

## Quarterly Issues Programs List for

KBZS FM; KWFS AM/FM; KNIN FM

October 1 – December 31, 2023

### Section I-Issues

The stations have identified the following issues as significant issues facing our community in this quarter:

**1. RHEUMATOID ARTHRITIS.** Living with rheumatoid arthritis can be a transformative and often imperceptible struggle, demanding a relentless quest for the right medications and effective management strategies. The journey for many patients is characterized by prolonged frustration and challenges. Amidst this, community support emerges as a crucial pillar, offering understanding and solidarity. It's an invisible battle, but the impact is real. In Wichita Falls, Texas, a city where approximately 2.5% of the population reportedly grapples with rheumatoid arthritis, the need for communal understanding and coping mechanisms is underscored by the local prevalence of this life-altering condition.

**2. CANCER.** The COVID-19 pandemic brought mRNA vaccines into the spotlight, and now researchers are leveraging this technology to combat cancer. By utilizing mRNA delivery methods, scientists aim not only to halt the growth of cancer but also to empower the immune system in eradicating the disease. This promising avenue in cancer research could revolutionize treatment approaches and potentially lead to a cure. Meanwhile, in Wichita Falls, a city known for its commitment to healthcare and innovation, the impact of such breakthroughs resonates deeply. With a population of over 104,000, Wichita Falls stands as a potential beneficiary of advancements in cancer treatment, underscoring the broader societal implications of scientific progress in the field.

**3. PARKINSON'S.** New groundbreaking research is revolutionizing our understanding of dopamine, challenging conventional knowledge about its role in Parkinson's Disease. While the correlation between Parkinson's and dopamine has long been established, a recent study reveals previously deemed impossible mechanisms of this neurotransmitter. Experts are delving into the findings, illuminating the profound implications for the future of Parkinson's treatment. In a related context, it's worth noting that Wichita Falls faces unique healthcare challenges, with a reported 15.1% of the population lacking health insurance as of the latest available statistics, underscoring the importance of advancing medical research and treatment options for widespread conditions like Parkinson's.

**4. TOXIC MOLD.** As winter settles in and people in Wichita Falls find themselves spending more time indoors, maintaining a clean and healthy home becomes crucial. Mold and dust mites, common indoor pollutants, pose health risks that can be exacerbated during colder months. Taking proactive measures to clean and sanitize living spaces is essential for ensuring the well-being of families. Experts recommend thorough cleaning practices and offer easy-to-follow steps to create a disease-free environment. Notably, in Wichita Falls, where the climate can be conducive to mold growth, it's pertinent to note that the city has an average annual

humidity of around 64%, emphasizing the importance of addressing indoor air quality to safeguard against potential health hazards.

**5. GETTING HEALTHY WITHOUT MEDICATION.** In the realm of modern medicine, while remarkable advancements have been achieved in addressing acute illnesses, there is a growing concern about society's increasing dependence on pharmaceutical solutions to remedy health issues. This dependency prompts a critical question: have we, as a society, become overly reliant on drugs to alleviate our problems? Advocates of integrative medicine propose an alternative approach that treats the body as a cohesive system rather than merely targeting isolated symptoms. In the pursuit of reducing dependence on medication, lifestyle modifications take center stage, emphasizing holistic well-being. In this context, Wichita Falls serves as a pertinent example, where health statistics may underscore the importance of adopting comprehensive healthcare strategies, urging individuals to consider integrative approaches for a more balanced and sustainable well-being.

### **Section II-Responsive Programming**

Radio Health Journal airs for approximately 30 minutes each week as follows:

Saturdays at 12:00 p.m. on KWFS-AM and 8:00 a.m. on KNIN and

Sundays at 9:00 a.m. on KBZS, 8:00 a.m. on KWFS-AM, and 9:00 a.m. on KWFS

Please see the attached program log for details on the Radio Health Journal segments.

## Quarterly Report of Compliancy Issues & Programs List 2023-Q4 (October - December) Radio Health Journal

- Accidents
- Achilles Heel
- Acupuncture
- Aggressive Cancer
- Air Pollution
- Animals
- Anxiety
- Arthritis
- Asherman's Syndrome
- Atomic Bomb
- Atrial Fibrillation
- Autopsy
- Bioaccumulates
- Biology
- Blood Test
- Blood Thinners
- Body Language
- Bone Defect
- Bone Health
- Bone Spurs
- Brain Bleed
- Brain Health
- Brain Surgery
- Breast Cancer
- Breast Density
- Breast Tissue
- Bullying
- Cancer
- Cannabinoids
- Cannabis
- Cardiac Health
- Cardiovascular Health
- Cataracts
- CBD
- Celebrities
- Cell Replacement  
Therapy
- Charity
- Chemicals
- Childhood Trauma
- Children At Risk
- Chronic Conditions
- Chronic Disease
- Chronic Inflammation
- Cigarettes
- Cleaning
- Climate Change
- Clinical Trials
- Colorectal Cancer
- Community
- Computer Science
- Confession
- Conflict Resolution
- Consumerism
- Contamination
- COPD
- Covid-19
- Craniofacial Anomaly
- Crime
- Criminal Justice
- Criminology
- Death
- Deception
- Deep Brain Stimulation
- Deforestation
- Dentistry
- Depression
- Detergent
- Diabetes
- Diet
- Disability
- DNA
- Dopamine
- Driving
- Dust Mites
- Earthquake
- Efficient Travel
- Elderly Population
- Emergency Medicine
- Emotional Maturity
- Empathy
- Endangered Species
- Environment
- Exercise
- Facial Deformities
- Factory Workers
- False Confessions
- Family Relations
- FDA
- Fear Conditioning
- Fertility
- Fire
- Fire Safety
- Flat Foot
- Flooding
- Flu
- Foot Health
- Forensic Toxicology
- Forest Fires
- Genetics
- Goals
- Gun Violence
- Habitats
- Hazard Prevention
- Healthcare
- Healthy Lifestyle
- Heart Attack
- Heart Health
- Heart Surgery
- Heel Stability
- Herbal Remedies
- Holistic Healthcare
- Home Health
- Immortality
- Immune Disease
- Immune System
- Infectious diseases
- Infertility
- Inflammation
- Injectable Medication
- Integrative Health
- Integrative Medicine
- Intensive Care Unit
- International Issues
- Interrogation
- Invasive Species
- Invention
- Investigations
- Invisible Illness
- Ionizing Radiation
- IVF
- Judicial System
- Kidnapping
- Kitchen Safety
- Labor
- Law Enforcement
- Leadership Skills
- Lethal Injections
- Lifestyle
- Longevity
- Lung Disease
- Lying
- Mammograms
- Manhattan Project
- Medical Insurance
- Medicine
- Meditation
- Mental Health
- Miscarriage
- Mold
- Morgue
- Movement
- mRNA
- multiple sclerosis
- Murder
- Natural Disasters
- Nervous System
- Neurobiology
- Neurology
- Nuclear Industry
- Nuclear Workers
- Nursing Home
- Occupational Health
- Oncology
- Ophthalmology
- Optimism
- Overbite
- Parkinson's Disease
- Pathological Liars
- Patient Safety
- Patient Support
- Pets
- Pharmaceuticals
- Physical Therapy
- Placenta
- Plantar Fasciitis
- Podiatry
- Poisons
- Police Officers
- Political Espionage
- Pollution
- Population Control
- Pregnancy
- Preventative Testing
- Prison
- Protein
- Psychiatric Conditions
- Psychology
- PTSD
- Public Health
- Public Safety
- Radiation
- Radiology
- Recovery
- Relapsing Diseases
- Religion
- Resilience
- Respiratory Illness
- Reward System
- Rheumatoid Arthritis
- Road Safety
- Role Models
- RSV
- Rural Areas
- Scar Tissue
- Schizophrenia
- Science Fair
- Seizure
- Self-exams
- Smoke Detectors
- Social Support
- Speeding
- Stalking
- Stem Cell
- Stress
- Stroke
- Stroke Survivors
- Supplements
- Surgery
- THC
- Toxicology
- Traditional Medicine
- Trauma
- Trauma Surgery
- Vaccine Fatigue
- Vaccines
- Vapes
- Vehicle Crashes
- Vehicle Safety
- Victims
- Viral Infections
- Viral Mutations
- Virus
- Vision
- Vitamin D
- Vitamins
- Volatile Organic  
Chemicals
- Vulnerable Population
- Vulnerable Populations
- Wildlife
- Women's Health
- World Population
- World War II
- Wrongful Convictions
- X-ray

**Program 23-40**

**Air Week:** 10/1/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: “OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION**

**Time:** 1:50

**Duration:** 11:18

**Synopsis:** Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Tieraona Low Dog, Globally-Recognized Expert in Integrative Medicine, Founding Director, Medicine Lodge Ranch; Dr. David Katz, Specialist in Preventive Medicine and Public Health, Founder of Yale-Griffin Prevention Research Center, Yale University, Chief Executive Officer, Diet ID

**Compliance issues:** Chronic Conditions, Diabetes, Healthcare, Supplements, Acupuncture, Herbal Remedies, Holistic Healthcare, Integrative Medicine, Lifestyle, Meditation, Pharmaceuticals, Traditional Medicine, Vitamins

**Links for more info:**

[Diet ID](#)

[Dr. David Katz](#)

[X: @DrDavidKatz](#)

[LinkedIn: Dr. Tieraona Low Dog](#)

[Dr. Low Dog](#)

[Instagram: @lowdogmd](#)

**SEGMENT 2: HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH**

**Time:** 14:10

**Duration:** 8:52

**Synopsis:** Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Marlene Reid, Podiatric Surgeon, National Spokesperson, American Podiatric Medical Association

**Compliance issues:** Patient Safety, Public Health, Achilles Heel, Bone Spurs, Flat Foot, Foot Health, Foot Pain, Heel Stability, Plantar Fasciitis, Podiatry

**Links for more info:**

[Dr. Marlene Reid, DPM - Family Podiatry Center](#)

[American Podiatric Medical Association](#)

[LinkedIn: Dr. Marlene Reid](#)

**Program 23-41**

**Air Week:** 10/8/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS**

**Time:** 1:50

**Duration:** 13:18

**Synopsis:** Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Linda Li, Professor of Physical Therapy, University of British Columbia, Leading Scientist in Arthritis Research; Talisa King, Co-Lead of the National African Americans Connect Group, Arthritis Foundation

**Compliance issues:** Public Health, Rheumatoid Arthritis, Arthritis, Cardiovascular Health, Chronic Inflammation, Community, Heart Conditions, Inflammation, Invisible Illness, Patient Support, Physical Therapy

**Links for more info:**

[Arthritis Foundation](#)

[Talisa King | LinkedIn](#)

[Linda Li | Department of Physical Therapy](#)

[Linda Li | VCH Research Institute](#)

[An Interview with Dr. Linda Li - Featured Researcher](#)

**SEGMENT 2: WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT**

**Time:** 16:10

**Duration:** 6:19

**Synopsis:** In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Mary Roach, Science Author, Fuzz

**Compliance issues:** Invasive Species, Public Safety, Wildlife, Animals, Deforestation, Endangered Species, Habitats

**Links for more info:**

[Mary Roach](#)

[Fuzz: When Nature Breaks the Law: Roach, Mary: Amazon.com: Books](#)

[Mary Roach \(@mary\\_roach\) / X](#)

**Program 23-42**

**Air Week:** 10/15/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR**

**Time:** 1:51

**Duration:** 11:28

**Synopsis:** Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah, Polly Hansen

**Guests:** Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, Big Liars; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, The Curtis Deception Lab, Co-Author, Big Liars

**Compliance issues:** Psychology, Public Health, Public Safety, Vulnerable Populations, Children At Risk, Deception, Lying, Pathological Liars

**Links for more info:**

[Christian Hart](#)

[Big Liars](#)

[Chris Hart \(@chrishartpsych\) / X](#)

[Drew A. Curtis, Ph.D.](#)

[Dr.Curtis \(@Dr\\_CurtisPhD\) / X](#)

[Curtis Deception Lab](#)

**SEGMENT 2: HOW THE MRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION**

**Time:** 14:21

**Duration:** 8:01

**Synopsis:** The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. William Schaffner, Professor of Preventive Medicine and Health Policy, Vanderbilt University, Spokesperson and Past President, National Foundation for Infectious Diseases

**Compliance issues:** Clinical Trials, Covid-19, DNA, FDA, Vaccine Fatigue, Vaccines, Vulnerable Populations, Flu, Infectious diseases, mRNA, RSV, Viral Infections, Viral Mutations

**Links for more info:**

[William Schaffner, M.D. | Department of Health Policy](#)

[William Schaffner, MD – NFID](#)

[The new COVID boosters: What doctors and patients need to know | AAMC](#)

**Program 23-43**

**Air Week:** 10/22/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CURING CANCER WITH VACCINES OF THE FUTURE**

**Time:** 1:50

**Duration:** 12:18

**Synopsis:** The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to eradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Jordan Green, Professor, Vice Chair of Biomedical Engineering, Johns Hopkins University School of Medicine

**Compliance issues:** Breast Cancer, Cancer, Colorectal Cancer, Diabetes, Immune System, Oncology, Patient Safety, Public Health, Vaccines, Virus, Vulnerable Populations, mRNA, multiple sclerosis, protein

**Links for more info:**

[Jordan J. Green, Ph.D., Professor of Biomedical Engineering | Johns Hopkins Medicine](#)

[Jordan Green Lab](#)

[Biodegradable lipophilic polymeric mRNA nanoparticles for ligand-free targeting of splenic dendritic cells for cancer vaccination | PNAS](#)

[Green Group \(@JGreenGroup\) / X](#)

**SEGMENT 2: DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON**

**Time:** 15:10

**Duration:** 7:49

**Synopsis:** Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. Dr. Dennis Charney breaks down what common characteristics resilient people share and how you can overcome hardships in your own life.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Dennis Charney, Dean of the Icahn School of Medicine, Mount Sinai, Expert in Neurobiology and Mood & Anxiety Disorders, Author, Resilience

**Compliance issues:** Anxiety, Depression, Environment, Genetics, Neurology, Resilience, Community, Fear Conditioning, Goals, Gun Violence, Optimism, Religion, Role Models, Social Support, Stalking

**Links for more info:**

[Dennis S. Charney | Mount Sinai - New York](#)

[Icahn School of Medicine at Mount Sinai \(@IcahnMountSinai\) / X](#)

[Dennis S. Charney, MD - President for Academic Affairs - Mount Sinai Health System | LinkedIn](#)

[Resilience: The Science of Mastering Life's Greatest Challenges](#)

**Program 23-44**

**Air Week:** 10/29/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH**

**Time:** 1:49

**Duration:** 12:15

**Synopsis:** Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Zachary Gaertner, Neuroscientist, Northwestern University Feinberg School of Medicine; Dr. Raj Awatramani, Sir John Eccles Professor of Neurology, Northwestern University; Dr. Daniel Dombeck, Professor of Neurobiology, Northwestern University

**Compliance issues:** Parkinson's Disease, Patient Safety, Cell Replacement Therapy, Dopamine, Movement, Neurobiology, Neurons, Reward System, Schizophrenia, Stem Cell

**Links for more info:**

[Unique functional responses differentially map onto genetic subtypes of dopamine neurons | Nature Neuroscience](#)

[Zachary Gaertner \(@Z\\_Gaertner\) / X](#)

[Rajeshwar Awatramani: Faculty Profiles](#)

[raj\\_awatramani \(@AwatramaniRaj\) / X](#)

[Daniel A Dombeck: Faculty Profiles](#)

[Daniel A Dombeck \(@DanielDombeck\) / X](#)

**SEGMENT 2: HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY**

**Time:** 15:06

**Duration:** 7:54

**Synopsis:** As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Caroline Blazovsky, Home Inspector, Founder, My Healthy Home; Dr. Gregory Charlop, Anesthesiologist, Author, Dr. Greg's Green Home Makeover

**Compliance issues:** Public Health, Virus, Vulnerable Populations, Chemicals, Cleaning, Detergent, Disease, Dust Mites, Home Health, Mold, Pets, Volatile Organic Chemicals

**Links for more info:**

[My Healthy Home](#)

[Caroline Blazovsky - Healthy Home Expert® \(@healthyhomeexp\) / X](#)

[Caroline Blazovsky \(@healthyhomeexpert\) • Instagram photos and videos](#)

[Dr. Gregory Charlop](#)

[Gregory Charlop, Wellness MD \(@gregorycharlopmd\) • Instagram photos and videos](#)

[Gregory Charlop Wellness MD](#)



**Program 23-45**

**Air Week:** 11/5/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?**

**Time:** 1:51

**Duration:** 11:53

**Synopsis:** If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Vikash Gayah, Professor of Civil Engineering, Interim Director of the Larson Transportation Institute, Pennsylvania State University; Patrick Browne, Retired Vice President of Sustainability, UPS; Dan McMackin, Public Relations Manager, UPS

**Compliance issues:** Psychology, Public Safety, Speeding, Driving, Efficient Travel, Road Safety, Traffic, Vehicle Crashes, Vehicle Safety

**Links for more info:**

[Pennsylvania State University College of Engineering](#)

[LinkedIn: Dan McMackin](#)

[LinkedIn: Dr. Vikash Gayah](#)

[LinkedIn: Patrick Browne](#)

**SEGMENT 2: BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS**

**GUIDANCE**

**Time:** 14:46

**Duration:** 7:49

**Synopsis:** Christina Wyman was born with a craniofacial deformity and spent her childhood dodging bullies -- at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully support their kids through these tough times.

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Christina Wyman, author, Jawbreaker

**Compliance issues:** Bone Health, Empathy, Bone Defect, Bullying, Childhood Trauma, Children At Risk, Conflict Resolution, Craniofacial Anomaly, Dentistry, Emotional Maturity, Facial Deformities, Family Relations, Overbite

**Links for more info:**

[Christina Wyman Books](#)

[Instagram: @christina.wyman.books](#)

[X: @cwymanbooks](#)

[Facebook: christinawymanbooks](#)

**Program 23-46**

**Air Week:** 11/12/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: OPPENHEIMER’S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION**

**Time:** 1:51

**Duration:** 11:54

**Synopsis:** Researchers have been studying the lasting health effects of the atomic bomb for decades – but there’s a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. David Richardson, Professor of Environmental and Occupational Health, University of California, Irvine, Internationally Recognized Expert in Occupational Health; Dr. Mina Makary, Interventional Radiologist, The Ohio State University Wexner Medical Center

**Compliance issues:** Cancer, Manhattan Project, Radiation, World War II, Atomic Bomb, Cataracts, Ionizing Radiation, Nuclear Industry, Nuclear Workers, Occupational Health, Radiology, X-ray

**Links for more info:**

[Mina Makary MD | Ohio State University Wexner Medical Center](#)

[Mina S. Makary, MD \(@MinaMakaryMD\) / X](#)

[David Richardson, PhD](#)

[Cancer mortality after low dose exposure to ionising radiation in workers in France, the United Kingdom, and the United States \(INWORKS\): cohort study | The BMJ](#)

**SEGMENT 2: EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN’T DEADLY**

**Time:** 14:47

**Duration:** 7:40

**Synopsis:** The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Katharine Yao, Chair of the National Accreditation Program, Breast Centers of the American College of Surgeons; Dr. Peter Schmid, Medical Oncologist & Director of the Breast Cancer Center, St. Bartholomew’s Hospital

**Compliance issues:** Breast Cancer, Aggressive Cancer, Breast Density, Breast Tissue, Mammograms, Medical Insurance, Preventative Testing, Self-exams

**Links for more info:**

[NAPBC Board | ACS](#)

[Katharine Yao | Profiles RNS](#)

[Professor Peter Schmid - Barts Cancer Institute](#)

[Pembrolizumab for Early Triple-Negative Breast Cancer](#)

[Peter Schmid](#)

**Program 23-47**

**Air Week:** 11/19/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS**

**Time:** 1:51

**Duration:** 11:39

**Synopsis:** Jamie-Lynn Sigler was cast in *The Sopranos* as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Jamie-Lynn Sigler, Actress; Dr. Sharon Stoll, Neuroimmunologist, Assistant Professor in the Department of Neurology, Yale School of Medicine

**Compliance issues:** Genetics, Immune System, Neurology, Public Health, Vulnerable Populations, Immune Disease, Multiple Sclerosis, Ophthalmology, Relapsing Diseases, Vision, Vitamin D

**Links for more info:**

[Jamie Lynn Sigler \(@jamielynnsigler\) • Instagram photos and videos](#)

[Jamie-Lynn Sigler \(@JamieLSigler\) / X](#)

[Jamie-Lynn Sigler's Relapsing MS Treatment Journey](#)

[Sharon Stoll \(@drsharonstoll\) • Instagram photos and videos](#)

[Dr. Sharon S Stoll](#)

[Sharon S Stoll \(@DrSharonStoll\) / X](#)

**SEGMENT 2: MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS**

**Time:** 14:32

**Duration:** 7:56

**Synopsis:** False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University

**Compliance issues:** Crime, Law Enforcement, Murder, Psychology, Public Health, Public Safety, Body Language, Confession, Criminal Justice, Criminology, False Confessions, Interrogations, Kidnapping, Lying, Wrongful Convictions

**Links for more info:**

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)

**Program 23-48**

**Air Week:** 11/26/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: THE INFERTILITY-CAUSING DISEASE THAT MAY NOT BE AS RARE AS WE  
THOUGHT**

**Time:** 1:50

**Duration:** 10:39

**Synopsis:** Lisa McCarty experienced four miscarriages before finally being diagnosed with Asherman's Syndrome, a condition where scar tissue forms in the uterus or cervix. She and Dr. Sigal Klipstein, a reproductive endocrinologist, explain the signs of Asherman's – and when you should see a specialist.

**Host:** Elizabeth Westfield

**Producer:** Polly Hansen

**Guests:** Dr. Sigal Klipstein, Reproductive Endocrinologist and Infertility Specialist, Invia Fertility; Lisa McCarty, Asherman's Syndrome Patient

**Compliance issues:** Fertility, IVF, Pregnancy, Surgery, Vulnerable Populations, Asherman's Syndrome, Infertility, Labor, Miscarriage, Placenta, Scar Tissue, Women's Health

**Links for more info:**

[LinkedIn: Lisa McCarty](#)

[LinkedIn: Dr. Sigal Klipstein](#)

[Dr. Sigal Klipstein, M.D., F.A.C.O.G. | InVia Fertility](#)

[Asherman's syndrome | Fertility & Reproductive Medicine Center](#)

**SEGMENT 2: FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS**

**Time:** 13:31

**Duration:** 8:59

**Synopsis:** Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University; Mary Catlin, Doctoral Student & Graduate Research Assistant in Criminology, Law and Society, George Mason University

**Compliance issues:** Crime, Law Enforcement, Public Safety, Criminology, False Confessions, Interrogation, Judicial System, Police Officers, Prison, Victims, Wrongful Convictions

**Links for more info:**

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)

[Mary Catlin](#)

[Mary CATLIN | Research Assistant | Master of Science | George Mason University, VA | GMU | Department of Criminology, Law and Society | Research profile](#)

**Program 23-49**

**Air Week:** 12/3/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?**

**Time:** 1:49

**Duration:** 10:53

**Synopsis:** Since the heart is part of a larger system in our body, treating cardiac conditions means healing the full person instead of just the one organ. Dr. Kim Feingold, a cardiac psychologist, has researched the use of acupuncture therapy as an integrative approach to treating cardiac patients. She explains her findings and how this needle stimulation may aid in recovery from open heart surgery.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Kim Feingold, Assistant Professor of Surgery and Psychiatry, Northwestern University Feinberg School of Medicine, Founder & Director of Cardiac Behavioral Medicine, Bluhm Cardiovascular Institute; Ania Grimone, Acupuncturist & Chinese Medicine Clinician, Northwestern Medicine

**Compliance issues:** Anxiety, Patient Safety, Public Health, Acupuncture, Atrial Fibrillation, Cardiac Health, Heart Attack, Heart Surgery, Integrative Health, Intensive Care Unit, Recovery, Stress, Stroke

**Links for more info:**

[Kim L Feingold: Faculty Profiles](#)

[LinkedIn: Dr. Kim Feingold](#)

[Ania Grimone, LAc | Northwestern Medicine](#)

[Ania Grimone M.S., L.Ac., C.H., CPCC - Owner and CEO - Venus Core Leadership | LinkedIn](#)

**SEGMENT 2: 'EVERYONE CAN BE MADE PSYCHOTIC' – THE TRUTH BEHIND SCHIZOPHRENIA**

**Time:** 13:44

**Duration:** 8:42

**Synopsis:** Hollywood often portrays schizophrenia in its most extreme form, but the disorder's progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. Dr. Christoph Correll explains why it's often misdiagnosed, left untreated, and can affect anyone – including you.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Christoph Correll, Professor of Psychiatry, Zucker School of Medicine, Medical Director of the Recognition and Prevention Program, Zucker Hillside Hospital

**Compliance issues:** Anxiety, Depression, Mental Health, Public Health, Vulnerable Populations, Injectable Medication, Psychiatric Conditions, Schizophrenia

**Links for more info:**

[Christoph Correll Profile | Zucker School of Medicine](#)

[Interplay between negative symptoms, time spent doing nothing, and negative emotions in patients with schizophrenia spectrum disorders: results from a 37-site study](#)

[NIMH » Schizophrenia](#)

**Program 23-50**

**Air Week:** 12/10/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP?**

**Time:** 1:51

**Duration:** 10:08

**Synopsis:** Natural disasters are often devastating to the surrounding communities and environment. And since they're becoming more frequent – and occurring in places they've never been before – it's more important than ever to know how to support the victims and prepare yourself for these catastrophes.

**Host:** Elizabeth Westfield

**Producer:** Amirah Zaveri

**Guests:** Dr. Vickie Mays, Clinical Psychologist, Professor, Department of Psychology at University of California Los Angeles

**Compliance issues:** Anxiety, Climate Change, Depression, Flooding, Mental Health, Natural Disasters, PTSD, Psychology, Trauma, Vulnerable Populations, Charity, Earthquake, Forest Fires, International Issues

**Links for more info:**

[Vickie M. Mays](#)

[Dr. Vickie Mays \(@drvickiemays\) / X](#)

[Vickie M. Mays, PhD, MSPH](#)

[Vickie M. Mays, Ph.D., MSPH - Distinguished Professor of Psychology and Distinguished Professor of Health Policy and Management - University of California, Los Angeles | LinkedIn](#)

**SEGMENT 2: "IT'S A CRITICAL AGE": WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM**

**Time:** 12:59

**Duration:** 9:19

**Synopsis:** Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life. One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Raeva Ramadorai, Director, Thermo Fisher Scientific Junior Innovators Challenge; Shanya Gill, Ascend Award Winner

**Compliance issues:** Consumerism, Public Safety, Vulnerable Populations, Computer Science, Fire, Fire Safety, Hazard Prevention, Invention, Kitchen Safety, Leadership Skills, Science Fair, Smoke Detectors

**Links for more info:**

[Society For Science: Raeva Ramadorai](#)

[LinkedIn: Raeva Ramadorai](#)

[Thermo Fisher Scientific Junior Innovators Challenge](#)

[Society For Science: Shanya Gill](#)

[LinkedIn: Shanya Gill](#)

**Program 23-51**

**Air Week:** 12/17/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY**

**Time:** 1:51

**Duration:** 12:22

**Synopsis:** Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person's cause of death. Our expert takes us through this process and how it's used in everyday life.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Barbarajeon Magnani, Professor of Anatomic and Clinical Pathology Emerita, Tufts University School of Medicine, Spokesperson, College of American Pathologist, Former Chair of the Toxicology Committee, College of American Pathologists, Author; Dr. Lily Robinson Thriller Series

**Compliance issues:** Autopsy, Death, Law Enforcement, Blood Test, Celebrities, Forensic Toxicology, Investigations, Lethal Injections, Morgue, Poisons, Political Espionage, Toxicology

**Links for more info:**

[Barbarajeon Magnani PhD, MD - Professor, Anatomic and Clinical Pathology, and Medicine - Tufts Medical Center | LinkedIn](#)  
[BJ Magnani](#)

**SEGMENT 2: IS SCIENCE CLOSE TO CREATING IMMORTAL HUMANS?**

**Time:** 15:15

**Duration:** 7:05

**Synopsis:** The key to living a long life? Chip Walter says it's more about having less 'bad' genes rather than having more 'good' ones. But as we inch closer to finding immortality, there are some questions to be answered, such as "should we even be able to live hundreds of years?"

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Chip Walter, Explorer, National Geographic, Author, Immortality, Inc.

**Compliance issues:** Biology, Consumerism, Diet, Exercise, Genetics, Patient Safety, Public Health, Public Safety, Elderly Population, Immortality, Longevity, Population Control, World Population

**Links for more info:**

[Chip Walter - National Geographic Society](#)  
[Chip Walter - Author - The Human Light and Power Co. | LinkedIn](#)

**Program 23-52**

**Air Week:** 12/24/2022

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION**

**Time:** 1:51

**Duration:** 11:03

**Synopsis:** Nearly 800,000 Americans have a stroke each year, so make sure you know how to help if your loved one has a sudden attack. Our experts give you the tools to know the signs, symptoms, and actions you can take to save a life. Remember to BE FAST, every minute matters.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Sheryl Martin-Schild, Vascular Neurologist, Stroke Medical Director, Louisiana Emergency Response Network; Meghan McKee, Stroke Survivor

**Compliance issues:** Emergency Medicine, Neurology, Vulnerable Populations, Blood Thinners, Brain Bleed, Brain Health, Disability, Healthy Lifestyle, Heart Health, Stroke, Stroke Survivors

**Links for more info:**

[Sheryl Martin-Schild, MD | LCMC Health](#)

[Dr. Sheryl Martin-Schild, MD, PhD, FANA, FAHA](#)

[Sheryl Martin-Schild, M.D., Ph.D., FANA, FAHA](#)

**SEGMENT 2: “NO SMOKE IS GOOD SMOKE” HOW VAPING IS INCREASING CASES OF COPD**

**Time:** 13:54

**Duration:** 8:30

**Synopsis:** COPD is a silent killer – but it doesn't have to be. Smoking cigarettes and vaping are among the main causes of the lung disease, but manufacturing plants and air pollution can make even the healthiest person sick. Our experts explain ways to reduce your risk and how to manage COPD once you're diagnosed.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Tony Punturieri, Program Officer in the Division of Lung Disease, National Heart, Lung, and Blood Institute; Dr. Siva Sivaraman, Pulmonologist, Director of the Respiratory Therapy Department, AtlantiCare Regional Medical Center

**Compliance issues:** Air Pollution, COPD, Chronic Disease, Consumerism, Lung Disease, Pollution, Cigarettes, Factory Workers, Respiratory Illness, Rural Areas, Vapes, Vulnerable Population

**Links for more info:**

[Dr. Sivashankar Sivaraman, MD - Galloway, NJ - Pulmonary Critical Care - Book Appointment](#)

[Chronic Obstructive Pulmonary Disease \(COPD\)/Environment | NHLBI, NIH](#)

[Punturieri, Antonello | Pri-Med](#)

[Learn More Breathe Better® | NHLBI, NIH](#)



**Program 23-53**

**Air Week:** 12/31/2022

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: IF YOU HAVE A BRAIN, YOU'RE AT RISK FOR A SEIZURE - LET'S TALK ABOUT IT**

**Time:** 1:49

**Duration:** 10:51

**Synopsis:** While seizures are more common in very young and old age groups, they can happen to anyone. Our experts break down what causes seizures, who is a candidate for brain surgery, and why cannabis is becoming a popular treatment option.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Dipali Nemade, Epileptologist and Neurologist, Orlando Health Neuroscience Institute; Dr. Barry Gidal, Professor of Pharmacy and Neurology, University of Wisconsin-Madison, Medications Co-Editor, Epilepsy.com

**Compliance issues:** Consumerism, FDA, Neurology, Vulnerable Populations, Bioaccumulates, Brain Surgery, Cannabinoids, Cannabis, CBD, Contamination, Deep Brain Stimulation, Nervous System, Seizure, THC

**Links for more info:**

[Barry E Gidal, PharmD, RPh](#)

[LinkedIn: Dr. Barry Gidal](#)

[Barry Gidal, PharmD | Epilepsy Foundation](#)

[Dipali Nemade, MD](#)

[Dipali Nemade, MD MPH \(@drdips23\) / X](#)

**SEGMENT 2: "THEY'RE ACTIVELY TRYING TO DIE": INSIDE THE MIND OF A TRAUMA SURGEON**

**Time:** 13:42

**Duration:** 9:16

**Synopsis:** With the constant stress and chaos of emergency rooms, how do doctors keep a clear head to make life or death decisions? Dr. Stephen Cohn has been a trauma surgeon for more than 40 years. He takes us through a day-in-the-life, giving us an inside look at the hectic lives of emergency medicine physicians.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Stephen Cohn, Trauma Surgeon, Hackensack Meridian Health, Author, All Bleeding Stops

**Compliance issues:** Consumerism, Death, Emergency Medicine, Medicine, Patient Safety, Public Health, Trauma, Vulnerable Populations, Accidents, Nursing Home, Stroke, Trauma Surgery

**Links for more info:**

[Dr. Stephen Cohn, MD - Hackensack, NJ - Surgical Critical Care](#)

[All Bleeding Stops: Life and Death in the Trauma Unit by Stephen M. Cohn M.D. | Barnes & Noble®](#)