She was a triathlete in great shape, so why was she breathless, lightheaded and in pain?

Under the supervision of pediatric pulmonologist Tod Olin at National Jewish Health Hospital, Danielle Mack rode a stationary bike while a tiny camera, inserted through her nose, filmed her vocal cords. As she increased her pace, the cords narrowed, blocking air. The result: a repeat of the symptoms she had been experiencing while training and racing. Olin diagnosed her in September with exercise-induced laryngeal obstruction.

*Washington Post, Dec. 30, 2017*

CU Uncovers a “Game-Changing Discovery” in Down Syndrome

“By recasting Down syndrome as an immune disorder, it opens a number of doors to improve lives of Down syndrome patients with therapy,” says Joaquín Espinosa, executive director of the Linda Crnic Institute for Down Syndrome, based at the CU Anschutz Medical Campus.

*Westword, Jan. 3, 2018*

New Research Will Help Her Daughter With Down Syndrome, This Colorado Mom Says

Michelle Sie Whitten, who heads the Denver-based Global Down Syndrome Foundation, has big hopes for new research at CU. Sie Whitten tells Colorado Matters that one person who might well benefit from the research is her own 14-year-old daughter with Down Syndrome, Sophia.

*Colorado Public Radio, Jan. 3, 2018*
### Festus teenager at the forefront of breakthrough in diabetes care

“When you don’t eat meals, especially at night, it is an ideal system,” said **Satish Garg**, an endocrinologist at the CU School of Medicine. Garg was a co-author on the study funded by Medtronic that examined the efficacy of the new device. “It totally nearly prevents hypoglycemia” or what is known as low blood sugar, Garg said.

*St. Louis Post-Dispatch, Jan. 5, 2018*

### Seeking answers for Iran’s chemical weapons victims – before time runs out

Another promising lead came when pediatric pulmonologist **Livia Veress** of CU and colleagues zeroed in on fibrin clots in rats exposed to mustard. When she dissected the animals, she pulled out of their lungs white clots called casts that looked like “tree branches,” she says. “I realized I’d seen that before”—in children with plastic bronchitis, a rare complication of surgery to repair congenital heart defects.

*Science, Jan. 4, 2018*

### The Data Doctor

“As I went into emergency medicine [at University of Colorado Hospital], I served a lot of patients with late diagnoses for cancer,” says **Roberta Capp**. “If they’d had a screening earlier, it wouldn’t have killed them or wouldn’t have cost them the dollars it did.”

*5280, January 2018*

### Why the despair of suicide among the great beauty of mountain towns?

“They’ve moved away from their natural support systems, and they have to rebuild a support system,” explained Michael H. Allen, professor of psychiatry at the University of Colorado Depression Center.

*Mountain Town News, Jan. 4, 2018*
Trump’s firing sets back AIDS prevention efforts

“I am fearful that the people who are appointed will be in line with the current philosophy of the administration,” said Lucy Bradley-Springer, associate professor of the CU Division of Infectious Diseases and one of the advisory council members who resigned this summer. “In my mind that will mean a decrease in funding for important services, fewer people getting tested, and more people going without care.”

Politic, Jan. 3, 2018

Given second life, Boulder Santa Claus says secret’s in the magic

Having visited the Pearl Street Mall at the invitation of Downtown Boulder Partnership since 2007 for pre-Christmas visits, Bruce Arnold became so sick from Hepatitis C that in 2010 he was not able to serve that year as the city’s Santa at the holidays, and in March 2011 he found himself at University of Colorado Hospital for a liver transplant, performed by Michael Wachs.

Boulder Daily Camera, Dec. 24, 2017

Stranger Provides Transplant For a Desperate Mother of 3: ‘I Love Her Just Like She Was Family’

Then, around Thanksgiving, Jeff Bramstedt returned to UCHealth University of Colorado Hospital for the pre-op, where he met Melinda and James Ray for the first time. He says the experience changed the way he views the world, and he hopes other healthy people are inspired to become organ donors and support services such as those provided by UCHealth.

People, Dec. 28, 2017

How to acclimate to the altitude this winter

“How people get into trouble is if they come up to altitude — especially to some of our resorts that are higher elevation — and don’t allow their bodies to adjust,” said Benjamin Honigman, professor of emergency medicine at the CU School of Medicine. “They’ll fly into Denver and drive up to one of the resorts or they’ll fly into Aspen or Vail and they’ll immediately want to get some skis and go downhill skiing.”

Austin American-Statesman, Jan. 4, 2018
<table>
<thead>
<tr>
<th>Image</th>
<th>Text</th>
</tr>
</thead>
</table>
| ![Image](image1.png) | **Do Detox Diets Work? We Have Tried the Most Popular Ones So You Don’t Have To**

“Evolutionarily we’re lucky, because the liver has millions of enzymes and processes to help us detoxify,” says Christopher Hoyte, medical director of the toxicology clinic at the CU School of Medicine, “and it works overtime, all the time, to keep us healthy.”

*Men’s Health, Jan. 3, 2018*

| ![Image](image2.png) | **Wrecked and retching: obscure vomiting illness linked to long-term pot use**

“Five years ago, this wasn’t something that [doctors] had on their radar,” said Kennon Heard, an emergency physician at CU in Aurora, who co-authored the Colorado study showing a possible tie between the liberalization of marijuana and a surge of the vomiting illness. “We’re at least making the diagnosis more now.”

*NBC News, Jan. 2, 2018*

| ![Image](image3.png) | **Opinion: California will regret legalizing marijuana if its experience is anything like Colorado’s**

Letter to the editor by Ellen L. Burnham, an associate professor and pulmonary disease specialist at the CU School of Medicine: “Since the liberalization of marijuana laws in Colorado, more people use marijuana than ever before, and many have or will become addicted. Use of healthcare resources for marijuana-associated illnesses has also increased here.”

*Los Angeles Times, Jan. 3, 2018*

| ![Image](image4.png) | **77 great leadership quotes from the “Corner Office” in 2017**

“My first experience in healthcare was when I was in high school and volunteered at Temple University Hospital’s emergency room in Philadelphia. It was eye opening and showed me just how important healthcare was, and also how much opportunity there was to improve. There was a lot of waiting and down time between each event that occurred in the hospital. There wasn’t as much effort around treating patients in the friendliest or most efficient manner. This is why I am passionate about UCHealth’s focus on improving the experience for patients and their family members.” - Liz Concordia, president and CEO of UCHealth
“My interest in healthcare started when my grandfather was dying of cancer and going through the system. I became very interested in end-of-life care processes, ethics and philosophies — or lack thereof. I was struck by how people nearing the ends of their lives were treated with such a lack of dignity and respect in the healthcare industry. Today I carry that passion for how to improve the death and dying experience, and how to support people’s dignity in that process.” - **Jena Hausmann**, CEO of Children’s Hospital Colorado

*Becker’s Hospital Review, Jan. 2, 2018*

---

**Denver’s New VA Hospital**

Before the CU medical school and hospital opened its Anschutz campus, the facility was co-located with the old Denver VA medical center on Clermont Street. Now, the two institutions will be reconnected, making life a little smoother for both research physicians and patients. It's convenient to walk between the campuses, which are less than a mile apart.

*5280, January 2018*

---

**Trinity receives medical school’s microscopes**

The Fort Morgan private, religious school recently received two high-end microscopes that previously were used at the CU Anschutz Medical Campus, which was replacing their high-end microscopes with the newest technology, and the older ones became available to give to schools in the 10-county region.

*Fort Morgan Times, Dec. 31, 2017*