



April 2024

Weight-loss drugs costly over long term



While newer medications offer an alternative to weight-loss surgery, they are meant to be taken continuously and can cost more than \$1,000 a month.

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Therapy dogs' role expanding to help youth



Eric Hoff and his therapy dog, Remy, have spent the past nine years volunteering at Denver Health, providing comfort and companionship to patients and staff. A new program will bring animal-assisted therapy to adolescents receiving substance use treatment, including at two of Denver Health's school-based health centers.

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Patient goes from wheelchair to May 5K



One year ago, Matthew Nelson broke his pelvis in a three-story fall. The accident was a wake-up call to make positive changes in his life. He's training for the [Denver Health Trauma Survivors Fun Run](#) on May 11 and encourages others to [sign up for the event](#).

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Transforming cancer care with research



"What we are actually doing is giving more to the people with the least resources," said Sonia Okuyama, MD, division chief of Denver Health's Hematology and Oncology Department.

[Read more](#)

What you need to know about allergies



Seasonal allergies typically begin in March or April and can last until the first freeze of winter in Colorado. There are many steps individuals can take to help mitigate their allergy symptoms, according to Denver Health pulmonary physician Andi Hudler, MD.

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Working toward a sustainable future for all



Denver Health has signed the White House/HHS Health Sector Climate Pledge to reduce carbon emissions by 50% by 2030 and reach net zero by 2050.

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DID YOU KNOW?

Language used in treating people with substance use disorder significantly influences a patient's willingness to seek help, according to data reviewed by Denver Health's Center for Addiction Medicine Academy. Denver Health is committed to creating an inclusive and welcoming environment, and we encourage you to download the [Words Matter Language Guide](#) and take the [Words Matter Pledge](#).

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