

CONNECTION

A newsletter for healthcare providers



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Proven Results from Comprehensive Pulmonary Care

Diagnosis — Treatment — Rehabilitation — Research

As the nation's number one respiratory hospital,* National Jewish Health® offers you the total spectrum of pulmonary care for your patients — simple to complex. Our unique approach treats the whole person, not just the disease, and combines clinical expertise, advanced technology, and novel treatments with our tenacity to find answers and improve health. Dramatic results happen here every day.

Physicians across the country refer to National Jewish Health for:

- Collaboration with referring providers and among our faculty
- State-of-the-art technology
- World-renown expertise in pulmonary care, cardiothoracic imaging and histopathology
- Comprehensive pulmonary physiology assessment techniques
- Cardiopulmonary rehabilitation
- Innovative treatment options
- Clinical research opportunities

We welcome patient referrals and can provide physician-to-physician consultations for all pulmonary conditions. The following formalized clinical care programs are also available:

- Autoimmune Lung Center
- COPD Program
- Cystic Fibrosis Clinic
- Environmental and Occupational Medicine
- Miners Clinic of Colorado
- Interstitial Lung Disease Program
- Interventional Pulmonology
- Lung Nodule Clinic
- Lung Cancer Center
- The Sleep Center

**Since 1998 as voted by pulmonologists across the U.S., and reported by the U.S. News & World Report*

Concurrent Palliative and Pulmonary Care Improves Quality of Life

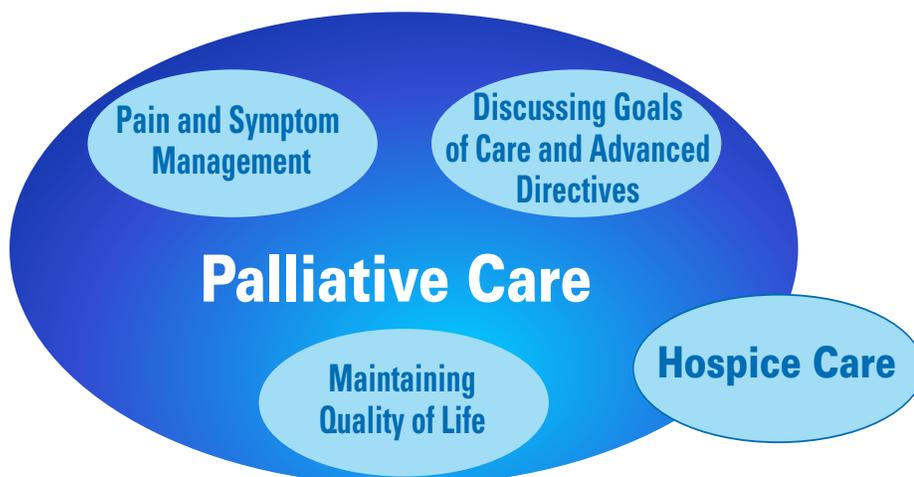
Patients referred to National Jewish Health for chronic pulmonary conditions receive the most advanced care available. They also have access to a multitude of onsite ancillary services as part of our 'whole person' approach to healthcare. These services include:

- Institute for Advanced Biomedical Imaging®
- A Full Service Rehabilitation Center
- Chemotherapy Infusion Center
- Nutrition Counseling
- Behavioral Health
- Patient Education Classes
- Advanced Diagnostics Laboratories
- Center for Genes, Environment and Health
- Sleep Center
- Palliative Care

At National Jewish Health, oncology and other critically ill patients benefit from our Palliative Care specialists David Bekelman, MD and Bronwyn Long, DNP, MBA, RN.

Benefits for Patients

- Symptom management and relief including prescribing treatments to control pain and uncomfortable symptoms (breathlessness, fatigue, dry mouth, coughing, etc.)
- Assistance in weighing the pros and cons of different medical treatments
- Coordinating care with multiple physicians, insurance and health systems
- Guidance in advanced care planning based on patient goals, needs and concerns
- Emotional and spiritual support for patient and family members; treatment of anxiety and depression



David Bekelman, MD

is board certified in Internal Medicine, Hospice and Palliative Care Medicine, Psychiatry and Psychosomatic Medicine. He sees patients with pulmonary fibrosis, non-resectable lung cancer, advanced mycobacterial illness, and COPD GOLD III-IV.



Bronwyn Long DNP, MBA, RN

is an Advanced Certified Hospice and Palliative Care Nurse, Clinical Nurse Specialist in Adult Health and Oncology Certified Nurse. She works with patients in the National Jewish Health Cancer Center as well as with patients who have advanced respiratory disease.

Tips for Treating Hypertension in Diabetes

Cardiovascular disease causes the most deaths among patients with diabetes (estimated 60 percent to 75 percent according to *Diabetes in America, 2nd edition, 1995*). Symptoms are often silent and atypical making secondary preventive efforts useless.

National Jewish Health cardiologists and diabetology physicians collaborate to successfully diagnose, treat and teach our patients with heart disease and diabetes to self-manage their conditions.

Two of our physicians, Kern Buckner, MD, Cardiology and Elizabeth Kern, MD Diabetology and Nephrology, presented this treatment summary at our recent CME event:

- New studies show that therapeutic target for systolic blood pressure is < 140, unless chronic kidney disease is present
- Preferred agents are ACE-I (or ARB if ACE-I is not tolerated)
- Another first line preferred agent is a thiazide diuretic
 - Use as first agent if there is no microalbuminuria or chronic kidney disease
- Second line agents are to be selected based on co-morbidities, drug tolerance, drug interactions
- Dietary sodium restriction is important to the success of the drug regimen
- Dietary potassium restriction may be key to being able to safely maintain ACE-I or ARB
- Aldosterone inhibitors may be key to lowering resistant hypertension in some patients

Source: National Jewish Health CME Presentation, "Hypertension and Diabetes" Kern Buckner, MD and Elizabeth Kern, MD, 11/6/2011.

If you would like to learn more about our Cardiology and Diabetes programs, please contact our Physician Line.

We will have a new "CVD and Diabetes: The Silent Killer," continuing medical education course online soon. If you would like to receive an email when it is available, please contact the editor at: ConnectionEditor@njhealth.org.



Kern Buckner, MD
Acting Chief,
Division of Cardiology



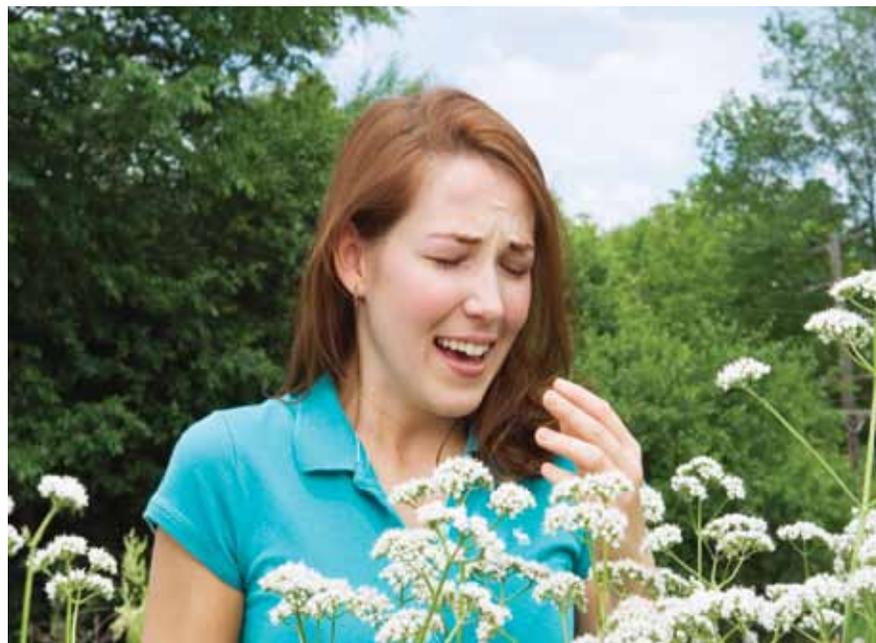
Elizabeth Kern, MD, MS
Medical Director, Diabetes
Education Program

Call Physician Line at 800.652.9555 for information or referrals.

Prepare Patients for Spring Allergies

Trees bring a relatively short and intense season for pollen allergies and can cause discomfort among allergy patients. Please share these helpful self-management tips for pollen allergies with your patients:

- Make sure to keep windows in home and cars closed
- Shower or bathe before bed to remove pollen off skin and hair
- Start antihistamines before allergy symptoms begin
- Nasal washes are highly effective
- Nasal steroid sprays need to be used on a regular basis to be effective and can take a couple of weeks to start working



Refer Patients for Allergy Testing

We can help you identify allergies and create treatment plans to help patients proactively manage allergies. **Please call us at 800.652.9555.**

Personalized, Full Service Cardiopulmonary Rehabilitation Available

National Jewish Health provides comprehensive cardiopulmonary rehabilitation services. The services are for people with a chronic lung disease. Our rehab team includes cardiology and pulmonary physicians, specially trained registered nurses, physical therapists, occupational therapists, recreational therapists, psychosocial clinicians and dietitians. Call us direct at 303.398.1490 for the following services:

- Medical management
- Exercise
- Breathing retraining
- Education
- Emotional support
- Nutrition counseling



njhealth.org

Clinical Research Can Save Lives

Clinical research helps change lives, everyday. For more than 111 years, National Jewish Health has been committed to finding new treatments and cures for diseases. Visit njhealth.org/research for detailed information about the studies below.

Title	Purpose	Contact
A Linkage and Association Study in Pulmonary Fibrosis	To investigate inherited genetic factors that play a role in the development of familial pulmonary fibrosis and to identify a group of genes that predispose individuals to develop pulmonary fibrosis.	Janet Talbert, MS, CGC 800. 423.8891 ext. 1022 talbertj@njc.org
ACE-IPF AntiCoagulant Effectiveness in Idiopathic Pulmonary Fibrosis	To test the safety and effectiveness of treatment with warfarin, compared to placebo in patients with idiopathic pulmonary fibrosis	Todd Dubois 303. 398.1621 duboist@njhealth.org
Adult Asthma Study with Flovent®	To study the effects of varying doses of fluticasone propionate (Flovent®) on a lung test called exhaled nitric oxide (eNO).	Patient Recruiter 303.398.1911 njhealth.org
Adult Cardiac Heart Failure Study	To study the effects of an investigational drug for Cardiac Heart Failure.	Patient Recruiter 303.398.1911 njhealth.org
African Americans with Asthma Study (Kids & Adults)	To determine the safety and effectiveness of a study drug, for the treatment of asthma, in the African American population.	Kate Morgan 303.398.1026
Age Dependent Effects of Cigarette Smoke in Humans	To test if smoke exposure affects certain cells differently in the lung depending on age.	Jennifer Brandorff 303.398.1443 brandorffj@njhealth.org
Are you a Smoker or Former Smoker?	To study the affects of an investigational drug.	Patient Recruiter 303.398.1911 njhealth.org
Are you an adult with Cystic Fibrosis?	To study an investigational medication that may improve lung function in those patients with CF by treating harmful bacteria, pseudomonas aeruginosa through a portable inhaler.	Marion Jones, R.N. 303.398.1265 jonesm@njc.org
Asthma and Response to Steroid Treatment	To study and better understand the relationship between lung function test results, the cells in your lungs and the use of steroids for asthma.	Mary Gill, RN, BSN 303-398-1443
Atopic Dermatitis (eczema) Study	Investigating ways to make smallpox vaccinations safer for people with Atopic Dermatitis (eczema).	Trish Taylor 303-398-1067 taylorp@njc.org
Bronchiectasis	Seeking volunteers who suffer from bronchiectasis and are willing to participate in a research study.	Patient Recruiter 303.398.1911 njhealth.org

Need Pulmonary Testing?

National Jewish Health Has One of the Largest Labs in U.S.

As one of the largest leading-edge pulmonary function laboratories, we providing diagnostic testing that utilizes current research for clinical application and offer many tests that are not available elsewhere. Our Pulmonary Physiology Services department is staffed by a highly qualified team of experts in pulmonary medicine. Our combination of technology and expertise gives you access to efficient diagnostic services with unparalleled accuracy. Diagnostic tests include:

Ventilatory Function Tests

- Routine Pulmonary Function Test
- Pressure Volume Study
- DLCO Diffusing
- Impulse Oscillimetry
- Helium Dilution FRC

Exercise Tests

- Exercise Tolerance with A-Line
- Exercise Tolerance with No A-Line
- Exercise Induced Bronchoconstriction (EIB) Test
- Formal Exercise for Desaturation

Bronchial Provocation Tests

- Methacholine Challenge
- Specific Agent Challenge
- Irritant Challenge
- Exhaled Nitric Oxide

Gas Exchange Tests

- Arterial Blood Gases (ABG)
- Clinical Pulse Oximetry with Walking
- Control of Breathing
- Laryngoscopy

If you have questions about ordering tests, please call the Pulmonary Services department at 303.398.1530.



You may order testing online at njhealth.org. Hard copies of the order form are available through our Physicians Relations team — contact Fran Myers at myersf@njhealth.org.

New Physicians Staff NJ4kids Clinic in Vail, CO

Two years ago, National Jewish Health opened its NJ4kids pediatric program in the Vail Valley to provide convenient access to specialty care for allergy, pulmonary and immune system conditions.

Marzena Krawiec, MD

Marzena Krawiec, MD is board certified in Pediatrics and Pediatric Pulmonology. Her interests include children with chronic inflammatory lung diseases, such as asthma, cystic fibrosis, and bronchopulmonary dysplasia. She also has an interest in the evaluation of young infants and toddlers with recurrent wheezing.

Jonathan Malka, MD

Jonathan Malka, MD specializes in evaluating and treating patients with various allergic, rheumatologic and immunologic disorders including asthma, food allergy, atopic dermatitis, anaphylaxis, stinging insect allergy, rhinitis and sinusitis. He is board certified in Pediatrics and board eligible in Allergy and Immunology. Dr. Malka speaks Spanish.



Marzena Krawiec, MD



Jonathan Malka, MD

Clinic Appointments in Vail Available Each Month

We are available to see your patients the first Friday of every month.

Affiliated Physician's Office – Main level

Shaw Cancer Center
320 Beard Creek Road
Edwards, Colorado

800.621.0505, extension 1355, select Option 4

Please Welcome our New Patient Care Faculty

Critical Care Medicine	Alexander Benson, MD
Environmental and Occupational Medicine	Andrew P. Fontenot, MD
Gastroenterology	Thomas Reed, MD Neil Toribara, MD
Otolaryngology	Vijay R. Ramakrishnan, MD
Pediatric Psychology	Brian Wise, MD
Rheumatology	Mehrnaz Maleki, MD

Gastroenterology Program Doubles Faculty

Please join us in welcoming Thomas Reed, MD, and Neil Toribara, MD, as they join Philip Hanna, MD, Division Head, and Lulette Morton, MD, in the Division of Gastroenterology (GI) at National Jewish Health. Both doctors have served people with GI problems in the Denver community for many years and bring a wealth of experience and professional reputation to our GI program.

With access to four specialists, your patients have increased availability to appointments and screenings, including colonoscopies. The GI team treats the entire range of GI illnesses including gastrointestinal reflux disease, liver disease, inflammatory bowel disease (IBD), GI cancer, pancreatic disease and the functional disorders of the gut. We have special expertise in GI motility disorders and pulmonary related GI conditions.



Neil Toribara, MD

Rheumatology Expands

Please join us in welcoming Mehrnaz Maleki, MD to our Rheumatology practice. She is board certified in Internal Medicine and recently completed her Rheumatology Fellowship at the University of North Carolina at Chapel Hill.

Dr. Maleki's clinical specialties include: Adult Autoimmune Diseases and Rheumatoid Conditions, Sjogren's Syndrome, osteoporosis, Amyloidosis, Antiphospholipid Antibody Syndrome, Adult Still's Disease, Systemic Lupus Erythematosus, MicroRNAs as Biomarkers for Rheumatologic Diseases.

Accepting New Patients

We are pleased to announce that the Rheumatology Division is accepting new patients. We provide comprehensive diagnostic and therapeutic services to patients with a broad range of musculoskeletal problems, including scleroderma, systemic lupus erythematosus, rheumatoid arthritis, inflammatory myopathies and systemic vasculitis.

Rheumatology appointments require a physician's referral.



Thomas Reed, MD



Mehrnaz Maleki, MD

Strong Specialty Care Presence in Highlands Ranch

Our expansion to the south metro area has proven to be a good one for providers in need of specialty referrals for patients. Referrals to our Highlands Ranch office often saves families time and provides easy access to top specialists. Parents especially appreciate this convenient access to National Jewish Health.

Clinical services available at Highlands Ranch include:

- Adult Rheumatology
- Adult Gastroenterology
- Adult Cardiology
- Allergies – adults and pediatrics
- Asthma, including Sinus, ENT Issues and Recurrent Infections – adults and pediatrics
- Immunology – adults and pediatrics
- Pediatric Atopic Dermatitis
- Pediatric Behavioral Health, including Behavioral Sleep Disorders – NEW!
- Pediatric Neuropsychology
- Pediatric Pulmonology

**Call our
Highlands Ranch
location directly
at 303.703.3646.**



Upcoming CME Activities in 2011

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. These programs 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 or call 800.844.2305



3rd Annual Women's Health Conference*

Thursday, March 10, 2011

5th Rocky Mountain Sleep Conference*

Friday – Saturday, March 11-12, 2011 DoubleTree Hotel, Denver, CO

The Denver TB Course* The longest running TB Course in the U.S.

Wednesday – Saturday, April 13-16, 2011 | October 12 – 15, 2011

16th Annual Allied Health Conference:

Current Perspectives in Asthma, Allergy & Pulmonary Practice

Friday, September 9, 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



Excessive Daytime Sleepiness*

COPD Connection – Newsletter*

COPD and Its Comorbidities: The Inflammatory Link*

COMING SOON – CERTIFICATION PENDING

Cardiovascular Disease in Diabetes: The Silent Killer

Eosinophilic Esophagitis: Principles and Practice

Airways Clearance Devices. Why Use Them?

The National Asthma Educator Certification Exam

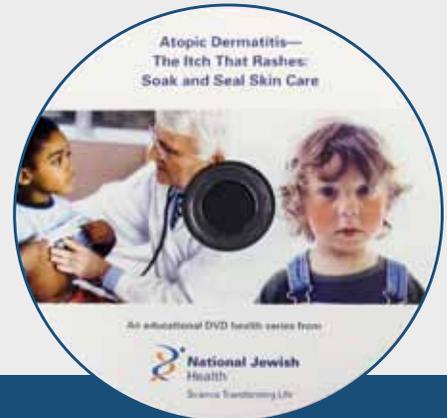
*This activity has been approved for AMA PRA Category 1 Credit™.

CERTIFIED ENDURING MATERIALS

Available at www.njhealth.org/proed

ATOPIC DERMATITIS - The Itch That Rashes: Soak and Seal Skin Care DVD

Order your copy of our Soak and Seal Skin Care DVD (\$24 includes shipping to any address in the USA). Atopic dermatitis is a common, complex disease seen by many healthcare providers. Learn more about “Soak and Seal” skin care and topical medications. View this DVD intended to teach both patients and healthcare providers about proper skin care techniques.



CPAP Support Group Offered

Please tell your patients with sleep disorders about a **FREE CPAP support group** and educational class offered monthly at our Denver Campus. It is open to anyone with sleep disorders, not just our patients.

At each meeting, Sleep Center staff present an educational talk on a variety of subjects including traveling, stress relief, obesity, nutrition, intimacy or heart disease. A hands-on segment will offer blood pressure checks, CPAP equipment checks, questions of sleep and nutrition providers. **NO RSVP necessary!**

Email the editor for a PDF of the CPAP Support Group flyer or visit 'Support Groups' at njhealth.org for a list of upcoming sessions.

National Jewish Health®

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National Jewish Health
1400 Jackson Street
Denver, CO 80206

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Denver, CO

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Referral and Testing Order forms	NJHealth.org
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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Editor Cyndy Mitchell, mitchellc@njhealth.org