New NIH guidelines on infants and peanuts may contradict everything you’ve heard before

Matthew Greenhawt, a physician at Children’s Hospital Colorado who is chair of the food allergy committee of the American College of Allergy, Asthma and Immunology, explained that the new guidelines are closely tied to eczema because it is an obvious external measure that has been linked to food allergies going back to the 1900s.

Washington Post, Jan. 5, 2017

Feed Your Kids Peanuts, Early and Often, New Guidelines Urge

“You have the potential to stop something in its tracks before it develops,” said Matthew Greenhawt, chairman of the American College of Allergy, Asthma and Immunology’s food allergy committee, and one of the authors of the new guidelines.


University of Colorado Hospital to offer new balloon capsule to boost weight loss

“We will be one of the first sites in the United States to be placing these devices,” said Shelby Sullivan, a Gastroenterologist at University of Colorado Hospital and Director of the Center for Endoscopic Bariatric Therapy.

Can you really die from a broken heart?

“People are at higher risk of heart attack and stroke in the month after the death of a loved one,” explained Amrut Ambardekar, a cardiologist at University of Colorado Hospital. While he can’t say for sure what caused Reynolds’ stroke and ultimate death, he says broken hearts are a very real thing. “The acute stress of a physical stress, emotional stress can cause sudden heart failure,” he said.

Fox 31, Dec. 29, 2016

Despite slow start, CDC says flu season is coming

Michelle Barron, the Medical Director for Infection Control at University of Colorado Hospital, said flu cases so far have been sporadic, but could skyrocket any time. “Typically by December or January we’ve already seen a huge number,” Barron said.

News Channel 5, Jan. 4, 2017

Why Is The Opioid Epidemic Hitting Rural America Particularly Hard?

When a patient shows up addicted to prescription medication, many rural doctors feel helpless, says Jack Westfall, a family physician and researcher at the University of Colorado and with the High Plains Research Network. “We don’t know what to do with this wave of people who are using opioids,” he says. “They’re in the clinic, they’re in the ER, they’re in the hospital. They’re in the morgue, because they overdosed.”

KUNC, Jan. 3, 2017

Mysterious illness tied to marijuana use on the rise in states with legal weed

“They’ll often present to the emergency department three, four, five different times before we can sort this out,” said Kennon Heard, an emergency room physician at the University of Colorado Hospital.

**Antioxidant may help prevent liver disease: Study**

Karen Jonscher, lead author, associate professor of anesthesiology and physicist at CU Anschutz: “When given to obese mouse mothers during pregnancy and lactation, we found it protected their offspring from developing symptoms of liver fat and damage that leads to NAFLD in early adulthood.”

*UPI, Jan. 3, 2017*

**Study: Melanoma death rate rising in Michigan**

Robert Dellavalle, a public health professor at CU, examined the rates of diagnosis of melanoma and mortality rates across the U.S. between 2003 and 2013. Dellavalle says, while the rate of diagnosis in Michigan stayed steady, the skin cancer death rate rose by about 10% between 2003 and 2013.

*Michigan Radio, Dec. 28, 2016*

**Glycogen-measuring technology helps CU Buffs stay health, achieve success on the field**

The tool — a high-frequency ultrasound machine that measures glycogen levels in an athlete’s muscles — was developed by Íñigo San Millán, director of the sports performance department and physiology lab in the CU Sports Medicine and Performance Center on the Boulder campus, and John Hill, a professor of family and sports medicine at CU’s School of Medicine.

*Boulder Daily Camera, Dec. 28, 2016*

So for the new study, which was published last month in the International Journal of Behavioral Nutrition and Physical Activity, researchers from the CU Anschutz Medical Center, the Johnson & Johnson Human Performance Institute, and other institutions decided to test several methods of increasing movement among office workers.


Is Your Metabolism Really the Master of Your Weight? Expert Tips to Get Your System Running Smoothly

That might be helpful if you think your metabolism is slow and you need more information to set a daily calorie goal, says Holly Wyatt, medical director of The Wellness Clinic at the University of Colorado Anschutz Health and Wellness Center in Aurora.

Parade, Dec. 26, 2016

What your OB-GYN wants you to ask

Daniel Jacobson, an OB-GYN specializing in obstetrics and gynecology at the University of Colorado: “My personal style is to be available to speak with my patients directly regarding results and addressing issues or concerns.”

Today, Dec. 23, 2016

Busy Puebloan makes time for music with Denver Philharmonic

At the CU Anschutz Medical Campus, Christy Colalancia assists in the coordination of clinical trials for the Oncology Research Information Exchange Network, a research partnership project that utilizes collaboration among North America’s top cancer centers to aid in cancer research. “What we’re doing is consenting patients and building a bank of tissue, blood samples and urine samples that hopefully can be used for researchers in the future,” she said.

Pueblo Chieftain, Jan. 5, 2017

Previous issues of the School of Medicine media report are posted online.