

**2018-Q4 (October-December) Radio Health Journal Quarterly Report
Compliance Issues covered this quarter:**

Adoption	Human development
Aging	Infectious disease
Air pollution	Insurance
American society and culture	Medical ethics
Business and industry	Mental health
Child abuse and neglect	Nutrition
Child welfare system	Obesity
Climate change	Online fraud
Consumerism	Pets and people
Dementia	Police and justice system
Disabilities	Pop culture
Discrimination	PTSD
Drug abuse and enforcement	Public health
Economics	Public safety
Education	Research and development
Elderly and senior citizens	Science and engineering
Employment and unemployment	Technology
Environmental issues	Traffic safety
Family and parenting issues	Treatment and prevention
Food Safety	Veteran's issues
Government and regulation	Youth at risk
Health care	Women's issues
Housing	Workplace issues

Program Log for *Radio Health Journal*

Program	18-40	Producers	Reed Pence, Ariana Kraft
Air Week	10/7 – 10/13/2018	Production Director	Jason Dickey
Time	Segment		Dur.
2:01	SEGMENT 1: HEALTH CRISES AND FINANCIAL DISASTER		12:48
Synopsis: Medical bills have long been labeled the number one cause of bankruptcy in the US. A recent study has examined how medical crises produce personal financial disaster. Researchers say for the uninsured, medical bills are, indeed, a heavy burden. But for both insured and uninsured, illness or injury can cause disruption of employment that may linger for years, and from which family finances may never recover. Experts discuss causes and possible solutions to the problem.			
Host: Reed Pence. Guests: Dr. David Himmelstein, Distinguished Prof. of Public Health, City Univ. of New York at Hunter College; Dr. Matthew Notowidigdo, Assoc. Prof. of Economics & Strategy, Northwestern Univ.			
Compliance issues covered: health care; economics; employment and unemployment; insurance; consumerism			
Links for more information: https://www.commonwealthfund.org/person/david-u-himmelstein ; https://www.ipr.northwestern.edu/faculty-experts/fellows/notowidigdo.html			
15:51	SEGMENT 2: POLYAMINES		6:59
Synopsis: Researchers have discovered a variety of components in foods that are essential to health but are low in quantity in most diets. One of these is a set of compounds called polyamines. Researchers explain what they are, how they work, and how people can replace those that are needed in the diet.			
Host: Nancy Benson. Guests: Rick Bendera, Pres. And CEO, Nokomis Research; Dr. Brazos Minshew, Naturopath, Austin TX			
Compliance issues covered: consumerism; nutrition			
Links for more information: https://skytreenaturals.com/press-kit-quotations-and-reviews/ ; http://soyoungamerica.com/?p=573			

Program Log for *Radio Health Journal*

Program	18-41	Producers	Ariana Kraft, Reed Pence
Air Week	10/14 – 10/202018	Production Director	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: DEMENTIA IN WOMEN	12:26	
<p>Synopsis: About two-thirds of people with dementia in the United States are women, and researchers are discovering it's not just because they live longer. Reproductive history also plays a role. Scientists are focusing on the role of estrogen as a potential protective factor against Alzheimer's disease. Several who are involved in this research explain.</p>			
<p>Host: Reed Pence. Guests: Dr. Rachel Whitmer, Prof. of Epidemiology, Univ. of California-Davis; Dr. Heather Snyder, Senior Director, Medical and Scientific Operations, Alzheimer's Assn.; Dr. Pauline Maki, Prof. of Psychiatry and Psychology, Univ. of Illinois-Chicago</p>			
<p>Compliance issues covered: health care; women's issues; aging, elderly and senior citizens</p>			
<p>Links for more information: https://profiles.ucsf.edu/rachel.whitmer; https://www.alz.org/press/spokespeople/heather_m_snyder_ph_d; https://crwg.uic.edu/crwg-home/crwg-staff/pauline-maki-phd/</p>			
15:30	SEGMENT 2: HOMESICKNESS	7:35	
<p>Synopsis: What we now call "homesickness" used to be a medical diagnosis called "nostalgia," and it was considered life-threatening. Today many people consider homesickness to be a childish emotion, but an expert says it's nothing to be ashamed of. We all suffer from it sometime and need to know how to cope.</p>			
<p>Host: Nancy Benson. Guests: Dr. Susan Matt, Prof. of History, Weber State Univ.; Dr. Chris Willard, Lecturer in Psychology, Harvard Medical School</p>			
<p>Compliance issues covered: mental health; American society and culture</p>			
<p>Links for more information: https://global.oup.com/academic/product/homesickness-9780195371857?cc=us&lang=en&; http://drchristopherwillard.com</p>			

Program Log for *Radio Health Journal*

Program	18-42	Producers	Reed Pence, Ariana Kraft
Air Week	10/21 – 10/27/2018	Production Director	Jason Dickey
Time	Segment	Dur.	
2:03	SEGMENT 1: DOCTORS' OBESITY BIAS	13:08	
Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.			
Host: Reed Pence. Guests: Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues			
Compliance issues covered: health care; public health; discrimination; obesity; education			
Links for more information: http://www.uconnruddcenter.org/faulty-and-staff-rebecca-puhl ; http://www.yalegriffinprc.org ; http://bodyimagehealth.org			
16:13	SEGMENT 2: GETTING RID OF THOSE OLD STYLE HOSPITAL GOWNS	6:45	
Synopsis: Surveys show that hospital gowns are one of the things that most makes a hospital stay unpleasant. Finally hospitals may be moving to get rid of the old style gowns toward a less revealing, more dignified design that is still functional for healthcare workers. Experts discuss.			
Host: Nancy Benson. Guests: Chat Razdan, co-founder and CEO, Care and Wear garment maker; Dr. Deborah Mullen, Assoc. Prof. of Health Care Administration, Univ. of Tennessee-Chattanooga and consultant, Health Partners-Park Nicollet Health System			
Compliance issues covered: health care; consumerism			
Links for more information: https://www.careandwear.com/pages/our-team https://www.utc.edu/college-business/profiles/management/rpp348.php			

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Program Log for *Radio Health Journal*

Program	18-43	Producer	Reed Pence
Air Week	10/28 – 11/3/2018	Production Director	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: EXPLODING MYTHS ABOUT THE FLU AND FLU VACCINES		12:40
Synopsis: About 40 percent of eligible people have been vaccinated against the flu in recent years, but many more might do so were it not for persistent myths about the disease and its vaccine. For example, a new survey shows that more than half of parents believe the flu shot can cause the flu. Experts explain why those myths aren't true and set the record straight.			
Host: Reed Pence. Guests: Dr. William Schaffner, Prof. of Preventive Medicine & Infectious Diseases, Vanderbilt Univ. School of Medicine; Dr. Jean Moorjani, pediatric hospitalist, Arnold Palmer Children's Hospital, Orlando, FL; Dr. Michael Deem, Prof. of Bioengineering, Physics & Astronomy, Rice Univ.			
Compliance issues covered: health care; public health; infectious disease; youth at risk; senior citizens			
Links for more information: https://www.vumc.org/health-policy/person/william-schaffner-md ; https://www.arnoldpalmerhospital.com/physician-finder/jean-siri-moorjani-md ; https://bioengineering.rice.edu/people/faculty/michael_deem			
15:44	SEGMENT 2: NARCOLEPSY AND CATAPLEXY		8:18
Synopsis: Sleep disorders can be difficult to diagnose and treat. A science journalist discusses his efforts to overcome narcolepsy, which produces extreme daytime sleepiness, and cataplexy, which produces instant sleep-like paralysis, as well as the science behind sleep disorders.			
Host: Nancy Benson. Guest: Henry Nicholls, author, <i>Sleepyhead: The Neuroscience of a Good Night's Sleep</i>			
Compliance issues covered: health care; consumerism			
Link for more information: http://henrynicholls.com/sleepyhead/			

Program Log for *Radio Health Journal*

Program	18-44	Producer	Reed Pence
Air Week	11/4 - 11/10/18	Production Director	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: THE PSYCHOLOGY OF ADOPTED PEOPLE	12:40	
<p>Synopsis: People who are adopted have more psychological problems than others, yet they also tend to have other psychological strengths. Experts, both themselves also adoptees, discuss the roots and outcomes of these issues as adopted children grow up.</p>			
<p>Host: Reed Pence. Guests: Dr. Stephen Betchen, Clinical Asst. Prof. of Psychology, Thomas Jefferson Univ., Sr. Supervisor, Council for Relationships and author, <i>Magnetic Partners</i>; Dr. Joyce Maguire Pavao, adoption consultant and Lecturer in Psychiatry, Harvard Medical School</p>			
<p>Compliance issues covered: youth at risk; parenting issues; adoption; human development</p>			
<p>Links for more information: http://www.pavaoconsulting.com/Site/Dr._Joyce_Maguire_Pavao.html; http://www.stephenbetchen.com</p>			
14:21	SEGMENT 2: THE SURPRISING IMPORTANCE OF TICKLING	7:37	
<p>Synopsis: Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling.</p>			
<p>Host: Nancy Benson. Guests: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, <i>Touch: The Science of Hand, Heart and Mind</i>; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, <i>Curious Behavior: Yawning, Laughing, Hiccuping, and Beyond</i></p>			
<p>Compliance issues covered: science and culture; human development</p>			
<p>Links for more information: http://davidlinden.org/bio/; http://provine.umbc.edu</p>			

Program Log for *Radio Health Journal*

Program	18-45	Producer	Reed Pence, Heather Muno
Air Week	11/11 – 11/17/2018	Production Director	Jason Dickey
Time	Segment	Dur.	
2:01	SEGMENT 1: MDMA FOR PTSD	12:19	
<p>Synopsis: People suffering from post-traumatic stress disorder often can't face their trauma, which is necessary for psychotherapy to work. It is a big reason PTSD is so difficult to treat. Scientists are leading clinical trials into the use of the banned drug MDMA in connection with therapy to help break this hurdle, and the results so far have been outstanding in curing PTSD.</p>			
<p>Host: Reed Pence. Guests: Dr. Michael Mithoefer, Clinical Asst. Pprof. Of Psychiatry, Medical Univ. of South Carolina and Medical Director, MAPS Public Benefit Corporation clinical trials; Charlotte Harrison, Senior Clinical Research Associate, MAPS Public Benefit Corporation</p>			
<p>Compliance issues covered: veterans issues; disability; mental health; drug abuse and enforcement</p>			
<p>Links for more information: https://maps.org; https://maps.org/news/bulletin/articles/427-bulletin-winter-2017/6957-the-faces-of-phase-3-principal-investigators-in-maps'-clinical-trials-of-mdma-assisted-psychotherapy-for-ptsd</p>			
15:22	SEGMENT 2: LEPROSY IN THE MODERN ERA	7:34	
<p>Synopsis: Thanks in part to its Biblical past, the disfiguring disease leprosy carries more stigma than most diseases. We hear little about it today, but it still exists, and because it's now treatable, often the stigma is worse than the disease. An expert discusses.</p>			
<p>Host: Nancy Benson. Guest: Dr. David Scollard, Director, National Hansen's Disease Program</p>			
<p>Compliance issues covered: health care; public health</p>			
<p>Links for more information: http://www.hrsa.gov/hansensdisease/</p>			

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Program Log for *Radio Health Journal*

Program	18-46	Producers	Reed Pence, Polly Hansen
Air Week	11/18 – 11/24/2018	Production Director	Jason Dickey
Time	Segment	Dur.	
2:01	SEGMENT 1: REPORTING “BAD PARENTS”	12:57	
<p>Synopsis: Just about anyone can report a parent to a child abuse hotline. It’s meant to protect children, but all too often, parents are reported when no abuse or neglect exists in order to retaliate for a divorce or some other grievance. And though the world is actually safer for children than it used to be, some parents are reported for merely letting children play outside or walk to school without an adult in attendance, what was once thought of as normal. Some activists say this robs children of independence. An expert and a woman who went through an unjustified child abuse investigation discuss.</p>			
<p>Host: Reed Pence. Guests: Corey Widen, mother reported to child abuse hotline, Wilmette, IL; Rachel Ruttenberg, Exec. Dir., Family Defense Center, Chicago</p>			
<p>Compliance issues covered: youth at risk; child abuse and neglect; child welfare system; police and justice system; child safety and public safety; family issues</p>			
<p>Links for more information: https://www.familydefensecenter.net/about-us/staff</p>			
16:00	SEGMENT 2: EMOTIONAL SUPPORT ANIMALS	6:55	
<p>Synopsis: A woman who suffered abuse as a child describes the mental health benefits of owning a dog, and an expert on the Americans with Disabilities Act discusses requirements for emotional support animals.</p>			
<p>Host: Nancy Benson. Guests: Julie Barton, author, <i>Dog Medicine: The Unbreakable Bond Between One Woman and the Dog That Saved Her Life</i>; Vinh Nguyen, Project Director, Southwest ADA Center at TIRR Memorial Hermann, Houston.</p>			
<p>Compliance issues covered: disabilities; mental health issues; pets and people; housing issues</p>			
<p>Links for more information: https://byjuliebarton.com http://tirr.memorialhermann.org/research/independent-living-and-community-integration/</p>			

Program Log for *Radio Health Journal*

Program	18-47	Producer	Reed Pence, Ariana Kraft
Air Week	11/25 – 12/1/2018	Production Director	Jason Dickey
Time	Segment	Dur.	
2:01	SEGMENT 1: SCHOOL BASED MENTAL HEALTH	12:02	
Synopsis: Schools would be a good place for programs to screen for mental health issues in students, and to educate about mental health to lessen the pervasive stigma. Some states are making programs mandatory, but elsewhere schools and personnel may resist, seeing mental health as outside the normal role of teachers. Experts discuss how inventive programs are overcoming obstacles.			
Host: Reed Pence. Guests: Dr. Kimberly Kendziora, Managing Researcher, American Institutes for Research; Dr. Michael Murphy, psychologist, Massachusetts General Hospital and Assoc. Prof. of Psychology, Harvard Medical School			
Compliance issues covered: youth at risk; education; mental health			
Links for more information: https://www.air.org/person/kimberly-t-kendziora ; http://www.michaelmurphypsychologies.com/aboutme.html			
14:05	SEGMENT 2: OPEN OFFICES	7:42	
Synopsis: Companies instituting open offices without walls often claim they improve collaboration and interaction. Studies now show that the opposite is true—that workers put on headphones and interact via email rather than in person in order to shut out distractions and stress. Experts discuss.			
Host: Nancy Benson. Guests: Dr. Ethan Bernstein, Assoc. Prof. of Leadership and Organizational Behavior, Harvard Business School; Ashley Dunn, Director of Workplace, Dyer Brown Architects, Boston			
Compliance issues covered: employment and workplace issues			
Links for more information: https://www.hbs.edu/faculty/Pages/profile.aspx?facId=17441 ; http://dyerbrown.com/team/ashley-dunn			

Program Log for *Radio Health Journal*

Program	18-48	Producer	Reed Pence, Polly Hansen
Air Week	12/2 – 12/8/2018	Production Director	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: FUNGAL SINUSITIS	11:59	
Synopsis: Many people who have chronic recurrent sinusitis may have an allergic reaction to fungi rather than a bacterial infection. Treatments for the two are completely different, and in some cases, fungal sinusitis can be life threatening. Two experts and a patient explain.			
Host: Reed Pence. Guests: Erin Porter, fungal sinusitis patient and founder, EatPrayGetWell.com; Dr. Donald Dennis, ear, nose & throat surgeon, Atlanta; Dr. Joseph Han, Prof. of Otolaryngology-Head & Neck Surgery, Eastern Virginia Medical School			
Compliance issues covered: consumerism; health care; air pollution and environment			
Links for more information: https://eatpraygetwell.com ; http://www.sinusitiswellness.com/donald-p-dennis-m-d-f-a-c-s-bio/ ; http://www.evms.edu			
15:03	SEGMENT 2: DROWNING: IMPLICIT BIASES IN SCIENCE	7:35	
Synopsis: Most people think of science as fact-based and not as subject to bias as the rest of the world. However, studies show that gender bias is rampant in science, and that women are not taken as seriously as men, even with identical qualifications. Experts discuss the problem and possible solutions.			
Host: Nancy Benson. Guests: Dr. Hannah Valentine, Chief Officer for Scientific Workforce Diversity, National Institutes of Health, and Senior Investigator, National Heart, Blood and Lung Institute; Dr. Nancy Hopkins, Prof. of Biology Emeritus, Massachusetts Institute of Technology			
Compliance issues covered: employment discrimination; employment and workplace issues			
Links for more information: https://www.nhlbi.nih.gov/node/84069 ; https://biology.mit.edu/profile/nancy-hopkins/ ; https://implicit.harvard.edu/implicit/			

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Program Log for *Radio Health Journal*

Program	18-49	Producer	Reed Pence
Air Week	12/9 – 12/15/2018	Production Director	Jason Dickey
Time	Segment	Dur.	
2:04	SEGMENT 1: ICU INEFFICIENCY	12:26	
<p>Synopsis: With monitors surveying every part of patients’ bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU’s are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU’s could be improved to save lives.</p>			
<p>Host: Reed Pence. Guests: Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN</p>			
<p>Compliance issues covered: health care; technology; science and engineering; economics; business and industry</p>			
<p>Links for more information: http://www.hopkinsmedicine.org/armstrong_institute/about/peter_pronovost.html; http://www.mayo.edu/research/faculty/pickering-brian-w-m-b-b-ch/bio-00096469</p>			
15:32	SEGMENT 2: PARTY FOOD SAFETY	7:21	
<p>Synopsis: During the holidays, party foods are a prime source of food-borne illness. Two food scientists discuss common ways foods become contaminated, some of the myths of food contamination, and ways to keep foods safe when you have guests to protect.</p>			
<p>Host: Nancy Benson. Guests: Dr. Brian Sheldon, Prof. Emeritus of Food Microbiology, North Carolina State Univ. and co-author, <i>Did You Just Eat That?</i> Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Sciences, Clemson Univ. and co-author, <i>Did You Just Eat That?</i></p>			
<p>Compliance issues covered: public health; food safety</p>			
<p>Links for more information: http://books.wwnorton.com/books/Did-You-Just-Eat-That/</p>			

Program Log for *Radio Health Journal*

Program	18-50	Producer	Reed Pence
Air Week	12/16 – 12/22/2018	Production Director	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: THE GOOD AND BAD OF MEDICAL CROWDFUNDING		12:15
Synopsis: Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who've fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment. Experts discuss these issues and the need for regulation.			
Host: Reed Pence. Guests: Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell			
Compliance issues covered: health care; consumerism; consumer protection; online fraud; federal government and regulation; medical ethics			
Links for more information: https://www.sfu.ca/fhs/people/profiles/jeremy-snyder.html ; https://med.nyu.edu/faculty/arthur-l-caplan ; https://www.uwb.edu/nhs/facultyandstaff/faculty/nkenworthy			
15:19	SEGMENT 2: AVOIDING FOOD WASTE		7:35
Synopsis: During the holidays, leftovers from gatherings and parties may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste.			
Host: Nancy Benson. Guest: Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Mideast			
Compliance issues covered: public health; food safety; environment; consumerism			
Links for more information: https://www.nationaldairycouncil.org/our-story/local-dairy-council/ohio			

Program Log for Radio Health Journal

Program	18-51	Producer	Reed Pence
Air Week	12/23 – 12/29/2018	Production Director	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: AMNESIA		12:22
Synopsis: It's a rare thing for people to lose their memory of past events. An expert discusses why doctors believe it may occur, and a woman to whom it happened recounts her experience.			
Host: Reed Pence. Guests: Naomi Jacobs, amnesia victim and author, <i>Forgotten Girl</i> ; Dr. Jason Brandt, Prof. of Psychiatry and Neurology, Johns Hopkins Univ. School of Medicine			
Compliance issues covered: health care; family issues; pop culture			
Links for more information: http://www.iwokeupinthefuture.com ; http://www.hopkinsmedicine.org/profiles/results/directory/profile/0009953/jason-brandt			
15:26	SEGMENT 2: LITTLE PEOPLE, DISABILITY AND THE PROSPECT OF “CURE”		7:41
Synopsis: Many people with dwarfism also face skeletal abnormalities which can lead to disability. Experts, and little people themselves, discuss major causes of dwarfism, the hurdles they create, the struggle for respect, and the prospect of treatments that could one day make little people much more rare.			
Host: Nancy Benson. Guests: Dr. Jennifer Arnold, co-star, TLC's <i>The Little Couple</i> and co-author, <i>Think Big</i> ; Ericka Okenfuss, licensed genetic counselor, Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago			
Compliance issues covered: health care; disabilities; youth at risk; parenting issues; discrimination			
Links for more information: https://www.lpaonline.org/ ; http://jenniferarnoldmd.com			

Program Log for *Radio Health Journal*

Program	18-52	Producer	Reed Pence
Air Week	12/30 – 1/5/2019	Production Director	Jason Dickey
Time	Segment		Dur.
2:03	SEGMENT 1: SMART ROADS		12:55
Synopsis: In the near future, cars will be able to provide data as well as receive it, and a variety of methods are being researched to tap into this. Experts explain how cars can communicate with roads, traffic signals and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer.			
Host: Reed Pence. Guests: Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder and CEO, Integrated Roadways Co.			
Compliancy issues covered: technology; traffic safety; public safety and police; economics			
Links for more information: https://smartregionsconference2018.sched.com/speaker/andrew_bremer.1yltrq28; http://integratedroadways.com/#Team			
16:00	SEGMENT 2: EPILEPSY MYTHS		6:53
Synopsis: Epilepsy affects 3.5 million Americans, yet stigma prevents many from speaking out, which in turn prolongs the stigma. An award-winning writer who has epilepsy describes the discrimination faced by people with seizure disorders and dispels the many myths many people hold about them.			
Host: Nancy Benson. Guest: Kurt Eichenwald, author, <i>A Mind Unraveled</i>			
Compliancy issues covered: health care; disabilities; discrimination			
Links for more information: https://www.nytimes.com/2018/10/15/books/review/kurt-eichenwald-mind-unraveled.html			