

Health Public File May 2014

Date=5/1/2014

Time=4:47

Slug=SLEEP STUDY

SLEEP DEPRIVATION IS A HUGE PROBLEM FOR SO MANY OF US. AND FOR SOME, TOO MUCH CAN BE AN ISSUE AS WELL. NOW, NEW RESEARCH LED BY BRIGHAM AND WOMEN'S HOSPITAL SHOWS THE AMOUNT OF SLEEP YOU GET CAN AFFECT YOUR MEMORY. I SPOKE WITH DR. ELIZABETH DEVORE ABOUT THIS EARLIER ON THE FOX 25 NEWS AT FIVE.

Date=5/6/2014

Time=3:30

Slug=FOX MEDICAL

THERE'S A NEW STUDY LINKING TAKING CHOLESTEROL DRUGS TO GAINING WEIGHT. BUT IT'S NOT THE DRUGS THAT ARE CAUSING THE WEIGHT GAIN. FOX MEDICAL TEAM'S DR. MIKE IS HERE. SO DR. MIKE, IS IT OK TO TAKE YOUR ZOCOR AND HAVE YOUR CAKE TOO?

Date=5/6/2014

Time=4:00

Slug=RAPID WEIGHT LOSS

MEMORIAL DAY IS ROUGHLY A MONTH AWAY. MANY OF US ARE NOT FEELING EVEN CLOSE TO SUMMER SHAPE READY. YOU COULD SAY THERE'S A "METABOLISM SOLUTION." THAT'S THE NAME OF A NEW BOOK BY FITNESS EXPERT LISA LYNN WHO SAYS THERE ARE FOUR METABOLISM MUST-HAVES FOR QUICK WEIGHT LOSS AT ANY AGE.

Date=5/7/2014

Time=4:00

Slug=MOODY MOMS

NEW MOM ARE OFTEN OVERWHELMED. THE RANGE OF EMOTIONS HAS A LOT TO DO WITH HORMONE LEVELS, WHICH DRASTICALLY IMPACT MOOD. AND THEN IT HITS US AGAIN IN MID-LIFE, WHEN HORMONE IMBALANCE CAN BE AN ISSUE. SITUATIONS ONCE HANDLED WITH EASE, CAN LEAVE US FEELING ANXIOUS, OVERWHELMED, AND IRRITABLE. SO, WHAT'S A MOODY MOM TO DO? JOINING ME IS SARA CHANA SILVERSTEIN, HERBALIST, HOMEOPATH, AND AMONG OTHER THINGS-- MOTHER OF SEVEN CHILDREN.

Date=5/8/2014

Time=4:00

Slug=GOOD FAT

IT'S A FAT THAT SOME RESEARCHERS SAY IS SPECIAL. IT'S KIND OF FAT THAT CAN MAKE YOU THIN. DR. MARCUS COOPER IS FROM UMASS MEDICAL SCHOOL CARDIOLOGIST AND IS AN OBESITY RESEARCHER. HE SAYS IT COULD HELP YOU LOSE WEIGHT AND FIGHT DIABETES.

Date=5/8/2014
Time=5:07
Slug=DNA AND CANCER

YOUR RISK FOR DEVELOPING CANCER, AND WHAT WOULD WORK BEST TO FIGHT IT, COULD LIE IN YOUR DNA. I HAD THE CHANCE TO TALK TO THE AUTHOR OF A NEW STUDY AT LEONA SAMPSON'S LAB AT MIT ABOUT A NEW WAY OF TRACKING YOUR BODY'S ABILITY TO REPAIR ITSELF.

Date=5/13/2014
Time=4:00
Slug=FOX MEDICAL

A DEADLY VIRUS IS CAUSING AN INTERNATIONAL HEALTH ALERT THIS MORNING. U-S OFFICIALS ARE WARNING OF ANOTHER PATIENT INFECTED WITH MERS, OR MIDDLE EAST RESPIRATORY SYNDROME. AND THE NEW PATIENT SPENT SOME TIME IN BOSTON. THE FOX MEDICAL TEAM'S DOCTOR JO JOINS US LIVE FROM TAMPA THIS MORNING WITH MORE.

Date=5/13/2014
Time=4:00
Slug=RED WINE AND CHOCOLATE

THAT'S PAUL GIAMATTI'S CHARACTER IN SIDEWAYS. AND FOR A LOT OF PEOPLE, WINE IS THAT DAILY INDULGENCE THEY WOULD LOATHE TO GIVE UP. WE'RE ALWAYS HEARING ABOUT THE BENEFITS OF WINE. BUT NEW RESEARCH IS CALLING ALL OF THAT INTO QUESTION. JOAN SALGE BLAKE IS A REGISTERED DIETITIAN AND ASSOCIATE PROFESSOR OF NUTRITION AT B-U, LIVE AT OUR BEACON HILL STUDIO TO TALK ABOUT THIS.

Date=5/15/2014
Time=4:00
Slug=WEIGHT LOSS TWITTER

HOPING TO LOSE A FEW POUNDS BY SUMMER? TWEETS MIGHT HELP. RESEARCHERS AT UMASS MEDICAL SCHOOL CONDUCTING A STUDY THAT FOUND TWITTER CAN BE A GREAT SUPPORT SYSTEM. DR. SHERRY PAGOTO WITH UMASS MEDICAL SCHOOL CONDUCTED THE STUDY AND IS JOINING US WITH MORE ON THE RESULTS.

Date=5/16/2014
Time=6:25
Slug=STEPPING OUT

ALCOHOLISM CAN TAKE A SERIOUS TOLL ON THE MIND AND BODY, AND STAYING SOBER CAN BE DIFFICULT. BUT STOPPING COLD TURKEY MAY NOT BE THE ONLY WAY TO STAY ON TRACK. THIS MORNING SARA UNDERWOOD TAKES A LOOK AT A SURPRISING NEW TACTIC.

Date=5/16/2014

Time=2:25
Slug=MGH ARM RE-ATTACH

HE LOST HIS ARM TO A PASTA MACHINE AT WORK. BUT MIRACLE WORKERS AT MASS GENERAL WERE ABLE TO SAVE IT. AND TODAY THAT NEW YORK TEENAGER AND THE DOCTORS WHO HELPED HIM SHARED THEIR STORY. HERE'S FOX 25'S SORBONI BANERJEE.

Date=5/19/2014
Time=4:00
Slug=APPETITE CONTROL

ONE OUT OF THREE AMERICANS IS OBESE. ANOTHER THIRD ARE OVERWEIGHT. MANY OF US MOVE FROM DIET TO DIET, BUT FEW LOSE WEIGHT AND KEEP IT OFF. BUT-- A LOCAL DOCTOR BELIEVES THE ANSWER TO APPETITE CONTROL LIES WITH CHANGING YOUR BIOCHEMISTRY. DR. JIM GREENBLATT, CHIEF MEDICAL OFFICER OF WALDEN BEHAVIORAL CARE IN WALTHAM & AUTHOR OF "ANSWERS TO APPETITE CONTROL" IS HERE WITH ME.

Date=5/19/2014
Time=3:30
Slug=GLUTEN SENSITIVITY

GLUTEN IS THE SCOURGE OF THE DIET WORLD. ELIMINATE IT, SOME SAY, AND SAY "HELLO" TO BETTER SKIN, IMPROVED DIGESTION, AND A SLIMLINE LOOK. BUT NEW RESEARCH QUESTIONS THE REALITY OF CERTAIN GLUTEN SENSITIVITY--AND WHETHER IT EXISTS AT ALL. JOAN SALGE BLAKE, REGISTERED DIETITIAN AND NUTRITION PROFESSOR AT BOSTON UNIVERSITY, SHOULD WE BRING BACK THE BREAD??

Date=5/20/2014
Time=7:05
Slug=A CRY FOR HELP

FOX UNDERCOVER IS PUTTING A HUMAN FACE ON A PUBLIC HEALTH EMERGENCY, AND RAISING QUESTIONS ABOUT WHETHER THE STATE ACTUALLY CONTRIBUTED TO THE DEATH OF A HEROIN ADDICT. THOUSANDS OF FAMILIES TURN TO THE STATE AS A LAST RESORT, AND ASK JUDGES TO FORCE ADDICTED LOVED ONES INTO TREATMENT PROGRAMS. BUT MORE THAN A QUARTER OF THEM HAVE BEEN TURNED AWAY. INVESTIGATIVE REPORTER MIKE BEAUDET WANTS TO KNOW IF A JUDGE IGNORED A FAMILY'S CRY FOR HELP.

Date=5/26/2014
Time=4:00
Slug=FOLIC ACID

IT'S A KEY VITAMIN THAT WOMEN PLANNING TO HAVE BABIES SHOULD TAKE. WE'RE TALKING ABOUT VITAMIN B OR FOLIC ACID. BUT THERE ARE MANY MORE BENEFITS THAN YOU MIGHT IMAGINE. LIFESTYLE AND FRUGAL LIVING EXPERT RACHEL LEE COPPOLA IS HERE TO EXPLAIN.

Date=5/27/2014
Time=4:00
Slug=MEMORIAL DAY

ON THIS MEMORIAL DAY WE PAUSE TO REMEMBER AND HONOR THOSE WHO SERVED OUR COUNTRY. A LOCAL ORGANIZATION IS HELPING OUR VETERANS WHO ARE RETURNING HOME WITH MENTAL WOUNDS AND ANGUISH SOMETIMES AS PAINFUL AS PHYSICAL INJURY... BUT LESS VISIBLE AND CARRYING WITH IT CERTAIN STIGMAS. WE'RE JOINED BY DOCTOR BOB DINGMAN, DIRECTOR OF TRAIN VETS TO TREAT VETS AND DIRECTOR OF THE MILITARY AND VETERAN PSYCHOLOGY PROGRAM AT THE MASSACHUSETTS SCHOOL OF PROFESSIONAL PSYCHOLOGY; AND ROB CHESTER, A VETERAN AND PROGRAM COORDINATOR OF TRAIN VETS TO TREAT VETS PROGRAM AT M-S-P-P.

Date=5/27/2014
Time=4:00
Slug=FOX MEDICAL

IT'S TIME NOW TO CHECK IN WITH THE FOX MEDICAL TEAM. THIS MORNING DR. JO IS LIVE WITH US FROM TAMPA. SUMMER IS HERE AND SO ARE THE OUTDOOR BBQS, BUT WITH ALL THAT GOOD COME THE BUGS. THERE'S A NEW VIRUS BEING SPREAD BY MOSQUITOS THAT WE HAVE TO WORRY ABOUT. WHAT IS IT AND HOW WORRIED SHOULD WE BE?

Date=5/27/2014
Time=4:00
Slug=NO SALAD

REFUSING TO STOCK THE SALAD BAR AND HANDING OUT CHIPS AND COOKIES. BOSTON SCHOOLS SAY A PILOT PROGRAM TO PUT SALAD BARS IN SCHOOLS HAS EXPIRED, AND IT'S TOO EXPENSIVE TO KEEP GOING. FOR REACTION WE BRING IN NUTRITIONIST JOAN SALGE-BALKE WITH REACTION FROM OUR BEACON HILL STUDIO.

Date=5/28/2014
Time=3:30
Slug=LYME DISEASE BILL

WE ARE HEARING ABOUT IT A LOT THIS TIME OF YEAR. LYME DISEASE... THE RISK.. THE CONCERN. AND FOR PEOPLE WHO'VE BEEN DIAGNOSED, TREATING LYME CAN BE A LONG TERM HEALTH ISSUE. DOES INSURANCE COVER ALL THAT? IT'S BEEN A TOPIC ON BEACON HILL FOR YEARS.

Date=5/28/2014
Time=4:00
Slug=BRAIN IMPLANTS

SO MANY PEOPLE ARE THINKING OF OUR SERVICE MEN AND WOMEN THIS WEEK. MANY OF OUR VETERANS COME HOME WITH NOT ONLY VISIBLE SIGNS OF WAR BUT THERE ARE SCARS WE CAN'T SEE. LIKE POST-TRAUMATIC STRESS DISORDER AND DEPRESSION. BUT THERE IS NEW HOPE. JOINING ME FROM OUR BEACON HILL STUDIO IS DR. EMAD (AH-MAD) ESKANDAR (ES-CAN-DAR), A MASSACHUSETTS GENERAL

HOSPITAL NEUROSURGEON WHO WILL CO-LEAD A BOSTON RESEARCH TEAM WITH A MISSION TO SUPPORT THESE INDIVIDUALS.

Date=5/29/2014

Time=5:04

Slug=LOGAN HEALTH ISSUES

SOME CONCERNING FINDINGS COMING OUT OF A NEW REPORT ABOUT THE HEALTH OF PEOPLE WHO LIVE AROUND LOGAN AIRPORT. THE PUBLIC HEALTH DEPARTMENT HAS FOUND ELEVATED LEVELS OF SOME RESPIRATORY DISEASES IN A SAMPLE OF THOSE WHO LIVE NEAR THE AIRPORT. THE LONG-TERM STUDY WAS BASED ON INTERVIEWS WITH MORE THAN 6,000 ADULTS AND MORE THAN 2,000 CHILDREN IN 17 COMMUNITIES WITHIN FIVE MILES OF THE AIRPORT. ON THIS MAP YOU CAN SEE ALL OF THOSE COMMUNITIES WHERE ELEVATED LEVELS OF SOME RESPIRATORY DISEASES WERE FOUND. WE'RE NOT JUST TALKING ABOUT BOSTON. 16 OTHER COMMUNITIES ARE ALSO AFFECTED. EARLIER ON THE FOX 25 NEWS AT 5, MARIA TALKED TO SENATOR ANTHONY PETRUCCELLI ABOUT WHAT'S ALREADY BEEN DONE TO HELP FIX THIS PROBLEM.

Date=5/29/2014

Time=3:30

Slug=HEROIN STUDY SKYPE

A NEW STUDY OUT ON HEROIN USE LOOKS AT THE CHANGING DEMOGRAPHICS OF USERS FROM THE 1960S TO TODAY. IT NOTES THAT MANY OF THOSE NOW POPULATING ADDICTION TREATMENT PROGRAMS ACROSS AMERICA WERE INTRODUCED TO THE DRUG THROUGH PRESCRIPTION OPIOIDS. JOINING US VIA SKYPE FROM ST. LOUIS, MISSOURI IS STUDY AUTHOR DR. TED CICERO, PROFESSOR OF NEUROPHARMACOLOGY AT WASHINGTON UNIVERSITY.