, Medical Director of Infection Prevention for UC Health University of Colorado Hospital said. Barron says after a person is exposed to someone with COVID-19, testing too soon can be misleading. “Once you’re exposed, its not wham-bam and you’re sick in the moment,” Barron said. “It usually takes three to five days for the infection to manifest.”</td>
</tr>
</tbody>
</table>

*Fox31, Oct. 18, 2020*

<table>
<thead>
<tr>
<th><strong>COVID-19 vaccine development (so far) unfazed by virus mutations</strong></th>
</tr>
</thead>
</table>
| “The best information we have is with influenza and clearly we know we have to get a shot every year because of that and we would assume that coronavirus probably also have some level of copying
errors,” said Michelle Barron, medical director of Infection Prevention and Control at University of Colorado Hospital.

9News, Oct. 19, 2020

**Colorado COVID Survivor Has A Reminder To ‘Be Careful’ As Hospitalizations Rise Rapidly**

UCHealth Medical Director of Infection Prevention Michelle Barron says hospital treatment has evolved since the start of the pandemic. “We know how to manage these patients. We did some things early on that we just wouldn’t have thought of doing, like making people lie on their bellies, even if they weren’t necessarily requiring oxygen yet, intubating them sooner, using some of the medications we have access to, didn’t exist at that time,” said Barron.

CBS4, Oct. 21, 2020

**COVID antibodies may only last 3 to 6 months**

It's certainly possible according to Cory Hussain, an infectious disease expert at Denver Health Medical Center [and assistant professor of medicine at CU School of Medicine] who said just at his hospital alone, “We’ve had four cases of reinfection.” “The second infection that happens generally tends to be asymptomatic though, patients don’t tend to get as sick,” according to Hussain.

Fox31, Oct. 19, 2020

**Vote in Person: Is It Safe to Vote in Person in 2020?**

Gwen A. Huitt, an infectious disease physician at National Jewish Health [associate professor of medicine at CU School of Medicine], says that since early in the pandemic, “we’ve known that some simple measures can drastically reduce the rate of infection with the novel coronavirus.”

Yahoo! News, Oct. 21, 2020

**How to Safely Celebrate Halloween During COVID-19**

So what does that mean for Halloween-loving Coloradans and their kids? Is it possible to enjoy favorite traditions—like trick-or-treating, costume parades, and haunted houses—without jeopardizing your family's health? We asked Cory Hussain, an infectious disease physician at Denver Health [and assistant professor of medicine at CU School of Medicine], for guidance.

5280, Oct. 19, 2020
**Did COVID-19 Cancel Thanksgiving? What to Know About Holiday Travel During the Pandemic**

If you’re traveling, consider staying at a hotel rather than with relatives, unless everyone in the group is very low risk and has plenty of space to spread out, said Andrés Henao, internal medicine physician, infectious disease specialist, and director of the UCH Health Travel Clinic at the University of Colorado Anschutz Medical Campus.

*Healthline, Oct. 18, 2020*

**As COVID cases surge, is it ok to celebrate Thanksgiving?**

Michelle Barron, an infectious disease doctor at UCHealth [and professor of medicine at CU School of Medicine] says, “I wouldn’t say you can’t do it. I just think you have to be very thoughtful. The biggest thing, if you feel sick at all, do not show up!”

*Fox31, Oct. 19, 2020*

**US resorts adapt to new normal of skiing amid pandemic**

Daniel Pastula, a neuroinfectious disease physician at UC Health University of Colorado Hospital [and CU School of Medicine], said the outdoor element of ski trips is generally safe during a pandemic, but the virus could spread if people congregate in places such as lift lines, lodges, restaurants and bathrooms. “I think you can ski smartly and safely. Again, not completely eliminating the risk, but really reducing it,” he said.

*Minneapolis Star-Tribune, Oct. 17, 2020*

**Root cause: Understanding the ‘why’ behind behavioral health**

Genes may play some part in mental health disorders, but it’s not as straightforward. Instead, mental health disorders like depression and anxiety are what Marshall Thomas, director of the Johnson Depression Center at the University of Colorado and the medical advisor to EVBH, calls a polygenic disorder: There are multiple effects based on multiple genes.

*Vail Daily, Oct. 20, 2020*
Sugar, high-fructose corn syrup linked to ADHD, bipolar, aggressive behavior

“There have been many reports suggesting that sugar or other added sweeteners such as high-fructose corn syrup may be able to cause or aggravate various behavioral disorders,” study co-author Richard Johnson told UPI. “The evidence is based on the unique ability of fructose to lower energy that triggers a foraging type of response,” said Johnson, a professor at the University of Colorado School of Medicine.

UPI, Oct. 16, 2020

Is there a need for a new cardiometabolic medicine subspecialty?

“A post-internal medicine resident training program in cardiometabolic medicine would encompass metabolic elements of endocrinology — no emphasis on thyroid disease, bone disease, reproductive medicine or pituitary and adrenal disease — and focus instead on obesity, diabetes, metabolic syndrome, insulin resistance and lifestyle medicine,” writes Robert H. Eckel, emeritus professor of medicine in the divisions of cardiology and endocrinology, diabetes and metabolism, [at CU School of Medicine].

Healio, Oct. 16, 2020

How to Smooth the Rocky Road As Children with Neurodevelopmental Disorders Transition to Adult Neurology

“There isn’t an obvious adult provider,” said Jessi Solomon Sanders, assistant professor at the University of Colorado and director of the Transition Clinic in Developmental Pediatrics at the Children’s Hospital of Colorado and in Behavioral Neurology at University of Colorado Hospital in Denver. “If someone has been managed for 18 or 21 years by a developmental pediatrician, there is no adult counterpart for the pediatrician to say, ‘Here, across the street in our adult hospital, you can go to see this person.’”

Neurology Today, Oct. 22, 2020

Car Accidents Common With Undetected Epilepsy

Among 246 focal epilepsy patients with subtle, non-motor seizures, median time to diagnosis from their first reported seizure was 616 days, reported Jacob Pellinen, of the University of Colorado School of Medicine in Aurora, and co-authors.

MedPage Today, Oct. 20, 2020
‘Low-cost, clinic-based intervention’ curtails hospital readmission rates in lupus

“Systemic lupus erythematosus often requires inpatient hospitalization,” Elena Weinstein, of the University of Colorado School of Medicine, told Healio Rheumatology. “About 20% to 25% of individuals with SLE are hospitalized each year.”

Healio, Oct. 19, 2020

Popular scrubs company FIGS generates backlash from women in medicine and Dos after insensitive video

Sunnie Kim, gastrointestinal medical oncologist at the University of Colorado Cancer Center, called it a “great response” on Twitter, adding “hope we can all get to a better place with gender equality and continue to debunk outdated stereotypes.”

CNN, Oct. 16, 2020

Yes on Prop EE to combat teen vaping across the Western Slope

Opinion column by Ben Hughes, a pediatric pulmonologist and sleep medicine physician at Children’s Hospital Colorado and an Assistant Professor of Pediatrics at the University of Colorado: “As a Children’s Hospital Colorado pulmonologist practicing in Grand Junction, I see kids every day who struggle with asthma and other respiratory disorders as a result of smoking, vaping and second-hand smoke exposure.”

Grand Junction Daily Sentinel, Oct. 21, 2020

20 medtech companies to know | 2020

AristaMD is a telehealth company providing an electronic consultation platform for primary care providers. The platform includes clinical workup checklists and is designed to integrate with clinical workflows. In recent months, AristaMD partnered with the University of Colorado School of Medicine to expand its virtual consultations platform and added Ascension Ventures as an investing company to complete a $24 million Series B funding round.

Becker’s Hospital Review, Oct. 21, 2020