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QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2019

Health

Mayo Clinic Radio, weekend of 10/05-06

Date aired: 10/6/2019 **Time Aired:** 6:05a

30:00

Scoliosis is a sideways curvature of the spine that occurs most often during the growth spurt just before puberty. Most cases of scoliosis are mild, but some spine deformities continue to get more severe as children grow. An especially severe spinal curve can reduce the amount of space within the chest, making it difficult for the lungs to function properly.

Dr. Todd Milbrandt, a Mayo Clinic orthopedic surgeon, explained treatment options for scoliosis. Also on the program, Dr. Leslie Sim, a Mayo Clinic psychologist, discussed eating disorders in adults, including gender and ethnic discrepancies in seeking treatment. And, Dr. C. Robert Stanhope, a retired Mayo Clinic OB-GYN, shared a career retrospective.

Mayo Clinic Radio, weekend of 10/12-13

Date aired: 10/13/2019 **Time Aired:** 6:05a

30:00

Being unable to control bowel movements, called fecal incontinence, is a common problem in people as they age. While the condition is embarrassing and difficult to talk about, health care providers can offer treatments to help control the condition and improve quality of life for patients.

Dr. Jean Fox, a Mayo Clinic gastroenterologist, discussed fecal incontinence. Also on the program, Dr. Ekta Kapoor, a Mayo Clinic internal medicine and women's health physician, explained the dangers of excess belly fat. And Dr. Michael Joyner, a Mayo Clinic anesthesiologist and human performance expert, discussed a recent study examining whether pushups can predict your future health.

Mayo Clinic Radio, weekend of 10/19-20

Date aired: 10/20/19 **Time Aired:** 6:05a

30:00

Around 250,000 women are diagnosed with breast cancer in the U.S. every year, according to the Centers for Disease Control and Prevention. Even as cancer treatments have become increasingly targeted and refined, many women choose to have a mastectomy versus lumpectomy and radiation. And close to half of women who undergo mastectomy have reconstruction using one of two options: reconstruction with implant surgery or reconstruction with flap surgery.

October is Breast Cancer Awareness Month, and three breast cancer topics were featured on the program. Dr. Sarvam TerKonda, a Mayo Clinic plastic surgeon, discussed reconstruction surgery after breast cancer treatment. Also, Dr. Jordan Ray, a Mayo Clinic cardiologist, explained the importance of heart care for breast cancer patients. And Dr. Kathryn Ruddy, a Mayo Clinic medical oncologist, discussed the rare and often overlooked disease of male breast cancer.

Mayo Clinic Radio, weekend of 10/26-27**Date aired:** 10/27/19 **Time Aired:** 6:05a**30:00**

While you may think of bacteria as something bad that you should avoid, the bacteria inside your gut can keep you healthy. The human gastrointestinal tract harbors 100 trillion microbes known as your microbiome that play an important role in maintaining health. Disruptions of the microbiome can lead to serious health problems. Research at the Mayo Clinic Center for Individualized Medicine Microbiome Program is seeking to understand how the microbiome promotes wellness and how disruption of the microbiome can enable disease.

Dr. Purna Kashyap, co-director of the Mayo Clinic Center for Individualized Medicine Microbiome Program, discussed microbiome research. Also on the program, Dr. Robert Jacobson, a Mayo Clinic pediatrician, shared what you need to know about bats and rabies. And Dr. Karen Swanson, a Mayo Clinic pulmonologist, shared the latest information on the vaping crisis.

Mayo Clinic Radio, weekend of 11/02-03**Date aired:** 11/3/19 **Time Aired:** 6:05a**30:00**

Fall is here, and as the weather cools off, flu season heats up. After a particularly bad flu season in Australia, officials warn that could foretell what's ahead for the U.S.

Dr. Gregory Poland, director of Mayo Clinic's Vaccine Research Group, talked about the upcoming flu season, the importance of good hand-washing techniques, and the potential for a universal flu vaccine. Also on the program, Dr. Matthew Robertson III, chair of Obstetrics and Gynecology at Mayo Clinic in Florida, explained hyperthermic intraperitoneal chemotherapy, which uses heated chemotherapy during surgery to treat ovarian cancer. And Dr. Christopher Boes, chair of Mayo Clinic's Division of Neurology Education, and Dr. Bruce Pollock, a Mayo Clinic neurologic surgeon, discussed diagnosing and treating the chronic pain condition known as trigeminal neuralgia.

Mayo Clinic Radio, weekend of 11/09-10**Date aired:** 11/10/19 **Time Aired:** 6:05a**30:00**

When you think of artificial intelligence (AI), you might imagine what you see in the movies: robots, self-driving vehicles, and computers that think and act like humans. You might already be using AI every day when you ask Siri or Alexa for help. AI might be better described as machine learning or deep learning, and it is a fast-growing part of medicine, changing how health care providers treat patients. For example, AI is being used at Mayo Clinic to detect heart disease, treat stroke patients faster and create algorithms for diagnostic radiology.

Dr. Bradley Erickson, a Mayo Clinic diagnostic radiologist, discussed AI in medicine and society. Also on the program, Dr. Alfredo Quinones-Hinojosa, chair of Neurosurgery at Mayo Clinic in Florida, shared the latest in neurologic surgery for hard-to-treat brain tumors. And Dr. Matthew Ziegelmann, a Mayo Clinic urologist, discussed Peyronie's disease.

Mayo Clinic Radio, weekend of 11/16-17**Date aired:** 11/17/19 **Time Aired:** 6:05a**30:00**

As the baby boomer generation ages, there are more senior drivers on the road than ever before. And it's a difficult conversation to have when it's no longer safe for them to drive. "Driving retirement" is a normal part of aging, but how do you know when it's time to take away the keys? And what other steps should you take to keep your loved ones safe, not only on the road but also in their homes?

Dr. Ericka Tung, a Mayo Clinic internist and geriatrician, discussed safety for older adults. Also on the program, information about Mayo Clinic Connect, an online patient community, was shared. Colleen Young, community director, and Rosemary Huckleberry, a volunteer mentor for Mayo Clinic Connect, outlined how patients use the platform. And Dr. Steve Ommen, director for Mayo Clinic Center for Connected Care, explained how digital medicine is changing health care.

Mayo Clinic Radio, weekend of 11/23-24**Date aired:** 11/24/19 **Time Aired:** 6:05a**30:00**

Gastroesophageal reflux disease, also known as GERD, affects an estimated 1 in 5 American adults. GERD occurs when stomach acid flows back into the esophagus from the stomach. The lining of your esophagus is more delicate than the lining of your stomach, so acid in your esophagus causes a burning sensation. While many people experience reflux from time to time, GERD is defined by reflux occurring weekly. Most people can manage the discomfort of GERD with lifestyle changes and over-the-counter medications. But some people with GERD may need stronger medications or surgery to ease symptoms.

Dr. Jeffrey Alexander, a Mayo Clinic gastroenterologist, discussed GERD treatment and prevention. Also on the program, Dr. Matthew Carlson, a Mayo Clinic ear, nose and throat surgeon, explained vestibular schwannomas, a benign brain tumor that forms on the nerve cells leading from your inner ear to your brain. And Dr. Dawn Davis, a Mayo Clinic dermatologist, discussed genital skin diseases in men.

Mayo Clinic Radio, weekend of 11/30-12/01**Date aired:** 12/1/19 **Time Aired:** 6:05a**30:00**

The pituitary gland is a hormone-producing gland at the base of the brain. Sometimes known as the "master gland," the pituitary gland produces and regulates hormones that help the body function. Pituitary tumors are abnormal growths that develop in your pituitary gland.

Dr. William Young Jr., a Mayo Clinic endocrinologist, discussed pituitary tumors. Also on the program, Dr. Emanuel Trabuco, chair of Mayo Clinic's Division of Urogynecology, explained treatment options for stress urinary incontinence in women. And Dr. Joy Wolfram, a Mayo Clinic researcher, shared how nanomedicine seeks to improve cancer care.

Mayo Clinic Radio, weekend of 12/07-08**Date aired:** 12/8/19 **Time Aired:** 6:05a**30:00**

Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley and rye. If you have celiac disease, eating gluten triggers an immune response in your small intestine. Over time, this reaction damages your small intestine's lining and prevents it from absorbing some nutrients. The intestinal damage often causes diarrhea, fatigue, weight loss, bloating and anemia, and can lead to serious complications. In children, malabsorption can affect growth and development, besides causing the symptoms seen in adults. While there's no cure for celiac disease, for most people, following a strict gluten-free diet can help manage symptoms and promote intestinal healing.

Dr. Joseph Murray, a Mayo Clinic gastroenterologist, discussed diagnosing and treating celiac disease. Also on the program, Dr. Amy Degnim, a Mayo Clinic breast cancer surgeon, explained ductal carcinoma in situ, which is considered to be the earliest form of breast cancer. And Katherine Zeratsky, a Mayo Clinic registered dietician nutritionist, offered tips for eating smart during the holidays.

Mayo Clinic Radio, weekend of 12/14-15**Date aired:** 12/15/19 **Time Aired:** 6:05a**30:00**

Clay "Trip" Hedrick, a former college swimmer who continued to stay fit and healthy in his 40s, didn't consider himself at risk for heart problems. Despite no family history and few risk factors, though, Trip had a heart attack at 46. In the years following his heart attack, progressive heart disease required a series of stents and then open-heart surgery in 2018. Trip got back in the pool as soon as possible. Just 16 months later, he set a national age group swimming record in the 50-meter butterfly. Now Trip has his sights set on a shot at the world record in 2020.

Trip shared his story in his own words. He was joined by Dr. John Stulak, the Mayo Clinic cardiovascular surgeon who performed Trip's open-heart surgery. Also on the program, Dr. Jamie Van Gompel, a Mayo Clinic neurologic surgeon, and Dr. Garret Choby, a Mayo Clinic otolaryngologist — head and neck surgeon, explained minimally invasive surgery for skull base tumors. And Dr. Reade Quinton, a Mayo Clinic pathologist, discussed the shortage of pathologists and his forensic work in anatomic pathology.

Mayo Clinic Radio, weekend of 12/21-22**Date aired:** 12/22/19 **Time Aired:** 6:05a**30:00**

When it comes to Alzheimer's disease, men are typically diagnosed earlier than women. But why? New research suggests it might be the test used to score a person's memory. Women are stronger at verbal memory performance, potentially masking early signs of Alzheimer's disease. A study published recently in American Academy of Neurology suggests that adjusting the test scoring to consider women's skill at verbal memory performance could help women be diagnosed earlier with Alzheimer's and its precursor, mild cognitive impairment.

Dr. Michelle Mielke, a Mayo Clinic epidemiologist and an author on the study, explained how memory testing is used to diagnose Alzheimer's disease. Also on the program, Dr. Matthew Carlson, a Mayo Clinic otorhinolaryngologist, and Dr. Aniket Saoji, a Mayo Clinic audiologist, discussed cochlear implants for adults. Then Dr. Richa Sood, a Mayo Clinic general internal medicine physician, explained why optimism is good for your health. And Dr. Paul Friedman and Dr. Suraj Kapa — both Mayo Clinic cardiologists — explained how artificial intelligence (AI) and an EKG can predict your physiological age.

Mayo Clinic Radio, weekend of 12/28-29

Date aired: 12/29/19 **Time Aired:** 6:05a

30:00

Chest surgery, also known as thoracic surgery, formerly involved "cracking open the chest," which requires a large incision, cutting through muscles, and a crank to spread apart the ribs in order to access the organs. But advances in techniques, including minimally invasive procedures and the use of 3D models, are improving the way chest surgery is performed. Minimally invasive surgery can be performed through small incisions. This approach to surgery has many benefits for patients, including less damage to the muscles, less pain, fewer complications and a shorter hospital stay than with open surgery.

Dr. Shanda Blackmon, a Mayo Clinic thoracic surgeon, explained how advances in surgical techniques are improving outcomes for patients. Also on the program, Dr. Eric Moore, a Mayo Clinic otolaryngologic head and neck surgeon, shared treatment options for head and neck cancers. And Dr. Jewel Kling, a women's health expert, shared nonhormonal treatment options for menopause symptoms.