

Quarterly Report of Compliancy Issues & Programs List 2021-Q3 (July - September) Radio Health Journal

- Aging
- Arts and Culture
- Auto Safety
- Child Safety
- Children and Youth at Risk
- Climate Change
- Consumer Safety
- Consumerism
- COVID-19 Pandemic
- Crime
- Criminal Justice
- Diet
- Disabilities
- Disaster Preparedness
- Drug Overdoses and Opioids
- Economics
- Education
- Elderly and Senior Citizens
- Employment Issues
- Environment
- Ethics
- Euthanasia
- Family Issues
- Federal Government and Regulation
- Food and Nutrition
- Gender Issues
- Health Care
- Hunger
- Insurance
- Internet Harassment
- Jails and Prisons
- Local Government
- Medicine and Culture
- Mental Health
- Mental Illness
- Parenting Issues
- Pets and People
- Police
- Poverty
- Prevention
- Prosecution
- Public Health
- Public Safety
- Recidivism
- Roads and Traffic Safety
- Severe Weather
- Social Isolation
- Technology
- Technology and Health
- Volunteer Organizations
- Women's issues

Program 21-27	Executive Producer:	Reed Pence
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Air Week:
7/4/21

Studio Production: Jason Dickey

SEGMENT 1:	SURVIVING AN ACTIVE SHOOTER	Time	Duration
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Synopsis:	With the recent active shooter incidents in Atlanta and Boulder, Colorado, experts are concerned about a return of mass shootings that had disappeared during the pandemic. Two experts discuss the changing theory of how to survive an active shooter incident through what's called "run, hide, and fight."	1:50	12:43
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Host & Producer: Reed Pence

Guests: Dr. Sara Jacoby, Asst. Prof. of Family and Community Health, Univ. of Pennsylvania School of Nursing; Dr. Michael Gerardi, emergency physician and Past President, American College of Emergency Physicians

Compliance issues: Crime; Criminal Justice; Public Health; Ethics; Law Enforcement; Public Safety; Police

Links: [Sara F. Jacoby, MPH, MSN, PhD – Penn Nursing](#)
[Dr. Michael Gerardi – Emergency Medical Associates](#)

SEGMENT 2:	THE PSYCHOLOGY OF PROCRASTINATION	Time	Duration
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Synopsis:	Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time management problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate.	15:35	7:08
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Host: Nancy Benson

Producer: Regan Huston

Guests: Dr. Tim Pychyl, Assoc. Prof. of Psychology, Carleton Univ.; Dr. Christine Li, clinical psychologist and procrastination coach

Compliance issues: Psychology and Pop Culture; Mental Health; Consumerism

Links: [Tim Pychyl, PhD](#) – Carleton University
[Christine Li, PhD](#) – Procrastination coach

Program 21-28		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	7/11/21		
SEGMENT 1:	HOW TO SPEED UP YOUR DRIVE: DON'T TURN LEFT	Time	Duration
Synopsis:	Traffic engineers are learning that they can increase road efficiency and safety by eliminating left turns at many busy intersections, even those that have left turn arrows. This increases distance traveled for some people--some may have to make three right turns instead--but virtually everyone benefits in travel time, as package carrier UPS has learned. A traffic engineer and UPS official discuss how it could work.	1:42	11:41
Host & Producer:	Reed Pence		
Guests:	Patrick Browne, Vice President of Sustainability, UPS; Dr. Vikash Gayah, Assoc. Prof. of Civil Engineering, Pennsylvania State Univ.; Dan McMackin, PR Manager, UPS		
Compliance issues:	Pollution; Local Government; Roads and Traffic Safety; Environment		
Links:	Green Biz: Patrick Browne Penn State College of Engineering: Dr. Vikash Gayah		
SEGMENT 2:	RETHINKING DEMENTIA	Time	Duration
Synopsis:	Dementia has a much wider range than most people think, and people with dementia are usually functional for years. An expert discusses the course of the disease and how life can still be positive for years before it reaches the late, debilitating stage most people think of when they hear the word "dementia."	14:25	8:03
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Tia Powell, Prof. of Psychiatry and Bioethics, Albert Einstein College of Medicine and author, Dementia Reimagined: Building a Life of Joy and Dignity From Beginning to End		
Compliance issues:	Health Care; Elderly and Senior Citizens; Aging and Senior Citizens; Public Health		
Links:	Tia Powell, MD – Center for Bioethics and Masters in Bioethics at Montefiore Health Systems and Albert Einstein College of Medicine		

Program 21-29		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	7/18/21		
SEGMENT 1:	ADVANCES AGAINST LUNG CANCER	Time	Duration
Synopsis:	Traffic engineers are learning that they can increase road efficiency and safety by eliminating left turns at many busy intersections, even those that have left turn arrows. This increases distance traveled for some people--some may have to make three right turns instead--but virtually everyone benefits in travel time, as package carrier UPS has learned. A traffic engineer and UPS official discuss how it could work.	1:50	11:27
Host & Producer:	Reed Pence		
Guests:	Bonnie Addario, founder, Addario Lung Cancer Medical Institute, Co-Chair, Go-2 Foundation for Lung Cancer and author, The Living Room: A Lung Cancer Community of Courage; Dr. Ferdinandos Skoulidis, Asst. Prof. of Thoracic Head and Neck Medical Oncology, Univ. of Texas MD Anderson Cancer Center		
Compliance issues:	Economics; Health Care; Ethics; Public Health		
Links:	Foundation for Lung Cancer: History of the Bonnie J. Addario Lung Cancer Foundation (ALCF) MD Anderson Cancer Center: Dr. Ferdinandos Skoulidis' profile		
SEGMENT 2:	POOR AND RURAL KIDS IN CRISIS	Time	Duration
Synopsis:	A study by Save the Children shows on a county-by-county basis that children in poor and rural counties, especially in the south, are much less likely to survive into adulthood, and when they do, they're often forced to become adults too soon by poverty, pregnancy, and lack of education. A Save the Children expert discusses factors that hurt children and ways they might be alleviated.	14:19	7:06
Host:	Nancy Benson		
Producer:	Scarlett O'Hara		
Guests:	Sarah Luciano, Director of Media and Communications, Save the Children US Programs and Advocacy		
Compliance issues:	Public Health; Crime; Teen Pregnancy; Hunger; Children and Youth at Risk; Poverty; Education		
Links:	Save the Children – The Best and Worst States for Children During Covid		

Program 21-30	Executive Producer:	Reed Pence
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Air Week:
7/25/21

Studio Production: Jason Dickey

SEGMENT 1:	WE ARE NOT OK	Time	Duration
Synopsis:	Where COVID-19 vaccination is high, it's a getting-back-to-normal world after the pandemic. But even some vaccinated people won't return to normal for months or years because of the psychological effects. Experts discuss why this occurs and how people can help themselves return to mental health.	1:50	12:43
Host & Producer:	Reed Pence		
Guests:	Dr. Luana Marques, Assoc. Prof. of Psychiatry, Harvard Medical School and President, Anxiety and Depression Assn. of America; Dr. Chris Segrin, Prof. and head of Communications Dept., Univ. of Arizona; Catherine Ettman, Director of Strategic Initiatives and Chief of Staff, Boston Univ. School of Public Health		
Compliance issues:	Health Care; Public Health; Employment Issues; Mental Health; COVID-19 Pandemic		
Links:	Dr. Luana Marques Bio The University of Arizona: Dr. Chris Segrin Boston University School of Public Health NATIONAL HELPLINE: 1-800-662-HELP		

SEGMENT 2:	ELDERLY INJURIES	Time	Duration
Synopsis:	A new study shows that people over age 70 are three times more likely than younger people to die when they fall. Older people also take more medications with a fall risk, and which pose a risk themselves when someone taking them falls. Experts discuss these complications and why it's important to prevent falls and other injuries.	15:35	7:08
Host:	Nancy Benson		
Producer:	Scarlett O'Hara		
Guests:	Dr. Julius Cheng, Prof. of Surgery, Univ. of Rochester Medical Center; Dr. Robin Lee, team lead, Safety Promotion Team, Center for Disease Control & Prevention		
Compliance issues:	Aging; Auto Safety; Drug Overdoses and Opioids; Elderly and Senior Citizens; Public Health		
Links:	University of Rochester Medical Center Center for Disease Control & Prevention CDC: Injury Center		

Program 21-31	Executive Producer:		Reed Pence
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Air Week: 8/1/21	Studio Production:		Jason Dickey
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SEGMENT 1:	HOSPITAL PRICE TRANSPARENCY	Time	Duration
Synopsis:	Hospitals are now required to post prices for many procedures on their websites, including cash prices and what insurers pay. The intent of the federal rule is to allow patients to shop around, putting pressure on hospitals to compete on price. However, many hospitals have yet to follow the rule. Experts discuss the rule, its likely outcome, and how patients can use it to their advantage.	1:42	11:41
Host:	Reed Pence		
Producer:	Libby Foster		
Guests:	Cynthia Foster, founder and Chairman, PatientRightsAdvocate.org; George Nation, Prof. of Law, Lehigh University		
Compliance issues:	Health Care; Insurance; Federal Government and Regulation; Public Health; Economics; Technology		
Links:	PatientRightsAdvocate.org Lehigh University Profile: George Nation		

SEGMENT 2:	SOMETIMES NOT MAN'S BEST FRIEND: DOG BITES	Time	Duration
Synopsis:	Nearly 40 percent of American homes have a dog, and while dogs may be “man’s best friend,” sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them.	14:25	8:03
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Charles Elmaraghy, Chief, Pediatric Otolaryngology, Nationwide Children’s Hospital and Assoc. Prof. of Otolaryngology, The Ohio State Univ College of Medicine		
Compliance issues:	Pets and People; Children and Youth at Risk; Education; Family Issues; Child Safety		
Links:	Dr. Charles Elmaraghy		

Program 21-32	Executive Producer:	Reed Pence
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Air Week:
8/8/21

Studio Production: Jason Dickey

SEGMENT 1:	DANGER SIGNS IN THE INCREASE IN EXTREME WEATHER	Time	Duration
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Synopsis:	Climate change has been discussed as a serious issue impacting future generations. However, the recent rash of extreme weather worldwide, which has killed hundreds, is making scientists wonder if we have reached a turning point more quickly than we thought. Experts explain how climate change results in droughts, floods, and other severe weather and the signals it provides of danger immediately ahead.	1:50	12:29
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Host: Reed Pence

Producer: Libby Foster

Guests: Dr. Jennifer Francis, Senior Scientist, Woodwell Climate Research Center; Dr. Radley Horton, climate scientist, Columbia Univ. Lamont-Doherty Earth Observatory; Dr. Walt Robinson, Prof. of Atmospheric Sciences, North Carolina State Univ.

Compliance issues: Economics; Disaster Preparedness; Severe Weather; Climate Change; Environment; Public Safety

Links: [Woodwell Climate Research Center](#)
[Columbia Climate School](#)
[North Carolina State University: Marine, Earth and Atmospheric Sciences](#)

SEGMENT 2:	SYNESTHESIA: THE COLOR OF SOUNDS AND OTHER STRANGE PERCEPTIONS	Time	Duration
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Synopsis:	Nearly 40 percent of American homes have a dog, and while dogs may be “man’s best friend,” sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them.	15:21	7:39
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Host: Nancy Benson

Producer: Scarlett O'Hara

Guests: Izzy Kornblau, synesthete; Dr. Richard Cytowic, Clinical Prof. of Neurology, George Washington Univ.

Compliance issues: Medicine and Culture; Education; Arts and Culture

Links: [Dr. Richard Cytowic](#)
[Izzy Kornblau's YouTube Channel](#)

Program 21-33	Executive Producer:	Reed Pence
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Air Week:
8/15/21

Studio Production: Jason Dickey

SEGMENT 1:	PSYCHOLOGY OF ADOPTION: BIRTH MOTHERS	Time	Duration
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Synopsis:	Adoption and how it is carried out have well-studied psychological effects on adoptees. However, how birth mothers are affected by giving up their child is less well studied. Birth mothers have historically been shunned and stigmatized, and often still do not receive the grief counseling and mental health services they need. Open vs. closed adoptions also differ. An expert psychologist and birth mother-author discuss.	1:47	13:51
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Host: Reed Pence

Producer: Libby Foster

Guests: Hope Baker, birth mother of adopted child and author, Finding Hope: A Birthmother's Journey Into the Light; Dr. Jeanette Yoffe, foster and adoption therapist and founder, Celia Center

Compliance issues: Children and Youth at Risk; Mental Health; Parenting Issues

Links: [On Your Feet Foundation: Adoption Education](#)
[GoodReads: Finding Hope: A Birthmother's Journey into the Light](#)
[Celia Center: Support for All Members of the Foster Care and Adoption Constellation](#)
[Celia Center: Board Members](#)

SEGMENT 2:	THE DANGER OF SYMPTOM SEARCHING ON THE INTERNET	Time	Duration
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Synopsis:	One of the most popular searches on Google is for symptoms and what they mean. It's created a much more well informed patient population, but one that may panic at the least pain or discomfort. Two experts discuss how to think of symptoms and how to search for them.	16:40	6:13
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Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Mark Eisenberg, Assoc. Prof. of Medicine, Columbia Univ, and Dr. Christopher Kelly, Raleigh NC cardiologist, co-authors, Am I Dying: A Complete Guide to Your Symptoms and What to Do Next

Compliance issues: Technology; Health Care; Technology and Health

Links: [AmIDying?! podcast featuring Dr. Eisenberg & Dr. Kelly](#)

Program 21-34 **Executive Producer:** Reed Pence

Air Week:
8/22/21

Studio Production: Jason Dickey

SEGMENT 1: VETERINARIAN STRESS AND SUICIDE **Time** **Duration**

Synopsis: A new CDC report shows that suicide among veterinarians is much higher than in the general population. Experts discuss the unique stresses that affect these professionals, including financial, compassion fatigue, euthanasia, and online harassment. They also discuss measures being taken to prevent mental health struggles and suicide. 1:51 12:39

Host & Producer: Reed Pence

Guests: Dr. Jason Sweitzer, veterinarian, Moorpark, CA and founding board member, Not One More Vet; Dr. Debbie Stoewen, Veterinarian and social worker

Compliance issues: Suicide; Pets and People; Economics; Mental Health; Gender Issues; Euthanasia; Internet Harassment

Links: [Emergency Vet 24/7](#)
[Pets + Us](#)
[NotOneMoreVet.org](#)
[LifeLearn Animal Health](#)

SEGMENT 2: "NURSEMAID'S ELBOW" **Time** **Duration**

Synopsis: Swinging small children around by their arms may be fun, but it can lead to a very common injury, "nursemaid's elbow," an elbow dislocation, and each instance makes the next more likely. Physicians who treat it—and have experienced it in their own children—discuss the injury, its treatment and prevention. 15:32 7:24

Host: Nancy Benson

Producer: Scarlett O'Hara

Guests: Dr. J. Mack Slaughter, emergency physician and Tik Tok explainer; Dr. Erin Meisel, orthopedic surgeon, Children's Hospital, Los Angeles

Compliance issues: Child Injuries; Children and Youth at Risk; Consumerism; Health Care; Prevention

Links: [Dr. J. Mack Slaughter on TikTok](#)
[Dr. Erin Meisel - Children's Hospital LA](#)

Program 21-35	Executive Producer:	Reed Pence
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Air Week:

8/29/21

Studio Production:

Jason Dickey

SEGMENT 1:	PRISONS AND THE MENTALLY ILL	Time	Duration
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Synopsis:

Many people in prison have a mental illness that keeps them from following the rules of society. Prison, its rules, and often its punitive intent may be the worst place for them, especially since treatment is often lacking there. A noted prison psychiatrist and behavioral scientist discusses this, and alternatives that may produce less recidivism when these inmates are released back into society.

1:50

12:26

Host & Producer:

Reed Pence

Guests:

Dr. Christine Montross, Assoc. Prof. of Psychiatry and Human Behavior, Brown Univ. and author, *Waiting For An Echo: The Madness of American Incarceration*

Compliance issues:

Jails and Prisons; Police; Children and Youth at Risk; Mental Illness; Recidivism; Prison and Criminal Justice; Public Safety; Crime; Prosecution

Links:

[Waiting For An Echo: The Madness of American Incarceration](#)

SEGMENT 2:	THE DIFFICULT-TO-FOLLOW PLANT-BASED ANTI-HEART DISEASE DIET	Time	Duration
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Synopsis:

Heart disease is the number one killer in the US, but a well known cardiologist says if everyone would follow a plant-based, oil-free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to follow that it's a prescription for defeat. Experts discuss.

15:18

7:34

Host:

Nancy Benson

Producer:

Reed Pence

Guests:

Arnie Press, heart disease patient; Dr. Caldwell Esselstyn, Director, Cardiovascular Disease Prevention and Reversal Program, Cleveland Clinic Wellness Institute

Compliance issues:

Diet; Food and Nutrition; Public Health; Consumerism; Health Care

Links:

[Dr. Caldwell Esselstyn](#)

Program 21-36		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	9/5/21		
SEGMENT 1:	BACK TO SCHOOL WITH COVID	Time	Duration
Synopsis:	Schools that just a couple of months ago imagined opening free of great pandemic worry are now facing a Delta variant that's even more contagious than the original. Yet last year's experience is telling experts and administrators that school can be held safely if masking and other protocols are followed. Two pediatricians who are experts in how infectious disease affects schools discuss reopening for the school year.	1:49	12:19
Host & Producer:	Reed Pence		
Guests:	Dr. Nathaniel Beers, President, HSC Healthcare and member, Council of School Health, American Academy of Pediatrics; Dr. Tina Tan, Prof. of Pediatrics, Feinberg School of Medicine, Northwestern Univ. and pediatric infectious disease physician, Lurie Children's Hospital		
Compliance issues:	Children and Youth at Risk; Education; Public Health; Health Care; Covid-19 Pandemic		
Links:	Children's National Northwestern Medicine		
SEGMENT 2:	3D PRINTING OF REPLACEMENT ORGANS	Time	Duration
Synopsis:	Scientists are developing 3D printing technology using human cells to build human organs. The technique could be used to grow organs for transplant, relieving the long waitlist. Experts discuss.	15:10	7:37
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dan Troy, General Counsel, Valo Health and former Chief Council, US Food and Drug Administration; Dr. Anthony Atala, Director, Wake Forest Institute for Regenerative Medicine		
Compliance issues:	Health Care; Federal Government and Regulation; Public Health; Technology		
Links:	Valo Health Wake Forest Innovations		

Program 21-37 **Executive Producer:** Reed Pence

Air Week:
9/12/21

Studio Production: Jason Dickey

SEGMENT 1: FORCED STERILIZATION STILL EXISTS IN THE U.S. **Time** **Duration**

Synopsis: Entertainer Britney Spears claims in court that her conservator father won't let her remove birth control. It's merely the most celebrated recent case of something most people find surprising: forced sterilization still exists in the US, usually in cases of guardianship. Experts explain its legality, history & use. 1:49 12:20

Host: Reed Pence

Producer: Polly Hansen

Guests: Britney Spears, entertainer, in court testimony; Dr. Natalie Lira, Asst. Prof. of Latina and Latino Studies and Gender and Women's Studies, Univ. of Illinois at Urbana-Champaign; Zoe Brennan-Krohn, Staff Attorney, American Civil Liberties Union Disability Rights Program

Compliance issues: Legal Issues and Courts; Criminal Justice; Disabilities; Women's Issues

Links: [New York Times: Spears said that she wanted to have a baby, but the conservatorship would not let her](#)
[ACLU: Britney Spears' Reproductive Freedom is a Disability Rights Issue](#)

SEGMENT 2: NAIL BITING **Time** **Duration**

Synopsis: Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop. 15:11 7:21

Host: Nancy Benson

Producer: Morgan Kelly

Guests: Dr. Dana Stern, Asst. Clinical Prof. of Dermatology, Mt. Sinai School of Medicine; Dr. Fred Penzel, Exec. Dir., Western Suffolk Psych. Services, Huntington, NY

Compliance issues: Destructive Behavior; Health Care; Mental Illness

Links: [Dr. Dana Stern Dermatology](#)
[Western Suffolk Psychological Services](#)

Program 21-38	Executive Producer:	Reed Pence
Air Week:	Studio Production:	Jason Dickey
9/19/21		

SEGMENT 1:	FORCED STERILIZATION STILL EXISTS IN THE U.S.	Time	Duration
Synopsis:	Government reports say more than 265 million healthcare records have been stolen, lost, or improperly disclosed in the last decade. It may create a financial risk, but it could also mean your health conditions and secrets are all over the internet. What are health systems doing to keep data safe? What should you do when you're victim of a breach? One of the nation's top health data experts discusses.	1:50	13:13
Host & Producer:	Reed Pence		
Guests:	Dr. Dean Sittig, Professor of Biomedical Informatics, University of Texas Health Science Center at Houston		
Compliance issues:	Health Care; Employment Issues; Consumer Safety; Economics; Crime; Technology; Consumerism		
Links:	Dean Sittig, PhD – UT Health		

SEGMENT 2:	WHY WE DON'T STOP PREVENTABLE HEART ATTACKS	Time	Duration
Synopsis:	Heart disease is often preventable, but how people look at it often keeps them from doing as much about it as they could. Often this is a result of myth and misinformation. An expert physician discusses some of the most harmful of these myths.	16:05	6:47
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Andrea Klemes, Chief Medical Officer, MD-VIP		
Compliance issues:	Food and Nutrition; Public Health; Consumerism; Health Care		
Links:	MDVIP – Heart Attack Quiz		

Program 21-39 **Executive Producer:** Reed Pence

Air Week:
9/16/21

Studio Production: Jason Dickey

SEGMENT 1: THE LONELINESS EPIDEMIC **Time** **Duration**

Synopsis: Loneliness has been increasing across all ages even before the pandemic. It's especially noteworthy among seniors, and it can dramatically affect health. An expert geriatrician who has studied the effects of loneliness and the leader of an organization that provides friendly visitors to the isolated elderly discuss causes of increasing loneliness, its impact, and the effectiveness of visitor programs. 1:44 12:47

Host & Producer: Reed Pence

Guests: Dr. Carla Perissinoto, Assoc. Chief for Clinical Programs in Geriatrics, Univ. of California, San Francisco; Janet Seckel-Cerrotti, Exec. Director, FriendshipWorks, Boston

Compliance issues: Health; Volunteer Organizations; Social Isolation; Elderly and Senior Citizens

Links: [Carla Perissinotto, MD, MHS – UCSF Profiles](#)
[FriendshipWorks – Ending Elder Isolation, Creating Connections](#)
[Member Spotlight: Janet Seckel-Cerrotti](#)

SEGMENT 2: AN ODD BUT COMMON FEAR: TRYPOPHOBIA, THE FEAR OF CLUSTERED HOLES **Time** **Duration**

Synopsis: As much as 16 percent of the population suffers from tryphobia, which makes them uneasy at the sight of holes clustered together, as in a honeycomb. Two experts and a sufferer discuss this phobia, which can be remarkably debilitating. 15:25 6:37

Host: Nancy Benson

Producer: Morgan Kelly

Guests: Dr. Geoff Cole, Center for Brain Science, Univ. of Essex; Kerry Taylor, tryphobia sufferer and administrator of support group; Dr. Keith Wagner, Univ. of Texas Medical Branch, Galveston

Compliance issues: Mental Health; Consumerism; Health Care

Links: [University of Essex: Dr. Geoff Cole](#)
[SkinHoax.com](#)
[Q&A: Keith Wagner, MD, on Online Skin Disease Hoaxes](#)