



CU Anschutz

Endocrinology
Newsletter

January 2026

IN THE NEWS

Want to Buy Weight Loss Drugs? Here's What You Should Know First

Dan Bessesen, MD, a health and wellness leader at CU Anschutz, offers key insights on weight loss drugs, particularly compounded GLP-1s that are banned by the FDA but continue to be available.

8 minute read

by [Tayler Shaw](#) | January 9, 2026



Featured Experts



Dan Bessesen, MD

Dan Bessesen, MD
Director, Anschutz Health and Wellness Center

“Want to Buy Weight Loss Drugs? Here's What You Should Know First”



Congratulations, Dr. Neda Rasouli!

We're excited to share that you have been recognized as a **2026 Castle Connolly Top Doctor!**

This recognition places you among the **top 7% of physicians** nationwide, highlighting your expertise and trust and admiration of your peers who nominated you.

For more than 35 years, Castle Connolly has been the go-to resource for patients searching for best-in-class providers.

Being recognized as a Top Doctor **isn't something that can be purchased** - it's earned through a rigorous process designed to identify physicians who truly excel in their field.



Department of Defense Award Supports CU Thyroid Cancer Research



CU Cancer Center members **Rebecca Schweppe, PhD**, **Bryan Haugen, MD**, and Jennifer Richer, PhD, have received a DOD Cancer Idea Award to examine the role of androgen receptors in the cancer's growth and spread.



Faculty & Research Kudos

Katrina Oselinsky (post-doctoral fellow on the Endocrine T32) mentored by Vicki Catenacci and Seth Creasy received an excellent score (30) on her initial NIH K01 CDA submission!

Sarah Mayson: Appointed effective January 1, 2026 Deputy Editor of JCEM Case Reports

Madhulika Rai: I recently got postdoc portrait published by "The Scientist". Here is the link to the cover cover-
<https://www.the-scientist.com/postdoc-portrait-madhulika-rai-73891>

Katja Kiseljak-Vassiliades: Has been awarded SOM Bridge Funding

Neda Rasouli: Published 2 post hoc analyses of the STRIDE trial and one secondary analysis of the GRADE study

- **Improvement in Walking Distance With Semaglutide in Smokers With Peripheral Artery Disease: STRIDE Trial Subgroup Analysis.** Sourij H, Guder Arslan E, Catarig AM, Houlind K, Ludvik B, Nordanstig J, **Rasouli N**, Thomas S, Verma S, Bonaca MP. *J Am Coll Cardiol.* 2025 Dec 25:S0735-1097(25)10168-X. doi: 10.1016/j.jacc.2025.10.080. Online ahead of print. PMID: 41532935 No abstract available.
- **Differential Longitudinal Effects of Glucose-Lowering Medications on Glucagon and C-peptide Responses in the Glycemia Reduction Approaches in Diabetes: A Comparative Effectiveness Study (GRADE).** Kahn SE, Tripputi M, Lachin JM, Balasubramanyam A, Banerji MA, Barzilay J, Cohen RM, Garvey WT, Gramzinski MR, Rasouli N, Rhee M, Seegmiller JC, Singh V, Sivitz WI, Steffes MW, Utzschneider K, DeFronzo RA; GRADE Research Group*. *Diabetes Care.* 2026 Feb 1;49(2):325-334. doi: 10.2337/dc25-2186. PMID: 41432725 Clinical Trial.
- **Sex Differences in Effectiveness of Semaglutide in Patients With Peripheral Artery Disease: The STRIDE Trial.** Verma S, Catarig AM, Houlind K, Ludvik B, Nordanstig J, **Rasouli N**, Sourij H, Thomas S, Nørgaard SK, Bonaca MP. *J Am Coll Cardiol.* 2025 Nov 18;86(20):1843-1857. doi: 10.1016/j.jacc.2025.08.046. Epub 2025 Aug 31. PMID: 40892617 Free article. Clinical Trial.

Paul MacLean: We just received word that this U01 (below) was selected for funding
New FADS diet for endocrine resistant breast cancer
\$3.85 M total over 5 years
12/01/25 – 11/30/30

This project will examine how plant-based (ALA) and marine-based (EPA/DHA) PUFAs affect the development of endocrine therapy resistant breast cancer. The proposed work will employ novel models to examine how these PUFAs differentially affect metabolism in the breast tumor and influence the function, molecular profile, and phenotype of the endocrine resistant breast cancer cell.

Patient Kudos

“Knowledgeable professional listen very carefully to my questions and answer them. Most importantly, bedside manner is great.” -**Mark Lindsay**

“**Dr. Finn** is excellent. She's very thorough, answers all of my questions, and provides insight into options as far as medications are concerned. She's the best provider I've had in several years. Thank you.”

“ZERO recommendations to improve what already works with great efficiency.” -**Dr. Turin**

“**Dr. McDermott** is always very responsive to any health concerns I have, and he recommended next steps for me with regard to getting lab tests to be sure my thyroid condition was in the normal range.”

“**Dr. Rothman** is a fantastic doctor and very helpful with my issues”

Dr Jensen is a fantastic doctor. He is very attentive and answers all my questions. He is patient and works with me about my care.”

“Your office is always kind and helpful and that helps more than words can say. **Dr Low Wang** is a very good doctor. She listens very carefully and explains the testing that was done. I trust her.”

“Excellent appointment! Many thanks for the time, knowledge and caring provided. I really appreciate that I left with a very detailed plan of action. **Dr Morrison** was outstanding.”

Dr Lawler is very attentive, helpful and a leading expert in her field. I feel honored to be her patient. “is a compassionate doctor and a great listener. She communicates clearly and I trust she has my best interest when recommending treatment for my individualized bone health plan.”

“**Dr Elsheikh** went over every detail on this 1st consult visit. She asked me several clarifying questions and tolerated my jumping back & forth throughout our time. Dr E really wanted to understand my medical history re my bones, etc. I was elevated at her professional competency and caring.”

Dr Lawler is very attentive, helpful and a leading expert in her field. I feel honored to be her patient.”

“**Dr Hammond** was awesome. He was personable and listened.”

“**Elizabeth Tupta** is not only compassionate, kind, and understanding. Beth is also extremely knowledgeable, well informed about my CARE before the appointment even arrives. Beth has extreme patience and she here's what I have to say. I would recommend her and have recommended her always.”

Seminar Invitation: Promotion 101-The Basics

This one-hour seminar will present information on the different promotion tracks and dossier requirements, with some general guidelines for dossier preparation. It is geared toward faculty planning to apply for promotion to Associate Professor or Professor within the next one to three years, although all are welcome.

Title: Promotion 101 – The Basics

Date: Friday, March 6 | 8:00–9:00 AM

Location: Hensel-Phelps Auditorium

Presenter: Miriam D. Post, MD, Assistant Dean for Faculty Affairs

This session will be in-person only but will be recorded and available on the OFA website for those unable to attend. A second session is planned for May (date TBD).

Please register using this link:

<https://app.smartsheet.com/b/form/8a1e8883b70b4fa0839ce9f637125c6b>

Better Together

<https://redcap.ucdenver.edu/surveys/?s=MRJT8PAJNFAP3TH7>

BETTER TOGETHER

physician coaching

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Welcome to Better Together Physician Coaching!

Better Together Physician Coaching (BT) is an online, group coaching program for physicians with an aim to decrease burnout and increase wellbeing, therefore enhancing effectiveness, satisfaction and excellence in their career and beyond. Read through the options below to determine which program is the best fit for your needs.

Better Together: Foundational Curriculum (BT1)

Better Together (BT) is our foundational coaching program for medical students, residents, APPs and practicing clinicians and researchers. Created by two physicians and certified life coaches, BT is a personal development and self-study experience designed to support your wellbeing, strengthen social connectedness, and build self-compassion. You'll have access to group coaching, one-on-one sessions, and anonymous written coaching from trained physician coaches. In addition, you'll receive unlimited and lifelong access to 16 weeks of webinars, worksheets, and self-coaching tools - all available for you to engage with at your own pace.

Better Together: Mastermind Curriculum (BT2)

***Better Together 2: Mastermind* is our advanced curriculum designed for those who have completed the foundational BT program. This next-level experience builds on the core skills introduced in BT 1 and focuses on deepening your growth in key areas such as leadership, navigating challenging relationships, setting boundaries and self-advocacy, and managing transitions. Like with BT 1, you'll have access to group, one-on-one, and anonymous written coaching from trained physician coaches, plus 16 weeks of webinars, worksheets, and self-coaching tools to support your journey entirely on your schedule.**

Congratulations

Congratulations Dr. Griff!

Frances Clair (5lbs 12oz) right side and Alice Adaline (5lbs 14oz) left side were born 1/11. The twins are currently in the NICU working on feeding and growing.





“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**