



CU Anschutz

Endocrinology
Newsletter

February 2026

IN THE NEWS

Vicki Catenacci, MD
Seth Creasy, PhD

“CU Anschutz Researchers Studying How Sleep Impacts Weight Loss”

CU Anschutz Researchers Studying How Sleep Impacts Weight Loss

A good night's sleep can be key to healthy living. Researchers say it also may help people shed unwanted pounds.

4 minute read

by Kara Mason | February 4, 2026



Featured Experts



Victoria Catenacci, MD



Seth Creasy, PhD

The recipients of the 2026 CU Anschutz Research Awards

RESEARCH COLLABORATION TEAM AWARD

Colorado Nutrition Obesity Research Center (NORC)



CLINICAL/TRANSLATIONAL

Ana J. Pinto, PhD, *Postdoctoral Fellow*

Department of Medicine, CU Anschutz School of Medicine



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School of Medicine



A MESSAGE FROM **DEAN SAMPSON**

Recent Publications Recognized by Dean Sampson

Christopher R. Gignoux, PhD, Professor of Biomedical Informatics, and **Nikita Pozdeyev, MD**, Assistant Professor of Biomedical Informatics, are corresponding authors of an [article](#), “Global multi-ancestry genome-wide analyses identify genes and biological pathways associated with thyroid cancer and benign thyroid diseases,” published February 5 by *Nature Genetics*. Multiple authors are from our campus.

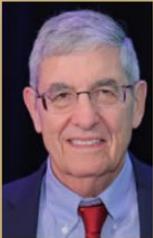
And the journal had a commentary about their work as well.

[Polygenic risk scores in thyroid cancer screening, diagnosis and management | Nature Genetics](#)

Congratulations

Michael McDermott, MD

Congratulations



Congratulations to **Michael T. McDermott, MD**, on being named the American College of Physicians (ACP) **Colorado Chapter Laureate Award** recipient. This distinguished honor recognizes his outstanding contributions to internal medicine and dedication to patient care, education, and leadership. The award will be presented at the annual ACP meeting at The Broadmoor in February 2026.



Jane Reusch, MD
Amy Davis Endowed Chair in Diabetes
Research for Women

Fellows

Swecha Potharaj, MD:

One of 4 Nominees for AACE board of directors Fellow in Training representative.
Results of election still pending.

Nate Lore and Kevin Ni, MD went to Houston for ADA clinical updates



“High protein low carb
Texas BBQ lunch in
Houston (Pit Room,
Michelin Bib place Nate
found). We were trying
our best to follow ada
nutrition recs”.

Division updates

Endocrine Division Administration Office is now fully staffed

- ❖ **Tyeise Edmond** – HR (in training)
- ❖ **Ong Moua** – Business Operations Manager (Start March 15)
- ❖ **Robert Hrahulik** – Finance Operations (Start March 1)

Lone Tree & Highlands Ranch Hospital Clinics
Updates

	Sheila Swartwood, NP-C Lone Tree Clinic April, 1		Thomas Jensen, MD Lone Tree Clinic 2 days per week July
	Ryan Conard, MD HRH Clinic August 1		Monique Maher, MD HRH Clinic September 1

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Publications

Medical Care of Transgender Athletes and Policy Implications: ACSM (American College of Sports Medicine) Contemporary Issue Statement. Janelle Marra, Dolores Christensen, Joanna M Harper, **Sean J Iwamoto**, Whit Ryan, Joshua D Safer, Carl G Streed Jr, **Natalie J Nokoff**, **Kerrie L Moreau**. *Med Sci Sports Exerc.* 2026 Mar 1;58(3):606-618. PMID: 41681007.

<https://pubmed.ncbi.nlm.nih.gov/41681007/> (Also bolded Natalie (peds endo) and Kerrie (research mentor, geriatrics))

Gregory ML, Lawler HM. A Case of Post-Bariatric Hypoglycemia With Factitious Hypoglycemia. *AACE Endocrinol Diabetes.* 2025 Oct 10;13(1):67-70. doi: 10.1016/j.aed.2025.10.003. PMID: 41641304; PMCID: PMC12866149. <https://pubmed.ncbi.nlm.nih.gov/41641304/>

Bergouignan A, Noone J, Brun C, Cussoneau L, Geffroy A, Coudy-Gangilhon C, Chery I, Evans AL, Anermo JM, Kindberg J, Gauquelin-Koch G, O’Gorman D, Lefai E, Bertile F. The preservation of muscle mitochondrial machinery during hypometabolic hibernation in Scandinavian Brown Bears (*Ursus Arctos*). *Acta Physiologica*, *in press*

Lair B*, Le Roux E^s, De Glizenski I, Larrouy D, Harant I, Bareille MP, Trefle L, Gauquelin-Koch G, Blanc S, Moro C, Simon C, Laurens C, **Bergouignan A**. Five days of microgravity-induced physical inactivity alter skeletal muscle metabolism and systemic glucose tolerance in healthy men. *J Appl Physiol* (1985). 2026 Jan 1;140(1):279-293. doi: 10.1152/jappphysiol.00481.2025. PMID : 41363161 *co-first author

White S...Pozdeyev N, Nat Genetics 2026

Global multi-ancestry genome-wide analyses identify genes and biological pathways associated with thyroid cancer and benign thyroid diseases <https://pubmed.ncbi.nlm.nih.gov/41644669/>

Other coauthors from Endocrinology are:

- Caitlin Bell
- Rebecca Schweppe
- Lauren Fishbein
- Bryan Haugen

Dani Loeb, MD co-author: Paper accepted to **JGIM** .

"Randomized Trial of education to increase resident prescribing of gender-affirming hormone therapy"

Keller AC, Lanaspá MA. Catechins for use in cardiovascular disease: Molecular mechanisms and contemporary bioassays. *J Pharm Biomed Anal.* 2026 Jan 15;268:117216. doi: 10.1016/j.jpba.2025.117216. Epub 2025 Oct 30. PMID: 41207184.

[Catechins for use in cardiovascular disease: Molecular mechanisms and contemporary bioassays - ScienceDirect](#)

Community Work in Action



Dedicated to Aurora's
Wellness and Needs

Support • Educate & Inspire • Transform

The DAWN Clinic Endocrinology Specialty Night

Shout out to the volunteers who helped

Stacey Segglke, CNS, MS, RN

Claire Ingram, PA-C

Boyd Hammond, MPAS, PA-C

Linday Buckley, MD, (Past Fellow)

The DAWN clinic serves *the uninsured residents of Aurora*. We could not have achieved this without the wonderful work of our volunteers

Patient Kudos

“**Doctor Sarapura** was very professional and very polite. She showed that she cared, and she listened and answered all the questions that I had. I would recommend her to anyone I meet.”

“This was my first appt via telehealth with **Dr Finn**. She was extremely thorough reviewing all my tests and pump settings. She made several pump recommendations that have already improved blood sugar control. I am very appreciative. Ty”

“**Mark Lindsay** was exceptionally professional and personable. He asked a lot of questions and was very attentive to my answers. I felt heard. He gave me a lot of valuable information about my t1d.”

“1st appointment with **Heather Brooks** and I was extremely satisfied with my care. It was a pleasure meeting her and she answered all my questions.”

“**Dr. Wierman** is amazing! One of the best in the country. I have acromegaly, and the entire Colorado team is literally ranked at top in US. On top of that, we communicate well my questions, her answers.”

“**Dr Thomas Jensen**. Amazing Endocrinologist - can see big picture then drill down into the complications and nuances of my health. Halfway through first/establish he was up to my speed and then quickly passed it being the guide and information that I need. Was able to consider potentially different conditions and order labs to eliminate it confirm. One of the best Dr experiences at Anschutz - and I see several, most are good/great.”

“It is obvious you are a huge system, and yet, your team works very well together and has created an atmosphere of efficiency, sincerity and kindness. These things appeal to patients on the most basic human level. We trust you when you seem to care about us. I think that huge system conveys a welcoming and caring culture, and I am new to Colorado, so I particularly appreciate that. **Dr. Elsheikh** is very approachable and down to earth. She welcomes dialogue with her patients, and her expertise is reflected in all her input, as well as discussions my patient needs. I feel she is a serious asset to the UCHealth system and that she should be placed in leadership or even teaching roles.”

“**Dr McDermott** is amazing! He is personable, compassionate and takes time to explain in regular people terms test results, recommend courses of action and next steps. So glad I was fortunate enough to have been referred to him!”

Karina was very patient and kind and I liked her very much. Thank you.

Dr Lawler has been my endocrinologist for a few years. She is very knowledgeable about type 1 diabetes and the technology involved in my care she is always very pleasant, a good listener and motivates me to continue to do the best I can on my 40-year journey with type 1

I appreciate **Dr. Rothman** care and expertise.

“**Erin Meyerhoff** is an excellent provider. She's extremely knowledgeable. She looks at my records and downloads my pump readings and gives me good advice. And I've made one change that she suggested and it's helped. She is excellent. I've been going to her for a long time and hope to continue to.



"Improve overall health and well-being by prevention, diagnosis, treatment and cure of diabetes, obesity, metabolic disorders and endocrine disorders.

**CU Anschutz School of Medicine
Division of Endocrinology, Metabolism and Diabetes**