Pulmonary Hypertension
Accurate Diagnosis and Treatment from Right-Heart Experts

Cardiopulmonary conditions, especially pulmonary hypertension (PH), can be difficult to diagnose due to common symptoms across diseases. Give your patients the best possible chance for early detection and effective treatment by referring to specialists who are both experts in respiratory and cardiology medicine. Refer dyspnea patients to our pulmonary team and they will collaborate with our cardiologists as necessary for optimal patient care.

Dyspnea referrals to our Pulmonology team provide:

• Integrated cardiopulmonary relationship
• Multispecialty clinical tenacity—accurate diagnoses and individualized therapies
• Comprehensive pulmonary evaluations—onsite diagnostics and rehabilitation
• Access to our Pulmonary Physiology Laboratory—one of the world’s largest, state-of-the-art technology laboratories
• Cardiology expertise—dyspnea, pressures of the heart, PH, heart failure, valve issues, patent foramen ovale and blocked arteries
• Gold standard PH diagnoses in our Cardiac Catheterization Laboratory—the most current technology and techniques, reduces recovery time and potential complications through wrist catheterizations (when possible)
• Cardiopulmonary exercise test with catheterization—unique in the U.S; adds useful diagnostic information that’s unavailable from noninvasive testing for potentially multifactorial dyspnea
• Stress tests—with and without contrast

800.652.9555
Physician Line to refer dyspnea patients

National Jewish Health will be offering a Pulmonary Arterial Hypertension CME event on Thursday, June 14. Please visit njhealth.org/CME for more information and to register.
Clinical Interests

**Alternative Therapy**

**Trigger-Point Dry Needling**

The National Jewish Health Rehabilitation Department now offers trigger-point dry needling (TPDN) as an alternative therapy for chronic orthopedic and musculoskeletal conditions. TPDN, when used in combination with traditional physical therapy, reduces muscle pain and dysfunction by deactivation and desensitization of tight muscles.

Trigger-point dry needling uses acupuncture-style needles, but is not acupuncture. TPDN is only focused on muscular problems or issues traditionally resolved through physical therapy. A needle is inserted into an area to relieve knotted muscles by helping the body release neurons and pain receptors. Muscles expand and have more range of movement.

“We’ve seen patients make a faster return to function with the TPDN therapy,” states Jane Whalen-Price, Director of Rehabilitative Services. “For many patients, dry needling helps tight muscles release and allows strengthening and exercise to continue. TPDN can produce improved results in less time.”

Trigger-point dry needling requires two years of clinical experience, substantial training and testing, all overseen by the State of Colorado Board of Physical Therapy.

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**Patient Research Opportunities**

**Adult Research Participants Needed**

The Weinberg Adult Clinical Research Unit at National Jewish Health is looking for three different patient populations for current studies:

- Patients with uncontrolled asthma who are ages 18 – 65 and who still experience symptoms despite using inhaled steroid medications
- Patients who are grass allergic and on immunotherapy
- Patients with COPD

Breathing tests, study drug and financial compensation provided for qualified participants. **Call 303.398.1911 for more information**

**Pediatric Research Participants Needed**

The pediatric clinical research team is actively recruiting for the following studies. Visit njhealth.org/research/clinicaltrials for additional information.

- African Americans with Asthma Study (kids & adults) – call 303.270.2222
- Atopic Dermatitis Study – call 303.270.2413
- Cystic Fibrosis – call 303.398.1265
- Young children who wheeze – National Institute of Health funded APRIL-OCELOT Study – call 303.398.1470
- Effect of Nasal Steroid on Asthma with Sinusitis or Rhinitis – call 303.398.1911
- Investigation of Reduced Interferon Responses in Peripheral Blood Mononuclear Cells of Participants with Atopic Dermatitis and a History of Eczema Herpeticum – call 303.270.2413
- Pediatric Asthma and the Impact of Environmental Factors – call 303.398.1447

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303.398.1490

Refer patients directly to our Rehabilitation Department for a physical therapy evaluation
Pediatric Day Program
Intensive Day Treatment Without Overnight Stay

The Pediatric Day Program at National Jewish Health offers a comprehensive multidisciplinary approach to the evaluation, diagnosis and treatment of pediatric patients with difficult to manage disease and their families. The program combines the intensity of an inpatient hospital stay with the cost savings of outpatient treatment.

Conditions treated by the Pediatric Day Program include, but are not limited to, severe cases of:
- Asthma and other pediatric pulmonary disorders
- Atopic dermatitis/eczema
- Multiple food allergies
- Recurrent anaphylaxis

The Care Team for each patient in the Day Program includes the following:
- Attending allergist
- Allergy fellow-in-training or physician assistant
- Nurse
- Psychosocial clinician
- Other providers that may be consulted:
  > Pulmonologist
  > Immunologist
  > Dietician
  > Speech therapist
  > Rehabilitation therapist

Indications for Referral to the Day Program:
- Patients who need a thorough evaluation and comprehensive treatment plan to gain control of their illness and enjoy a better quality of life
- Patients and family who continue to struggle with lifestyle aspects of chronic disease

Improving Asthma Patient Compliance During Summer Months

When summer break begins, children’s schedules are altered. These changes can affect asthma treatment routines.

Help your patients manage asthma during summer vacation. Here are some simple ways to help:
- Stay on schedule: It is important to keep a routine of taking medications and thus avoid an emergent situation.
- Current Asthma Action Plan: Make sure your patient has a current asthma action plan, including what medications to use in treating asthma symptoms, changes in peak flow and pretreatment before exercising. Include a list of triggers that can induce asthma for the patient.
- Treatments: If recommended before playing.

To request a copy of the National Jewish Health Summer Asthma Action Plan, please e-mail kliner@njhealth.org.

800.652.9555
Call the Physician Line for more information
Discover the Benefits
The NJ4kids Behavioral Team

Our goal is to always treat the whole person and not just the illness. The NJ4kids Behavioral Health team is skilled at treating children and their families with a variety of behavioral and psychological problems, especially those with chronic illnesses.

We can help your patients with the following conditions:
- Adjustment disorders
- Reaction to loss
- Treatment non-adherence
- Sleep disorders
- Stress-related disorders
- Anxiety
- Depression
- Attention deficit disorder/attention deficit hyperactive disorder
- Learning disabilities
- Obsessive Compulsive Disorders
- Obesity
- Fear of medical procedures

The NJ4kids Behavioral Health Team can devote as much time as needed to help these young patients and their families. Your patients may see experienced child psychiatrists, psychologists, social workers and/or art therapists who tailor their care and services for each patient and their family, including:
- Consultations with medical providers and schools
- Individual and/or family therapy
- Psychological testing
- Neuropsychological evaluations
- Relaxation, hypnosis and biofeedback therapy
- Art and group therapy
- Psychiatric medication consultation
- Stress management

Please call us directly to refer a patient or for more information about how the NJ4kids Behavioral Health team can assist you in your patient needs, contact Sabina Graves at 303.398.1260.

Asthma Management
Utilize Simple Spirometry

National Jewish Health is here to help your patients manage their asthma for better treatment during the summer months. We offer simple spirometry services at the main campus and in Highlands Ranch for patients who need to monitor their lung function.

303.398.1355
To refer your patient for spirometry testing at their most convenient location: main campus or Highlands Ranch

303.270.2122
Call to obtain free patient education brochures for your practice
Atypical Mycobacterial Infections

Working to Better Understand and Diagnose

While tuberculosis (TB) cases in the United States are declining, nontuberculous mycobacteria (NTM) cases are on the rise. In fact, a significant number of cases sent to National Jewish Health for mycobacterial testing result in a NTM diagnosis.

To accommodate the growing prevalence of NTM, National Jewish Health created the Nontuberculous Mycobacteria Center of Excellence to continue the study, development and validation of testing that identifies species/strains of NTM. The Center is the only one of its kind in the United States and is utilized by thousands of physicians for research, testing and assistance.

The Center’s team discovers and implements testing which can identify antibiotic susceptible and resistant strains to enable personalized therapy for NTM patients.

There are currently over 130 different species of NTM possible. People prone to NTM infection include:

• Diabetics
• Patients with AIDS
• Patients with COPD

Post-menopausal, Caucasian women who are slim and otherwise healthy, are also susceptible.

Access to Most Advanced Diagnostics

The Nontuberculous Mycobacteria Center of Excellence brings together expertise in multiple National Jewish Health divisions and laboratories. The Center’s world-renowned physicians and clinicians utilize state-of-the-art technology to provide personalized therapy for patients with NTM.

The NTM Center of Excellence can assist physicians in the following areas:

• Recognizing the incidence and distribution of an NTM disease
• Identifying the clinical manifestations of NTM disease
• Identifying and differentiating the various types of NTM infections
• Testing current drug interactions and software for dosing predictions
• Understanding how to diagnose and treat NTM infections

At National Jewish Health, our labs, divisions and centers are part of our unique translational research ecosystem, where world-class bench researchers, clinical researchers and physicians work and collaborate together to provide the best treatment and care for patients.

800.652.9555, Option 1

For questions on a patient with possible TB or NTM call the Mycobacterial Diseases Consult Service
Highlands Ranch
Simple Pediatric Spirometry Services

We can help you monitor lung function in your pediatric patients with asthma.
• Diagnosis in children 5 years or older
• Provide baseline measures of disease
• Manage and monitor asthma or suspected asthma
• Pediatric pulmonologist interpretations faxed to you within 48 hours
• More accurate test than peak flow meter and patient perception
• Recommendations included in interpretation
• Follow National Institute of Health guidelines

Your Patients Will Appreciate
• Physician consultation not needed
• Appointments readily available
• Kid-friendly spirometry
• No facility fee charge
• Accurate monitoring

Call 303.703.3646
Call for pediatric simple spirometry appointments
Free copies of our condensed National Asthma Guidelines are available. Email your request to kliner@njhealth.org
# Schedule of Upcoming 2011 CME Activities

Presented by the Office of Professional Education at National Jewish Health

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<th>LIVE EVENTS</th>
<th>ADVANCE REGISTRATION IS REQUIRED. For more information and to register visit njhealth.org/proed or call 800.844.2305</th>
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<tr>
<td><strong>June 14th, 2012</strong></td>
<td><strong>Pulmonary Arterial Hypertension Symposium</strong>&lt;br&gt;The goal of this program will be to improve the knowledge, competence and performance in the diagnosis and treatment of pulmonary arterial hypertension (PAH) through a live evening symposium, incorporating case-based learning, multi-media approaches and written materials. <em>Certified for CME</em> and Nursing Contact Hours*</td>
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<td><strong>September 8, 2012 (SATURDAY)</strong></td>
<td><strong>17th Annual Regional Allied Health Conference</strong>&lt;br&gt;This program will provide an update for nurses, respiratory therapists and allied health professionals working with people who have chronic diseases and conditions.</td>
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<td><strong>September 27-28, 2012</strong></td>
<td><strong>Fundamental Critical Care Support Course</strong>&lt;br&gt;A two-day comprehensive course addressing fundamental management principles for the first 24 hours of critical care. This course will help better prepare the non-intensivist for the first 24 hours of management of the critically ill patient until transfer or appropriate critical care consultation can be arranged.</td>
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<td><strong>October 10-13, 2012</strong></td>
<td><strong>The Denver TB Course</strong>&lt;br&gt;The longest running TB course in the United States, now in its 49th year. Course topics include:&lt;br&gt;- Epidemiology of tuberculosis&lt;br&gt;- Transmission and pathogenesis&lt;br&gt;- Diagnosis and treatment of tuberculosis, including MDR/XDR-TB&lt;br&gt;- Diagnosis and treatment of latent tuberculosis infection&lt;br&gt;- Emphasizing vulnerable populations such as pediatric and HIV co-infection</td>
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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

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<tr>
<th>ONLINE COURSES</th>
<th>Available at <a href="http://www.njhealth.org/CME">www.njhealth.org/CME</a></th>
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<tr>
<td>• Airway Clearance Devices: Why Use Them?</td>
<td>• Evidence-Based Management of Moderate-to-Severe Persistent Asthma</td>
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<td>• Cardiovascular Disease in Diabetes: The Silent Killer</td>
<td>• The Diagnosis and Treatment of Asthma in the Retail Clinic Setting: Challenges and Opportunities</td>
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<td>• Eosinophilic Esophagitis: Principles &amp; Practice</td>
<td>• Pediatric Asthma Controllers</td>
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<td>• Rheumatoid Arthritis: A Practical Guide for the Primary Care Provider</td>
<td>• Best Practices in Inflammatory Bowel Disease</td>
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<tr>
<td>• Exertional Dyspnea: Insights and Advance in Diagnosis and Treatment</td>
<td>• Guided Steps in Optimizing COPD Assessment and Management</td>
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<tr>
<td>• Sarcoidosis: Advances in Diagnosis and Management</td>
<td>*Please check CME credit approvals at njhealth.org/CME</td>
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</table>

**The Asthma Guidelines: Clinical Strategies to Improve Adherence**
National Jewish Health
1400 Jackson Street, S757h
Denver, CO 80206

Physician Line (consultations, referrals, resources) . . . 800.652.9555
Clinical Studies ........................................ 303.270.2222
ADx Laboratories www.njlabs.org .................. 800.550.6227
Professional Education www.CMElogix.org ........ 303.398.1000
.................................................. 800.844.2305

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