**These Colorado Teens Hope To Erase The Stigma Of Seeking Mental Health Help**

“Having youth speak directly about their experiences is a very powerful way to address that stigma,” says Douglas Novins, chair of the Pediatric Mental Health Institute at Children’s Hospital Colorado. Still, he says Colorado has a severe shortage of psychiatrists who treat children and adolescents. Out of the state’s 64 counties, 50 don’t have a single psychiatrist treating young people.

*Colorado Public Radio, June 14, 2017*

**Beyond bathrooms: Dr. Daniel Reirden and the strength of trans youth**

“I’m just so impressed with their willingness to advocate and at 10 or 11 or 12, march down to the state Capitol to tell their story about why their birth certificate should be allowed to be changed, who advocate in their school systems and share their stories and educate their peers,” said Daniel Reirden, a doctor at Children’s Hospital Colorado who works extensively with trans youth.

*Denver Post, June 11, 2017*

**Physicians honored for efforts to provide care to poor patients**

A Colorado physician and medical educator, Jennifer E. Adams earned the Dr. Debasish Mrdiha Spirit of Medicine Award for the Selfless Elimination of Human Suffering. A general internist in Denver and an associate professor at the University of Colorado’s medical school, Adams is director and founder of the Denver Health Longitudinal Integrated Clerkship.

*AMA Wire, June 15, 2017*
Colorado 2-year-old survives dry drowning scare

“Dry drowning is a common name for a condition where fluid floods the lungs, not because fluid is absorbed through the mouth of the breathing pipe, but because it leaks into the lung from the blood supply itself,” said Ivor Douglas, Chief of Pulmonary Sciences and Clinical Care Medicine at Denver Health.

9News, June 14, 2017

Colorado schools get funding for lead testing

Daniel Nicklas, a pediatrician at Children’s Hospital Colorado: “Lead in drinking water is extremely damaging to health, especially in young children, and research shows that there is no safe level for lead exposure, which is why prevention in schools is so critical.”

Denver Post, June 8, 2017

Blocking out the sun

“I don’t want people to be afraid to be outside, but while you are out there, you should do what you can to avoid sunburn,” said Neil Box, associate professor at the CU School of Medicine and president of the Melanoma Foundation. “Every year when summer comes around, we try to remind people of the negative health consequences that come with spending time unprotected in the sun."

“People should try to avoid the midday sun, so I say do your activities before 9 a.m. or after 4 p.m.,” said Robert Dellavalle, professor of dermatology and public health at the CU School of Medicine. “You don’t want to use sunscreen to stay out longer. You should use it to prevent getting burned while you’re out.”

Arvada Press, June 9, 2017
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| **5 Man-Killing Cancers You Might Not Spot Until It’s Too Late**     | “Your lungs are mostly air, so you can actually grow a fairly decent sized mass without even noticing it,” says David Ross Camidge, professor of medical oncology and lung cancer researcher at the CU Cancer Center. “By the time you get symptoms, the cancer may have already spread.”  
*Men’s Health, June 12, 2017*                                           |
| **More Doctors Are Warning Patients to Eat Less Meat**                | Andrew Freeman, a cardiologist with National Jewish Health, says that doctors often worry that patients will balk at the idea of radically altering what they eat. But that’s slowly changing: Freeman, who follows a vegan diet himself, now recommends a “plant-based diet” to his patients.  
*Mother Jones, June 16, 2017*                                           |
| **Can’t sleep? Here are some easy ways to get a better night’s rest, according to science** | “People often say you can sleep when you’re dead, and I say that’s true, but you’ll be dead a lot sooner if you don’t sleep right now,” said Lisa Meltzer, a doctor and associate professor of pediatrics at National Jewish Health. “The science is quite clear that insufficient sleep leads to a significant impact on all aspects of functioning.”  
*Mic, June 10, 2017*                                                    |
| **Fort Morgan getting rural residency track for doctors**             | The plan is for the Morgan County Rural Residency Training Track to have four residents based in Fort Morgan by July 2019, with two of them in their second year and two in their third year. The CU School of Medicine is a major supporter of the rural residency training track. Another major supporter is the Williams Family Foundation, which has supported family medicine training and practice since the 1970s, according to Daniel Burke, from the CU Anschutz Medical Campus Department of Family Medicine.  
*Fort Morgan Times, June 15, 2017*                                     |
CU medical students study rural living in RGC

Twenty-three students from CU Anschutz Medical Campus visited Rio Grande County last week for Rural Immersion Week, which is designed for medical, physician assistant, pharmacy, advanced practice nursing and veterinary students to better understand what practicing medicine and living in such an area will be like.

*Monte Vista Journal, June 14, 2017*

UCHealth using artificial intelligence to improve physician decision-making

“We as health care providers are overwhelmed with data on how best to treat patients, and it’s only getting more acute. No human can possibly ingest, retain and apply this volume of data on an ongoing basis,” said Richard Zane, UCHealth chief innovation officer and chairman of emergency medicine at the CU School of Medicine.

*Denver Business Journal, June 14, 2017*

Denver Health stakes claim on acreage south of DIA

“We look at neighborhoods where we think there’s an urgent need,” said Simon Hambidge, a pediatrician who heads the hospital’s clinics group. “Green Valley Ranch is growing fast, and there isn’t a lot of land left.”

*Business Den, June 13, 2017*

How Do You Conserve Art Made of Bologna, or Bubble Gum, or Soap?

The Denver Art Museum occasionally transports sculptures to the Denver Health Medical Center for hospital X-rays to evaluate the internal structural integrity of their pieces.

*The Atlantic, June 9, 2017*