

Quarterly Report of Compliancy Issues & Programs List 2023-Q1 (January - March) Radio Health Journal

- Accessibility
- Addiction
- ADHD
- Air Travel
- Airline Passengers
- Alcohol
- Alcoholism
- Alzheimer's Disease
- Ancestry
- Anesthesia
- Antibodies
- Anxiety
- Apheresis
- Art
- Athletics
- Biology
- Birth Injuries
- Cancer
- Capitalism
- Cardiology
- Children and Youth at Risk
- Cognitive Skills
- Compulsive Drinking
- Confidence
- Conservation
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- NIH
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- Probiotics
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- Psychology
- PTSD
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- Public Health
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- Public Policy
- Public Safety
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- Safety Techniques
- Scientific Innovation
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- Student Safety
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- Trauma
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- Vaccine Fatigue
- Vaccines
- Veganism
- Veterans
- Virus
- Virus Variants
- Vulnerable Populations
- Weight Gain
- Women In Medicine
- Women's History Month

Program 23-01

Air Week: 01/01/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: AGING WITH YOUR HOME: RENOVATIONS TO MAKE YOUR SPACE MORE ACCESSIBLE

Time: 1:49

Duration: 12:21

Synopsis: As we age, certain aspects of our home, like stairs and loose rugs, can become major obstacles. And while renovations can seem intimidating and expensive, there are many simple changes that can make a huge difference.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Ty Pennington, Home Renovation Expert; Amy Goyer, National Family and Caregiving expert

Compliance issues: Senior Living, Home Accessibility, Vulnerable Populations, mobility, Public Safety, Home Renovation, Disabilities, Home Safety

Links for more info:

SEGMENT 2: HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH DISABILITIES

Time: 15:12

Duration: 7:48

Synopsis: Josue Cordova explains the struggles of traveling with a disability and how to fix these issues.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Josue Cordova, National Vice President, Paralyzed Veterans of America, Air Force Veteran

Compliance issues: Transportation, Federal Legislation, Vulnerable Populations, Accessibility, Disabilities, Airline Passengers, Veterans, Air Travel, mobility devices

Links for more info:

Program 23-02

Air Week: 01/08/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO MALNOURISHMENT

Time: 1:50

Duration: 11:23

Synopsis: 'Drunkorexia' is a habit that's popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School William Mupo, Former Health Promotions Coordinator, University of Texas at Austin

Compliance issues: Compulsive Drinking, Vulnerable Populations, Excessive Drinking, Alcoholism, Peer Pressure, Public Safety, Alcohol, Weight Gain, Healthy Living, Student Safety, Eating Disorders

Links for more info:

SEGMENT 2: THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA

Time: 14:14

Duration: 8:51

Synopsis: Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that's just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure you're getting the best anesthesia – and anesthesiologist -- for your needs.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY Downstate Medical Center in Brooklyn, Author

Compliance issues: Anesthesia, Vulnerable Populations, Medical History, Patient Safety, Drugs

Links for more info:

Program 23-03

Air Week: 01/15/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH

Time: 1:50

Duration: 11:19

Synopsis: By 2026, all federally-funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine

Compliance issues: Open Access Journals, Public Access, Consumerism, Scientific Publishing, Scientific Research, Federal Policy, Federal Funding, Capitalism

Links for more info:

SEGMENT 2: IS COVID-19 THE NEW FLU?

Time: 14:11

Duration: 8:24

Synopsis: Healthcare's hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren't following up with the recommended booster shots. An expert discusses why we can't become too lax with our treatment of this virus.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association

Compliance issues: Virus, Vaccine Fatigue, Vaccines, Omicron, Mild Covid, Virus Variants, Long Covid, Immunity, Covid-19

Links for more info:

Program 23-04

Air Week: 01/22/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ...MORE AND MORE MOTHERS ARE DYING EACH YEAR – WHY CAN'T WE STOP IT?

Time: 1:50

Duration: 11:34

Synopsis: America is one of the only developed nations with a rising maternal mortality rate, according to the CDC. Even with cutting edge technology and advancements in women's health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Nicky Dawkins, Full Circle Holistic Reproductive Health Doula; Dr. Lindsay Admon, Assistant Professor of Obstetrics and Gynecology, University of Michigan Medical School

Compliance issues: Doula, Vulnerable Populations, Racial Inequity, Gender Issues, Maternal Mortality, Children and Youth at Risk, Mental Health, Pregnancy, Consumerism, hospitalizations

Links for more info:

SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD

Time: 14:26

Duration: 7:57

Synopsis: PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author

Compliance issues: Depression, Anxiety, First Responders, Public Safety, Psychology, Public Health, PTSD, Police and Law Enforcement, Mental Health, Trauma, Consumerism, traumatic experiences

Links for more info:

Program 23-05

Air Week: 01/29/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DOES YOUR CHILD KNOW HOW TO LEARN?

Time: 1:50

Duration: 11:48

Synopsis: America's education system has long been focused on teaching -- but does this strategy benefit students? This week's show features education experts who say students need to be taught how to learn before they can be successful in the classroom.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Betsy Hill, President, BrainWare Learning Company, Author; Dr. Stephen Kosslyn, Founder and President, Active Learning Sciences, Professor Emeritus of Psychology, Harvard University

Compliance issues: Consumerism, Public Policy, Learning, Psychology, Cognitive Skills, Education

Links for more info:

SEGMENT 2: HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND

Time: 14:39

Duration: 8:20

Synopsis: Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that's been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety Specialist

Compliance issues: Psychology, Confidence, Vulnerable Populations, Fear, Public Health, Mental Health, Anxiety, Consumerism

Links for more info:

Program 23-06

Air Week: 02/05/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT

Time: 1:50

Duration: 12:18

Synopsis: Move over, fingerprints, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs

Compliance issues: Murder, Privacy, Genetic Genealogy, Law Enforcement, Public Safety, Federal Regulations, Crime, DNA, Consumerism, Ancestry, Genetics

Links for more info:

SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES

Time: 15:10

Duration: 7:47

Synopsis: Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Eliza Hull, Writer, Musician, Disability Advocate

Compliance issues: Vulnerable Populations, disabled parents, Family Issues, Disabilities, Mental Health, Consumerism, Neurology, Physical Health, disability advocate

Links for more info:

Program 23-07

Air Week: 02/12/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A DONOR MATCH

Time: 1:50

Duration: 11:01

Synopsis: Colette Hurd needed two new lungs and a kidney after being diagnosed with pulmonary arterial hypertension. Unfortunately, her high antibody count made it nearly impossible to find a donor match. This week, We discuss how creative thinking and plasma exchange technology helped save Colette's life.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo Blood and Cell Technologies

Compliance issues: Surgery, Kidney Disease, high blood pressure, Organ Donors, Antibodies, Vulnerable Populations, Apheresis, Consumerism, Cardiology, hospital staff, lung disease

Links for more info:

SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS

Time: 13:53

Duration: 8:47

Synopsis: Whether it's a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, The Committee of Sleep

Compliance issues: Learning, Psychology, Education, Dreams, Consumerism, Creativity, Athletics, Lucid Dreaming, Art

Links for more info:

Program 23-08

Air Week: 02/19/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING

Time: 1:50

Duration: 11:06

Synopsis: The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics

Compliance issues: Genomics, Gene Editing, Evolution, Genetics, Patient Safety, DNA, Consumerism, Vaccines, Genetic Diseases

Links for more info:

SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DON'T INVOLVE OPIOIDS

Time: 13:57

Duration: 8:25

Synopsis: We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don't involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Cammie Wolf Rice, Author, The Flight, Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital

Compliance issues: Drug Overdose, Drug Abuse, Vulnerable Populations, Addiction, Consumerism, Opioids, Pain Management, Pain Medication

Links for more info:

Program 23-09

Air Week: 02/26/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES

Time: 1:49

Duration: 12:25

Synopsis: Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it?

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University

Compliance issues: Genomics, Evolution, Gene Editing, Genetics, Patient Safety, Dna, Ethics, Federal Regulations, Consumerism, Genetic Diseases, Scientific Innovation

Links for more info:

SEGMENT 2: BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES

Time: 15:16

Duration: 7:34

Synopsis: Our personal health may be determined before even our parents are born. Scientists have discovered that our ancestors have a greater impact on us than we think. Author Judith Finlayson explains how our grandparents' habits and behaviors have a direct influence on our DNA.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Judith Finlayson, author of You Are What Your Grandparents Ate

Compliance issues: Genetics, Epigenetics, Vulnerable Populations, Diet, Ancestry, Public Health, Nutrition, Consumerism, Exercise

Links for more info:

Program 23-10

Air Week: 03/05/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: A LOOK AT THE RISING FIELD OF GENETIC COUNSELING

Time: 1:50

Duration: 11:08

Synopsis: Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases

Compliance issues: Genetic Testing, Consumerism, Medical History, Health Risks, Pregnancy, Risk Factors, Cancer, Genetic Counseling, Rare Diseases, Gene Therapy, Early Intervention, Patient Safety

Links for more info:

SEGMENT 2: MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE'

Time: 14:00

Duration: 8:52

Synopsis: All hospitals in the US operate under a standard of care that changes based on the clinic's size and abilities. But what happens when that care isn't upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne State University

Compliance issues: Standard of Care, Medical Malpractice, Safety Techniques, Full Disclosure, Birth Injuries, Surgical Errors, Patient Safety, Misdiagnosis

Links for more info:

Program 23-11

Air Week: 03/12/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT

Time: 1:50

Duration: 11:09

Synopsis: Invasive species cost America billions of dollars each year in eradication efforts. These plants and animals cause damage to the environment and economy and are extremely hard to get rid of. This week, two experts reveal how you can help by adding the invasive species in your area into your diet.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joe Roman, Author, Conservation Biologist, Research Affiliate, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, U.S. Geological Survey

Compliance issues: Conservation, Biology, Endangered Animals, Fishing, Invasive Species, Veganism, Diet, Diseases, Consumerism, Economy, Extinction, Federal Regulations, Environmental Research

Links for more info:

SEGMENT 2: IS YOUR DIET SLOWLY KILLING YOU?

Time: 14:00

Duration: 9:07

Synopsis: Ultra-processed foods first appeared in the 1950s and have since taken over much of what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University of Washington, Chief Medical and Science Officer, Supergut

Compliance issues: Microbiome, Prebiotics, Probiotics, Diet, Gut Health, Public Health, Health, Supplements, Ultra-processed Food, Federal Regulations

Links for more info:

Program 23-12

Air Week: 03/19/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF ‘TIME BLINDNESS’

Time: 1:50

Duration: 11:34

Synopsis: People with ADHD often have a weaker perception of time, called ‘time blindness.’ Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don’t have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Ari Tuckman, Psychologist, Co-Chair, The Conference Committee at CHADD; Dr. Russel Barkley, Retired Clinical Professor of Psychiatry, Virginia Commonwealth University Medical Center, Author, Treating ADHD in Children and Adolescents

Compliance issues: Vulnerable Populations, Consumerism, Psychiatry, Symptoms, Time Blindness, ADHD, Psychology, Time Management

Links for more info:

SEGMENT 2: NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU

Time: 14:26

Duration: 8:24

Synopsis: The FDA has granted emergency use authorization to Lucira Health’s combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you’re positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Emily Volk, President, College of American Pathologists

Compliance issues: Public Health, Vaccine, Consumerism, Influenza, Emergency Use Authorization, Public Health Reporting, Covid-19, False Positives, False Negatives, Home Testing

Links for more info:

Program 23-13

Air Week: 03/26/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA INTEGRITY IN SCIENCE

Time: 1:51

Duration: 11:15

Synopsis: Thousands of Alzheimer's research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University

Compliance issues: Consumerism, Patient Safety, Scientific Research, Alzheimer's Disease, Data Integrity, Photoshop, Research Misconduct, NIH

Links for more info:

SEGMENT 2: THE WOMAN BEHIND THE POLIO VACCINE

Time: 14:08

Duration: 8:44

Synopsis: The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you've probably never heard of. In honor of Women's History Month, Author Lynn Cullen explains Horstmann's crucial role in the fight against polio.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Lynn Cullen, author, The Woman With the Cure

Compliance issues: Public Safety, Polio, Vaccine, Quarantine, Isolation, Pandemic, Cure, Women In Medicine, Female Doctors, Women's History Month

Links for more info: