

Winter 2009

National Jewish Health[®] CONNECTION

A newsletter for healthcare providers



Lung Nodule Clinic Opens

National Jewish Interventional Pulmonologist, Ali I. Musani, MD, FCCP, can help you diagnose, monitor and treat your patients with previously identified or suspected lung nodules.

Dr. Musani is the only fellowship-trained interventional pulmonologist in the Rocky Mountain region. He specializes in the latest technologies for early lung cancer diagnosis and endobronchial disease management.

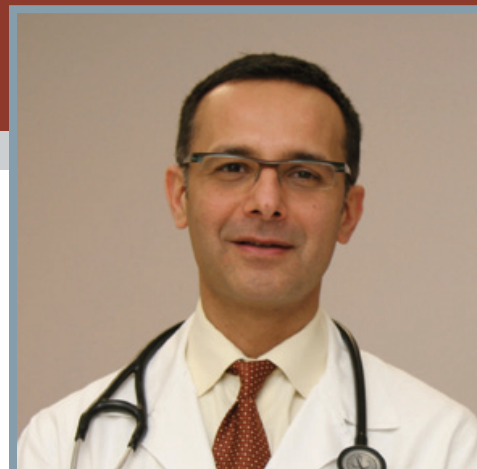
Your patients can benefit from comprehensive testing and tailored treatment plans available with the combination of our state-of-the-art diagnostic equipment and world-class clinicians. Our goal is to maximize early detection of lung disease with minimally invasive procedures for patient convenience and cost consideration. We also provide ongoing lung nodule monitoring.

Lung Nodule services include:

- Quick appointment access
- On-site CT with immediate interpretation from a top U. S. thoracic radiologist
- Same day assessment, diagnosis, recommendations and reporting (in most cases)
- Continuity of care by the same clinician team
- Specialty care coordination
- Patient education

One in 500 chest x-rays reveals a nodule. Most are not cancerous; but they must be monitored. Early diagnosis is the key to survival.

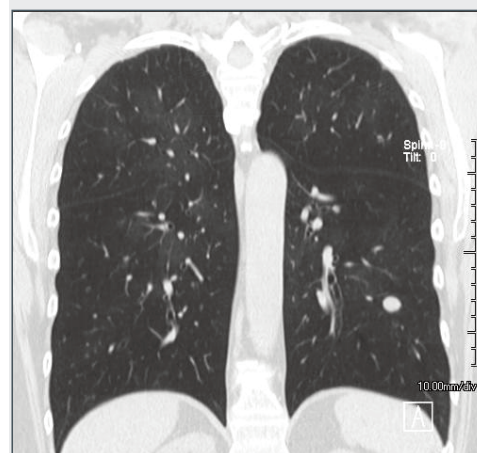
National Jewish Health can help you manage these patients with our powerful combination of specialty care expertise and advanced diagnostic systems. Please call us at 1-800-652-9555 for more information or to refer a patient to Dr. Musani.



Ali I. Musani, MD, FCCP

“Dr. Musani’s expertise and the advanced technology in the MIDC give us many more options for personalized patient care”

James Fenton, MD



CT scan of pulmonary nodule in lower left lobe. Photo courtesy of Institute for Advanced Biomedical Imaging.

Clinical Interests

Cardiac MRI Expertise Comes to National Jewish Health

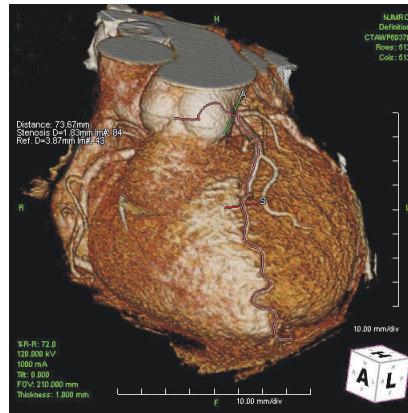
Brett E. Fenster, MD, FACC, recently joined the Cardiology Division and brings his unique cardiac MRI and nuclear cardiology experience and expertise to our team. Dr. Fenster is one of the few cardiologists in Denver who is triple board-certified in internal medicine, cardiology and nuclear cardiology, and he completed a year-long fellowship in cardiac MRI. Dr. Fenster received his Internal Medicine and Cardiology training from Stanford University.

The addition of Dr. Fenster builds on the clinical strengths of Howard D. Weinberger, MD, and J. Kern Buckner, MD, (both named Top Docs by Denver's *5280 Magazine* October 2008). This team provides complete cardiology evaluations, consultations and management, as well as advanced noninvasive cardiac testing.

Our program integrates the latest technology with exceptional cardiologists, pulmonologists and thoracic radiologists to provide your patients with uniquely comprehensive cardiopulmonary care available only at National Jewish Health.

Currently our clinical focus is on cardiopulmonary conditions such as exertional dyspnea and cardiac sarcoidosis.

Complete cardiac team services are available at the Denver campus. Dr. Fenster provides follow-up and patient consultation services at our Highlands Ranch location.



Cardiac MRI courtesy
Institute for Advanced
Biomedical Imaging.

Improving Quality of Life for GED Patients

The Gastrointestinal Eosinophilic Diseases Program is a joint program from two world-class healthcare institutions — National Jewish Health and The Children's Hospital in Denver — that provides state-of-the-art, multidisciplinary care to patients affected by eosinophilic gastrointestinal diseases (EGIDs), including eosinophilic esophagitis.

The mission of this unique program is to improve quality of life for patients and families affected by EGIDs. The program offers a comprehensive evaluation for pediatric patients with suspected EGID diagnosis and a comprehensive management program for those with a confirmed EGID diagnosis.

It is the multidisciplinary evaluation that makes this program unique in the region. It can include endoscopy, allergy testing and radiographic analysis that is provided by board-certified pediatric gastroenterologists and allergists. Nutritionists, feeding specialists and social services are also available, when appropriate.

Treatment options are reviewed and discussed in detail with families and appropriate support is provided. Follow up occurs by telephone and during future appointments.

To refer a patient or obtain more information, please call 1-800-222-LUNG.



Dan Atkins, MD talks with GED patient about her treatment for eosinophilic esophagitis.

Call Physician Line 1-800-652-9555

Clinical Interests

HIV and AIDS Growing Among Women

According to the Centers for Disease Control (CDC) nearly half a million people in the United States are unaware they have HIV. It is estimated that 27% of these people are women.

"HIV is a disease that does not discriminate. It is not just a disease in the homosexual community. It is becoming more prevalent among women and teens," states Ken Lichtenstein, MD, Director National Jewish HIV Clinical and Research Program. "The CDC reports that 80% of the HIV/AIDS cases among female adults and teens, aged 15 to 44, are due to heterosexual contact with a person at high risk for HIV infection and about 19% due to injection drug use."

This group is generally overlooked for HIV testing. Education and early testing are the keys to successful treatment.

Who and When to Test?

Dr. Lichtenstein recommends all physicians follow the CDC Recommendations for HIV testing. These recommendations suggest routine voluntary HIV testing as part of each patient's comprehensive medical care and can lead to early detection of HIV and therefore longer life.

If you would like a consultation with Dr. Lichtenstein or any member of our Infectious Disease Team, and to refer a patient, please call our Physician Line at 1-800-652-9555.

Division of Mycobacterial and Respiratory Infections

Charles L Daly, MD, head	Shannon H Kasperbauer, MD
Christopher A Czaja, MD, MPH	Kenneth A Lichtenstein, MD
Gwen A Huitt, MD, MS	Carlos M Perez-Velez, MD
Michael D. Iseman, MD	

Diseases Treated

Bronchiectasis	Pneumonia
Chronic Respiratory Infections	Sinusitis
Fungal Infections	Tuberculosis (Including multidrug-resistant tuberculosis)
General Infectious Diseases	
HIV/AIDS	
Nontuberculous Mycobacterial Infections (NTM)	

CDC Recommendations for HIV Screenings in Adults and Adolescents

HIV Testing Frequency	Patient Demographic
Routinely, voluntarily	All persons aged 13-64
Annually	Patients seeking treatment for STDs Patients at high risk <ul style="list-style-type: none"> • IV drug users and their sexual partners • Individuals who exchange sex for money or drugs • Sex partners of HIV-infected individuals • Individuals who have had or whose sex partners have had more than one sex partner since their last HIV test
Based on clinical judgment	Patients not likely to be at high risk
At time of exposure	Any person whose blood/body fluid is the source of occupational exposure
Routinely	Patients seeking treatment for TB All pregnant women

CDC Recommendations for HIV Testing (Branson, BM et al. MMWR, 2006; 55;1-17)
Branson BM et al. MMWR September 22, 2006. Vol 55, NoRR-14

Call Physician Line 1-800-652-9555

Diagnostics

Full Spectrum of Cardiothoracic Diagnostic Services Available

National Jewish Health offers state-of-the-art diagnostic testing to assist with evaluation and treatment. From imaging to laboratories and minimally invasive procedures to pulmonary physiology services, you will not find a more comprehensive diagnostic center all in one location.

You may refer directly to each of our programs or order a la carte testing (in most cases). Diagnostic reporting is returned to you in the quickest possible time frame. Here is an overview of ways in which we can help you diagnose your patients.

Please visit njhealth.org for more information.

Institute for Advanced Biomedical Imaging®

303-270-2420 or radiology@njhealth.org

The Institute for Advanced Biomedical Imaging offers some of the most advanced digital and 3-D diagnostic capabilities in the Rocky Mountain region for cardiothoracic and general medical imaging. Our imaging team is a group of top U.S. cardiothoracic radiologists and highly respected cardiologists who have a reputation for tenacity, thoroughness and expediency in diagnosing difficult and complex cases. They utilize state-of-the-art equipment and imaging software, spend more time with patients than other imaging centers, and provide highly detailed images that yield more accurate diagnoses.

- Internationally recognized center of excellence
- First center in the Rocky Mountain region with a Dual Source 64 Slice CT
- First 128 Slice CT Scanner west of Mississippi River
- Bariatric imaging capabilities
- More accurate diagnoses offering treatment options at earlier stages
- Quick appointment access
- Noninvasive, high definition imaging options
- Top US thoracic radiologists
- Quick reporting
- Accurate results
- General ultrasound

Cardiology Testing Services

1-800-NJC-9555

We provide comprehensive consultation and non-invasive evaluation of patients with cardiopulmonary diseases. The National Jewish Cardiology team is staffed by experienced and respected cardiology physicians, who work with nurse practitioners, registered nurses, critical care nurses, registered diagnostic medical and cardiac sonographers, registered vascular technologists, cardiovascular technologists, registered clinical exercise physiologists and other cardiology trained healthcare providers.

Tests and procedures include:

- Cardiac stress test – exercise
- Cardiac stress test – pharmacologic
- Cardiac MRI
- Echocardiogram (ICAEL accredited lab)
- Echocardiogram – exercise saline stress for shunt
- Echocardiogram – exercise stress for ischemia
- Echocardiogram – pharmacologic stress for ischemia
- Electrocardiogram
- Signal averaged electrocardiogram
- Event and Holter monitoring
- Mobile telemetry
- Nuclear – exercise cardiac stress tests for ischemia
- Nuclear – pharmacologic cardiac stress test for ischemia
- PET/CT – myocardial pharmacological stress
- PET/CT – myocardial viability imaging
- 24-hour ambulatory blood pressure monitoring

Diagnostics

Pulmonary Physiology Services (PPS)

303-398-1530

We have one of the largest leading-edge pulmonary function laboratories in the country providing diagnostic testing, which utilizes recent research findings for clinical application. PPS is staffed by a highly qualified team of experts in pulmonary medicine. This combination of technology and expertise gives you access to efficient diagnostic services with unparalleled accuracy.

Physicians may order testing through the PPS without referring the patient to a National Jewish Health physician.

We assess and/or provide:

- Lung size
- Lung mechanics (function, efficiency and airway resistance)
- Conductance of the airways
- Elasticity and compliance of the lung
- Complex metabolic exercise testing
- Pulmonary physiology special procedures
- Exhaled nitric oxide testing

Minimally Invasive Diagnostic Center

303-270-2420

Our cutting edge diagnostic center is powered by revolutionary equipment and staffed by multidisciplinary specialists who provide the highest quality, personalized, diagnostic care in the Rocky Mountain region. We offer a variety of diagnostic, therapeutic and palliative pulmonary procedures, as well as gastroenterology and otolaryngology procedures including:

- Pulmonary nodules – identification, diagnosis and treatment
- Lung and chest cancers – early detection and staging
- Airway obstruction
- Airway recanalization with laser and other modalities
- Airway stent implantation and removal
- Foreign bodies removal from lungs
- Pleural procedures
- Balloon dilatation of airways
- Bronchoscopy
- Endoscopy
- Colonoscopy
- Laryngoscopy
- Allergic desensitization

Advanced Diagnostic Laboratories

1-800-550-6227 or njlabs.org

Our experience and research capabilities enable us to offer the most advanced and accurate patient diagnostic and supporting services for clinical trials to research laboratories, pharmaceutical companies, clinical reference organizations, and In Vitro diagnostics from across the country. In addition to general testing, our laboratories provide specialized testing in the areas of complement function, immunology/immune deficiency, flow cytometry, mycobacteriology, infectious disease pharmacokinetics, genetics, proteomics and beryllium sensitization.

Our diagnostic reference laboratories offer comprehensive, esoteric testing in these areas:

- Immunology
- Flow cytometry
- Complement
- Immunopharmacology
- Infectious disease pharmacokinetics
- Mycobacteriology
- Beryllium surveillance
- Molecular diagnostics

Breakthrough Solution for Respiratory Infections

1-800-550-6227 or njlabs.org

Advanced Diagnostic Laboratories (ADx) developed and now offers a respiratory virus assessment with molecular diagnostics. This panel provides a breakthrough solution needed to identify respiratory infections rapidly and is critical to identifying appropriate and cost effective care of patients.

In general, 70% of respiratory infections are viral, while 30% are bacterial. However, as little as one-fourth of viral lower respiratory tract infections are diagnosed. This is due to the fact that most methods lack sensitivity and a more comprehensive viral diagnostic spectrum.

Now ADx is the first facility in the region to offer referral testing for an array of 17 respiratory viruses while providing superior sensitivity from a range of patient specimens to support the diagnosis and treatment of respiratory infection. ADx and its new Molecular Diagnostics Laboratory are able to provide timely, cost-effective results from a quality-committed facility.

Faces & Places

21 National Jewish Physicians Recognized as "Top Docs"

Twenty-one physicians, 17 percent of our clinicians, at National Jewish Health were named "Top Docs" in the annual ranking of Denver-area physicians by Denver's *5280 Magazine*. The magazine ranks physicians based on a survey of more than 7,500 Denver metro-area doctors regarding which physicians they trust to treat them or their families.

Allergy/Immunology

Dan Atkins, MD

Cardiology

J. Kern Buckner, MD
Howard Weinberger, MD

Critical Care

Stephen Frankel, MD
Michael Schwartz, MD

Occupational Medicine

Cecile Rose, MD

Otolaryngology

Todd Kingdom, MD

Pathology

Steve Groshong, MD, PhD

Pediatric Pulmonology

Scott Sagel*, MD

Psychiatry

Fred Wamboldt, MD

Pulmonology

James Fenton, MD
James Good, MD
William Pluss, MD

Pediatric Radiology

Laura Fenton*, MD
Tom Hay*, MD
John Strain*, MD

Radiology

David Lynch, MD

Rheumatology

Aryeh Fischer, MD
Sterling West*, MD

Sleep Medicine

Teofilo Lee-Chiong, MD

Thoracic Surgery

John Mitchell*, MD

*These doctors' primary practices are at The Children's Hospital or University Hospital

New Services at National Jewish Health Highlands Ranch

After one year in our Highlands Ranch location, we added three new specialties to the list of services. All specialists practice at both National Jewish Health in Denver and in Highlands Ranch and coordinate patient access to all diagnostic and treatment services.

Adult Cardiology consultation services

Brett Fenster, MD, FACC
Initial consultation and follow-up services

Pediatric Pulmonology services

Gary Larsen, MD
Specialized care for chronic lung conditions in children

Pediatric Neuropsychology consultation and testing

Bruce Bender, PhD
Evaluation that can identify specific cognitive, emotional and behavioral problems in children

National Jewish Health Highlands Ranch Specialty Care

Allergy, Asthma, and Immunology

Kirstin Carel, MD, pediatric
Eric Chenworth, DO, adult
David Fleischer, MD, pediatric
Shaila Gogate, MD, adult

Adult Cardiology

Brett Fenster, MD, FACC

Adult Sleep Medicine

Teofilo Lee-Chiong, MD

Pediatric Neuropsychology

Bruce Bender, PhD

Pediatric Pulmonology

Gary Larsen, MD

New Faculty

Please join us in welcoming our new faculty members:

Evans Fernandez Perez, MD,
Interstitial Lung Disease
Nabeel Hamzeh, MD, Pulmonary
Stella Hines, MD, Pulmonary
Abigail Lara, MD, Pulmonary
Amy Olson, MD, Pulmonary
James Piko, DO, Radiology*
Leo Rothbarth, MD, Radiology*
Thomas Suby-Long, MD, Radiology*
Nandar Swe, MD, Hospitalist at
Rose Medical Center
Todd Wine, MD, Otolaryngology
**contracted imaging partners*

Dr. Meehan Returns

We are pleased to announce the return of Richard Meehan, MD, from his tour of duty in Iraq.

Call Physician Line 1-800-652-9555

Education

Innovative and Interactive CME at Your Convenience

The Office of Professional Education at National Jewish Health offers innovative and interactive CME and CE learning opportunities through a variety of channels including online courses and live events. Visit njhealth.org for a complete listing of all educational opportunities.



Featured Online Courses

Atopic Dermatitis - The Itch That Rashes: Soak and Seal Skin Care

This activity is heavily focused on the clinical features, causes and management of atopic dermatitis and includes a patient education video.

Asthma Educators Certification (AE-C) Online Review Course

This review course helps prepare you for the National Asthma Educator Certification exam with 8 modules that address the exam as presented in the National Asthma Educator Certification Handbook.

Airway Clearance Devices — Why Use Them?

This course gives an overview of the devices used to assist with bronchial hygiene therapy and is certified for CRCE and Nursing CE Contact Hours.

Insomnia: Recognition and Intervention

Designed to educate about the prevalence of insomnia (about 50% in clinical practices), and the importance of recognition and treatment interventions for better patient care.

Rethinking Difficult Asthma

Chaired by Richard Martin MD, the Chair of the National Jewish Department of Medicine, learn about the new guidelines, their clinical relevance, what referring physicians need to know and the latest concepts in biological phenotyping.



Featured CME/CE Live Events

Register today to secure your spot at the premium events listed below. Courses held in the Molly Blank Conference Center on the National Jewish Health Campus in Denver, Colorado unless otherwise noted.

March 13-14, 2009

3rd Annual Rocky Mountain Allied Sleep Conference

Establishing a gold standard in sleep education.

Featured Speakers: Nic Butkov, RPSGT, Sharon Keenan, PhD

April 4, 2009

Obesity: A Disease with Systemic Consequences

Presentations and a panel discussion about obesity and asthma, sleep disordered breathing, cardiovascular disease, rheumatology, and treatment options.

Featured Speakers: David Beuther, MD, Howard Weinberger, MD, Robert Kushner, MD

April 18, 2009

"I Can't Breathe" — Cardiac and Pulmonary Dyspnea

An educational program regarding differential diagnoses of cardiac and pulmonary dyspnea.

Featured Speaker: Howard Weinberger, MD, FACC

April 22-25, 2009

The Denver TB Course

America's longest running TB course presenting comprehensive changes in TB.

Featured Speaker: Michael Iseman, MD, Charles Daley, MD

May 2, 2009

Rocky Mountain Food Allergy Conference

Featured Speaker: Dan Atkins, MD

For a complete list of our live events, for more information or to register please go to www.nationaljewish.org/ProEd or call 800.844.2305.

National Jewish Health CONNECTION

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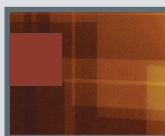
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Visit our newly updated Web site!
NJhealth.org

Patient Scheduling	303-398-1355
	800-222-LUNG
Physician Line (consultations, referrals, resources)	800-652-9555
Rehabilitation (direct referrals)	303-398-1490
Sleep Center	303-270-2708
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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