Taking a deep dive into extreme sports medicine[1]
[2]

Extreme sports athletes are unique among competitors, not only in the adventures they pursue but in how clinicians must treat their injuries and healing regimes.

The Third International Extreme Sports Medicine Congress – a gathering of experts from around the world who will share their insights on these topics and others – will be June 1-2 at the St. Julien Hotel and Spa in Boulder. For more information about the event, presented by the University of Colorado School of Medicine Department of Orthopedics, Division of Sports Medicine, and sponsored by the school's Office of Continuing Medical Education, click here[3].
[4]

"We bring together many different types of brains, different types of subspecialties and different types of people – all of them concentrated around the adventure and extreme sports fields and the people sitting at the center – meaning the athletes," said Omer Mei-Dan, an orthopedic surgeon who founded the conference in 2014.

Mei-Dan is himself an extreme sports aficionado. You might find him backcountry skiing, ice climbing, whitewater kayaking, rock climbing and mountaineering. Perhaps he is most well-known as a BASE jumper who, at one time, was sponsored by Red Bull. BASE jumpers essentially free-fall from a stable platform – a relatively low-altitude building or cliffside, for instance – and have only seconds to activate their parachutes. He also served as a stunt man in several commercials and helped develop wingsuits, which increase lift during a fall.
[5]

He will discuss several topics – including BASE jumping concerns -- at the conference, which is organized so that each speaker addresses a subject in a few minutes.

"A lot of people will come to the table and share their experiences. One of the reasons we're going for a very fast pace is because we want to expose everybody to many different topics with different people and we want to leave time for discussion," Mei Dan said. "I think you should be able to cover a topic well and give the audience the message within seven to 10 minutes."

Topics covered at the conference will include:
Psychiatrists talking about the mental aspects and characteristics of extreme sports athletes, Orthopedic surgeons talking about extreme sports injuries, Exercise physiologists talking about the way athletes' bodies change and the hormonal changes that occur within the body during these sporting activities, Endocrinologists talking about stress hormones and how they affect athlete injures or affect mental performance, Physicians talking about the first types of treatments and care needed for these types of injuries, and Environmental aspects of extreme sports, including sun exposure or air or water contamination.
As adventure sports have become more popular, participant injuries also have increased.

"It's a numbers game," Mei-Dan said. "We do have more injuries and fatalities and that is why we came up with this conference. We feel that many regular physicians, or those that treat athletes in common sports like football or basketball or track and field, don't always understand how extreme sports athletes think, the way they are wired, the way they react, and the way they have to be treated, and how you help them go back to what they want to do safely."

More people are interested in extreme sports, in part, because of media exposure through television, YouTube or Facebook, he said.

"That's contrary to back in the day where you would go and ice climb somewhere or BASE jump and no one would see it and so no one would be inspired by your performance," he said. "Now it is all out there and that pushes a lot of young athletes and inspires people to try it themselves, hopefully in the right way."

For that reason, the role of the media also will be discussed at the conference. When cameras are around, Mei-Dan said, athletes push themselves to the edge and show off, especially if financial gain is involved because of sponsors.

“When you see these amazing performances by extreme sport athletes, you only see the success,” he said. “The crowd at home needs to appreciate the fact that the athlete has probably tried that trick 100 times and fell on his head or injured himself before he actually completed it in a most beautiful way.”

The symposium is directed toward specialists and professionals who care for extreme sports athletes as well as anyone interested in learning more about extreme sports. The conference also will offer participants guided activities, including rock climbing, mountain biking, hiking and trail running.

Lawmakers pay tribute to regents[6]
[7]

Colorado legislators on Tuesday took time from the hectic second-to-the-last day of the 2018 legislative session to honor current and former members of the University of Colorado Board of Regents.

Regents Kyle Hybl and Stephen Ludwig, whose 12 years on the board will end in January, and Regent Emeritus Steve Bosley, who served two terms from 2004-16, were recognized on the Senate floor at the state Capitol.

State Sen. Kevin Priola spearheaded the effort, which he said was to recognize the regents’ “exceptional service to the people of Colorado and the University of Colorado.”

The ceremony included short introductions of each regent and highlights of their tenure. Members of the Senate gave the trio a standing ovation.

Open Enrollment closes at 5 p.m. Friday[8]
[9]

Before Open Enrollment ends at 5 p.m. Friday, CU faculty and staff still have the chance to enroll in, change or waive their benefits for the plan year beginning July 1. CU offers extensive medical, dental, vision, life insurance, disability insurance and spending/savings plans.

If benefits-eligible faculty and staff do not take action before the deadline, they will be automatically re-enrolled on July 1 in their current plans, with a few exceptions. See the auto-enrollment page[10] for details. Employees who wish to keep their Health Care Flexible Spending Account (HCFSA) or a Dependent Care Flexible Spending Account (DCFSA) must re-enroll.

Here are some of this year’s highlights:
Plan rates will not increase for the 2018-19 plan year for faculty, staff and regular retirees. CU Health Plan – Exclusive’s members are no longer restricted to a regional network. The plan has moved to a statewide provider network. Emergency care increased to a $250 copay for the CU Health Plan’s Exclusive, Extended and Kaiser plans, but will be waived if admitted to the hospital. The out-of-pocket limits slightly increased to $7,350 for individuals and $14,700 for families for the CU Health Plan’s Exclusive, Extended and Kaiser plans. The High Deductible plan’s out-of-pocket limit remains the same.

Sign up for electronic notices

Each year, the university mails enrollees a large packet of legally required benefits notices to plan participants. Enrollees can opt in to receive electronic notices via email. Notices will be delivered to CU inboxes and stored in the portal for convenient future access – saving paper and reducing mailing costs.

Enrollees will continue to receive medical and dental plan cards and other items via mail. For example, all faculty and

staff enrolled in Anthem-administered plans will receive new cards this year.

See electronic enrollment instructions here.[11]

More details

Visit the Open Enrollment website[12] to dial into plan details, make the smart call on your benefits and find out how to enroll[13].

Self-control shaped by your 'in-group' as early as preschool [14]

How growing up with pets, dust may boost mental health [15]

Faculty profile: Mathematics sharpens the world for Oksana Bihun[16]

Wagner to step down as Advancement leader[17]

A conversation on health care with the CEO of a Fortune 500 company[18]

When should families, physicians and caregivers talk to dementia patients about giving up firearms?[19]

Kaempfer receives award from Faculty Council[20]
[21]

William Kaempfer, Ph.D., visited Faculty Council at its May 3 meeting to receive the governance group's Administrator of the Year Award.

Kaempfer is retiring[22] as CU Boulder's senior vice provost and associate vice chancellor for Budget and Planning, effective June 30. He has served the university for 36 years, also as a professor of economics.

Faculty Council Chair Ravinder Singh presented Kaempfer with his award and read a resolution spotlighting his service to the Boulder Faculty Assembly; that group's past chair, Melinda Piket-May, called Kaempfer "a great campus citizen." Singh also noted Kaempfer's tireless work at promoting and improving the working conditions and professional profiles of teaching faculty at CU Boulder.

Kaempfer's was one of three service awards[23] given this year by the Faculty Council.

Buchanan, work of McLean honored at Capitol[24]

Rogers recognized for contributions to demographic methodology[25]
[26]

Andrei Rogers, CU Boulder professor emeritus of geography, recently received the 2018 Mindel Sheps Award at the Population Association of America meeting.

The Mindel Sheps award is given every two years for "outstanding contributions to demographic methodology" and is the world's highest recognition in formal demography. For the fifth time in award history, a current or former International Institute for Applied Systems Analysis (IIASA) World Population Program (POP) scholar has been honored.

At IIASA, the first formal population activities began in 1974 and were merged into the Human Settlement and Services (HSS) Program. The main emphasis was on international migration, and under the leadership (1974-1983) of Rogers, IIASA became the cradle of the methods of multi-state population analysis.

CU faculty, staff help honor students at Capitol[27]

[28]

Four University of Colorado faculty members, staff and partners last week took part in the honoring of eight students who are enrolled in CU education programs and who were selected for the Colorado Department of Higher Education's 2018 Future Educator Honor Roll Ceremony.

The honorees were celebrated May 2 at the Capitol as part of Teacher Appreciation Week.

Those who were in attendance to support and congratulate the awardees:
Mark Buchanan, lecturer, Teacher Education, UCCS Paula Gallegos, NxtGEN Teacher Residency[29], CU Denver Jocelyn Palomino, instructor, Pathways2Teaching[30], CU Denver Nicole Sager, senior instructor, Culturally and Linguistically Diverse Education[31], CU Denver
The CU awardees are:

CU Boulder
Alita Smith, BA in English and Secondary English Licensure Brenda Ortiz Torres, BA in Pschology and Elementary Licensure
UCCS
Kaitlyn Ball, Alternative Licensure Program Marcus Pumphrey, Alternative Licensure Program
CU Denver
Vany Miramontes Marquez, BA in Education and Human Development[32], Elementary Education with Culturally and Linguistically Diverse Endorsement Nancy Pasillas, BA in Education and Human Development[32], Elementary

Education with Culturally and Linguistically Diverse Endorsement Ivan Hernandez, Pathways2Teaching[30] Joselyn Garcia-Moreno, Pathways2Teaching[30]

"This ceremony recognizes the tremendous impact our future educators will have on their students and the state of Colorado broadly," said Kim Hunter Reed, CDHE executive director. "Educators are training the next generation of artists, engineers, scientists and health professionals that will power our economy and enliven our communities. They truly make all other professional possible. We want all teachers and administrators — and especially our young educators — to know Coloradans support and appreciate their invaluable work."

Links

[1] https://connections.cu.edu/spotlights/taking-deep-dive-extreme-sports-medicine[2] https://connections.cu.edu/sites/default/files/xtream-sports-med_feat.jpg[3] http://www.ucdenver.edu/academics/colleges/medicine/sportsmed/cusm_events/2014-Extreme-Sports-Medicine-Congress/Pages/default.aspx[4] https://connections.cu.edu/sites/default/files/xtream-sports-med_flying-suit.jpg[5] https://connections.cu.edu/sites/default/files/xtream-sports-med_ice-waterfall.jpg[6] https://connections.cu.edu/stories/lawmakers-pay-tribute-regents[7] https://connections.cu.edu/sites/default/files/leg-recongnize-reg_top.jpg[8] https://connections.cu.edu/stories/open-enrollment-closes-5-pm-friday-0[9] https://connections.cu.edu/sites/default/files/oe_top.jpg[10] https://www.cu.edu/employee-services/how-enroll#tabs-3[11] https://www.cu.edu/employee-services/open-enrollment/benefits-electronic-consent[12] https://www.cu.edu/employee-services/openenrollment[13] https://www.cu.edu/employee-services/how-enroll[14] https://connections.cu.edu/stories/self-control-shaped-your-group-early-preschool[15] https://connections.cu.edu/stories/how-growing-pets-dust-may-boost-mental-health[16] https://connections.cu.edu/stories/faculty-profile-mathematics-sharpens-world-oksana-bihun[17] https://connections.cu.edu/stories/wagner-step-down-advancement-leader[18] https://connections.cu.edu/stories/conversation-health-care-ceo-fortune-500-company[19] https://connections.cu.edu/stories/when-should-families-physicians-and-caregivers-talk-dementia-patients-about-giving-firearms[20] https://connections.cu.edu/people/kaempfer-receives-award-faculty-council[21] https://connections.cu.edu/sites/default/files/p_kaempfer_p.jpg[22] https://www.colorado.edu/today/2018/05/03/senior-vice-provost-bill-kaempfer-retire[23] https://connections.cu.edu/spotlights/faculty-council-celebrates-contributions-shared-governance[24] https://connections.cu.edu/people/buchanan-work-mclean-honored-capitol[25] https://connections.cu.edu/people/rogers-recognized-contributions-demographic-methodology[26] https://connections.cu.edu/sites/default/files/p_rogers_p.jpg[27] https://connections.cu.edu/people/cu-faculty-staff-help-honor-students-capitol[28] https://connections.cu.edu/sites/default/files/p_pumphrey_p.jpg[29] http://www.ucdenver.edu/academics/colleges/SchoolOfEducation/CentersPartnerships/Pages/NxtGEN.aspx[30] http://www.pathways2teaching.com/[31] http://www.ucdenver.edu/academics/colleges/SchoolOfEducation/Academics/LicenseEndorsements/Endorsements/Pages/LinguisticallyDiverseEducation.aspx[32] http://www.ucdenver.edu/academics/colleges/SchoolOfEducation/Academics/Bachelor/Pages/Elementary-Education-Track---BA-in-Education-and-Human-Development.aspx