

# CONNECTION

A newsletter for healthcare providers

## Reduce Hospitalizations for Severe Asthma Bronchial Thermoplasty

National Jewish Health is among the first in the nation to offer the FDA approved bronchial thermoplasty procedure as a novel treatment for severe asthma (This is considered an elective procedure and may not be covered by insurance). The procedure benefits adult patients who suffer from severe persistent asthma that is not well controlled with inhaled corticosteroids (ICS) and long acting beta agonists (LABA).

Bronchial thermoplasty can improve quality of life for asthma patients by providing long-lasting positive effects from using thermal energy to reduce the mass of airway smooth muscle that constricts the airways. This minimally invasive procedure is done under moderate sedation with the patient returning home the same day.

### Benefits to the Patient

Reducing the excess mass of airway smooth muscle, this procedure diminishes the amount of airways obstruction caused by smooth muscle on a daily basis.

### Results from Clinical Trials

Adults with severe asthma who underwent bronchial thermoplasty saw:

- **32 percent reduction in asthma attacks**
- **84 percent reduction in emergency room visits**
- **73 percent reduction in respiratory-related hospitalizations**

“The results of the trials show that this new treatment can help patients with severe asthma gain better control over their disease,” said Ali I. Musani, MD, FCCP, and Director of Interventional Pulmonology at National Jewish Health. He is one of a handful of Fellowship-trained Interventional Pulmonologists in the country with global recognition of his expertise.

**Contact our Physician Line at 800.652.9555 for more information or to refer a patient.**

### Patient Selection Requirements

- Adult patients 18 years or older
- Asthma not controlled with ICS and LABA
- Patient on stable maintenance asthma medications according to accepted guidelines
- Patient does not have current respiratory tract infection and no severe asthma exacerbation within last two weeks
- No unstable comorbid conditions that put patient at risk for bronchoscopy

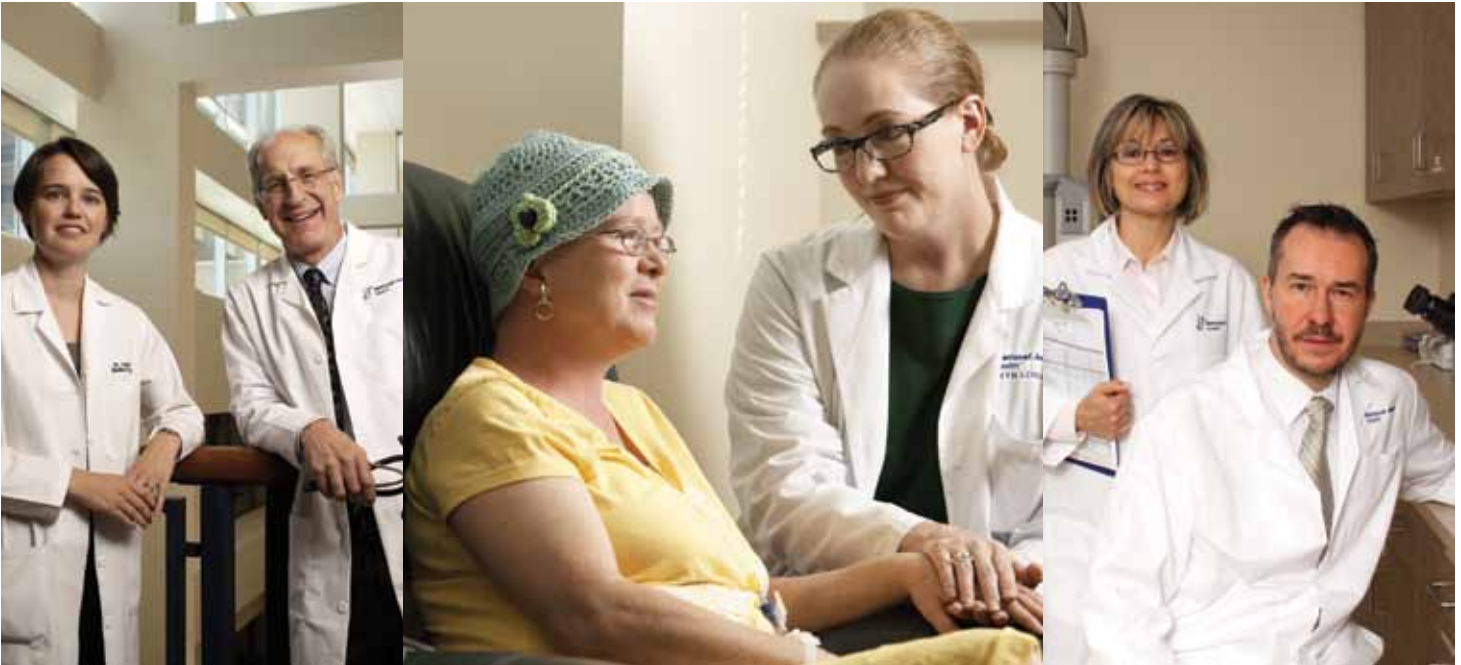
### Free Copy

If you would like an electronic copy of the complete Patient Selection Requirements, please email the editor, [mitchellc@njhealth.org](mailto:mitchellc@njhealth.org)

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## New Chemotherapy Infusion Suite Customized and Caring Pulmonary Oncology Care



Lung Cancer Center Staff (from left to right) Laurie Carr, MD, Medical Oncologist; Jeffrey Kern, MD, Head of Pulmonologist, Head of Oncology Division; Bronwyn Long, DNP, MBA, RN, Clinical Nurse Specialist and Program Coordinator; Rosane de Oliveira Duarte Achcar, MD; Steve Groshong, MD, Anatomic and Clinical Pathologists.

When you refer patients to the National Jewish Health Lung Cancer Center, they will receive an expedited work up and rapid diagnosis through our new advanced diagnostic technology and expertise. Your patient's personalized treatment regimen is developed upon assessment of:

- Histologic type
- Extent of disease
- Unique genetic mutations
- Individual health history

Laurie Carr, MD, our medical oncologist, directs individual therapy, which may include chemotherapy, radiation therapy, surgery, or any necessary combination based on the latest advances and current research. Patient progress is monitored using advanced imaging and caring patient interaction.

The Oncology Infusion Suite nurses can provide a variety of services and are trained to help your patient through every step of their care. Our services include:

- **Infuse chemotherapy, biotherapy, antibiotics, fluids, and blood products**
- **Monitor patient response to treatment**
- **Review patient education topics**
- **Manage patient symptoms, leading to improved treatment tolerance**

In order to benefit from chemotherapy, patients must remain in good physical and psychological health. Dr. Carr and her colleagues are attentive to psychosocial needs and symptom management. Patients who need nutritional assistance are counseled by a National Jewish Health nutritionist. Palliative care is a part of the services offered from the time of diagnosis. Patients and families may also access psychosocial support from our psychiatrist skilled in palliative care and the psychosocial needs of patients with cancer and other pulmonary diseases.

**Call Physician Line at 800.652.9555 for information or referrals.**

## Diabetes Patient Education Program Opens

Beginning in October 2010, we will offer a three-tiered program for patients with Type 2 diabetes (T2DM). Patients can access all program levels, or just the level they need.

The National Jewish Health Diabetes Program is appropriate for all patients with T2DM including:

1. **The newly diagnosed**
2. **Patients who need to learn or relearn self-management skills**
3. **Those needing better glucose pattern management**
4. **Patients who have targeted nutritional needs**

Elizabeth Kern, MD, MS, is the program's Medical Director and provides hands-on medical care and oversight for all patients. She joined our faculty earlier this year. She was previously at Case Western Reserve University and the Cleveland VA Medical Center where she was a faculty member, Co-Director of the Cleveland VA Skeggs Diabetes Center and physician leader of the Diabetes Self-Management Education Program. She is a nationally recognized expert on diabetes and chronic kidney disease.



**Elizabeth Kern, MD, MS**  
**Medical Director, Diabetes**  
**Education Program**

### National Jewish Health Diabetes Program

Physician Consultations	Patient Education Program	Nutrition Education
Refer patients for: <ul style="list-style-type: none"> <li>• Poor glycemc control</li> <li>• Help with weight loss</li> <li>• Related early stage chronic kidney disease</li> <li>• Difficult to control hypertension</li> </ul>	90-minute group class: <ul style="list-style-type: none"> <li>• Nature of type 2 diabetes</li> <li>• Types and actions of medications</li> <li>• Carbohydrates in glycemc control</li> <li>• Self-monitoring and control of blood glucose in adjusting diet, physical activity, and medications</li> </ul> Skills training in using a blood glucose meter Skills training in drawing and injecting insulin	Individual, focused patient education sessions regarding diet therapy for glycemc control and sodium restriction for hypertension control.

**Call Physician Line at 800.652.9555 for information or referrals.**

## When is Cardiac Imaging Indicated?

In a unique collaboration, National Jewish Health radiologists and cardiologists at our Institute for Advanced Biomedical Imaging® interpret cardiac MRI, CT and coronary calcium score studies, resulting in the highest technical and clinical quality, and rapid diagnostic information.

### Cardiac MRI

Using a state-of-the-art 1.5 Tesla scanner, with a wide, short bore, gives your patients the greatest comfort and high definition images. Consider cardiac MRI for:

- **Cardiomyopathy**
- **Constrictive pericarditis**
- **Cardiac mass, neoplasm or thrombus**
- **Myocardial Perfusion**
- **Valvular disease quantitation (e.g. aortic or mitral regurgitation, aortic stenosis)**
- **Identifying hibernating myocardium before revascularization**
- **Anomalous coronary arteries**
- **Congenital heart disease and shunts**
- **Arrhythmogenic right ventricular dysplasia**

### Cardiac CT Angiogram (CTA)

Our 128 slice scanner can perform a CTA in four seconds while providing cutting edge image quality. Faculty members at the Institute for Advanced Biomedical Imaging are world-renowned experts in the field of chest CT. Consider cardiac CTA for:

- **Chest pain in a patient with a nondiagnostic ECG or unable to exercise**
- **Equivocal stress test**
- **Known or suspected coronary anomaly, aneurysm or fistula**
- **Congenital heart disease**
- **Evaluation of coronary arteries to determine the etiology of cardiomyopathy**
- **Cardiac mass**
- **Pericardial abnormalities**

### Coronary Calcium Scan

National Jewish Health interpretations are provided by board certified radiologists and cardiologists with advanced training in cardiac imaging. Consider coronary calcium scan for asymptomatic patients with intermediate risk for cardiac events.

**Call 303.270.2420 to refer or schedule a patient for cardiac imaging needs. Some imaging services do not require a physician appointment.**



### World-Class Infectious Disease Care Just a Phone Call Away

303.398.1279

National Jewish Health opened in 1899 as a tuberculosis hospital. Today we provide state-of-the-art specialized care for patients with infectious diseases, including:

- General Infectious Diseases
- Respiratory Infections, including complications of bronchiectasis
- Nontuberculous Mycobacterial Infections
- Tuberculosis, including drug-resistant disease
- HIV/AIDS

#### Unique Approach Tailored to Each Patient

- Individualized diagnostic evaluation with the most advanced diagnostics
- Selection of optimal drug regimen and initiation of treatment
- Evaluation of drug pharmacokinetics at in-house Pharmacokinetics Laboratory
- Patient education regarding drug toxicity and intolerance issues
- Discharge coordinator and nurse practitioners who assist patient with seamless transition of care and outpatient support services
- In-house, world-class National Mycobacterial Reference Laboratory

### Genetic Test for Filaggrin Available

The Advanced Diagnostic Laboratories (ADx) at National Jewish Health has developed a comprehensive skin disease testing menu that enables diagnosis, early clinical intervention and management of immunologic and allergic skin diseases and now includes a genetic test for filaggrin (FLG) mutations associated with atopic dermatitis.

Filaggrin is a major component of the cornified cell envelope, an essential skin layer that acts as a water barrier and inhibits the entry of microbes, allergens and irritants. Loss-of-function mutations in the FLG reduce the expression of the filaggrin protein in the skin. A newly diagnosed AD patient may be treated more aggressively if a filaggrin risk genotype is present and monitored more carefully for development of asthma.

**For more information, please call 303.398.1420 or visit [NJlabs.org](http://NJlabs.org).**





## Back to School Asthma and Allergy Care

Children are back in school and the physicians at National Jewish Health are here to help you and your patients with asthma/allergy care needs during this busy time of the year. We've expanded our staff to accommodate growing patient needs and have teams on board with decades of experience evaluating, diagnosing, and educating patients with the full range of allergic, asthmatic and other respiratory diseases that can affect school performance.

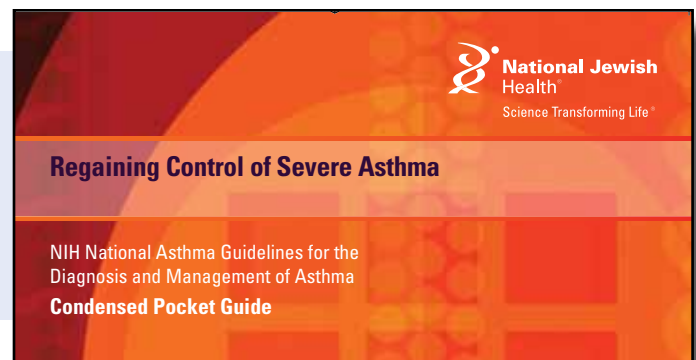
**A referral to NJ4kids may be appropriate if your patient has any of the following:**

- Newly diagnosed asthma
- Uncontrolled asthma
- 1 hospitalization for asthma in the last 12 months
- 1-2 ED or urgent office visits in the last 12 months
- >1 cycle or burst of daily oral steroids in the last 12 months
- Compliance issues
- Physical activity limitations due to asthma
- Steroid side effects including: substantial weight gain, fractures, osteoporosis, hypertension, glaucoma, cataracts, diabetes mellitus

**Call Physician Line to refer patients for allergy/asthma services, 800.652.9555.**

## Free Copy of Asthma Guidelines

Email [mitchellc@njhealth.org](mailto:mitchellc@njhealth.org) for a free copy of the condensed version of the Asthma Guidelines prepared by our Professional Education Department and Pediatric Faculty.



## Challenges and Suggestions for Managing Asthma at School

Between 2006 and 2010 National Jewish Health studied how to improve asthma control for inner city students at risk for health disparities while putting the National Asthma Guidelines to work through the National Jewish Health Denver Public School (DPS) Asthma Program.

**This collaborative initiative, funded in part by the Colorado Department of Public Health and Education, was implemented in over 25 schools and found the following major challenges to managing asthma at school:**

- No full time school nurse on staff
- Inconsistent reporting and tracking of students with asthma
- Deficiencies in access to pre-exercise and rescue asthma medication
- Poor return rate for requested medication authorization forms
- Rare provision of an individualized asthma management plan
- Lack of efficient communication systems between the school, healthcare provider and family
- High prevalence of students with uncontrolled asthma



**To combat the deficiencies identified, the program implemented:**

- Evidence based assessments and interventions
- Asthma awareness education—asthma tool kits distributed to students to help define asthma prevalence, identify and minimize exposure to triggers, and promote self-care skills
- Lung function testing
- Identifying a medical home for students
- Establishing a partnership with providers to encourage provision of an individualized asthma action plan and access to rescue medication at school

### Results

Stanley J. Szeffler, MD, head of Pediatric Clinical Pharmacology and Director of the Pediatric Clinical Trials Research Center, reports that **“this program reported improvements observed in students’ self-efficacy and management skills, measures of asthma control and school policies supporting an asthma friendly environment.”** We are offering the DPS Asthma Program again this year. If you have patients with asthma in Denver Public Schools, please have them contact their school clinic for program information.



## Tools for Your Practice

Much of the information used in this program is on our website and is available free for use in your practice. Visit [njhealth.org](http://njhealth.org), **Education/Training, Patient Education.** We also have educational videos on our YouTube site.

## Pediatric Sleep Clinic Opens

The NJ4kids program now offers evaluation and treatment for pediatric sleep disorders. Lisa Meltzer, PhD, a clinical child psychologist who is board certified in behavioral sleep medicine, will evaluate sleep problems, refer for overnight sleep studies and provide treatment for behavioral sleep disorders.

According to Dr. Meltzer, sleep affects every aspect of a child's development and functioning, and research shows that 25-40 percent of children have a sleep problem. "The good news is that most sleep problems are treatable," said Dr. Meltzer. When you are concerned about a child's sleep, please call us for an evaluation. Dr. Meltzer works with children of all ages. Common issues to refer include:

- **Bedtime struggles**
- **Night wakings**
- **Excessive daytime sleepiness (falling asleep in school, difficulty waking in morning)**
- **Trouble falling or staying asleep**
- **Sleepwalking**
- **Sleep terrors**

**Please call 303.398.1260 for more information, to refer or schedule a patient.**



**Lisa Meltzer, PhD**



..." sleep affects every aspect of a child's development and functioning, and research shows that **25-40 percent of children** have a behavioral sleep problem."

## South Denver Location Increases Appointment Availability

We are pleased to introduce three new full time pulmonary/critical care physicians at National Jewish Health South Denver.

**Ahmad Rashid, MD, Pulmonology** – Accepting New Patients

**Robert Scoggins, MD, Intensivist** – FullTime at Swedish Medical Center

**Jennifer Wink, MD, Pulmonology**– Accepting New Patients

**Call 303-788-8500 to schedule an appointment or make a referral for a pulmonary evaluation or pulmonary function study.**

### Services Available at National Jewish Health South Denver

- Pulmonary and Critical Care Medicine
- Pulmonary function tests
- Chest x-rays
- 24/7 on-call coverage
- Full intensivist coverage and oversight in the Swedish ICU and pulmonary consultative services at Swedish, Porter, Littleton, Craig and select hospitals
- Access to advanced diagnostics and additional sub-specialty care are readily available through National Jewish Health

## More Services and Physicians in Highlands Ranch Location

National Jewish at Highlands Ranch has recently added new faculty in pediatric pulmonology, allergy and behavioral health services to offer expanded appointment availability and new programs.

**Susan Brugman, MD**, is board certified in Pediatric Pulmonology and has practiced for 20 years at National Jewish Health. She specializes in pulmonary conditions with a focus on Exercised-Induced Lung Problems, Vocal Cord Dysfunction and Medical Hypnotherapy.

**Daniel A. Searing, MD**, is board certified in Pediatrics and just completed the Allergy and Immunology Fellowship at National Jewish Health. He provides initial and follow-up care for pediatric patients with allergy and immunology conditions.

**Lisa Meltzer, PhD**, is our newest faculty member. Dr. Meltzer is a clinical child psychologist who is board certified in behavioral sleep medicine. She performs clinical evaluations for behavioral sleep disorders in children.

**Michael Miller, M.Ed.S., LCSW** provides Behavioral Health care for children with or without chronic illnesses, and for their families. His services include evaluations, therapy and collaborating with the child’s medical team.

### Clinical Care Services in Highlands Ranch

<b>Asthma</b>	<b>Pulmonology, Pediatric</b>
<b>Atopic Dermatitis</b>	<b>Recurrent Infections</b>
<b>Behavioral Sleep Disorders, Pediatric</b>	<b>Seasonal Allergies</b>
<b>Cardiology, Adult</b>	<b>Sinusitis</b>
<b>Food and Drug Allergies</b>	<b>Sleep Disorders, Adult</b>

**Please call our office directly at 303.703.3646 to refer patients, consult with a physician or ask questions.**

## Upcoming CME Activities in 2010

Presented by the Office of Professional Education at National Jewish Health

The world-class faculty and staff at National Jewish Health set national treatment guidelines and provide exceptional professional education, fellowships and other education programs, which serve to elevate the standard of patient care and teach the next generation of health professionals.

### LIVE EVENTS

#### ADVANCE REGISTRATION IS REQUIRED

For more information or to register visit [www.njhealth.org/proed](http://www.njhealth.org/proed) or call 800.844.2305



**Cardiovascular Disease In Diabetes: The Silent Killer\***  
Saturday, November 6, 2010

**33rd Annual Pulmonary & Allergy Update, Keystone, CO**  
Wednesday—Saturday, February 2-5, 2011

**Nontuberculous Mycobacterial (NTM) Conference\***  
Thursday—Saturday, March 3-5, 2011

All activities are subject to change. **Courses held in the Molly Blank Conference Center on the National Jewish Health campus, unless otherwise noted.** 1400 Jackson Street, Denver, CO 80206

### ONLINE COURSES

Available at [www.CMELogix.org](http://www.CMELogix.org)



**Recognition and Management of COPD\***

**An Evaluation of Restless Leg Syndrome (RLS)\***

**Excessive Daytime Sleepiness\***

**Role and Mechanisms of Controller Medications for Asthma\***

**COPD and Its Comorbidities: The Inflammatory Link\***

**COPD Connection – Newsletter\***

\*This activity has been approved for AMA PRA Category 1 Credit™.

## New Patient Care Faculty

<b>Allergy &amp; Immunology</b>	Eugene Choo, MD (10/2010)
<b>Critical Care Medicine</b>	Charlene E. Brady, MD Tristan Huie, MD Sherstin T. Lommatzsch, MD
<b>Hospitalist Medicine</b>	Laura Popescu, MD Manisha Sahni, MD
<b>Pulmonary – Adult</b>	Anthony Gerber, MD Steven E. Lommatzsch,
<b>Nephrology</b>	Elizabeth Owen Kern, MD, MS
<b>Oncology</b>	Laurie Carr, MD James Jett, MD (10/2010) Bronwyn Long, CNS
<b>Pediatric Allergy &amp; Immunology</b>	Daniel Searing, MD Jonathan Malka, MD
<b>Pediatric Behavioral Health</b>	Lisa Meltzer, PhD
<b>Pulmonary – Pediatric</b>	Livia Veress, MD
<b>Radiology</b>	Jonathan Chung, MD
<b>Sleep Medicine – Adult</b>	Jean Tsai, MD

## Clinical Trials

### Studies for Adult Patients – Call 303.398.1911

All studies require multiple visits to our research center and provide financial compensation for those who qualify.

**Brett Fenster, MD**, is offering a Cardiac Heart Failure study that seeks patients already taking an ACE Inhibitor or Angiotension Receptor Blocker, and are willing to take an investigational drug for CHF.

**Gwen Huitt, MD, and Charles Daley, MD**, are studying the effects of inhaled investigational drugs vs. placebo on non-Cystic Fibrosis Bronchiectasis patients.

**Lisa Maier, MD**, is enrolling for a Sarcoidosis study looking at two different inhaled investigational drugs vs. placebo.

### Studies for Pediatric Patients – Call 303.398.1447

**John Martyny, PhD, Mike Van Dyke, PhD, Fred Wamboldt, MD**, are studying pediatric asthma and the impact of environmental factors.

National Jewish Health®

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**Clinical Studies** . . . . . **303.270.2222**  
**ADx Laboratories** [www.njlabs.org](http://www.njlabs.org). . . . . **800.550.6227**  
**Professional Education** [www.CMELogix.org](http://www.CMELogix.org). . . . . **303.398.1000**  
**800.844.2305**

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