

Issues Programs List

Quarterly Issues Programs List

Station(s): WGNA/WTMM/WQBK/WQBK-HD2/WPBZ/WQSH

October 1, 2022 through December 31, 2022

Section I. Issues

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

- A. **Human/Cultural Services.** There are several key organizations in the Capital Region and beyond providing cultural programs, support and services to local individuals.
- B. **General Healthcare.** We focused on information and services for health and well-being and education for various health conditions.
- C. **Veterans/First Responders Services.** There are several local organizations who provide services and support to our Veterans and first responders and their families.
- D. **Housing.** Home prices are skyrocketing, and affordable housing is more essential than ever in the Capital Region. We also addressed housing services for the homeless.
- E. **Food.** Topics were covered on healthy holiday eating and ways for listeners to save money on their grocery bill.
- F. **Animal Welfare.** Topics were covered for local pet owners promoting pet health and safety.

Section II. Responsive Programs

Capital Region Sunday is a public affairs program where we address issues of local concern. This program airs every Sunday morning at 6am on WGNA, WTMM, WQBK, WQSH and WPBZ and at 7:30am on WQBK-HD2.

Date Aired	Duration (Minutes)	Program Name	Issue Discussed. Description of Program
10/2/22; 10/9/2022	12 Minutes	Capital Region Sunday	Human Services, General Healthcare, Cancer. We spoke with Cam Ramness from the Mechanicville Stillwater Breast Cancer Walk to benefit the American Cancer Society. The walk builds awareness and funds for breast cancer education and research.

10/2/2022; 10/23/2022; 10/30/2022; 11/6/2022; 11/13/2022; 11/20/2022; 11/27/2022	15 Minutes	Capital Region Sunday	Human Services, Mental Health. We interviewed Executive Leadership Coach, Elena Armijo about workplace burnout. We discussed topics to educate the Capital Region workforce on taking the time to slow down and look at causes of burnout at work and how to address for better work/life balance
10/9/2022; 10/16/2022	15 Minutes	Capital Region Sunday	Human Services, Autism, Community Resources, Education. We spoke with Vicki Romatar, a development specialist at the Crossroads Center in Glenville, to promote the mission of the Center providing educational, social, and other services for Capital Region children with autism.
10/16/2022; 11/20/2022; 11/27/2022; 12/4/2022;	15 Minutes	Capital Region Sunday	Personal Finance. We spoke with Donn Paul, a Food Expert, to give listeners tips on how to save money in the current economy through food choices.
10/23/2022; 10/30/2022	12 Minutes	Capital Region Sunday	Human/Veterans Services, Homelessness, Veterans. Michelle Viola Strait Director of Community Relations of the Veterans and Community Housing Coalition of Ballston Spa joined us to talk about the need for housing for homeless Capital Region Veterans and programs to provide housing and to promote the Fall Veteran's Ball in Saratoga Springs to raise funds for these efforts.
11/13/2022	10 Minutes	Capital Region Sunday	First Responders Services, Fire Safety. We spoke with Maureen Smith, Vice President of After The Fire, to build awareness for this volunteer, non-profit, publicly supported organization helping people in Saratoga County who have been victims of fire in their home.
11/20/2022; 11/27/2022; 12/4/2022; 12/11/2022	8 Minutes	Capital Region Sunday	Healthy Eating. We spoke with Chef and Influencer Shanisty Ireland about healthy baking options for the holiday season.
12/4/2022; 12/11/2022; 12/18/2022; 12/25/2022	13 Minutes	Capital Region Sunday	Animal Welfare. We spoke with Joel Silverman, Celebrity Dog Trainer about pet safety and well-being around the holidays including acclimating pets to guests and human foods to avoid.
12/11/2022	10 Minutes	Capital Region Sunday	Human/Veterans Services. We spoke with Bob Van Pelt, Executive Director Capital District of New York Chapter Association of the U.S. Army to promote Wreaths Across America, and annual tradition where wreaths are laid at the graves to remember soldiers at Saratoga National Cemetery. We promoted awareness of the event and gave details how listeners can volunteer.

12/18/2022; 12/25/2022		Capital Region Sunday	General Healthcare, Health and Wellness. We spoke with Kaite Corio, a Certified Strength and Conditioning Specialist, about ways to stay healthy around the holiday season including fitness and diet approaches to maintain a healthy lifestyle.
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In addition to the above local broadcasts, all of our stations broadcast Radio Health Journal every Sunday for 30-minutes at 6:30am on WGNA, WTMM, WQBK, WQSH and WPBZ and at 7 am on WQBK-HD2. The attached program log set forth the details of those broadcasts.

Program	22-40	Written & Produced	Kristen Farrah
Air Week	10/02/22	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Macys "Hispanic Heritage Month" Autozone "Services Mashup" OUTCUE: ...group 2021	:30 :30	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: PHARMACY DESERTS: THE SHRINKING ACCESS TO HEALTHCARE	12:21	
	Synopsis: Neighborhood pharmacies are closing across the nation, leaving their communities without close access to medication and other healthcare needs. Dr. Walter Mathis has researched pharmacy deserts and how they're affecting local communities. He explains possible solutions to this growing issue. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine; Justin Macy PharmD, Digital Health Senior Manager, National Association of Boards of Pharmacy Compliance issues covered: pharmacy deserts; pharmacy; healthcare; public health; medical access; food deserts; vulnerable populations; consumerism; corporatization; public transportation; public policy Links for information: https://medicine.yale.edu/profile/walter_mathis/ https://pubmed.ncbi.nlm.nih.gov/35953379/ https://www.linkedin.com/in/justinmacy/ https://safe.pharmacy/		
14:11	SPOTBREAK 2: Procter & Gamble "Tide" Progressive Insurance Co "Progressive" OUTCUE: ...states or situations	:30 :30	
15:11	:02 PAUSE FOR LOCAL AVAIL	:02	
15:13	SEGMENT 2: AN ILLNESS AFFECTING MILLIONS OF UNSUSPECTING PEOPLE – POSSIBLY YOU	7:51	
	Synopsis: Peripheral Artery Disease may not be a household name like stroke or heart attack, but it's just as common. Unfortunately, the lack of awareness means that many patients with PAD catch it too late and end up needing an amputation. Dr. Nick West discusses why public awareness is crucial to saving lives and limbs. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Nick West, Chief Medical Officer, Abbott Laboratories Compliance issues covered: global health emergency; public safety; amputations; exercise; physical health; patient safety; public awareness; disease awareness Links for information: https://www.linkedin.com/in/nick-west-8050a1a0/ https://www.cardiovascular.abbott/us/en/patients/treatments-therapies/peripheral-artery-disease.html https://www.cardiovascular.abbott/us/en/hcp/disease-management/peripheral-artery-disease/clear.html		
23:04	SPOTBREAK 3: Procter & Gamble "Downy" Indeed "Indeed 2022 Upfront" Macys "Hispanic Heritage Month" KFC "Window 6 Campaign" OUTCUE: ...tax extra	:30 :30 :30 :30	
25:04	Medical Notes & News. Host: Shel Lustig	1:22	
26:26	SPOTBREAK 4: Pfizer Consumer Healthcare "Eliquis" Procter & Gamble "King C Gillette" OUTCUE: ...c gillette	:30 :31	
27:27	Program Conclusion	:31	
27:58	TOTAL TIME		

Program	22-41	Written & Produced	Kristen Farrah
Air Week	10/09/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Macys "Hispanic Heritage Month" Wendy's "Breakfast" OUTCUE: ...breakfast hours	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: DISSECTING THE EMERGENCY ROOM: EVERY PATIENT HAS A STORY	12:05
	Synopsis: As an ER doctor, Jay Baruch wears many hats. He's a healer, listener, traffic director, and so much more during each shift. But in such a chaotic space, how can doctors maximize their time with patients? Baruch explains his beliefs on medicine's moral center and changes that need to be implemented to give patients the best outcomes. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Jay Baruch, Emergency Physician, Professor of Emergency Medicine, Warren Alpert Medical School at Brown University, Author Compliance issues covered: emergency medicine; patient safety; healthcare; pandemic; hospital; consumerism; insurance companies; medical records; creativity; medicine; public health Links for information: https://twitter.com/JBaruchMD?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.jaybaruch.com/ https://vivo.brown.edu/display/jbaruchm	
13:55	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
14:55	:02 PAUSE FOR LOCAL AVAIL	:02
14:57	SEGMENT 2: A NEW HOPE FOR MEN WITH ADVANCED PROSTATE CANCER	7:28
	Synopsis: Treatments for metastatic hormone-sensitive prostate cancer have remained the same for seventy years – until now. Scientists have created a medication, called Nubeqa, that pairs with the original treatments and helps lengthen the lifespan of patients. An expert discusses why this is an optimistic time for MHSPC patients. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Neal Shore, Medical Director, Carolina Urologic Research Center, Chief Medical Officer of Urology and Surgical Oncology, Genesis Care US Compliance issues covered: patient safety; prostate cancer; novel treatments; cancer; oncology; gender issues; vulnerable population; radiation; chemotherapy Links for information: https://www.genescare.com/us/our-doctors/dr-neal-d-shore https://atlanticurologyclinics.com/physicians/neal-shore/ https://www.nubeqa-us.com/	
22:25	SPOTBREAK 3: Progressive Insurance Co "Progressive" Procter & Gamble "Swiffer" Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:30 :30 :60
24:25	Medical Notes & News. Host: Shel Lustig	2:00
26:25	SPOTBREAK 4: Macys "Hispanic Heritage Month" KFC "Window 6 Campaign" OUTCUE: ...tax extra	:30 :31
27:26	Program Conclusion	:31
27:57	TOTAL TIME	

Program	22-42	Written & Produced	Kristen Farrah
Air Week	10/16/22	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...the facts dot com	:59	
1:47	:02 PAUSE FOR LOCAL AVAIL	:02	
1:49	SEGMENT 1: THE CONDITION THAT EXPERTS SAY IS SEVERELY UNDERDIAGNOSED	10:52	
	<p>Synopsis: Our upper and lower body movements are connected by two small joints called the SI joint. Any changes in this joint can cause severe pain and restricted mobility. Unfortunately, SI Joint Dysfunction is extremely hard to diagnose. An expert explains the difficulties in diagnosing and how the dysfunction can be fixed using regenerative medicine.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Niteesh Bharara, Director of Regenerative Medicine, Virginia Spine Institute; Kathryn Butterfield, Diagnosed with SI Joint Dysfunction</p> <p>Compliance issues covered: regenerative medicine; back pain; stem cell therapy; chronic condition; patient safety; consumerism; vulnerable populations; public health; chronic pain; joint dysfunction</p> <p>Links for information: https://www.spinemd.com/our-team/physicians/dr-niteesh-bharara https://www.instagram.com/doctor_bharara/?hl=en</p>		
12:41	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60	
13:41	:02 PAUSE FOR LOCAL AVAIL	:02	
13:43	SEGMENT 2: WHY WE NEED TO HAVE BETTER DISCUSSIONS AROUND MALE INFERTILITY	9:14	
	<p>Synopsis: Did you know that men are just as affected by infertility as women? Yet, society tends to focus on female infertility more commonly. Because of the lack of discussion, many men wait too long to seek help for fertility issues. Dr. Scott Lundy, a urologist at the Cleveland Clinic, discusses different causes of male infertility and common treatment options men may not know about.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Scott Lundy, Urologist, Glickman Urological and Kidney Institute at the Cleveland Clinic</p> <p>Compliance issues covered: fertility; male infertility; men's health; reproduction; assisted reproduction; lifestyle changes; public awareness; public health; reproductive technology</p> <p>Links for information: https://my.clevelandclinic.org/staff/28398-scott-lundy https://resolve.org/ https://twitter.com/scottlundymdphd?lang=en https://www.urologyhealth.org/urology-a-z/m/male-infertility</p>		
22:57	SPOTBREAK 3: Discover Products Inc "Discover Card Brand" KFC "Window 6 Campaign" Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:30 :30 :60	
24:57	Medical Notes & News. Host: Shel Lustig	1:28	
26:25	SPOTBREAK 4: Ebay "Ebay Parts & Accessories" Procter & Gamble "Oral B" OUTCUE: ...come and get it	:30 :30	
27:25	Program Conclusion	:31	
27:56	TOTAL TIME		

Program	22-43	Written & Produced	Kristen Farrah
Air Week	10/23/22	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: "FIELD IN CRISIS": DOCTORS NEED 26.7 HOURS IN A DAY TO CARE FOR PATIENTS	11:12	
	Synopsis: Primary care physicians have been experiencing a shortage in recent years. Couple that with a demanding patient load and it's no surprise that both doctors and patients are feeling slighted. Experts discuss the systemic changes needed to turn the field around. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Russ Phillips, Primary Care Physician, Director, Harvard Medical School Center for Primary Care; Dr. Justin Porter, Primary Care Physician, Assistant Professor of Medicine, University of Chicago Compliance issues covered: primary care; physician shortage; multidisciplinary care; fee-for-service; value-based care; patient health; public health; consumerism; education Links for information: https://www.uchicagomedicine.org/find-a-physician/physician/justin-porter https://link.springer.com/article/10.1007/s11606-022-07707-x https://primarycare.hms.harvard.edu/faculty-staff/russ-phillips		
13:02	SPOTBREAK 2: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:60	
14:02	:02 PAUSE FOR LOCAL AVAIL	:02	
14:04	SEGMENT 2: CAN DREAMS DEEPEN OUR UNDERSTANDING OF MENTAL ILLNESS?	8:28	
	Synopsis: Even with a growing awareness of mental health, researchers say our compassion for those with mental illness hasn't improved. Dr. Melanie Rosen, an assistant professor of philosophy, thinks the lack of societal empathy could be fixed in our sleep. She explains how the delusional nature of dreams could help us better understand the daily lives of those with mental illnesses, such as schizophrenia. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Melanie Rosen, Assistant Professor of Philosophy, Trent University Compliance issues covered: dreams; sleep; mental health; mental illness; virtual reality; delusions; public health; mental health awareness; empathy; neuroscience Links for information: https://www.trentu.ca/philosophy/faculty-research/melanie-rosen https://www.youtube.com/watch?v=i40-x3Tp8Z0 https://journals.ub.uni-heidelberg.de/index.php/JoDR/article/view/83147		
22:32	SPOTBREAK 3: Macy's "Breast Cancer Awareness" :30 Procter & Gamble "Gain" :30 Wendy's "Wendy's Value" :30 Progressive Insurance Co "Progressive" OUTCUE: ...all agents :30		
24:32	Medical Notes & News. Host: Shel Lustig	1:57	
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:60	
27:29	Program Conclusion	:30	
27:59	TOTAL TIME		

Program	22-44	Written & Produced	Kristen Farrah
Air Week	10/30/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:59
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: THE CONVERSATION AROUND STILLBIRTH THAT'S LONG OVERDUE	12:22
	Synopsis: Elizabeth O'Donnell experienced a stillbirth in 2020. Through her grief, she created Aaliyah in Action, a non-profit that helps women in similar situations, in honor of her daughter. She believes stillbirth prevention needs to be a public conversation – one that can save thousands of babies. Host: Reed Pence. Producer: Kristen Farrah. Guests: Elizabeth O'Donnell, Founder, Aaliyah in Action; Dr. Neil Mandsager, Maternal Fetal Medicine Physician, Director of Obstetrician, MercyOne Des Moines Medical Center, Medical Adviser, Count the Kicks Compliance issues covered: stillbirth; stillbirth prevention; pregnancy; children at risk; vulnerable populations; education; non-profit; legislation; consumerism; public health Links for information: https://www.aaliyahinaction.org/meet-the-founder-elizabeth https://twitter.com/neilmandsager?lang=en https://www.instagram.com/aaliyahinaction/?hl=en https://countthekicks.org/https://www.mercyone.org/desmoines/provider/neil-mandsager-md-maternal-and-fetal-medicine https://twitter.com/aaliyahinaction?ref_src=twsrc%5Egoogle%7Ctwtcamp%5Eserp%7Ctwtgr%5Eauthor	
14:11	SPOTBREAK 2: Macy's "Breast Cancer Awareness" Procter & Gamble "Oral B" OUTCUE: ...come and get it	:30 :30
15:11	:02 PAUSE FOR LOCAL AVAIL	:02
15:13	SEGMENT 2: HOW SLEEP RESEARCH IS IMPROVING COMMUNICATION TECHNOLOGY	7:35
	Synopsis: Even after decades of research, much of the human brain remains a mystery. In an effort to progress communication technology for the physically disabled, Dr. Daniel Rubin, a neurologist, is working to uncover some of the questions around sleep. He explains his groundbreaking findings and sheds light on the future of bridging our brains with technology for instantaneous communication. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Daniel Rubin, Neurologist, Massachusetts General Hospital, Instructor, Harvard Medical School Compliance issues covered: public health; communication; consumerism; sleep; neurology; neuroscience; physically disabled; memory; technology Links for information: https://www.massgeneral.org/doctors/20938/daniel-rubin https://mobile.twitter.com/dbrubin https://www.braingate.org/team/dan-rubin-md-phd/ https://www.jneurosci.org/content/42/25/5007	
22:48	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:60 :60
24:48	Medical Notes & News. Host: Shel Lustig	1:41
26:29	SPOTBREAK 4: Macy's "Breast Cancer Awareness" Procter & Gamble "Vicks Quils" OUTCUE: ...use as directed	:30 :30
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

Program	22-45	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	11/06/22	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Pprevnar" OUTCUE: ...with prevnar twenty	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: HAVE WE RELIED TOO MUCH ON HEALTHCARE?	13:04	
	Synopsis: Hospitals are a foundational part of our health, but Dr. Michael Stein, a primary care physician, believes we may be depending too much on medicine. He explains the difference between healthcare and public health, arguing that we should pay more attention to preventing conditions before they occur. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Michael Stein, Primary Care Physician, Professor, Boston University School of Public Health; Dr. Franchell Hamilton, Bariatric Surgeon, Obesity Weight loss Specialist, Founder, NeuroSwitch Weight Loss Compliance issues covered: public health; healthcare; preventive medicine; politics; public policy; vulnerable populations; hunger crisis; housing crisis; consumerism; nutrition; health Links for information: https://www.bu.edu/sph/profile/michael-stein/ https://twitter.com/mdsteinmd https://www.michaelsteinbooks.com/ https://neuroswitchweightloss.com/ https://drfhamilton.com/ https://www.instagram.com/dr.fhamilton/?hl=en https://twitter.com/drfhamilton?lang=en https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health		
14:54	SPOTBREAK 2: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60	
15:54	:02 PAUSE FOR LOCAL AVAIL	:02	
15:56	SEGMENT 2: HOW ORDINARY PEOPLE BECAME AMERICA'S FIRST PARAMEDICS	7:10	
	Synopsis: In 1966, Americans were more likely to die from a car crash than soldiers in the Vietnam War. Most people needing emergency assistance were carried to the hospital in the back of a police car. In his new book, Kevin Hazzard uncovers how our modern-day paramedics came to be. Host: Nancy Benson. Producer: Polly Hanson. Guests: Kevin Hazzard, Paramedic, Author, American Sirens, The Incredible Story of The Black Men Who Became America's First Paramedics Compliance issues covered: paramedic; ambulance; public health; race; healthcare; vulnerable populations; consumerism; patient safety; life expectancy Links for information: https://www.kevinhazzard.com/ https://twitter.com/goes_by_hazzard		
23:06	SPOTBREAK 3: Macys "Big Brothers and Sisters" Procter & Gamble "Olay Body" Pfizer Consumer Healthcare "Pprevnar" OUTCUE: ...with Pprevnar twenty	:30 :28 :60	
25:04	Medical Notes & News. Host: Shel Lustig	1:23	
26:27	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60	
27:27	Program Conclusion	:30	
27:57	TOTAL TIME		

Program	22-46	Written & Produced	Kristen Farrah
Air Week	11/13/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: ANTIBIOTICS: THE GROWING HEALTH CRISIS WE'RE NOT TALKING ABOUT, PART 1	11:01
	<p>Synopsis: People around the world have heavily relied on antibiotics to fight off infections for decades. Unfortunately, this dependency has created a global resistance to some of the drugs, leading to the deaths of more than one million people in 2019. Dr. John McKillip discusses the overuse, overprescribed, and misprescribed issues that, if left unchecked, could result in up to ten million deaths each year due to antibiotic resistance.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. John McKillip, Professor of Microbiology, Ball State University; Milan Patel, CEO and Co-Founder, PathogenDx Compliancy issues covered: antibiotics; antibiotic resistance; public health; public health crisis; patient safety; global crisis; biotechnology; overprescribing; genetics; bacteria; pharmaceutical industry Links for information: https://www.bsu.edu/academics/collegesanddepartments/biology/about/faculty-staff/biofaculty/mckillipjohn https://twitter.com/pathogendx https://link.springer.com/article/10.1007/s11756-021-00697-x https://pathogendx.com/about/executive-team/</p>	
12:51	SPOTBREAK 2: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
13:51	:02 PAUSE FOR LOCAL AVAIL	:02
13:53	SEGMENT 2: HOW TO OVERCOME YOUR MENTAL BLOCKS TO REACH SUCCESS	8:36
	<p>Synopsis: Mental toughness is usually a term reserved for athletes. However, Dr. Haley Perlus, an expert in performance psychology, explains why it's so important for everyone to work on their mental fortitude. Perlus joins us this week to offer tips on how to work past those mental blocks and achieve your goals.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Haley Perlus; Author, Public Speaker, Doctor of Sport and Performance Psychology Compliancy issues covered: mental health; mental toughness; athletics; neurology; public health; goal setting; relationships; strength; mindset Links for information: https://drhaleyperlus.com/ https://twitter.com/sportpsychology?lang=en https://www.youtube.com/channel/UC8cH78p4ZaR_F-S7iLSE0PQ</p>	
22:29	SPOTBREAK 3: Macys "Big Brothers and Sisters" :30	
	Pfizer Consumer Healthcare "Paxlovid" :30	
	Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com :60	
24:29	Medical Notes & News. Host: Shel Lustig	2:00
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

Program	22-47	Written & Produced	Kristen Farrah
Air Week	11/20/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HAS HEALTHCARE LET DOWN THE MEN AND WOMEN WHO SERVED OUR COUNTRY?	11:44
	<p>Synopsis: Suzanne Gordon's new book "Our Veterans" explores the question: have we failed our service members? Though the VA Healthcare system is a great resource, too many veterans are unable to access it. Gordon exposes our society's insufficient care for the men and women who've served our country and offers solutions to help right these wrongs.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Suzanne Gordon, Journalist, Senior Policy Analyst, Veterans Healthcare Policy Institute, Author, Our Veterans: Winners, Losers, Friends, and Enemies on the New Terrain of Veterans Affairs; Dr. Edgardo Padin-Rivera, Retired Clinical Psychologist, Vietnam War Veteran</p> <p>Compliance issues covered: veterans; veterans affairs; sexual assault; military; army; combat; Vietnam war; vulnerable populations; government; healthcare; chronic conditions; PTSD; trauma; suicide</p> <p>Links for information: https://suzannegordon.com/ https://www.dukeupress.edu/our-veterans https://www.va.gov/health-care/ https://www.va.gov/health/ https://www.sapr.mil/ https://www.hospicewr.org/Western-Reserve-CareLink/February-2016/Post-Traumatic-Stress-at-the-End-of-Life</p>	
13:34	SPOTBREAK 2: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
13:34	:02 PAUSE FOR LOCAL AVAIL	:02
13:36	SEGMENT 2: ANTIBIOTICS PART 2: WE ARE WHAT WE EAT	8:53
	<p>Synopsis: In this continuation of last week's antibiotic segment, we explore the prevalence of drug use within animal agriculture. Two-thirds of the yearly antibiotic supply are consumed by this industry. What's the impact to people who ultimately eat these antibiotic-ridden meat, dairy, and produce products?</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Laurel Redding, Assistant Professor of Epidemiology, University of Pennsylvania School of Veterinary Medicine</p> <p>Compliance issues covered: antibiotics; agriculture; global crisis; antibiotic resistance; animal agriculture; public health; federal regulations; veterinary medicine; meat industry; dairy industry</p> <p>Links for information: https://www.med.upenn.edu/apps/faculty/index.php/g5455356/p8127742 https://www.linkedin.com/in/laurel-redding-b510873/ https://ehp.niehs.nih.gov/doi/full/10.1289/EHP7327</p>	
22:29	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...states or situations	:60
	Procter & Gamble "Downy" :30	
	Progressive Insurance Co "Progressive" :30	
24:29	Medical Notes & News. Host: Shel Lustig	1:58
26:27	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:59
27:26	Program Conclusion	:31
27:57	TOTAL TIME	

Program	22-48	Written & Produced	Kristen Farrah
Air Week	11/27/22	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: GUT FEELING: THE TRILLIONS OF BACTERIA IN CHARGE OF OUR IMMUNE SYSTEM	11:53	
	Synopsis: Trillions of bacteria live in our gut, creating an intricate system called the 'gut microbiome.' Dr. Robynne Chutkan, a gastroenterologist, explains how this network is a crucial component to our immune system. She also offers step-by-step guidance on how to strengthen your own microbiome. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Robynne Chutkan, Gastroenterologist, Digestive Center for Wellness, Author, The Anti-Viral Gut: Tackling Pathogens From The Inside Out Compliance issues covered: public health; diet; gut microbiome; bacteria; immune system; gastroenterology; nature; plant fiber; supplements; antibiotics; consumerism; digestion; autoimmune disease; allergies; cancer Links for information: https://robynechutkan.com/ https://robynechutkan.com/anti-viral-gut-master-class/ https://www.instagram.com/gutbliss/?hl=en https://www.youtube.com/channel/UC-NRqtMBH9ps1CGjfaP607A https://twitter.com/drchutkan?lang=en		
13:43	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60	
14:43	:02 PAUSE FOR LOCAL AVAIL	:02	
14:45	SEGMENT 2: "LOVE THE PERSON, HATE THEIR BEHAVIOR" SUPPORTING AN ADDICT	8:11	
	Synopsis: Addiction doesn't just affect one person; it can tear entire families apart. But how can you convince a loved one to get help, and is there a way to support them without enabling the addiction? An expert discusses the steps families can take to fight against substance use addiction. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Judy Mandel, Author, White Flag; Mike Gimbel, Drug Abuse Expert, Host, Straight Talk Compliance issues covered: drug abuse; addiction; homelessness; consumerism; drug epidemic; vulnerable populations; harm reduction; intervention; family issues; addiction resources; substance use disorder Links for information: https://judymandel.com/ https://judymandel.com/books/white-flag-book/#buy https://twitter.com/judymandel https://www.instagram.com/mandeljudy/ https://www.linkedin.com/in/mike-gimbel-a6b57b65/ https://twitter.com/gimbel_mike https://harfordtv.org/hcn_program/straight-talk/		
22:56	SPOTBREAK 3: Macy's "Big Brothers and Sisters" Pfizer Consumer Healthcare "Paxlovid" Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:30 :30 :61	
24:57	Medical Notes & News. Host: Shel Lustig	1:31	
26:28	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60	
27:28	Program Conclusion	:31	
27:59	TOTAL TIME		

Program	22-49	Written & Produced	Kristen Farrah, Polly Hansen
Air Week	12/04/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HOW 'LONG COVID' HAS BROUGHT ATTENTION TO A NEGLECTED ILLNESS	10:33
	Synopsis: Myalgic encephalomyelitis/chronic fatigue syndrome has long been a condition surrounded by doubt in the medical community. How could someone be completely exhausted from doing a crossword puzzle? Dr. Lucinda Bateman, an ME/CFS expert, explains the mental and physical toll that plagues the people who suffer from this condition. Host: Reed Pence. Producer: Polly Hansen. Guests: Dr. Lucinda Bateman, Founder and Medical Director, Bateman Horne Center, ME/CFS Expert; Dr. Walter Koroshetz, Director of the National Institute of Neurological Disorders and Stroke, NIH; Ann McDonald, Diagnosed with ME/CFS Compliance issues covered: public health; long covid; covid; epidemic; vulnerable populations; exhaustion; chronic conditions; disabilities; health care; infectious diseases; vaccinations Links for information: https://twitter.com/oncnursestl?lang=en https://batemanhornecenter.org/ https://batemanhornecenter.org/about/staff/lucinda-bateman/ https://twitter.com/batemanmd?lang=en https://www.ninds.nih.gov/about-ninds/who-we-are/staff-directory/walter-koroshetz https://twitter.com/NINDSdirector?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor	
12:23	SPOTBREAK 2: Macy's "Big Brothers and Sisters" OUTCUE: ...sponsored by pfizer	:30
	Pfizer Consumer Healthcare "Paxlovid"	:30
13:23	:02 PAUSE FOR LOCAL AVAIL	:02
13:25	SEGMENT 2: CHRONIC HEARTBURN ISN'T NORMAL -- IT CAN CAUSE MORE HARM THAN SMOKING	8:50
	Synopsis: Acid reflux may seem like just an annoying condition, but when it becomes extreme, developing into GERD, it can create permanent damage. In fact, ignoring your acid reflux can lead to esophageal cancer. Dr. Samir Patel details how to properly treat your heartburn before it becomes a serious issue. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Samir Patel, Surgeon, AtlantiCare Compliance issues covered: GERD; acid reflux; cancer; heartburn; obesity; stomach issues; gastroenterology; vulnerable populations; diet; pregnancy; chronic conditions Links for information: https://providers.atlanticare.org/provider/Samir+M+Patel/1162507 https://www.mayoclinic.org/diseases-conditions/gerd/symptoms-causes/syc-20361940#:~:text=Gastroesophageal%20reflux%20disease%20(GERD)%20occurs,reflux%20from%20time%20to%20time.	
22:15	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...facts dot com	:60
	Pfizer Consumer Healthcare "Orgovyx"	:60
24:15	Medical Notes & News. Host: Shel Lustig	2:12
26:27	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
27:27	Program Conclusion	:31
27:58	TOTAL TIME	

Program	22-50	Written & Produced	Kristen Farrah
Air Week	12/11/22	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: BEING SELFISH IS SOMETIMES THE HEALTHIEST OPTION	11:29	
	<p>Synopsis: We're taught from a young age to always share and be kind, but Dr. Scott Kaufman thinks that's not always the right thing to do. His new research looks at the idea of 'healthy selfishness' – taking care of yourself before focusing on helping others. He discusses the different forms of selfishness and why setting boundaries can be the best way to grow a relationship.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Scott Kaufman, Cognitive Scientist, Humanistic Psychologist, Associate Professor, Columbia University, Host, The Psychology Podcast; Dr. Peter Loper, Assistant Professor of Pediatrics and Psychology, University of South Carolina School of Medicine</p> <p>Compliance issues covered: psychology; kindness; selfishness; boundaries; therapy; relationships; healthy selfishness; narcissism; pathological altruism</p> <p>Links for information: https://scottbarrykaufman.com/ https://www.instagram.com/scottbarrykaufman/?hl=en https://twitter.com/sbkaufman?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.peteloper.com/about https://sc.edu/study/colleges_schools/medicine/about_the_school/faculty-staff/loper_peter.php</p>		
13:19	SPOTBREAK 2: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60	
14:19	:02 PAUSE FOR LOCAL AVAIL	:02	
14:21	SEGMENT 2: WHY GETTING STUCK IN A CROWD IS MORE DANGEROUS THAN YOU THINK	8:09	
	<p>Synopsis: The recent tragedy in South Korea during Halloween seemed to have come out of nowhere. However, crowd dynamic experts say it was actually the perfect storm for catastrophe. Crowd surges occur when too many people are packed into one place and often results in the death of those unlucky enough to be stuck in the middle. An expert explains what happens during a crowd surge and how to stay safe in the middle of large gatherings.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. William H Warren, Chancellor's Professor of Cognitive, Linguistic, and Psychological Sciences, Brown University</p> <p>Compliance issues covered: crowd surges; stampedes; crowd dynamics; mass death; crowd safety; public safety; crowd crush</p> <p>Links for information: https://vivo.brown.edu/display/wwarrenj</p>		
22:30	SPOTBREAK 3: American College of Physicians "National Adult Influenza Week"	:30	
	Pfizer Consumer Healthcare "Paxlovid"	:30	
	Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60	
24:30	Medical Notes & News. Host: Shel Lustig	1:58	
26:28	SPOTBREAK 4: Pfizer Consumer Healthcare "Orgovyx" OUTCUE: ...facts dot com	:60	
27:28	Program Conclusion	:31	
27:59	TOTAL TIME		

Program	22-51	Written & Produced	Kristen Farrah, Reed Pence
Air Week	12/18/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HOME FOR THE HOLIDAYS: WHY ER VISITS SPIKE AROUND CHRISTMAS	12:12
	Synopsis: The holidays are full of traveling, seeing our family, and visits to the emergency room. Whether you live in snowy Colorado or sunny LA, accidents increase during winter. Experts discuss this phenomenon and share tips on how to safely make it through the holidays. Host: Reed Pence. Producer: Reed Pence. Guests: Dr. Christopher Michos, Emergency Medicine Physician, Norwalk Hospital; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institute, Professor of Medicine, University of Southern California; Dr. David Phillips, Professor Emeritus of Sociology, University of California at San Diego Compliance issues covered: public health; holidays; death; new years; chronic conditions; patient safety; consumerism; emergency medicine; emergency department; first responders Links for information: https://www.linkedin.com/in/christopher-michos-md-7a99b819/ https://findcare.nuvancehealth.org/provider/Christopher+J.+Michos/1825395 https://www.hmri.org/researchers/robert-a-kloner/ https://keck.usc.edu/faculty-search/robert-alan-kloner/ https://sociology.ucsd.edu/people/faculty/emeritus/david-phillips.html	
14:02	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
15:02	:02 PAUSE FOR LOCAL AVAIL	:02
15:04	SEGMENT 2: ENDING OVERDOSE: MAKING THE ANTIDOTE MORE ACCESSIBLE THAN THE DRUG	7:49
	Synopsis: The National Safety Council reports that opioid overdoses have become the number one cause of death for people age 18 to 45. In an effort to save lives, Theo Krzywicki created the non-profit End Overdose. The organization informs and arms the public with the tools to prevent and reverse opioid overdoses. He explains the signs of an overdose and how to use life-saving devices like Naloxone. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Theo Krzywicki, Founder and CEO, End Overdose Compliance issues covered: overdose; harm reduction; naloxone; paramedics; first responders; opioids; addiction; drug abuse; consumerism; alcohol; overdose prevention Links for information: https://endoverdose.net/our-team/ https://endoverdose.net/ https://www.instagram.com/end.overdose/?hl=en https://www.cdc.gov/stopoverdose/fentanyl/fentanyl-test-strips.html	
22:53	SPOTBREAK 3: Macys "Big Brothers and Sisters" Pfizer Consumer Healthcare "Paxlovid" Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:30 :30 :60
24:53	Medical Notes & News. Host: Shel Lustig	1:32
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
27:25	Program Conclusion	:31
27:56	TOTAL TIME	

Program	22-52	Written & Produced	Kristen Farrah, Reed Pence
Air Week	12/25/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:47
:47	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: TRYING TO FIX THE BIASED LAB TESTING THAT'S COST COUNTLESS LIVES	12:05
	Synopsis: If left untreated, kidney disease can eventually lead to death -- which is why early testing is so important. However, the main test has historically had different threshold requirements based on race, which has led to lower diagnosing rates and higher death rates from the condition in people of color. Experts dissect how a new testing equation will help even the scales and give accurate results for all patients. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. La'Tonzia Adams, MS, FCAP, Pathologist, VA Portland Health Care System; Dr. Jonathan Genzen, FCAP, Chief Medical Officer, ARUP Laboratories, Professor of Clinical Pathology, University of Utah Compliance issues covered: kidney disease; race issues; racial inequality; public health; lab testing; consumerism; vulnerable populations Links for information: https://twitter.com/drpathadams https://www.driltonziamd.com/ https://www.aruplab.com/experts/genzen https://healthcare.utah.edu/fad/mddetail.php?physicianID=u0865746&name=jonathan-robert-genzen	
13:54	SPOTBREAK 2: Pfizer Consumer Healthcare "Pevnar" OUTCUE: ...prevnar twenty	:60
14:54	:02 PAUSE FOR LOCAL AVAIL	:02
14:56	SEGMENT 2: THE DOCTOR THAT CAN ACTUALLY FEEL HIS PATIENTS' PAIN	7:34
	Synopsis: Mirror-touch synesthesia is a sensory processing disorder where a person can feel the sensations of another. As you can imagine, this condition can be an asset for certain people, like Dr. Joel Salinas. He's a neurologist who can diagnose patients just by being able to feel their symptoms in his own body. He explains the condition and what it's like living with his empathy on overdrive. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Joel Salinas, Neurologist, Harvard Medical School and Massachusetts General Hospital Department of Neurology Compliance issues covered: synesthesia; neurology; empathy; vulnerable populations; patient safety; sensory issues Links for information: https://joelsalinasmd.com/ https://www.instagram.com/joelsalinasmd/?hl=en https://www.massgeneral.org/neurology/research/salinas-lab-joel-salinas https://www.hsph.harvard.edu/health-happiness/people/joel-salinas-md/	
22:30	SPOTBREAK 3: Macys "Big Brothers and Sisters" Pfizer Consumer Healthcare "Paxlovid" Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:30 :30 :60
24:30	Medical Notes & News. Host: Shel Lustig	1:55
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Pevnar" OUTCUE: ...prevnar twenty	:60
27:25	Program Conclusion	:31
27:56	TOTAL TIME	