

Call Letters: WHJC-AM

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2022

Health

Med Clinic Radio, weekend of 4/02-03

Date aired: 04/02/22

Groundbreaking research from the Cleveland Clinic may eventually lead to new treatments and prevention strategies for strokes. We learned how gut microbes may impact stroke severity and functional impairment, following a stroke, from Stanley Hazen, M.D., Ph.D, Chair of the Department of Cardiovascular & Metabolic Sciences and director of Cleveland Clinic's Center for Microbiome & Human Health.

Then, on our Mayo Clinic Q&A segment, a look at lymphoma, a cancer of the lymphatic system, which is part of the body's germ-fighting network. Dr. Jose Villasboas Bisneto, Mayo Clinic hematologist, explained the various types of lymphoma and how they are treated.

And, many middle school students are at serious risk of cardiovascular disease or high cholesterol. We heard some concerning findings from a study led by Robert M. Siegel, MD, FAAP, Director of the Center for Better Health and Nutrition in the Heart Institute at Cincinnati Children's Hospital Medical Center.

Med Clinic Radio, weekend of 4/09-10

Date aired: 04/09/22

39:25

Steps per day matter in middle age, but not as many as you may think. We talked with Amanda Paluch, a physical activity epidemiologist at the University of Massachusetts Amherst, to learn exactly how many steps could cut your risk of premature death from all causes by a whopping 50 to 70%.

Then, a study by the FDA found a toxic substance called PFA in many kinds of produce, meats and processed foods. We learned what the dangers actually are, and how to avoid them, from David Andrews, Ph.D., Senior Scientist, Environmental Working Group.

And, Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health, joined us to share the results of a recent survey that found marijuana use at historic highs among college-aged adults.

Med Clinic Radio, weekend of 4/16-17

Date aired: 04/16/22

39:25

The past couple of years' of flu seasons have presented a unique challenge. William Schaffner, MD, Professor of Preventive Medicine, Department of Health Policy, Professor of Medicine, Division of Infectious Diseases at Vanderbilt University outlined the similarities and differences between the flu and COVID-19, and discussed the chances that the similar symptoms may cause doctors to make wrong diagnoses. He also addressed reports that cases of influenza plummeted by 98% across the globe. He recommended that patients contact their doctor via email or phone if they suspect they have the coronavirus, to avoid spreading it in waiting rooms or emergency rooms.

Then, more than 12,000 Americans are on the waiting list for a liver transplant. And, 1 in 5 of those on the national waiting list will die or become too sick before an organ becomes available. Dr. Timucin Taner, a Mayo Clinic transplant surgeon, discussed Mayo Clinic's efforts to expand living liver donation program, and how you can become an organ donor.

Plus, a look at a fascinating breakthrough from John's Hopkins Medicine researchers to treat dangerous swelling of the brain. Dr. Chad Gordon, Director of Neuroplastic and Reconstructive Surgery at Johns Hopkins, said there are nearly 70,000 hydrocephalus operations performed annually.

Med Clinic Radio, weekend of 4/23-24

Date aired: 04/23/22

39:25

Research from Michigan State University shows that most mental health patients can benefit from regular exercise, improving their mood and reducing anxiety. We talked with Carol Janney, an MSU assistant professor of epidemiology, to learn how people struggling with mental health challenges can take full advantage of these benefits.

Then, women's healthcare often focuses on breast health and gynecological health. But *integrative* health care for women encompasses a much wider range of issues. We learned the facts from Dr. Jackie Thielen, an internal medicine physician with the Women's Health Specialty Center at Mayo Clinic in Florida.

Plus, a look at research from Dr. Shujing Sun from The University of Texas at Dallas that examined how the use of telemedicine in emergency rooms--even for things as serious as a stroke---can improve care and reduce ER congestion.

Med Clinic Radio, weekend of 4/30-5/1**Date aired: 04/30/22****39:25**

While COVID-19 has been the focus of so much attention over the past year, the opioid crisis has continued, as more than 40 states have reported increases in opioid related deaths. Dr. Tyler Oesterle, a psychiatrist and addiction expert at Mayo Clinic, discussed opioid use disorders and treatment options, including virtual medicine available during the pandemic.

Then, more than 12,000 Americans are on the waiting list for a liver transplant. And, 1 in 5 of those on the national waiting list will die or become too sick before an organ becomes available. Dr. Timucin Taner, a Mayo Clinic transplant surgeon, discussed Mayo Clinic's efforts to expand living liver donation program, and how you can become an organ donor.

Plus, a look at a fascinating breakthrough from John's Hopkins Medicine researchers to treat dangerous swelling of the brain. Dr. Chad Gordon, Director of Neuroplastic and Reconstructive Surgery at Johns Hopkins, said there are nearly 70,000 hydrocephalus operations performed annually.

Med Clinic Radio, weekend of 5/07-08**Date aired: 05/07/22****39:25**

People with coronary artery disease are often prescribed a statin, the cholesterol-lowering drug that reduces the risk of a heart attack or stroke. But are statins used enough, and why do some patients refuse to take them? We talked to Dr. Francisco Lopez-Jimenez, a preventive cardiologist from Mayo Clinic to find out.

Plus, HPV is the most common cause of cervical cancer. Dr. Kristina Butler, a gynecologic oncologist and co-chair of the Gynecologic Disease Group at Mayo Clinic Cancer Center, talked about good cervical health and the importance of the HPV vaccine for protection.

And, each year, thousands of young people are prescribed opioids for pain relief after having their wisdom teeth removed. Are they at risk of opioid addiction? We got the facts from Alan Schroeder, Clinical Professor of Pediatrics at Stanford University.

Med Clinic Radio, weekend of 5/14-15**Date aired: 05/14/22****39:25**

You've heard the COVID mantras over and over: wear a mask, social distance, stay at home. This week, we talked to Dr. Jim Merlino from the Cleveland Clinic for some practical advice you've probably never heard, that goes well beyond the general instructions.

Then, eating disorders are already complex medical issues, but how has the COVID-19 pandemic created additional challenges? We learned the answer from Dr. Leslie Sim, a Mayo Clinic psychologist.

And, even before the pandemic, America was struggling with an epidemic of anxiety issues, including PTSD. We learned techniques from psychotherapist Laurie Nadel that may help those suffering from mental trauma.

Med Clinic Radio, weekend of 5/21-22

Date aired: 05/21/22

39:25

Women face a 20 percent greater chance than men of dying in the years after a heart attack. We talked with Dr. Justin Ezekowitz, Professor, Division of Cardiology and Director of Cardiovascular Research at the University of Alberta to discuss his study that found that while the gender gap is improving, there is still a long way to go.

Then, knee pain is a very common problem that can have many causes, but one common reason is damage to the cartilage. We talked with Dr. Daniel Saris, an orthopedic surgeon at Mayo Clinic, to learn about a cutting-edge regenerative medicine approach to treating knee cartilage damage.

And, Americans, particularly young adults, have traded Marlboros and Newports for Jewel pods and vape pens. Ana Maria Rule, PhD, MHS, an assistant scientist in the Johns Hopkins Bloomberg School of Public Health Department of Environmental Health and Engineering, explained why vaping poses the greatest health risks to teenagers.

Med Clinic Radio, weekend of 5/28-29

Date aired: 05/28/22

A third of the US population suffers from frequent heartburn or a condition known as GERD. This week, we talked to Andrew Chan, MD, a gastroenterologist from Harvard Medical School and Massachusetts General Hospital, who said if you suffer from acid reflux, five diet and lifestyle changes may help.

Then, while testicular cancer is relatively rare, it is the most common cancer in American males ages 15 to 35. We talked with Dr. Matthew Ziegelmann, a Mayo Clinic urologist, to learn about the diagnosis and treatment of testicular cancer.

And, activities like walking are often recommended to reduce high blood pressure. University of Saskatchewan kinesiology professor Dr. Phil Chilibeck found an activity even more effective than walking for lower blood pressure.

Med Clinic Radio, weekend of 6/04-05

Date aired: 06/04/22

One American dies every 36 seconds from cardiovascular disease. This week, a conversation with well-known physician and researcher Dr. Dean Ornish, for lifestyle tips that may prevent or even reverse heart disease.

Then, approximately 1.5% of adults will be diagnosed with leukemia at some point during their lives, according to the National Cancer Institute. Dr. James Foran, chair of the Acute Leukemia and Myeloid Neoplasms Disease Group at Mayo Clinic Cancer Center, joined us to outline the different types of leukemia, plus signs, symptoms, and treatments.

And, could government orders to wear face masks lead to more infections? Dr. Eline van den Broek-Altenburg, Assistant Professor and Vice-Chair for Population Health Science in the Department of Radiology at the University of Vermont Medical Center said that proper public education on the use and effectiveness of masks is key.

Med Clinic Radio, weekend of 6/11-12

Date aired: 06/11/22

39:25

In 2020, an estimated 1.8 million new cases of cancer were diagnosed in the United States. This week, we talked with Eric Klein, MD, Chairman of the Cleveland Clinic's Glickman Urological and Kidney Institute, who was the co-investigator in a study that found a new blood test that can detect more than 50 types of cancer, even before any signs or symptoms appear.

Then, we heard from Dr. Jeffrey Britton, a neurologist and chair of the Division of Epilepsy at Mayo Clinic and one of his patients, Eric Berg, who found relief from epileptic seizures, thanks to a remarkable new treatment.

And, nearly ten percent of Americans have some form of diabetes. We talked with Jason Fung, MD, author of "The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally," to learn about the most common causes behind this epidemic and how dietary changes and weight loss can often eliminate it.

Med Clinic Radio, weekend of 6/18-19

Date aired: 06/18/22

39:25

Nearly 20% of American youngsters, aged 2 to 19, have untreated tooth decay. This week, we talked with Dr. Kami Hoss, a pediatric orthodontist from the UCLA School of Dentistry, for advice every parent needs to hear.

Then, skin cancer has become the most common form of cancer in the US. If it is on the face, the cancer sometimes leaves a patient with deformities. Dr. Brittany E. Howard, a Mayo Clinic

otolaryngologist, and head and neck surgeon, discussed a fascinating reconstructive surgical technique that can help.

And, 37 million Americans report some level of hearing loss. Dr. Angelika Doetzlhofer, an associate professor of neuroscience at the Johns Hopkins University School of Medicine, talked about innovative research from Johns Hopkins, that might one day lead to the restoration of damaged hearing.

Med Clinic Radio, weekend of 6/25-26

Date aired: 06/25/22

39:25

Diabetes affects nearly 1 in 10 American adults. We talked to Rozalina McCoy, M.D., a primary care physician and endocrinologist at Mayo Clinic, who said there's a fine line between *enough* treatment and *too much*, in the effort to control blood sugar. She recommends customized treatment regimens, tailored to each individual patient.

Then, the American Heart Association recently released a new scientific statement, stressing the importance of the connection between mind and body. We learned about the most dangerous negative psychological health conditions, from Glenn N. Levine, M.D., FAHA, master clinician and professor of medicine at Baylor College of Medicine, chief of the cardiology section at the Michael E. DeBakey VA Medical Center, who was chair of the writing committee for the Scientific Statement.

And, could a computer match or even outperform a human physician in diagnosing illnesses? Ateev Mehrotra, MD, MPH, Associate Professor of Health Care Policy, Department of Health Care Policy, Harvard Medical School; Associate Professor of Medicine and Hospitalist, Beth Israel Deaconess Medical Center, led a study to find out.