



DENVER HEALTH JOURNEYS

Information from your community partner in health and wellness.

January 2024

Welcome to Journeys, Denver Health's new patient and community newsletter

Hello. I'm Donna Lynne, CEO of Denver Health.

Welcome to Denver Health Journeys, our new monthly newsletter written for our patients and beloved Denver community. Our goal with Journeys is to make patients and our community aware of the comprehensive services offered by our health care system.



With our trauma teams and paramedics, inpatient care, 10 family health centers, 19 school-based health centers and so much more, we are truly at the heart of the Denver community.

This month we're sharing:

- A critical-to-miracle surgery story about a husband and father whose heart stopped beating for 20 minutes.
- Research on Type 1 diabetes and a new recommendation for testing children.
- Tips to help you keep your New Year's resolutions.
- An overview of convenient urgent care options for children and adults in Denver.
- How Denver Health is the place you can trust to deliver your baby.

We look forward to bringing you news about all the ways Denver Health is working to improve the health and well-being of those we care for. Please let us know what types of stories you are interested in reading; you can share that feedback with us at DenverHealthJourneys@dhha.org.

Denver Health is working tirelessly to be the most trusted health care provider in Colorado. With your ongoing support, we come that much closer to achieving this vision.

Thank you in advance for reading and sharing Journeys.

With gratitude,

Donna Lynne, DrPH
Chief Executive Officer

Patient grateful for greatest gift of life



What started as an already difficult surgery to repair a fractured pelvis took a turn for the worse when Todd Brainard's heart stopped beating for nearly 20 minutes during the operation. Today, Todd continues to share his story and his gratitude for the lifesaving care he received at Denver Health.

[Read more](#)

Should you screen your child for Type 1 diabetes?



Denver Health's Westside Family Health Center offers early screening for children at their 2-year well-check visit. The effort comes from a research study that seeks to improve care for patients and their families and diagnose Type 1 diabetes before it causes hospitalization and creates serious long-term side effects.

[Read more](#)

Refreshing your New Year's resolutions



Do you have any unfulfilling habits you'd like to leave behind? How about some healthier resolutions that you've adopted for 2024? Read tips to help you keep your New Year's resolutions.

[Read more](#)

Get help when you need it with convenient urgent care options



Denver Health's urgent care services make it easy for you to get the help you need, when you need it, **including virtually**. At our five urgent care centers throughout Denver, we treat non-emergency illnesses and injuries such as severe colds, flu, fevers, fractures or sprains, minor cuts and allergies that require medical attention when your regular doctor may not be available.

[Read more](#)

DID YOU KNOW?



Did you know Denver Health delivers one-third of babies born in Denver each year? We are proud to be the hospital that Denver families trust. That trust was clear in 2023, when a record 3,885 babies were delivered at Denver Health. We were able to meet the needs of our community by adding outpatient nurse midwives to our team, which increased low-risk prenatal access. Denver Health also was recognized by Newsweek as a top maternity hospital in 2023.

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