



School of Medicine

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

December 17 – 22, 2021

Distributed by the University of Colorado School of Medicine



[Is it COVID or a cold? Here's what to do if you feel sick, and how to stay safe during the holidays](#)

I wasn't the only one at work or among my friends to experience this kind of lingering cold and COVID-19 anxiety. So I reached out to **Michelle Barron**, an infectious disease expert at the CU School of Medicine on the Anschutz Medical Campus, who's helped guide Colorado through the pandemic.

CPR News, Dec. 22, 2021

[How Do You Safely Navigate The Holidays While The COVID Omicron Variant Is Spreading?](#)

UCHealth Senior Medical Director of Infection Prevention and Control **Michelle Barron** [professor of medicine at CU School of Medicine] offered up her best advice on how to do so. "I understand we're all pent up and want to do things in a 'normal' way," she told CBS4's Mekialaya White.

CBS4, Dec. 21, 2021

[Health experts insist it's safe to gather for the holidays if you take precautions](#)

Meanwhile, over at UCHealth, **Michelle Barron** says they have seen some decreases in hospitalizations. She's hoping the trend will continue over the holidays. Roughly 85% to 90% of the patients in the hospital are unvaccinated, according to Barron [professor of medicine at CU School of Medicine].

Channel 7, Dec. 20, 2021



[Tips for parents of kids under 5 as COVID-19 cases rise and vaccine is delayed](#)

"If everyone is vaccinated, particularly if they're boosted, I would be very comfortable with a family gathering because the risk of severe disease and hospitalization is very, very low in those individuals," said **Sean O'Leary**, vice chair of the AAP's Committee on Infectious Diseases also a professor of pediatrics at the University of Colorado and Children's Hospital Colorado, adding that each family needs to make their own decisions based on not only vaccination status but also factors like the health of individual family members.

ABC News, Dec. 21, 2021



[Testing Demand Increases Across Colorado As COVID Omicron Variant Spreads Ahead of Christmas](#)

But, while many rush for a negative test before gathering over the next two weeks, **Richard Zane**, chief of emergency medicine for UCHHealth, said it's not necessarily the best strategy. "Being tested is nice on a populational basis," Zane said. "On an individual basis when you're asymptomatic, it's less useful."

CBS4, Dec. 20, 2021



[Unvaccinated kids can stay in class as long as test is negative, CDC says](#)

To be successful, testing strategies need adequate resources, **Joshua Barocas**, an associate professor of medicine at the University of Colorado, added during the IDSA call. "The test-to-stay strategy is a very good strategy," Boracas said, "but we have to understand that different school districts have different resources."

Fortune, Dec. 17, 2021



[Why your COVID test comes back positive or negative](#)

"'Cycle threshold' is basically a term that we use when we're doing a molecular test. When you run these molecular tests for these viruses, it gives you a number. It doesn't give you a plus or a minus," said **David Beckham**, UCHHealth virologist and associate professor of infectious disease at the University of Colorado Anschutz Medical Campus.

9News, Dec. 20, 2021



[Colorado to receive doses of antibody treatment that works against omicron variant](#)

While the delta variant is the most common strain of COVID-19 right now, health officials believe the omicron variant will likely be dominant in the United States within a few weeks. “I don’t think that is something individuals need to be concerned about and especially not yet,” said **Michelle Barron**, an infectious disease expert at UCHHealth [and professor of medicine at CU School of Medicine].

9News, Dec. 19, 2021



[Fact check: COVID-19 vaccines are safe for people in their 20s](#)

“People in Their Twenties Have 7 Times Higher Risk of Death After Vaccination Than From COVID,” reads the headline on a Dec. 3 article from RAIR Foundation USA....“This ‘article’ is a click-bait opinion news piece and not an article grounded in actual science,” **Aimee Bernard**, an assistant professor of immunology and microbiology at the University of Colorado Anschutz School of Medicine, said in an email.

USA Today, Dec. 21, 2021



[Some parents of schoolkids with Down syndrome, with their higher risks of COVID-19 harms, are relieved by vaccinations](#)

Kelly Sullivan, a professor of pediatrics at the [Linda Crnic Institute for Down Syndrome](#) at the University of Colorado Anschutz Medical Campus, said that children with Down syndrome aren’t at nearly as high a risk of death from COVID as adults with Down syndrome. Nevertheless, those kids do appear to be at greater risk than their age-group peers.

Youth Today, Dec. 16, 2021



[Sports COVID cancellations mean a sooner, safer return to play, doctor says](#)

The Colorado Avalanche will be off for the next week due to an ongoing COVID-19 outbreak on the team and across the National Hockey League. “That’s where I respect what the Avalanche has done. They are testing and making sure people are vaccinated,” **David Beuther**, a pulmonologist at National Jewish Health [and associate professor of medicine at CU School of Medicine], said.

Fox31, Dec. 17, 2021



[During a COVID-19 surge, 'crisis standards of care' involve excruciating choices and impossible ethical decisions for hospital staff](#)

Commentary by **Matthew Wynia**, University of Colorado Anschutz Medical Campus. "I'm an infectious disease specialist and bioethicist at the University of Colorado's Anschutz Medical Campus. I worked with a team nonstop from March into June 2020, helping my hospital and state get ready for the massive influx of COVID-19 cases we expected might inundate our health care system."

Seattle P-I, Dec. 22, 2021



[Guest Column: Investing In and Not Gambling with Our Lives](#)

The job of the Board of Health is to use their collective expertise to carefully consider and analyze complicated and conflicting data and make decisions about public health where the benefits outweigh the risks, writes **Erik Wallace**, an Internal Medicine Physician and Associate Dean for Colorado Springs Branch at the University of Colorado School of Medicine.

Colorado Springs Gazette, Dec. 21, 2021



['Climate change' diagnosis reflects latest trend in health care](#)

Summit attendee **Jay Lemery**, an emergency medicine physician and co-founder of the climate health program at the University of Colorado School of Medicine, said he was struck by Merritt's boldness. "It's a provocative action, but certainly the science is there to substantiate it," said Lemery, who's focused on bringing "climate and health data to the bedside."

NBC, Dec. 17, 2021



[Half of suicides were by gun; suicides by all methods rose sharply among minority youth](#)

"A firearm doesn't make someone want to kill themselves, but it means that in a moment of impulsivity, a feeling — maybe so down that they can't see straight — if someone reaches for a gun, they're unlikely to survive," said **Emmy Betz**, an emergency physician and researcher at the University of Colorado School of Medicine emergency department physician and researcher who co-authored the report.

Juvenile Justice Information Exchange, Dec. 17, 2021



[Over 60? You Have Billions of Potentially Cancer-Causing Cells](#)

“When you have trillions of cells and they’re being maintained for up to a century, they’re going to accumulate mutations,” said study author **James DeGregori**, deputy director of the University of Colorado Cancer Center.

Fox41 (Yakima, Wash.), Dec. 16, 2021



[How to sleep when you have a cold – quick tips from a sleep doctor](#)

Prepping your nose and throat before retiring for the night (or for a nap), for example, can boost your chances of getting some restorative shut-eye. For guidance, we asked **Katherine Green**, Medical Director of the UCHealth Sleep Medicine Clinic [and assistant professor of otolaryngology at CU School of Medicine], for some advice on how to sleep with a cold.

Tom’s Guide, Dec. 19, 2021



[Regular Marijuana Use May Lead to Sleep Problems](#)

“There’s a kind of big misconception about the role that cannabis can have as a sleep aid,” said **Evan Winiger**, a postdoctoral research fellow [in psychiatry] who has been studying the effects of marijuana on sleep at the University of Colorado Anschutz, in [an interview](#) with the College of Arts and Sciences.

Everyday Health, Dec. 20, 2021



[CU Researchers Become Parents as They Help Uncover Europe’s Oldest Infant Burial](#)

During the second trimester of her pregnancy, [Jamie Hodgkins and her research team](#) uncovered an artifact that held particular meaning for Hodgkins at the time: an ancient female infant burial. Hodgkins is a paleoanthropologist and associate professor of anthropology at the University of Colorado Denver. Her husband, [Caley Orr](#), was a part of that team; he’s a paleoanthropologist and anatomist at the University of Colorado School of Medicine.

Westword, Dec. 20, 2021