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[Lungs, Heart, Brain: The Health Risks Of Vaping That Doctors Know – And The Ones They Don't](#)

“I think we do believe second-hand vape smoke can stimulate asthma exacerbations of asthma problems,” said **Robin Deterding**, who is the medical director of the Breathing Institute and chief of Pediatric Pulmonary Medicine at Children’s Hospital Colorado [and professor of pediatrics at CU School of Medicine].



“We know that cigarette smoking has a very negative impact on the arteries and the heart,” said **Steve Daniels**, the pediatrician-in-chief at Children’s Hospital Colorado and the chair of the CU Anschutz Medical Campus’ pediatrics department.



Child psychiatrist **Joel Stoddard** said that, at least in research on young animals, “there are permanent changes in neural pathways for attention and memory.” “And it makes you more prone to goosing that reward system,” said Stoddard [assistant professor of psychiatry at CU School of Medicine].

*CPR News, Feb. 12, 2020*



[Frightening Flu Story: Wyoming Teen Treated In Colorado ‘Wasn’t Getting Oxygen To My Brain’](#)

Trinity was kept alive on the ECMO machine for six months. “We think that Trinity is one of fewer than ten people to be on this long,” explained **Max Mitchell**, her cardiothoracic surgeon [professor of surgery at CU School of Medicine]. “She’s a tough kid,” he said. “It was really an incredible recovery.”

*CBS4, Feb. 10, 2020*



### [After daughter's death, Casper mother finds a purpose helping other families](#)

"When Olivia first presented, she was extremely ill at the time," said **Nick Foreman**, the neuro-oncologist at Children's Hospital Colorado [and CU School of Medicine] who would treat Olivia for the next 15 months. "She presented with a low-grade tumor, which you would think – the word 'low grade' makes it sound as if things are good. But actually it was a tumor that went through much of her brain."

*Casper (Wyo.) Star-Tribune, Feb. 9, 2020*



### ['We're all free now!': Coronavirus evacuee opens up about life on Air Force base as quarantine is lifted](#)

"We quarantine all the time — children with lice stay home from school and people with the flu don't go to work," **Michelle Barron**, medical director of infection prevention and control at UCHHealth University of Colorado Hospital [and professor of medicine at CU School of Medicine], tells Yahoo Lifestyle. "But it seems draconian when it's government-mandated."

*Yahoo! Lifestyle, Feb. 11, 2020*



### [Teens who need to lose weight should quit staying up so late](#)

The effort is worth it, though, to avoid poor sleep becoming a lifelong problem, said **Stacey Simon** [associate professor of pediatrics at] the University of Colorado Anschutz Medical Campus and Children's Hospital Colorado in Aurora. "Health habits learned in adolescence often continue into adulthood, so learning good sleep and eating strategies in adolescence is critical," Simon, who wasn't involved in the study, said by email.

*Reuters, Feb. 7, 2020*



### [How A Good Night's Sleep Helps Your Blood Sugar Levels](#)

"Overall, the literature suggests people with sleep disorders have a 25-30 percent higher risk of developing prediabetes or type 2 diabetes," says **Robert H. Eckel**, professor of medicine emeritus in the division of endocrinology, metabolism, and diabetes at the CU Anschutz Medical Campus, and president of medicine and science at the American Diabetes Association.

*MSN, Feb. 7, 2020*



### [If You Have Diabetes, Pay Attention to Your Heart](#)

“Total management of the disease should include diet, exercise, regular cholesterol testing and glucose monitoring,” said **Jane E.B. Reusch**, a cardio-endocrinologist at the University of Colorado Anschutz Medical Center. She also practices at the Rocky Mountain Regional Veterans Affairs Medical Center.

*Next Avenue, Feb. 11, 2020*



### [How intermittent fasting can benefit your heart health](#)

New research suggests doing so can lower your blood pressure, cholesterol, and resting heart rate. But **Andrew Freeman**, a cardiologist at National Jewish Health [and assistant professor of medicine at CU School of Medicine], says you can defeat the purpose of intermittent fasting if you're not careful.

*KTBS (Shreveport, La.), Feb. 10, 2020*



### [You broke a bone in the middle of nowhere. Now what?](#)

“Try not to make more patients,” says **Martin Musi**, fellowship director of wilderness medicine at the University of Colorado and director of the [Diploma in Mountain Medicine of the Andes](#).

*Popular Science, Feb. 11, 2020*



### [No shield from X-rays: How science is rethinking lead aprons](#)

“There's this big psychological component, not only with patients but with staff,” said **Rebecca Marsh**, a medical physicist at the CU Anschutz Medical Campus, who spoke about shielding at a December forum here at the annual meeting of the Radiological Society of North America. “How do you approach something that is so deeply ingrained in the minds of the health care community and the minds of patients?”

*Feeling Fit (Charlotte Harbor, Fla.), Feb. 8, 2020*



### [Telepsychiatry an 'effective tool' for perinatal integrated care](#)

“Early identification and treatment of perinatal depression can improve outcomes for mothers and children by promoting both parenting success and early childhood development,” **Jay H. Shore**, of CU School of Medicine, and colleagues wrote.

*Healio, Feb. 10, 2020*



### [Outpatient Palliative Care Improves Parkinson Outcomes](#)

**Benzi M. Kluger**, from the University of Colorado, and colleagues evaluated whether outpatient palliative care is associated with improvements in patient-centered outcomes compared with standard care among 210 patients with Parkinson disease and related disorders and 175 caregivers.

*Physician's Weekly, Feb. 10, 2020*



### [MMC Research Institute awarded grant to study benefits of therapeutic horseback riding for children with autism](#)

The Maine Medical Research Institute will partner with the University of Colorado Anschutz Medical Campus to study why therapeutic horseback riding benefits children with autism and co-occurring psychiatric diagnoses. Both organizations have been awarded \$2.5 million for their research....A previous study by Colorado Anschutz researcher **Robin Gabriels** showed that a 10-week horseback riding session reduced irritability and hyperactivity while improving social communication skills. The new research will look at why.

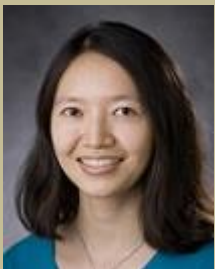
*News Center Maine (Portland, Maine), Feb. 10, 2020*



### [Outcome Differences Between Men and Women With PAD: EUCLID Insights](#)

Senior author **William R. Hiatt** (University of Colorado School of Medicine, Aurora), said the historical underrepresentation of women in PAD trials has made it difficult to understand where the differences compared with men lie, and how they impact outcomes.

*TCTMD, Feb. 11, 2020*



### [Subsequent risk elevated after hospitalization for major adverse limb events](#)

**Connie N. Hess**, interventional cardiologist and associate professor of medicine at the University of Colorado and clinician-scientist at CPC Clinical Research, and colleagues analyzed 393,017 patients (mean age, 69 years; 41% women) from the Premier Healthcare Database who underwent peripheral artery revascularization between 2009 and September 2015.

*Healio, Feb. 12, 2020*



### [New online tool may help prevent suicide](#)

The University of Colorado School of Medicine at the Anschutz Medical Campus and Grit Digital Health created this website to help those contemplating suicide and their caregivers.

*St. Cloud Times (St. Cloud, Minn.), Feb. 7, 2020*



### [Cook County officials probing whether pediatrician who killed himself had been falsifying vaccination documents for patients](#)

For a few vaccines, if a child hasn't fallen ill with the disease and they're past a certain age, there may not be a recommendation to vaccinate, said **Sean O'Leary**, associate professor of pediatrics at the University of Colorado. But there's no harm in being revaccinated if there's a concern an immunization was omitted, he said. "It's not harmful if you just need to get a vaccine repeated."

*Chicago Tribune, Feb. 12, 2020*



### [BioIntelliSense wins FDA nod for BioSticker continuous vital sign monitor](#)

"The future of healthcare will see the lines blurred between the hospital, clinic and home," added UCHealth chief innovation officer **Richard Zane** [chair of emergency medicine at CU School of Medicine]. "The use of the BioSticker device for continuous health monitoring enables us to monitor a patient in their home and recognize when a patient may have an exacerbation of illness even before they manifest symptoms."

*Mass Device, Feb. 10, 2020*