



DENVER HEALTH JOURNEYS

Information from your community partner in health and wellness.

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Cooper's legacy carries on through blood drives at Denver Health



Cooper Steinhauser was born at Denver Health at just under 2 pounds and received 13 blood transfusions during his life. His parents are encouraging the Denver community to donate blood, especially during summer months when the supply is typically lower.

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[What you need to know about intermittent fasting from a Denver Health registered dietician](#)



[Research associate Ileana Barron stresses the importance of diversity in clinical research studies](#)



[Our dermatology experts warn against spread of sunscreen misinformation on social media](#)



[This light and citrusy chicken salad, bursting with zesty lemon and fresh herbs, is perfect for summer](#)

DID YOU KNOW?



When veterinarians at the Denver Zoo needed to operate on Hesty, a 14-year-old orangutan who was badly injured, they trusted Denver Health's world-renowned Orthopedics Department to help with the surgery. Watch how Denver Health's experts worked with zoo staff to repair fractures in Hesty's hands, feet and elbow.

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