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QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2019

Health

**Mayo Clinic Radio, Date aired: 1/6/19 Time Aired: 6:00-6:30 AM
30:00**

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage on the ends of your bones wears down over time. Although osteoarthritis can damage any joint in your body, the disorder most commonly affects joints in your hands, knees, hips and spine. Although the underlying process cannot be reversed, osteoarthritis symptoms usually can be managed effectively. Staying active, maintaining a healthy weight and other treatments may slow progression of the disease and help improve pain and joint function. Medications, physical therapy and surgical procedures are used to treat osteoarthritis.

Dr. Shreyasee Amin, a rheumatologist at Mayo Clinic, covered osteoarthritis diagnosis, treatment and prevention. Also on the program, January is American Blood Donor Month. Dr. Justin Kreuter, medical director of the Blood Donor Program at Mayo Clinic in Rochester, discussed the continuous need for blood donors. And Thomas Rieck, an exercise specialist at the Mayo Clinic Healthy Living Program, offered tips to help you get exercising in the new year..

**Mayo Clinic Radio, Date aired: 1/13/19 Time Aired: 6:00-6:30 AM
30:00**

More than 15,000 Americans are living with Lou Gehrig's disease, also called amyotrophic lateral sclerosis (ALS), according to the Centers for Disease Control and Prevention. It's a progressive neurological disease that destroys nerve cells gradually, causing more and more loss of function over time. It often begins with muscle twitching and weakness in a limb, or slurred speech. Eventually, it affects control of the muscles needed to move, speak, eat and breathe. While there is no cure, treatments can slow its progression.

Dr. Jennifer Martinez-Thompson, a Mayo Clinic neurologist, discussed diagnosis and treatment options for ALS. Also on the program, Dr. Molly Jeffery and Dr. W. Michael Hooten shared new Mayo Clinic research on trends in opioid use. Dr. Jeffery is the scientific director of Emergency Medicine Research at Mayo Clinic, and Dr. Hooten is a Mayo Clinic anesthesiologist and pain medicine specialist. And Dr. Paul Brown, a Mayo Clinic radiation oncologist, explained a new radiotherapy approach aimed at preserving cognitive function for some brain tumor patients.

**Mayo Clinic Radio, Date aired: 1/20/19 Time Aired: 6:00-6:30 AM
30:00**

Macular degeneration is a common eye disease and a leading cause of vision loss among people 50 and older. With macular degeneration, the center of your retina begins to deteriorate. This causes symptoms, such as blurred central vision or a blind spot in the center of the visual field. There are two types: wet macular degeneration and dry macular degeneration. Many people will first have the dry form, which can progress to the wet form in one or both eyes. In some people, age-related macular degeneration advances so slowly that

vision loss does not occur for a long time. In others, the disease progresses faster and may lead to a loss of vision in one or both eyes. Early diagnosis and treatment can help patients maintain their vision.

On this week's Mayo Clinic Radio program, Dr. Sophie Bakri, an ophthalmologist at Mayo Clinic, explained macular degeneration and share her new research on treatments for macular disease. Also on the program, Dr. Christopher Camp, an orthopedic surgeon at Mayo Clinic, discussed treatment options for frozen shoulder. And Dr. Daniel Saris, an orthopedic surgeon at Mayo Clinic, and Dr. Aaron Krych, an orthopedic and sports medicine specialist at Mayo Clinic, explained recycled cartilage auto/allo implantation, or RECLAIM — a novel stem cell therapy using regenerative medicine for knee cartilage repair.

Mayo Clinic Radio, weekend of

**Date aired: 1/27/19 Time Aired: 6:00-6:30 AM
30:00**

Tumors of the musculoskeletal system can originate in bone or soft tissues, such as muscle and cartilage. Both benign and malignant tumors can arise from any soft tissue, such as muscle, or any bones of the arms, legs, pelvis, shoulder or trunk. If the tumors are malignant, meaning they are cancerous, they are called "sarcomas." Compared to tumors at other sites, such as the breast, prostate, kidney or lung, tumors of the bones and soft tissues are relatively rare. Musculoskeletal tumors are diagnosed with imaging and sometimes a biopsy of the tissue. Treatment for cancerous tumors can involve surgery, radiation and chemotherapy.

Dr. Peter Rose, division chair of Orthopedic Oncology at Mayo Clinic, discussed tumors of the musculoskeletal system. Also on the program, Dr. Leo Maguire, a Mayo Clinic ophthalmologist, explained how laser-assisted in situ keratomileusis (LASIK) eye surgery can correct common vision problems. And Dr. Erica Loomis, a Mayo Clinic trauma and critical care specialist, discussed treatment for appendicitis.

Mayo Clinic Radio, weekend of 2/02-03

**Date aired: 2/3/19 Time Aired: 6:00-6:30 AM
30:00**

According to the American Heart Association, heart disease is the No. 1 killer in America, causing 1 in every 4 deaths each year. Heart disease includes a wide range of conditions that affect your heart, including blood vessel diseases, such as coronary artery disease; heart rhythm problems; and problems with the heart valves or heart muscle itself. Heart disease can be improved — or prevented — by making certain lifestyle changes, including quitting smoking, controlling your blood pressure and cholesterol, and staying at a healthy weight and getting regular exercise. In an ongoing effort to raise awareness and promote prevention of heart disease, each February is recognized as American Heart Month.

Dr. Stephen Kopecky, a Mayo Clinic cardiologist, discussed heart disease and the cholesterol lowering medications known as statins. Also on the program, Dr. Margaret Long, a Mayo Clinic gynecologist, explained birth control options, including a mobile medical app that's been approved by the Food and Drug Administration as a form of birth control. And Dr. Tobias Kohler, a Mayo Clinic urologist, shared a warning: Beware of bogus treatments for erectile dysfunction.

Mayo Clinic Radio, weekend of 2/09-10

Date aired: 2/10/19 Time Aired: 6:00-6:30 AM

30:00

A living donor kidney transplant usually involves a donated kidney from someone you know, such as a family member, friend or co-worker. Genetically related family members are most likely to be compatible living kidney donors. You and your living kidney donor are evaluated to determine if the donor's organ is a good match. If not, there is another option available: paired kidney donation.

Paired donation, also known as "paired exchange," may be an option when a donor and intended recipient have incompatible blood types, or when the recipient has unacceptable antibodies against the donor's tissue antigens. In paired donation, two or more organ recipient pairs trade donors, so that the recipients get organs that are compatible with their blood type. A nondirected living donor also can participate in paired donation to match incompatible pairs.

Dr. Carrie Schinstock, a Mayo Clinic nephrologist, and Kay Kosberg, a Mayo Clinic nurse who coordinates the paired kidney donation program across Mayo Clinic's Arizona, Florida and Rochester campuses, discussed the paired kidney donation program at Mayo Clinic. Also on the program, Dr. Amir Khan, a Mayo Clinic ophthalmologist, explained what causes eye floaters. And Dr. Pashtoon Kasi, a Mayo Clinic medical oncologist, explained changes in colorectal cancer screening guidelines to prevent the disease in younger adults.

Mayo Clinic Radio, weekend of 2/16-17

Date aired: 2/17/19 Time Aired: 6:00-6:30 AM

30:00

In 2018, the ketogenic or "keto" diet topped the list of trending health-related questions searched on Google. The keto diet is a high-fat, low-carbohydrate diet. The idea is that getting most of your calories from fat forces your body to use different energy pathways. Instead of carbs for energy, the body burns fat, entering a state called "ketosis." While the ketogenic diet may be recommended for some people with uncontrolled epilepsy to help control seizures, for most people the high fat content combined with limits on nutrient-rich fruits, vegetables and grains is a concern for long-term heart health.

Katherine Zeratsky, a Mayo Clinic registered dietician nutritionist, discussed the keto diet and compared it with other popular diet plans, including the Mediterranean diet; Dietary Approaches to Stop Hypertension, also known as the "DASH diet"; and the Mayo Clinic diet. Also on the program, Dr. Tobias Kohler, a Mayo Clinic urologist, explained why vasectomy rates rise in March. And Dr. Jan Buckner, chair of Oncology at Mayo Clinic's Rochester, Minnesota, campus, discussed why deaths from cancer in the U.S. continue a 25-year decline.

Mayo Clinic Radio, weekend of 2/23-24

Date aired: 2/24/19 Time Aired: 6:00-6:30 AM

30:00

Structural heart disease is a problem with the tissues or valves of the heart. The valves in your heart control the flow of blood from one part of the heart to another. The mitral valve is located between the two chambers on the left side of the heart — the left atrium and left ventricle. There are several abnormalities that can affect the mitral valve. Two common forms of mitral valve disease are mitral valve regurgitation and mitral valve stenosis. In mitral valve regurgitation, the valve leaks. In mitral valve stenosis, the valve is too narrow and restricts the blood flow. Treatment for mitral valve disease can range from monitoring and making healthy lifestyle changes to surgical procedures to repair or replace the mitral valve.

Dr. Peter Pollak, director of Structural Heart Disease at Mayo Clinic's Florida campus, discussed mitral valve disease and another structural heart disease problem, patent foramen ovale — a hole in the heart that didn't close the way it should after birth. Also on the program, Dr. Bruce Levy, a Mayo Clinic orthopedic surgeon,

explained the minimally invasive hip arthroscopy procedure. And Dr. Rachel Miest, a Mayo Clinic dermatologist, offered tips to keep you safe from infection during manicures and pedicures.

Mayo Clinic Radio, weekend of 3/02-03

**Date aired: 3/3/19 Time Aired: 6:00-6:30 AM
30:00**

Most cases of colorectal cancer begin as small, noncancerous (benign) clumps of cells called polyps. Over time, some of these polyps become colon cancers. Of the cancers that affect both men and women, colorectal cancer is the second leading cause of cancer death in the U.S., according to the Centers for Disease Control and Prevention. But it doesn't have to be. Colorectal cancer is also one of the most preventable cancers if people get the recommended screening. These screening tests can find precancerous polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment is more effective in curing the disease.

March is Colorectal Cancer Awareness Month. Dr. John Kisiel, a Mayo Clinic gastroenterologist, discussed screening and treatment options for colorectal cancer. Also on the program, Dr. Pritish Tosh, a Mayo Clinic infectious diseases expert, gave an update on the measles outbreak and flu season. And two Mayo Clinic staff members and friends — Melanie Peterson and Lindsay Stromback — shared their story of supporting each other through breast cancer treatment.

Mayo Clinic Radio, weekend of 3/09-10

**Date aired: 3/10/19 Time Aired: 6:00-6:30 AM
30:00**

More than 30 million American adults have chronic kidney disease, and millions more are at risk due to diabetes and high blood pressure, according to the National Kidney Foundation. Chronic kidney disease is a gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then flushed from the body in your urine. When chronic kidney disease reaches an advanced stage, dangerous levels of fluid, electrolytes and wastes can build up in your body. In the early stages of chronic kidney disease, you may have few signs or symptoms. The only way to find out for sure whether you have chronic kidney disease is through blood and urine tests. If untreated, chronic kidney disease can lead to nerve damage, weakened bones, cardiovascular disease and a higher risk of heart attack and stroke.

March is National Kidney Month — an awareness effort to encourage people who are at risk of chronic kidney disease, often due to diabetes or high blood pressure, to get screened. Dr. Ladan Zand, a Mayo Clinic nephrologist, discussed chronic kidney disease and offer tips to keep your kidneys healthy. Also on the program, Dr. Valeria Cristiani, a Mayo Clinic pediatrician, discussed fluoride varnish and oral health for children. And Dr. Dawn Davis, a Mayo Clinic dermatologist, explained the importance of sunscreen to protect against sun damage.

Mayo Clinic Radio, weekend of 3/16-17

**Date aired: 3/17/19 Time Aired: 6:00-6:30 AM
30:00**

There are more than 600 types of neurologic and neuromuscular diseases that can affect your nervous system. The nervous system includes the brain, spinal cord and nerves that control all the workings of the body. When something goes wrong with a part of your nervous system, you can have trouble moving, speaking, swallowing or breathing. Other problems can develop with your memory, senses or mood. Two such diseases are muscular dystrophy and multiple sclerosis (MS).

Muscular dystrophy is a group of diseases that cause progressive weakness and loss of muscle mass. In muscular dystrophy, abnormal genes (mutations) interfere with the production of proteins needed to form healthy muscle.

In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and causes communication problems between your brain and the rest of your body. Eventually, the disease can cause nerves to deteriorate or become permanently damaged.

Dr. Jennifer Martinez-Thompson, a Mayo Clinic neurologist, discussed treatment options for muscular dystrophy and MS. Also on the program, Dr. Erica Loomis, a Mayo Clinic trauma and critical care surgeon, explained what causes intestinal obstruction and how it's treated. And Dr. Colin Driscoll, a Mayo Clinic otolaryngologist, will explain the health consequences of untreated hearing loss.

Mayo Clinic Radio, weekend of 3/23-24

Date aired: 3/24/19 Time Aired: 6:00-6:30 AM

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Fibromyalgia is a disorder that causes pain all over the body, sleep problems, fatigue, and often emotional and mental distress. Fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals, meaning people with fibromyalgia are more sensitive to pain than those without the disorder. According to the Centers for Disease Control and Prevention, fibromyalgia affects around 4 million U.S. adults, or about 2 percent of the adult population.

Dr. Christopher Aakre, an internal medicine specialist in Mayo Clinic's Fibromyalgia and Chronic Fatigue Clinic, discussed diagnosing and managing fibromyalgia. Also on the program, Dr. Andrew Bentall, a Mayo Clinic nephrologist, explained what can be done to help sensitized transplant patients who can be difficult to match with organ donors. And Dr. Victor Karpyak, a Mayo Clinic psychiatrist, shared research on how your genetics can affect your response to treatment for alcohol use disorder.

Mayo Clinic Radio, weekend of 3/30-31

Date aired: 3/31/19 Time Aired: 6:00-6:30 AM

30:00

If you've ever groaned, "Oh, my aching back," you're not alone. As people age, it's estimated that 8 of 10 adults experience back pain from life's normal wear and tear on the spine. One common cause of back pain is the narrowing of the spinal canal, called "spinal stenosis." Spinal stenosis is categorized by where it occurs in the spine. Cervical stenosis is the narrowing of the spine in your neck. Lumbar stenosis is when narrowing of the spine occurs in the lower back, which is the most common type of spinal stenosis. Symptoms usually begin as a tingling in your hand, arm, foot or leg, and progress to loss of sensation and function. Fortunately, there are multiple options for treating spinal stenosis, including surgery.

Dr. Bradford Currier, a Mayo Clinic orthopedic surgeon, discussed treatment options for spinal stenosis. Also on the program, Dr. Craig Sawchuk, co-chair of Mayo Clinic's Division of Integrated Behavioral Health, explained the mental health benefits of the cleaning fad that's swept the country. And Dr. J Taylor Hays, medical director for the Mayo Clinic Nicotine Dependence Center, and Dr. Carrie Thompson, a Mayo Clinic hematologist, explained a Mayo Clinic program that's helping cancer patients quit tobacco.