

Daily Program Listing II
WPBTHC

Date: 03/27/2023

01/01/2023 - 03/31/2023

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Sun, Jan 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
01:00:00	Health Trends #1142 (Penicillin Update) Focus: Wilbert Fuerte & Mayret Gonzalez discuss the history on penicillin and the benefits of this medication over the years.	SFPBS	(S)	(CC)	N/A	#1142H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Orthopedics (Knee Injury Therapy) Aaron Villegas and Jonathan Scott discuss physical therapy after a knee injury.	SFPBS	(S)	(CC)	N/A	#1080H
04:00:00	Spine & Back Care (Your Aching Back) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#1315H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Alma's Way Alma Picked A Pepper/The Alma Train	PBS	(S)	(CC)	DVI	#125H
06:30:00	Scigirls High-Tech Fashion With "Project Runway" fashion designer Diana Eng, SciGirl Hallie and her friends wire up an electrifying gown.	PBSPL	(S)	(CC)	N/A	#107H
07:00:00	Wild Kratts Polar Bears Don't Dance While in the Arctic, Martin and Chris are on a mission to discover how animals move around in different environments. Their new knowledge comes in handy when they discover that Zach Varmitech has kidnapped a Walrus calf and a Polar bear cub. The Wild Kratts team must do what it takes to return the baby animals to their mothers. Science Concepts: Buoyancy, Traction.	PBS	(S)	(CC)	N/A	#107H
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1 In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.	SFPBS	(S)	(CC)	N/A	#4301H
08:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H

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08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H
09:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
09:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
09:31:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4309H
09:43:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4310H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
10:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
10:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
11:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
11:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H

Sun, Jan 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
12:00:00	Call The Midwife Episode 1 It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.	PBS	(S)	(CC)	DVI	#1101H
13:00:00	Call The Midwife Episode 2 While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.	PBS	(S)	(CC)	DVI	#1102H
14:00:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
14:30:00	Health Insiders Focus: Blue zones, water safety, swim safety	SFPBS	(S)	(CC)	N/A	#1136H
15:00:00	Smartlife Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks	SFPBS	(S)	(CC)	N/A	#101H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H
15:59:00	Smartlife Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt	SFPBS	(S)	(CC)	N/A	#105H
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
22:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H

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Date: 03/27/2023

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Mon, Jan 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Staying Healthy (Oral Cancer Issues) Dr. Howard Abrahams discusses oral cancer, cosmetic dentistry and general dentistry.	SFPBS	(S)	(CC)	N/A	#1319H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
03:00:00	Health Trends #1106 (Autism Effect On Family) Focus: Carol del Sol and XXXX share their personal stories about autism in children and the ramifications of this condition on the family.	SFPBS	(S)	(CC)	N/A	#1106H
04:00:00	Sports Medicine (Phys Therapy Help for Elderly) Ron Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, gait, balance & flexibility.	SFPBS	(S)	(CC)	N/A	#1320H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Classical Stretch: By Essentrics Back Pain Relief Relieve your back pain instantly with this full-body Classical Stretch Workout. It only takes one episode a day to relieve and prevent back pain - join Miranda Esmonde-White for a 23-minute back pain relief workout in Montego Bay, Jamaica.	APTEX	(S)	(CC)	N/A	#1209H
06:30:00	Wai Lana Yoga Arch and Relax	APTEX	(S)	(CC)	N/A	#102H
07:00:00	Patient No More Queer women are not statistically "safe," but there are medical spaces that have been crafted so that they can be treated with the same dignity as any other patient. Patient No More explores the barriers LGBTQ+ women navigate across health care systems, and how the never-ending hunt for affirming care affects their lives.	NETA	(S)	(CC)	N/A	#0
08:00:00	Call The Midwife Episode 2 While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.	PBS	(S)	(CC)	DVI	#1102H

Mon, Jan 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."					
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.					
11:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
11:30:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
	While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.					
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
14:00:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
14:30:00	Health Insiders Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab	SFPBS	(S)	(CC)	N/A	#1059H
15:00:00	Smartlife Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann	SFPBS	(S)	(CC)	N/A	#401H

Mon, Jan 02, 2023

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15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#405H
	Focus: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exercise Research - Lia Jiannine, PhD 3. Reducing Cardiovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the Expert - Dr. Ricardo Castellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa					
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
17:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
	Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.					
18:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
	All it takes for someone to become dependent on opioids is seven days of use. Legal prescriptions have paved the way for the addiction epidemic plaguing the United States. 7 DAYS is an empathic, delicate look at some of the individuals who have become the face of this national tragedy. Taking a macro perspective on the issue, the film explores how addiction is rarely a choice, but a vicious cycle that preys on the disenfranchised and underserved.					
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.					
20:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
	Queer women are not statistically "safe," but there are medical spaces that have been crafted so that they can be treated with the same dignity as any other patient. Patient No More explores the barriers LGBTQ+ women navigate across health care systems, and how the never-ending hunt for affirming care affects their lives.					
21:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
	In "Is Your Story Making You Sick?" cameras roll as eight people from all walks of life bravely confront their stories and a variety of stress-related illnesses. All eight had used prescription drugs to try to cure their illnesses, but to no avail. Over four, 4-day workshops spanning 6-months, filmmaker Frances Causey documents the changes participants experience throughout the program, following each character as they painstakingly recount their childhood trauma and negative experiences, ranging from family strife, addiction, neglect, and assault to incest. They have families and friends who have struggled with them while trying to support them. With a variety of tools like mindfulness meditation, we see them destroy past beliefs, welcome change and new ideas about themselves, writing a new story for themselves. The eight grew close in the intimate workshop environment, sharing their pain and helping each other through their toughest moments.					

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22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	<p>A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.</p>					
22:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	<p>It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.</p>					
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	<p>The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.</p>					

Tue, Jan 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Orthopedics (Kids Sports Injuries) Alyssa Jarquin & Jessica Hixon discuss common summer sports injuries and injury prevention. Focus: Overuse injuries/pain in kids.	SFPBS	(S)	(CC)	N/A	#1333H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	Nutrition & Health (Reduce Digestive Problems) Susan Nowrouzi discusses how to eat healthy to reduce digestive problems.	SFPBS	(S)	(CC)	N/A	#1107H
04:00:00	Spine & Back Care (Common Back & Neck Pain) Dr. Brusovanik discusses common back and neck pain conditions and injuries.	SFPBS	(S)	(CC)	N/A	#1335H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
06:00:00	Classical Stretch: By Essentrics Endurance and Power Build endurance and power with this full-body strengthening Classical Stretch Workout. Join Miranda Esmonde-White in breathtaking Montego Bay, Jamaica for a workout that leaves every muscle feeling stronger and more powerful.	APTEX	(S)	(CC)	N/A	#1210H
06:30:00	Wai Lana Yoga Upside Down & Rock'n Roll	APTEX	(S)	(CC)	N/A	#103H
07:00:00	Happy Yoga with Sarah Starr Sunflower Glo Bask in the golden sunflower glo as you enjoy a modified yoga session using a chair for support including; seated stretches to increase flexibility and mobility in the shoulders and upper back, and a standing sequence linking breath with movement designed to create more freedom in the hips and hamstrings while building strength, balance and focus.	NETA	(S)	(CC)	N/A	#504H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

Tue, Jan 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
11:00:00	Innovations In Medicine Hip replacement, Innovations in Kidney disease treatment, TeethXPress - One Day Smile, Coury and Beuhler Physical Therapy, Atrial Fibrillation.	NETA	(S)	(CC)	N/A	#406H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	SFPBS	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H
12:30:00	Medical Frontiers Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.	APTEX	(S)	(CC)	N/A	#118H

Tue, Jan 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
14:30:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
15:00:00	Smartlife Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco	SFPBS	(S)	(CC)	N/A	#501H
15:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quintairo 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association	SFPBS	(S)	(CC)	N/A	#505H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
18:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa Episode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining.	SFPBS	(S)	(CC)	N/A	#205H
18:30:00	Hope Is Here Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	NETA	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H

Tue, Jan 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."					
20:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
	Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.					
21:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
	All it takes for someone to become dependent on opioids is seven days of use. Legal prescriptions have paved the way for the addiction epidemic plaguing the United States. 7 DAYS is an empathic, delicate look at some of the individuals who have become the face of this national tragedy. Taking a macro perspective on the issue, the film explores how addiction is rarely a choice, but a vicious cycle that preys on the disenfranchised and underserved.					
22:00:00	Sex Talk with Dr. Lia Exercises for Better Sex	SFPBS	(S)	(CC)	N/A	#207H
	Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.					
22:30:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Orthopedics (Ankle Fracture Help) Dr. Chris Hodgkins discusses mini incision ankle fracture surgeries. Focus: Tight rope surgeries.	SFPBS	(S)	(CC)	N/A	#1336H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Plastic/Cosm Surgery (Breast Reconstruction) Focus: Dr. Gottenger discusses the different types of breast reconstruction (direct to implant or tissue expander vs DIEP/Latissimus flap); pre-pectoral vs retro-pectoral breast reconstruction; alloderm and artia tissue for breast reconstruction; and the role of fatgrafting in breast reconstruction before and after. BRAVE DAY is discussed which is a coalition that seeks to empower women through educating them of their rights to reconstruction when diagnosed with Breast Cancer. BRAVE is about restoring the whole woman after the diagnosis, and is one of few charities that focuses on "after the diagnosis").	SFPBS	(S)	(CC)	N/A	#1108H
04:00:00	Sports Medicine (Achilles Tendon) Noel Gressner discusses Achilles tendon rehab & injury prevention.	SFPBS	(S)	(CC)	N/A	#1337H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Classical Stretch: By Essentrics Arthritis Workout Relieve arthritis pain throughout your entire body with Miranda Esmonde-White. This Classical Stretch Workout lubricates all of your joints and strengthens every muscle to help relieve the pain associated with arthritis.	APTEX	(S)	(CC)	N/A	#1211H
06:30:00	Wai Lana Yoga Back and Forth and Roar	APTEX	(S)	(CC)	N/A	#104H
07:00:00	To Heal The Heart Our Work Immediately after the earthquake, Kazutaka begins working in a clinic that looks like a field hospital. With a keen sense of inadequacy, he visits evacuation shelters and struggles to do what he can as a psychiatrist. He's asked by an old acquaintance who works as a newspaper reporter to write a serial column on what the aftermath of the disaster looks like from the inside. While Kazutaka grows closer to his suffering patients, his father Tekkei's business begins to falter.	APTEX	(S)	(CC)	N/A	#102H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
	While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.					
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
10:00:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
	The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.					
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.					
11:00:00	Conscious Living Vegan Mexican Fiesta	NETA	(S)	(CC)	N/A	#104H
	Like it spicy? Then get your taste buds ready for this episode, where we're at home preparing a full-blown vegan Mexican fiesta from scratch. Michael and Bianca team up in the kitchen to make her favorite savory sweet potato and black bean quesadillas, spicy guacamole and Pico de Gallo with Tortilla chips. Then, Bianca hangs out with a sustainable lifestyle expert for some eco-chic outdoor entertaining tips. Back in the kitchen, Michael steals the show with a yummy vegan Dulce de Leche flan that tickles the taste buds!					
11:30:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
	Episode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining.					
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
	While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.					
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
14:00:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
14:30:00	Health Insiders Focus: Vitamin supplements & heart health, Child neglect, CBD oil	SFPBS	(S)	(CC)	N/A	#1061H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#601H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:25:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	Smartlife Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS	(S)	(CC)	N/A	#605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Patient No More Queer women are not statistically "safe," but there are medical spaces that have been crafted so that they can be treated with the same dignity as any other patient. Patient No More explores the barriers LGBTQ+ women navigate across health care systems, and how the never-ending hunt for affirming care affects their lives.	NETA	(S)	(CC)	N/A	#0
18:00:00	Is Your Story Making You Sick? In "Is Your Story Making You Sick?" cameras roll as eight people from all walks of life bravely confront their stories and a variety of stress-related illnesses. All eight had used prescription drugs to try to cure their illnesses, but to no avail. Over four, 4-day workshops spanning 6-months, filmmaker Frances Causey documents the changes participants experience throughout the program, following each character as they painstakingly recount their childhood trauma and negative experiences, ranging from family strife, addiction, neglect, and assault to incest. They have families and friends who have struggled with them while trying to support them. With a variety of tools like mindfulness meditation, we see them destroy past beliefs, welcome change and new ideas about themselves, writing a new story for themselves. The eight grew close in the intimate workshop environment, sharing their pain and helping each other through their toughest moments.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
20:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
21:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	<p>It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.</p>					
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	<p>Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Heart Health (Female Heart Issues) Dr. Alvaro Gomez discusses heart disease in women.	SFPBS	(S)	(CC)	N/A	#1338H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Nutrition & Health #1109 (Healthy Eating) Focus: Angie Placeres & Terry Ochoa discuss Earth Day nutrition initiatives – purchasing from local farmer's markets, seasonal eating, healthy cooking tips & carbon footprint.	SFPBS	(S)	(CC)	N/A	#1109H
04:00:00	Kids & Teens (Teen Exercise) Micah Kurtz discusses youth strength and conditioning.	SFPBS	(S)	(CC)	N/A	#1342H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Hamstring Flexibility Your hamstrings are one of your largest muscles and they connect your legs to your back, this is why hamstring pain can actually cause pain in your legs, bum, and back. Strengthen and stretch your hamstrings and full body with Miranda Esmonde-White.	APTEX	(S)	(CC)	N/A	#1212H
06:30:00	Wai Lana Yoga Alternat Nostril Breathing	APTEX	(S)	(CC)	N/A	#105H
07:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa Episode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining.	SFPBS	(S)	(CC)	N/A	#205H
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

Thu, Jan 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Patient No More Queer women are not statistically "safe," but there are medical spaces that have been crafted so that they can be treated with the same dignity as any other patient. Patient No More explores the barriers LGBTQ+ women navigate across health care systems, and how the never-ending hunt for affirming care affects their lives.	NETA	(S)	(CC)	N/A	#0
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
10:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
11:00:00	Innovations In Medicine Hip replacement, Innovations in Kidney disease treatment, TeethXPress - One Day Smile, Coury and Beuhler Physical Therapy, Atrial Fibrillation.	NETA	(S)	(CC)	N/A	#406H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	SFPBS	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H
12:30:00	Medical Frontiers Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.	APTEX	(S)	(CC)	N/A	#118H
13:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Focusing On Foreplay How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments	SFPBS	(S)	(CC)	N/A	#208H

Thu, Jan 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Diabetes, Pregnancy myths, Primary care-diabetes	SFPBS	(S)	(CC)	N/A	#1062H
15:00:00	Smartlife Focus: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and Kyphoplasty - Dr. Jose Mena 3. Sleep Apnea - Dr. Richard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5. Getting the Most out of your Office Visit - Dr. Perry Krichmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver	SFPBS	(S)	(CC)	N/A	#701H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	SFPBS	(S)	(CC)	N/A	#705H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	7 Days: The Opioid Crisis All it takes for someone to become dependent on opioids is seven days of use. Legal prescriptions have paved the way for the addiction epidemic plaguing the United States. 7 DAYS is an empathic, delicate look at some of the individuals who have become the face of this national tragedy. Taking a macro perspective on the issue, the film explores how addiction is rarely a choice, but a vicious cycle that preys on the disenfranchised and underserved.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Scattering Cj When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
20:00:00	Covid Lost and Learned COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.	NETA	(S)	(CC)	N/A	#0H
21:00:00	The Cure Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.	NETA	(S)	(CC)	N/A	#1
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments	SFPBS	(S)	(CC)	N/A	#208H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus: Diabetes, Pregnancy myths, Primary care-diabetes	SFPBS	(S)	(CC)	N/A	#1062H
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

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Fri, Jan 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
01:00:00	Nutrition & Health (Maxing Flavor & Benefits) Chef Adrienne Calvo and Cathy Clark-Reyes discuss maximizing flavor and health benefits with meals and foods you eat.	SFPBS	(S)	(CC)	N/A	#1343H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Healthy Living (Hyperbaric Medicine) Focus: Henry Guzman & Scott Fowler discuss hyperbaric medicine and the conditions you treat with this type of equipment.	SFPBS	(S)	(CC)	N/A	#1110H
04:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals) Carla Duenas discusses trending topics such as meal delivery servies and supermarket pre-made, ready-to-cook meals. Focus: The skinny on sugar, artificial sweeteners and natural sweeteners.	SFPBS	(S)	(CC)	N/A	#1345H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentric Toning The Waist Today's episode is set in a villa that is rumored to have once been graced by the infamous director, Oscar Hammerstein. Join Miranda Esmonde-White for an episode of Classical Stretch that tones and strengthens every muscle in your waist.	APTEX	(S)	(CC)	N/A	#1213H
06:30:00	Wai Lana Yoga Cats and Fish	APTEX	(S)	(CC)	N/A	#106H
07:00:00	To Heal The Heart Our Work Immediately after the earthquake, Kazutaka begins working in a clinic that looks like a field hospital. With a keen sense of inadequacy, he visits evacuation shelters and struggles to do what he can as a psychiatrist. He's asked by an old acquaintance who works as a newspaper reporter to write a serial column on what the aftermath of the disaster looks like from the inside. While Kazutaka grows closer to his suffering patients, his father Tekkei's business begins to falter.	APTEX	(S)	(CC)	N/A	#102H
08:00:00	Call The Midwife Episode 2 While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.	PBS	(S)	(CC)	DVI	#1102H

Fri, Jan 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.					
10:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.					
11:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
	Episode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining.					
11:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
	While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.					
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
14:00:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
14:30:00	Health Insiders Focus: Living greener-"food prints"; Food and your mood; Dawn phenomenon-diabetes	SFPBS	(S)	(CC)	N/A	#1063H
15:00:00	Smartlife Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff	SFPBS	(S)	(CC)	N/A	#801H

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15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#805H
	Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrfacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
	COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.					
18:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
	Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.					
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					
20:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
	Queer women are not statistically "safe," but there are medical spaces that have been crafted so that they can be treated with the same dignity as any other patient. Patient No More explores the barriers LGBTQ+ women navigate across health care systems, and how the never-ending hunt for affirming care affects their lives.					
21:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
	In "Is Your Story Making You Sick?" cameras roll as eight people from all walks of life bravely confront their stories and a variety of stress-related illnesses. All eight had used prescription drugs to try to cure their illnesses, but to no avail. Over four, 4-day workshops spanning 6-months, filmmaker Frances Causey documents the changes participants experience throughout the program, following each character as they painstakingly recount their childhood trauma and negative experiences, ranging from family strife, addiction, neglect, and assault to incest. They have families and friends who have struggled with them while trying to support them. With a variety of tools like mindfulness meditation, we see them destroy past beliefs, welcome change and new ideas about themselves, writing a new story for themselves. The eight grew close in the intimate workshop environment, sharing their pain and helping each other through their toughest moments.					
22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	<p>It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.</p>					
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	<p>Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.</p>					

Sat, Jan 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Health Trends (Emergency Aid) Dr. Yvonne Johnson & Grace Meinhofer discuss the merits of their programs and kits for emergency preparedness. Focus: Home fire, hurricanes and flooding.	SFPBS	(S)	(CC)	N/A	#1346H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
03:00:00	Health Trends (Alcohol Abuse Help) Focus: Dr. Michelle Brewster and Dr. Salman Ali discuss health problems caused by alcohol abuse in support of Alcohol Awareness Month.	SFPBS	(S)	(CC)	N/A	#1111H
04:00:00	Health Trends(Tattoo Correct./Fillers/Injections) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.Caleb McGrew	SFPBS	(S)	(CC)	N/A	#1347H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Alma's Way Basketball Birds/Looking for Litter When Alma and Rafia find a bird's nest in the park's basketball hoop, they recruit their friends to help keep it safe. But when it's time to go home, Alma tries to think of a way to protect the nest, even when her friends aren't around. After cleaning up the playground, Alma, her family, and friends are surprised to find it full of litter again the next day! Alma and her friends go undercover and follow the litter clues to find out where the trash is coming from.	PBS	(S)	(CC)	DVI	#111H
06:30:00	Scigirls Science Cooks! SciGirl Claire and her friends make comfort foods more nutritious (without sacrificing the delicious).	PBSPL	(S)	(CC)	N/A	#108H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Wild Kratts Caracal-Minton	PBS	(S)	(CC)	N/A	#126H
	The Wild Kratts crew is are playing badminton on the African savannah when a high jumping wildcat called a caracal steals the birdie. And this is no ordinary birdie - it is Aviva's precious family heirloom. As they rush to get back the treasure from an elusive, leaping Caracal cat, they learn how the caracal's musculature is specifically designed stalking and leaping- a perfect example of the concept of "form for function." Inspired by this Aviva perfects the caracal power for the Creature Power Suit and leaps off to retrieve Aviva's special birdie and rescue some caracal kittens who get into trouble along the way.					
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H
	In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.					
08:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H
08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H
09:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
09:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
09:31:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4309H
09:43:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4310H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
	In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.					
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
10:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
10:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
11:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
11:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
12:00:00	7 Days: The Opioid Crisis All it takes for someone to become dependent on opioids is seven days of use. Legal prescriptions have paved the way for the addiction epidemic plaguing the United States. 7 DAYS is an empathic, delicate look at some of the individuals who have become the face of this national tragedy. Taking a macro perspective on the issue, the film explores how addiction is rarely a choice, but a vicious cycle that preys on the disenfranchised and underserved.	NETA	(S)	(CC)	N/A	#0H
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
14:30:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
15:00:00	Smartlife Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco	SFPBS	(S)	(CC)	N/A	#501H
15:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quinteiros 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association	SFPBS	(S)	(CC)	N/A	#505H

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16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Hope Is Here Jill Costello	NETA	(S)	(CC)	N/A	#102H
	Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.					
18:30:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
	Episode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining.					
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEx	(S)	(CC)	N/A	#1804H
	The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.					
20:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
	Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.					
21:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
	All it takes for someone to become dependent on opioids is seven days of use. Legal prescriptions have paved the way for the addiction epidemic plaguing the United States. 7 DAYS is an empathic, delicate look at some of the individuals who have become the face of this national tragedy. Taking a macro perspective on the issue, the film explores how addiction is rarely a choice, but a vicious cycle that preys on the disenfranchised and underserved.					
22:00:00	Sex Talk with Dr. Lia Exercises for Better Sex	SFPBS	(S)	(CC)	N/A	#207H
	Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.					
22:30:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H

In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.

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00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Orthopedics (Ankle Fracture Help) Dr. Chris Hodgkins discusses mini incision ankle fracture surgeries. Focus: Tight rope surgeries.	SFPBS	(S)	(CC)	N/A	#1336H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Health Trends #1103 (Autism Update) Focus: Maria Rodaz and First Words experts discuss autism in kids.	SFPBS	(S)	(CC)	N/A	#1103H
04:00:00	Sports Medicine (Achilles Tendon) Noel Gressner discusses Achilles tendon rehab & injury prevention.	SFPBS	(S)	(CC)	N/A	#1337H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
06:00:00	Alma's Way Trick Or Treatasaurus/The Haunted Hallway When Junior accidentally ruins his dinosaur Halloween costume, Alma, Mami, and T'a Gloria must figure out a way to turn the mistake into a fright-night delight. It's Halloween at the community center, and Alma, Rafia, and Lucas are determined to have the best Haunted Hallway ever. But when Alma decides that she wants to make the Hallway even spookier than before, people stop visiting. What gives?	PBS	(S)	(CC)	DVI	#138H
06:30:00	Scigirls Underwater Eco-Adventure SciGirls Elle and Meg scuba dive to protect the biodiversity of their favorite Catalina reefs.	PBSPL	(S)	(CC)	N/A	#109H
07:00:00	Wild Kratts Osprey Jimmy accidentally drops the keys to the Tortuga into the ocean. Chris, Martin and Aviva on are a race to develop osprey creature powers to find the keys before they disappear forever!	PBS	(S)	(CC)	N/A	#307H

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07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H
09:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7602H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7603H
10:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7604H
10:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7605H
10:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7606H

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11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7607H
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
11:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
	While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.					
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
	Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1061H
	Focus: Vitamin supplements & heart health, Child neglect, CBD oil					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
	Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:25:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Scattering Cj	NETA	(S)	(CC)	N/A	#0H
	When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.					
20:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
	Queer women are not statistically "safe," but there are medical spaces that have been crafted so that they can be treated with the same dignity as any other patient. Patient No More explores the barriers LGBTQ+ women navigate across health care systems, and how the never-ending hunt for affirming care affects their lives.					
21:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
	In "Is Your Story Making You Sick?" cameras roll as eight people from all walks of life bravely confront their stories and a variety of stress-related illnesses. All eight had used prescription drugs to try to cure their illnesses, but to no avail. Over four, 4-day workshops spanning 6-months, filmmaker Frances Causey documents the changes participants experience throughout the program, following each character as they painstakingly recount their childhood trauma and negative experiences, ranging from family strife, addiction, neglect, and assault to incest. They have families and friends who have struggled with them while trying to support them. With a variety of tools like mindfulness meditation, we see them destroy past beliefs, welcome change and new ideas about themselves, writing a new story for themselves. The eight grew close in the intimate workshop environment, sharing their pain and helping each other through their toughest moments.					
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay	SFPBS	(S)	(CC)	N/A	#208H
	How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments					
22:30:00	Health Insiders Focus: Diabetes, Pregnancy myths, Primary care-diabetes	SFPBS	(S)	(CC)	N/A	#1062H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Heart Health (Female Heart Issues) Dr. Alvaro Gomez discusses heart disease in women.	SFPBS	(S)	(CC)	N/A	#1338H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Mental Health #1104 (Mental Health Issues) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1104H
04:00:00	Kids & Teens (Teen Exercise) Micah Kurtz discusses youth strength and conditioning.	SFPBS	(S)	(CC)	N/A	#1342H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Spine Strengthening You need a strong back to be active and independent. Strengthen your spine with this episode of Classical Stretch set in front of the quaint water sports center in Montego Bay, Jamaica.	APTEX	(S)	(CC)	N/A	#1214H
06:30:00	Wai Lana Yoga Balance Your Buttocks	APTEX	(S)	(CC)	N/A	#107H
07:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife Episode 3 Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.	PBS	(S)	(CC)	DVI	#1103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
09:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
11:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
11:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
14:00:00	Health Insiders Focus: Chronic back pain, Mindful eating, Aneurysms	SFPBS	(S)	(CC)	N/A	#1064H
14:30:00	Health Insiders Focus: Stigma of mental illness, Weight loss and vegetables, Heart health	SFPBS	(S)	(CC)	N/A	#1067H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone	APTEX	(S)	(CC)	DVI	#101H
	Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.					
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.					
20:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
	TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.					
21:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone	APTEX	(S)	(CC)	DVI	#101H
	Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.					
22:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	<p>CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.</p>					
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	<p>Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.</p>					

Tue, Jan 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	All About Cancer (Blood Cancers) Dr. Marco Ruiz discusses hematologic cancers, those cancers combined with HIV and treatments such as bone marrow transplantation.	SFPBS	(S)	(CC)	N/A	#1348H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
03:00:00	Health Trends #1106 (Autism Effect On Family) Focus: Carol del Sol and XXXX share their personal stories about autism in children and the ramifications of this condition on the family.	SFPBS	(S)	(CC)	N/A	#1106H
04:00:00	Healthy Living (Pregnancy Recovery) Henry Guzman & Melanie Rinaldi discuss exercise and well-being before, during and after pregnancy.	SFPBS	(S)	(CC)	N/A	#1350H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
06:00:00	Classical Stretch: By Essentrics Shoulder Pain Relief This episode of Classical Stretch targets shoulder pain and provides instant relief. Join Miranda Esmonde-White for a picturesque and pain soothing workout in Montego Bay, Jamaica.	APTEX	(S)	(CC)	N/A	#1215H
06:30:00	Wai Lana Yoga Stretch Those Strings	APTEX	(S)	(CC)	N/A	#108H
07:00:00	Happy Yoga with Sarah Starr Waves Allow the powerful ocean energy to recharge your body as we explore an invigorating modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to stretch and lengthen the spine in a full range of motion, creating more ease in the back, shoulders and hips.	NETA	(S)	(CC)	N/A	#505H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Scattering Cj When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.	NETA	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
10:00:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
10:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
11:00:00	Innovations In Medicine Modular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation.	NETA	(S)	(CC)	N/A	#407H
11:30:00	Hope Is Here Hank Baskett Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."	NETA	(S)	(CC)	N/A	#103H
12:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H
12:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
13:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

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14:00:00	Sex Talk with Dr. Lia Focusing On Foreplay	SFPBS	(S)	(CC)	N/A	#208H
	How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
	Focus: Food trends, COPD-daughter's story, Mental Illness First Aid					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1005H
	Focus: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Care - Coralie Patterson and Richard Shutes, JCSFL 3. Hair Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understanding Where Eating Disorders Come From - Melissa Spann, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	Scattering Cj	NETA	(S)	(CC)	N/A	#0H
	When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.					
18:00:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.					
18:30:00	Hope Is Here Hank Baskett	NETA	(S)	(CC)	N/A	#103H
	Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."					
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
	Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.					

Tue, Jan 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	The Cure Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.	NETA	(S)	(CC)	N/A	#1
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments	SFPBS	(S)	(CC)	N/A	#208H
22:30:00	Health Insiders Focus: Food trends, COPD-daughter's story, Mental Illness First Aid	SFPBS	(S)	(CC)	N/A	#1068H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Living Well (Swimming Safety) Miren Oca discusses swimming safety tips.	SFPBS	(S)	(CC)	N/A	#1351H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
03:00:00	Nutrition & Health (Reduce Digestive Problems) Susan Nowrouzi discusses how to eat healthy to reduce digestive problems.	SFPBS	(S)	(CC)	N/A	#1107H
04:00:00	Primary Care (Diabetes Help) Dr. Weisel Barquin discusses the relationship between diabetes and hypertension and high cholesterol.	SFPBS	(S)	(CC)	N/A	#1352H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
06:00:00	Classical Stretch: By Essentrics Relieve Neck Pain This episode of Classical Stretch liberates all of the joints and muscles in your neck and shoulders providing you with instant relief. Join Miranda Esmonde-White for a Classical Stretch workout to relieve neck pain.	APTEX	(S)	(CC)	N/A	#1216H
06:30:00	Wai Lana Yoga Neti(Sinus and Nasal Cleaning)	APTEX	(S)	(CC)	N/A	#109H
07:00:00	To Heal The Heart Invisible Lifeline Two months after the earthquake, Kobe is rapidly rebuilding. And yet, many victims are being left behind. Among his emotionally traumatized patients, Kazutaka encounters Kataoka Kokoa, who suffers from severe mental illness. After examination, it becomes clear that Kokoa has multiple personalities. Kazutaka does all he can to treat her even as he discovers that his father Tekkei's business has slid into bankruptcy.	APTEX	(S)	(CC)	N/A	#103H

Wed, Jan 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
09:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
09:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
10:00:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.					
10:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
	In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.					
11:00:00	Conscious Living Ready, Set, Go!	NETA	(S)	(CC)	N/A	#105H
	Since life is a journey and not a destination, put on your adventure boots, grab your GPS and get ready for for some fun on this episode. Hang ten with us on the legendary North Shore of Oahu where we take surf and yoga lessons with a former competitive surfer turned girl boss. Who needs a fancy hotel room? We relish the great outdoors at a glamping retreat in Ithaca, New York with gourmet s'mores, local foraging and hammock naps under the midnight stars. Finally, we take an inner journey and explore some of the world's greatest art, from the LEED-platinum Chicago Art Institute in the Windy City to the winding canals of the Venice Biennale.					
11:30:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.					
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
	Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					

Wed, Jan 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Sunscreen and sun safety, Women & heart disease, Menopause	SFPBS	(S)	(CC)	N/A	#1069H
15:00:00	Smartlife Focus: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Julia E. 3. Risk Factors for Diabetes - Lois Exelbert, RN 4. Body, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna Werner, RD	SFPBS	(S)	(CC)	N/A	#1101H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:59:00	Smartlife Focus: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understanding Your Breast Cancer Risk, Dr. Jane Mendez 3. Fire Safety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and Depression in Children and Teens, Dr. Daniel Bober	SFPBS	(S)	(CC)	N/A	#1105H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Covid Lost and Learned COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.	NETA	(S)	(CC)	N/A	#0H
18:00:00	The Cure Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.	NETA	(S)	(CC)	N/A	#1
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
20:00:00	Celiac Project The Celiac Project is a dynamic, first-of-its-kind documentary about life before and after the diagnosis of celiac disease. When filmmaker Michael Frolichstein was finally diagnosed with a simple blood test after years of dismissive doctors, he set out to separate fact from fiction about the gluten-free diet. This moving documentary ultimately explores what we can do individually and as a society to advance the conversation and raise awareness about celiac disease.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H

Wed, Jan 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	<p>An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.</p>					
22:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	<p>CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.</p>					
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	<p>Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."</p>					

Daily Program Listing II
WPBTHC

Date: 03/27/2023

01/01/2023 - 03/31/2023

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Thu, Jan 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Living Well (Massage Help) Gary Galasso describes the benefits of massage therapy in the clinical setting and for overall wellness.	SFPBS	(S)	(CC)	N/A	#1354H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Staying Healthy (Skin Health) Focus: Victoria Socarras discusses ways that you can get your skin ready for summer and what you need to do during the summer time.	SFPBS	(S)	(CC)	N/A	#1112H
04:00:00	Spine & Back Care (Common Back/Neck Pain Relief) Dr. Brusovanik discusses the different minimally invasive surgery options for spine & back care, as well as the importance of keeping motion in your spine.	SFPBS	(S)	(CC)	N/A	#1355H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Full Body Toning Join Miranda Esmonde-White in breathtaking Montego, Bay Jamaica for a full body toning Classical Stretch workout. This all-standing workout tones and strengthens every muscle in your body in minutes.	APTEX	(S)	(CC)	N/A	#1217H
06:30:00	Wai Lana Yoga Soothe Your Nerves	APTEX	(S)	(CC)	N/A	#110H
07:00:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.	SFPBS	(S)	(CC)	N/A	#206H

Thu, Jan 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
10:00:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					
10:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.					
11:00:00	Innovations In Medicine Modular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation.	NETA	(S)	(CC)	N/A	#407H
11:30:00	Hope Is Here Hank Baskett	NETA	(S)	(CC)	N/A	#103H
	Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."					
12:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.					
12:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
13:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.					

Thu, Jan 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:56:00	Smartlife Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist	SFPBS	(S)	(CC)	N/A	#1205H
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Death Is But A Dream In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.	NETA	(S)	(CC)	N/A	#0
18:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.	APTEX	(S)	(CC)	DVI	#101H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
20:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.	APTEX	(S)	(CC)	DVI	#101H
21:00:00	Death Is But A Dream In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.	NETA	(S)	(CC)	N/A	#0

Thu, Jan 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
22:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H

Daily Program Listing II
WPBTHC

Date: 03/27/2023

01/01/2023 - 03/31/2023

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Fri, Jan 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Living Well (Health and Wellness) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1356H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Living Well (Environment Health Benefit) Focus: Dr. Steve Davis and Jennifer Diaz discuss the importance of educating the next generation of children on understanding the value of the Everglades and our environment and how that links to our health overall.	SFPBS	(S)	(CC)	N/A	#1113H
04:00:00	Sports Medicine (Knee Issues) Dr. DerekPapp and Dr. Harlan Selesnick discuss knee injuries, pain and various treatments. Focus: Total knee replacements.	SFPBS	(S)	(CC)	N/A	#1357H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Psoas & Hip Strengthening Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stunning scenery of Montego Bay, Jamaica for an episode of Classical Stretch.	APTEX	(S)	(CC)	N/A	#1218H
06:30:00	Wai Lana Yoga Dive In!	APTEX	(S)	(CC)	N/A	#111H
07:00:00	To Heal The Heart Invisible Lifeline Two months after the earthquake, Kobe is rapidly rebuilding. And yet, many victims are being left behind. Among his emotionally traumatized patients, Kazutaka encounters Kataoka Kokoa, who suffers from severe mental illness. After examination, it becomes clear that Kokoa has multiple personalities. Kazutaka does all he can to treat her even as he discovers that his father Tekkei's business has slid into bankruptcy.	APTEX	(S)	(CC)	N/A	#103H

Fri, Jan 13, 2023

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08:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
09:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
09:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
10:00:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.					
10:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."					
11:00:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.					
11:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.					
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
14:00:00	Health Insiders Focus: Interventional back treatments, Measles vaccine safety, Blood cancer	SFPBS	(S)	(CC)	N/A	#1066H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli	SFPBS	(S)	(CC)	N/A	#1305H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.	APTEX	(S)	(CC)	DVI	#101H
18:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
20:00:00	Covid Lost and Learned COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.	NETA	(S)	(CC)	N/A	#0H
21:00:00	The Cure Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.	NETA	(S)	(CC)	N/A	#1
22:00:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	<p>CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.</p>					
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
	<p>Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Plastic/Cosmetic Surgery (Buttocks Update) Dr. Castellon discusses surgical complications with a focus on butt augmentation, brazilian butt lift & butt injections complications.	SFPBS	(S)	(CC)	N/A	#1358H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
03:00:00	Maternity Care (Irregular Periods) Everything you need to know about pregnancy, childbirth and post-partum care. Dr. Alberto Sirven dicusses.	SFPBS	(S)	(CC)	N/A	#1114H
04:00:00	Staying Healthy (Sleep Benefits) Nathan Burandt discusses sleep health.	SFPBS	(S)	(CC)	N/A	#1359H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
06:00:00	Alma's Way Alma On Ice/Junior's Lost Tooth It's Rafia's first time ice skating, and Alma is sure she'll find it easy since she's so good at sports. When Rafia has trouble on the ice, Alma must find a way to help her friend learn without making her feel self-conscious. When Junior loses his first tooth, Alma tries everything to cheer him up. But with Junior still bummed out after she gives him all his favorite things, Alma realizes that the one thing she can do to make him happy is to help him find it.	PBS	(S)	(CC)	DVI	#109H
06:30:00	Scigirls Robots to the Rescue! SciGirl Abby and her friends give a rescue robot a personality makeover so it can do a better job when disaster strikes.	PBSPL	(S)	(CC)	N/A	#110H
07:00:00	Wild Kratts This Orca Likes Sharks The Kratt Bros discover a message in a bottle telling them about an old wily orca who only eats large sharks. They find this hard to believe, so with the help of Aviva's Dolphin Decoder, modified to speak Orca, the Wild Kratts go in search of the orca who likes sharks! Science Concept : Predator/Prey relationship.	PBS	(S)	(CC)	N/A	#421H

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07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H
09:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7602H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7603H
10:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7604H
10:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7605H
10:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7606H

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11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7607H
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
11:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
12:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
13:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.	APTEX	(S)	(CC)	DVI	#101H
14:00:00	Sex Talk with Dr. Lia Focusing On Foreplay How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments	SFPBS	(S)	(CC)	N/A	#208H
14:30:00	Health Insiders Focus: Food trends, COPD-daughter's story, Mental Illness First Aid	SFPBS	(S)	(CC)	N/A	#1068H
15:00:00	Smartlife Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer	SFPBS	(S)	(CC)	N/A	#1001H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife Focus: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Care - Coralie Patterson and Richard Shutes, JCSFL 3. Hair Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understanding Where Eating Disorders Come From - Melissa Spann, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1005H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
	<p>TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.</p>					
18:00:00	Hope Is Here Hank Baskett	NETA	(S)	(CC)	N/A	#103H
	<p>Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."</p>					
18:30:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	<p>Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.</p>					
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	<p>All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.</p>					
20:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	<p>Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.</p>					
21:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
	<p>One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.</p>					
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay	SFPBS	(S)	(CC)	N/A	#208H
	<p>How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments</p>					
22:30:00	Health Insiders Focus: Food trends, COPD-daughter's story, Mental Illness First Aid	SFPBS	(S)	(CC)	N/A	#1068H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	<p>Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	Living Well (Swimming Safety) Miren Oca discusses swimming safety tips.	SFPBS	(S)	(CC)	N/A	#1351H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
03:00:00	Spine & Back Care #1115 (Update) Spine and back conditions and how to treat them for a pain free life. Dr. Gosha Brusovanik discusses.	SFPBS	(S)	(CC)	N/A	#1115H
04:00:00	Primary Care (Diabetes Help) Dr. Yeisel Barquin discusses the relationship between diabetes and hypertension and high cholesterol.	SFPBS	(S)	(CC)	N/A	#1352H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
06:00:00	Alma's Way Alma's Showstopper/Ultimate Helper Alma, Rafia, and Andre want to perform at open mic night, and with Lucas' sa-weet singing skills, Alma's sure their performance will be a hit! But when Lucas gets cold feet before the big night, Alma has to find a way to help him get over his nervousness. When Alma sees Safina's picture on the vet clinic's wall, she is determined to win the title of Ultimate Helper of the Week herself. But when her good deeds go wrong, Alma has to think about what it really means to help others.	PBS	(S)	(CC)	DVI	#107H
06:30:00	Scigirls Going Green SciGirl Mackenzie and her friends put a lid on school trash by inventing a new use for recycled yogurt cups.	PBSPL	(S)	(CC)	N/A	#111H
07:00:00	Wild Kratts The Food Chain Game Aviva wants to build a food web for the African savannah, so she devises a game and Martin and Chris accept her challenge! They will each start as a blade of grass and climb to the top of the food web in a game of "Power Suit Creature Tag." As they play, the brothers boost their knowledge of the complex relationships between predators and prey as well as the differences between herbivores and carnivores.	PBS	(S)	(CC)	N/A	#130H

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Sun, Jan 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
08:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H
09:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
09:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
10:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
10:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H
10:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H
11:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H

Sun, Jan 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
11:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.					
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
	Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
	Focus: Sunscreen and sun safety, Women & heart disease, Menopause					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
	Focus: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Julia E. 3. Risk Factors for Diabetes - Lois Exelbert, RN 4. Body, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna Werner, RD					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	Focus: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understanding Your Breast Cancer Risk, Dr. Jane Mendez 3. Fire Safety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and Depression in Children and Teens, Dr. Daniel Bober					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone	APTEX	(S)	(CC)	DVI	#101H
	Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.					

Sun, Jan 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	The Cure Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.	NETA	(S)	(CC)	N/A	#1
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
20:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
21:00:00	Journey Through Breast Cancer Communication throughout cancer care is increasingly important but little understood. This film is adapted from years of research and demonstrates the power of communicating about illness, a medical team's sustained ability to rely on communication when providing quality care, and possibilities for improving patient outcomes. This documentary is designed to raise public awareness, provide an innovative resource across diverse fields of education, and stimulate critical discussions about the ongoing need for enhanced health communication when facing illness and disease.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
22:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
01:00:00	Living Well (Massage Help) Gary Galasso describes the benefits of massage therapy in the clinical setting and for overall wellness.	SFPBS	(S)	(CC)	N/A	#1354H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Maternity Care #1116 (Female Issues) Focus: Dr. Robert Feldman discusses fibroids, polyps and cysts.	SFPBS	(S)	(CC)	N/A	#1116H
04:00:00	Spine & Back Care (Common Back/Neck Pain Relief) Dr. Brusovanik discusses the different minimally invasive surgery options for spine & back care, as well as the importance of keeping motion in your spine.	SFPBS	(S)	(CC)	N/A	#1355H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Waist Slenderizing This all-standing Classical Stretch waist slenderizing workout strengthens every muscle around your core and waist leaving you longer and leaner.	APTEX	(S)	(CC)	N/A	#1219H
06:30:00	Wai Lana Yoga Energy Charge Breathing	APTEX	(S)	(CC)	N/A	#112H
07:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.	APTEX	(S)	(CC)	DVI	#102H

Mon, Jan 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
09:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.					
09:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
10:00:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
	Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.					
11:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
11:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.					
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesso for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
14:00:00	Health Insiders Focus: Stress, STI, chiropractic care	SFPBS	(S)	(CC)	N/A	#1101H
14:30:00	Health Insiders Focus: Chiropractic care, certifications, PPD	SFPBS	(S)	(CC)	N/A	#1106H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healthy Shopping Tips, Jenna Werner, RD 4. Holiday Safety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimberlain, RD	SFPBS	(S)	(CC)	N/A	#1401H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
16:00:00	Smartlife Focus: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart Disease, Dr. Angel Sanchez-Figueras 3. Ask the Experts, Dr. Steve Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, Chi Healer 5. Chiropractor Talks About Yoga, Sandy Doman	SFPBS	(S)	(CC)	N/A	#1405H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:49:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.	APTEx	(S)	(CC)	DVI	#102H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEx	(S)	(CC)	N/A	#1704H
20:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEx	(S)	(CC)	N/A	#0H
21:00:00	The Cure Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.	NETA	(S)	(CC)	N/A	#1
22:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEx	(S)	(CC)	N/A	#119H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	<p>CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.</p>					
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	<p>The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.</p>					

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Tue, Jan 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Mental Health (Forced Labor Issues) Coralie Patterson, Kathy Andersen and Marya Meyer discuss human trafficking.	SFPBS	(S)	(CC)	N/A	#1361H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Sports Medicine (Exercise Results) Dr. Papp and Jason Meland discuss exercising/training to meet fat loss goals and build lean muscle. Focus: Charles Schottland shares his personal story with his injuries and what his recovery was like.	SFPBS	(S)	(CC)	N/A	#1117H
04:00:00	Staying Healthy (Hypothyroidism) Dr. Paraskos discusses hypothyroidism, what it is, how to diagnose it and best treatment options.	SFPBS	(S)	(CC)	N/A	#1369H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
06:00:00	Classical Stretch: By Essentrics Feet Strengthening Your feet are the foundation of your body - without strong, healthy, pain-free feet you cannot achieve a strong, healthy, pain-free body. Join Miranda Esmonde-White for a foot strengthening Classical Stretch workout.	APTEX	(S)	(CC)	N/A	#1220H
06:30:00	Wai Lana Yoga The King of Asanas	APTEX	(S)	(CC)	N/A	#113H
07:00:00	Happy Yoga with Sarah Starr Bloom Rejuvenate amongst the spectacular desert bloom with a modified yoga practice using a chair for support. Including dynamic seated stretches to open the hips and improve range of motion in the spine along with a balance and strength standing sequence, incorporating gentle side bends to expand the breath, activate the core and bring overall spaciousness to the body.	NETA	(S)	(CC)	N/A	#506H

Tue, Jan 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H
09:30:00	Medical Frontiers Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.	APTEX	(S)	(CC)	N/A	#118H
10:00:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
10:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
11:00:00	Innovations In Medicine Longevity Diet, Bunion surgery device, Hip replacement, Interventional cardiology, Immuno-oncology.	NETA	(S)	(CC)	N/A	#408H
11:30:00	Hope Is Here Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.	NETA	(S)	(CC)	N/A	#104H
12:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H
12:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Advancing Genomic Medicine Genomic medicine is undergoing rapid change after the Japanese public health insurance system began to cover genetic testing in 2019. Cancer patients who meet certain criteria are able to take these tests for a relatively affordable price, and their genetic information is collected in a massive database and analyzed with the help of around 170 hospitals across the country. But challenges remain, with suitable drugs available for only 10% of patients who undergo testing.	APTEX	(S)	(CC)	N/A	#120H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
14:30:00	Health Insiders Focus: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H
15:00:00	Smartlife Focus: 1. Sun Protection, Dr. Ileana Perez-Quinteiros 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona	SFPBS	(S)	(CC)	N/A	#1501H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:58:00	Smartlife Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor	SFPBS	(S)	(CC)	N/A	#1505H
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.	SFPBS	(S)	(CC)	N/A	#207H
18:30:00	Hope Is Here Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.	NETA	(S)	(CC)	N/A	#104H
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.					
20:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
	COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.					
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
	The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.					
22:30:00	Health Insiders Focus: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	Living Well (Mall Walking Wellness) Lourdes Rodriguez talks about the benefit of walking programs in local malls.	SFPBS	(S)	(CC)	N/A	#1363H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Women's Health (Infertility Issues) Dr. Eisermann discusses general concerns surrounding infertility issues . Focus: When do you need help conceiving. How do you find out or know that it's time to see a reproductive endocrinologist? Does it make sense to freeze your eggs? Irregular periods/ options and can dysfunctional uterine bleeding have anything to do with your fertility?	SFPBS	(S)	(CC)	N/A	#1118H
04:00:00	Pain Management (Back Care) Dr. Jose Mena and Dr. Raul Vasquez-Castellanos discuss conservative spine care vs. surgical treatments.	SFPBS	(S)	(CC)	N/A	#1372H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Classical Stretch: By Essentrics Connective Tissue Your connective tissue surrounds your entire body from the top of your head to the tip of your toes. A healthy body requires a healthy connective tissue, and a healthy connective tissue requires healthy muscles. Strengthen and stretch every muscle and all of your connective tissue with Miranda Esmonde-White.	APTEX	(S)	(CC)	N/A	#1221H
06:30:00	Wai Lana Yoga Rock & Roll	APTEX	(S)	(CC)	N/A	#114H
07:00:00	To Heal The Heart Legacy of Light Five years after the earthquake, Kobe is well on its way to recovery. Kazutaka accepts a post in a newly built hospital and zealously pursues ideal psychiatric treatments. But then, he's diagnosed with cancer. Should he quit working and focus on his own treatment, or continue to see patients? The odds of healing naturally are 1 in 500. With two children and a third on the way, Kazutaka searches for effective treatments and finally discovers what it truly means to "heal the heart."	APTEX	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
09:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.					
09:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.					
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.					
11:00:00	Conscious Living Dancing to the Rhythm Around The World	NETA	(S)	(CC)	N/A	#106H
	On this episode, we're dancing to the beat of humanity to explore the uplifting power of music to transform and heal. We start in Joshua Tree, California for the best yoga and music festival of the year. Next we're off to the island of Bali, Indonesia for an immersive didgeridoo sound healing and a sacred dance retreat teaching women how to reclaim their innate feminine power. Then, we power through a magical night in Rome, Italy fueled by raw cacao, vegan gelato and live electronica at the center of Rome's boho Monti district - wow!					
11:30:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
	Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.					
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesso for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
14:00:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
14:30:00	Health Insiders Focus: Blue zone, autism, chiropractic care	SFPBS	(S)	(CC)	N/A	#1108H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS	(S)	(CC)	N/A	#1605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Journey Through Breast Cancer Communication throughout cancer care is increasingly important but little understood. This film is adapted from years of research and demonstrates the power of communicating about illness, a medical team's sustained ability to rely on communication when providing quality care, and possibilities for improving patient outcomes. This documentary is designed to raise public awareness, provide an innovative resource across diverse fields of education, and stimulate critical discussions about the ongoing need for enhanced health communication when facing illness and disease.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	<p>In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.</p>					
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
	<p>Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
01:00:00	Healthy Living (Outpatient Care Facilities) Henry Guzman and Dr. Careaga discuss the safety of outpatient facilities. Focus: How to find out if your doctor is verified, where to see if a facility is accredited.	SFPBS	(S)	(CC)	N/A	#1370H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Brain Health (Meningitis Update) Dr. Felipe de los Rios discusses meningitis: symptoms, risks, diagnosis, treatment, in support of World Meningitis Day on April 24.	SFPBS	(S)	(CC)	N/A	#1120H
04:00:00	Spine & Back Care (Innovations In Spine Surgery) Focus: Gimmicks vs. real innovations in spine surgery with Dr. Gosha Brusovanik.	SFPBS	(S)	(CC)	N/A	#1375H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Hip & Glute Flexibility When your hips and glutes are not doing their job properly you may feel discomfort throughout your entire body. This Classical Stretch Workout not only strengthens, it also stretches these muscles leaving your entire lower body liberated and flexible.	APTEX	(S)	(CC)	N/A	#1222H
06:30:00	Wai Lana Yoga The Crunch Alternative	APTEX	(S)	(CC)	N/A	#115H
07:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.	SFPBS	(S)	(CC)	N/A	#207H

Thu, Jan 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
09:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
09:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
10:00:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
	Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.					
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.					
11:00:00	Innovations In Medicine Longevity Diet, Bunion surgery device, Hip replacement, Interventional cardiology, Immuno-oncology.	NETA	(S)	(CC)	N/A	#408H
11:30:00	Hope Is Here Gina Hollenbeck	NETA	(S)	(CC)	N/A	#104H
	Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.					
12:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
12:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
13:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
	Communication throughout cancer care is increasingly important but little understood. This film is adapted from years of research and demonstrates the power of communicating about illness, a medical team's sustained ability to rely on communication when providing quality care, and possibilities for improving patient outcomes. This documentary is designed to raise public awareness, provide an innovative resource across diverse fields of education, and stimulate critical discussions about the ongoing need for enhanced health communication when facing illness and disease.					

Thu, Jan 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home.	SFPBS	(S)	(CC)	N/A	#210H
14:30:00	Health Insiders Focus: Arthritis exercise, functional medicine, depression	SFPBS	(S)	(CC)	N/A	#1109H
15:00:00	Smartlife Focus: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Seniors with Alzheimer's - Andraya Brennan, iMatter 3. Melanoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HPV and Oral Cancer - Dr. Noah Kalman	SFPBS	(S)	(CC)	N/A	#1701H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
16:00:00	Smartlife Focus: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa	SFPBS	(S)	(CC)	N/A	#1705H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.	APTEX	(S)	(CC)	DVI	#102H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H

Thu, Jan 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Journey Through Breast Cancer Communication throughout cancer care is increasingly important but little understood. This film is adapted from years of research and demonstrates the power of communicating about illness, a medical team's sustained ability to rely on communication when providing quality care, and possibilities for improving patient outcomes. This documentary is designed to raise public awareness, provide an innovative resource across diverse fields of education, and stimulate critical discussions about the ongoing need for enhanced health communication when facing illness and disease.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home.	SFPBS	(S)	(CC)	N/A	#210H
22:30:00	Health Insiders Focus: Arthritis exercise, functional medicine, depression	SFPBS	(S)	(CC)	N/A	#1109H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Brain Health #1373 (Latest Tips) Memory, Learning, Concentration.	SFPBS	(S)	(CC)	N/A	#1373H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	Maternity Care #1121 (Update) Everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#1121H
04:00:00	Nutrition & Health (Food and Brain Connection) Cathy Clark-Reyes & Yanira Ruidiaz discuss the relationship between diet/nutrition, eating process foods and such and the impact that has on your mental health. Focus: ADD/ADHD and other disorders.	SFPBS	(S)	(CC)	N/A	#1378H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Classical Stretch: By Essentrics Stretch Your Spine Today's episode is set on the patio of a stunning villa with breathtaking views of the Caribbean sea. Join Miranda Esmonde-White for an episode of Classical Stretch that decompresses your vertebrae and stretches your spine.	APTEX	(S)	(CC)	N/A	#1223H
06:30:00	Wai Lana Yoga The Lion	APTEX	(S)	(CC)	N/A	#116H
07:00:00	To Heal The Heart Legacy of Light Five years after the earthquake, Kobe is well on its way to recovery. Kazutaka accepts a post in a newly built hospital and zealously pursues ideal psychiatric treatments. But then, he's diagnosed with cancer. Should he quit working and focus on his own treatment, or continue to see patients? The odds of healing naturally are 1 in 500. With two children and a third on the way, Kazutaka searches for effective treatments and finally discovers what it truly means to "heal the heart."	APTEX	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
09:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.					
09:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
10:00:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.					
10:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.					
11:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
	Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.					
11:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesso for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
14:00:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
14:30:00	Health Insiders Focus: Caregiving, bladder pain syndrome, drunk driving	SFPBS	(S)	(CC)	N/A	#1110H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult	SFPBS	(S)	(CC)	N/A	#1801H
15:16:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:59:00	Smartlife Focus: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. Ask the Expert Segment - Dr. Scarlet Constant 4. Diagnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Root	SFPBS	(S)	(CC)	N/A	#1805H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Covid Lost and Learned COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
20:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.	APTEX	(S)	(CC)	DVI	#102H
21:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	<p>In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.</p>					
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	<p>Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.</p>					

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Sat, Jan 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Men's Health (Low Testosterone & Heart Disease) Focus: The link between erectile dysfunction, low testosterone, and heart disease with Dr. Daniel Martiniez.	SFPBS	(S)	(CC)	N/A	#1376H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Kids & Teens (Pediatric Trauma) Focus: Dr.Holly Neville discusses pediatric trauma, trauma surgery and prevention.	SFPBS	(S)	(CC)	N/A	#1123H
04:00:00	Staying Healthy (Hypothyroidism) Dr. Paraskos discusses hypothyroidism, what it is, how to diagnose it and best treatment options.	SFPBS	(S)	(CC)	N/A	#1369H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Alma's Way Lucas Left Out/The Sweetest Trea	PBS	(S)	(CC)	DVI	#124H
06:30:00	Scigirls Star Power SciGirls Avianna and Miranda help cut light pollution in their neighborhood.	PBSPL	(S)	(CC)	N/A	#112H
07:00:00	Wild Kratts Cheetah Adopted Martin and Chris are creature adventuring on the African savannah when they encounter a warthog mom and her piglets. But they notice something odd. One of the piglets is the cheetah cub Spotswat! It's up to the Kratt Bros to find out why this cub has been adopted into the warthog family and to reunite him with his mother, Blur. Science Concept: Interspecies relationships.	PBS	(S)	(CC)	N/A	#423H
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

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08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
08:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H
09:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
09:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
10:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
10:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H
10:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H
11:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H
11:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
11:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
12:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
13:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
14:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
14:30:00	Health Insiders Focus: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H
15:00:00	Smartlife Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona	SFPBS	(S)	(CC)	N/A	#1501H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:58:00	Smartlife Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor	SFPBS	(S)	(CC)	N/A	#1505H
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
18:00:00	Hope Is Here Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.	NETA	(S)	(CC)	N/A	#104H

Sat, Jan 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
	Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.					
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.					
20:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
	COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.					
21:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small	APTEX	(S)	(CC)	DVI	#102H
	Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.					
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
	The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.					
22:30:00	Health Insiders Focus: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Living Well (Mall Walking Wellness) Lourdes Rodriguez talks about the benefit of walking programs in local malls.	SFPBS	(S)	(CC)	N/A	#1363H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Maternity Care (Irregular Periods) Everything you need to know about pregnancy, childbirth and post-partum care. Dr. Alberto Sirven dicusses.	SFPBS	(S)	(CC)	N/A	#1114H
04:00:00	Pain Management (Back Care) Dr. Jose Mena and Dr. Raul Vasquez-Castellanos discuss conservative spine care vs. surgical treatments.	SFPBS	(S)	(CC)	N/A	#1372H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Alma's Way Alma's Book Swap/Finders Keepers	PBS	(S)	(CC)	DVI	#123H
06:30:00	Scigirls Aquabots Akina and friends dive into underwater robotics at the U.S. Naval Academy, building a "Sea Perch" ROV to investigate artificial oyster reefs in the Chesapeake Bay.	PBSPL	(S)	(CC)	N/A	#201H
07:00:00	Wild Kratts Animals Who Live to Be 100 Years Old Martin is hanging out with his pet Fruit fly Juice, when Juice suddenly dies. Even though Juice was young, he was pretty old for a Fruit fly. Jimmy wants to know if any animals can live to be over 100 years old. Soon the Wild Kratts are on a mission to discover the oldest creatures on earth! Science: Aging : Life cycles.	PBS	(S)	(CC)	N/A	#419H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#1606H
09:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
10:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news.					
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesso for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
14:00:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
14:30:00	Health Insiders Focus: Blue zone, autism, chiropractic care	SFPBS	(S)	(CC)	N/A	#1108H
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arienne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS	(S)	(CC)	N/A	#1605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H

Sun, Jan 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.	APTEX	(S)	(CC)	DVI	#102H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
20:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
21:00:00	Journey Through Breast Cancer Communication throughout cancer care is increasingly important but little understood. This film is adapted from years of research and demonstrates the power of communicating about illness, a medical team's sustained ability to rely on communication when providing quality care, and possibilities for improving patient outcomes. This documentary is designed to raise public awareness, provide an innovative resource across diverse fields of education, and stimulate critical discussions about the ongoing need for enhanced health communication when facing illness and disease.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home.	SFPBS	(S)	(CC)	N/A	#210H
22:30:00	Health Insiders Focus: Arthritis exercise, functional medicine, depression	SFPBS	(S)	(CC)	N/A	#1109H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEx	(S)	(CC)	N/A	#1801H
01:00:00	Healthy Living (Outpatient Care Facilities) Henry Guzman and Dr. Careaga discuss the safety of outpatient facilities. Focus: How to find out if your doctor is verified, where to see if a facility is accredited.	SFPBS	(S)	(CC)	N/A	#1370H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEx	(S)	(CC)	N/A	#1710H
03:00:00	Spine & Back Care #1115 (Update) Spine and back conditions and how to treat them for a pain free life. Dr. Gosha Brusovanik discusses.	SFPBS	(S)	(CC)	N/A	#1115H
04:00:00	Pain Management (Back Care) Dr. Jose Mena and Dr. Raul Vasquez-Castellanos discuss conservative spine care vs. surgical treatments.	SFPBS	(S)	(CC)	N/A	#1372H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEx	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Upper Body Pain Relief To relieve upper body pain you must stretch and strengthen every muscle in your body. This Classical Stretch workout set in Montego Bay, Jamaica liberates your entire body while focusing on your shoulders, back, and neck - leaving you completely pain-free.	APTEx	(S)	(CC)	N/A	#1224H
06:30:00	Wai Lana Yoga Striking Cobra and Headstand	APTEx	(S)	(CC)	N/A	#117H
07:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.	APTEx	(S)	(CC)	DVI	#103H

Mon, Jan 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesco for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
09:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
09:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
10:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					
11:00:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
11:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesco for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
14:00:00	Health Insiders Focus: Caregiving, bladder pain syndrome, drunk driving	SFPBS	(S)	(CC)	N/A	#1110H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H
15:00:00	Smartlife Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#1901H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:00:00	Smartlife Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment - Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey Epstein	SFPBS	(S)	(CC)	N/A	#1905H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.	APTEX	(S)	(CC)	DVI	#103H
18:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H

Mon, Jan 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Before Stage Four: Confronting Early Psychosis BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."	APTEX	(S)	(CC)	N/A	#0
20:30:00	Life After Sight They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.	NETA	(S)	(CC)	N/A	#0
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Medical Frontiers Medical Smart Revolution In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.	APTEX	(S)	(CC)	N/A	#101H
22:30:00	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Maternity Care (First 20 Weeks of Pregnancy) Focus: What to expect during the first 20 weeks of pregnancy	SFPBS	(S)	(CC)	N/A	#1379H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	Maternity Care #1116 (Female Issues) Focus: Dr. Robert Feldman discusses fibroids, polyps and cysts.	SFPBS	(S)	(CC)	N/A	#1116H
04:00:00	Dermatology (Cosmetic & Medical Derm) Focus: Cosmetic and medical dermatology	SFPBS	(S)	(CC)	N/A	#1380H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Classical Stretch: By Essentrics Balance Today's episode of Classical Stretch challenges your balance. Join Miranda Esmonde-White for a full body workout that strengthens your core and improves your balance.	APTEX	(S)	(CC)	N/A	#1225H
06:30:00	Wai Lana Yoga Snap, Crackle & Pop	APTEX	(S)	(CC)	N/A	#118H
07:00:00	Happy Yoga with Sarah Starr Golden Shoreline Relax with the golden light of sunset along the peaceful shoreline as we enjoy a modified yoga practice using a chair for support. Including gentle stretches for the neck, shoulders and back combined with calming forward bends to stretch the hamstrings and hips.	NETA	(S)	(CC)	N/A	#507H
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

Tue, Jan 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H
09:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Advancing Genomic Medicine Genomic medicine is undergoing rapid change after the Japanese public health insurance system began to cover genetic testing in 2019. Cancer patients who meet certain criteria are able to take these tests for a relatively affordable price, and their genetic information is collected in a massive database and analyzed with the help of around 170 hospitals across the country. But challenges remain, with suitable drugs available for only 10% of patients who undergo testing.	APTEX	(S)	(CC)	N/A	#120H
10:00:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
10:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
11:00:00	Innovations In Medicine Hair transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory suppression, Addiction.	NETA	(S)	(CC)	N/A	#409H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
12:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
12:30:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home.	SFPBS	(S)	(CC)	N/A	#210H
14:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
15:00:00	Smartlife Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman	SFPBS	(S)	(CC)	N/A	#2001H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:00:00	Smartlife Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2005H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:32:00	Smartlife Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.	SFPBS	(S)	(CC)	N/A	#208H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

Tue, Jan 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
	Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.					
20:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
21:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home.					
22:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
	Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.					

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Wed, Jan 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
01:00:00	Maternity Care (Healthy Pregnancy) Focus: All stages of a healthy pregnancy.	SFPBS	(S)	(CC)	N/A	#1381H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Sports Medicine (Exercise Results) Dr. Papp and Jason Meland discuss exercising/training to meet fat loss goals and build lean muscle. Focus: Charles Schottland shares his personal story with his injuries and what his recovery was like.	SFPBS	(S)	(CC)	N/A	#1117H
04:00:00	Plastic/Cosmetic Surgery#1382 (Latest Tips) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1382H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Classical Stretch: By Essentrics Stomach Flattening Today's episode is set in one of the most beautiful locations we've ever seen. Join Miranda Esmonde-White in paradise for a stomach flattening workout that stretches and strengthens every muscle needed to smooth out your tummy.	APTEX	(S)	(CC)	N/A	#1226H
06:30:00	Wai Lana Yoga Plough In and Breathe!	APTEX	(S)	(CC)	N/A	#119H
07:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife Episode 5 Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesto for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.	PBS	(S)	(CC)	DVI	#1105H

Wed, Jan 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
09:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
10:00:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
	In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					
11:00:00	Conscious Living Living Zen	NETA	(S)	(CC)	N/A	#107H
	Living Zen is about more than just putting a Buddha fountain on your bookshelf. The reality of walking the path of mindfulness on a daily basis is far from easy. On this episode, we're bringing you the best of Zen both at home and out in the world. We visit a Zen Buddhist retreat center in Marin County, California with a robust organic farm, and learn how the simple practice of reaping and sowing can help harvest the fruits of peace and detachment. Then, just East of Big Sur, we take a dip in the healing high mountain hot springs of the nation's oldest Zen Buddhist monastery, Tassajara. Back at home, we practice the 5,000-year-old art of feng shui. To keep the good vibes flowing, we visit with an expert who clears old energy, enhances chi and transforms living spaces through the simple art of placement.					
11:30:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
	Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.					
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesco for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
14:00:00	Health Insiders Focus: Autism, exercising, personality profiles	SFPBS	(S)	(CC)	N/A	#1111H
14:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
	Experts discuss therapy for herniated disks in the back, finding ways to get better sleep, including more plant-based foods in your diet, cosmetic surgery for breast cancer and we highlight services available at the Lighthouse for the Blind.					

Wed, Jan 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
	Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.					
18:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.					
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					
20:00:00	Before Stage Four: Confronting Early Psychosis	APTEX	(S)	(CC)	N/A	#0
	BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."					
20:30:00	Life After Sight	NETA	(S)	(CC)	N/A	#0
	They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.					

Wed, Jan 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Medical Smart Revolution In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.	APTEX	(S)	(CC)	N/A	#101H
22:30:00	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H

Daily Program Listing II
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Thu, Jan 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Staying Healthy (Storm Season Update) Dr. Furr discusses how to get prepared for hurricane season, media consumption and how this impacts your kids.	SFPBS	(S)	(CC)	N/A	#1384H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	Women's Health #1124 (Female Urinary Issues) Dr. Sujata Yavagal discusses Interstitial Cystitis (IC).	SFPBS	(S)	(CC)	N/A	#1124H
04:00:00	Staying Healthy (Vaccines Latest) Dr. Marty dicusses measles - types, symptoms, vaccines, immune system, treatment and outcomes.	SFPBS	(S)	(CC)	N/A	#1388H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Classical Stretch: By Essentrics Shoulder Strengthening This full-body episode of Classical Stretch strengthens every muscle in your body while targeting your shoulders. Join Miranda-Esmonde white for a full-body workout in front of the beautiful Caribbean sea.	APTEX	(S)	(CC)	N/A	#1227H
06:30:00	Wai Lana Yoga Ben, Twist and Balance	APTEX	(S)	(CC)	N/A	#120H
07:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.	SFPBS	(S)	(CC)	N/A	#208H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

Thu, Jan 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
	<p>Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.</p>					
09:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	<p>The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.</p>					
09:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	<p>The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.</p>					
10:00:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	<p>Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.</p>					
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	<p>Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.</p>					
11:00:00	Innovations In Medicine Hair transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory suppression, Addiction.	NETA	(S)	(CC)	N/A	#409H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
	<p>Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.</p>					
12:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	<p>A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.</p>					
12:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	<p>The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.</p>					

Thu, Jan 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia How to Talk About Sex Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.	SFPBS	(S)	(CC)	N/A	#211H
14:30:00	Health Insiders Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
15:00:00	Smartlife 1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2201H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2205H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Unmasking Hope UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.	NETA	(S)	(CC)	N/A	#0H
18:30:00	Little But Fierce Madison is a 9-year-old girl battling a rare form of brain cancer. Her mother, an ER nurse, does everything in her power to save her daughter, including buying medical cannabis off the black market to treat Madison's pain and seizures.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H

Thu, Jan 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
21:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
22:00:00	Sex Talk with Dr. Lia How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.					
22:30:00	Health Insiders Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
	In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.					

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Fri, Jan 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Living Well (Different Types of Arthritis) Different types of arthritis and the treatment options	SFPBS	(S)	(CC)	N/A	#1389H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	Primary Care (Obesity Issues) Focus: Dr. Gabriel Suarez discusses the obesity epidemic and how to manage your weight with proper nutrition and exercise.	SFPBS	(S)	(CC)	N/A	#1125H
04:00:00	Healthy Living (Cbd Update) Henry Guzman and Dr. Chalef discuss CBD in medicine.	SFPBS	(S)	(CC)	N/A	#1390H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Full Leg Toning This episode of Classical Stretch strengthens and tones every muscle group in your legs, leaving them stronger, leaner, and more defined. Join Miranda Esmonde-White in Montego-Bay, Jamaica for a full leg toning workout.	APTEX	(S)	(CC)	N/A	#1228H
06:30:00	Wai Lana Yoga Expand The Chest and Breathe	APTEX	(S)	(CC)	N/A	#121H
07:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
08:00:00	Call The Midwife Episode 5 Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesso for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.	PBS	(S)	(CC)	DVI	#1105H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
09:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."					
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.					
11:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
	Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.					
11:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesso for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
14:00:00	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
14:30:00	Health Insiders Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
	Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#105H
	Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt					
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
18:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.					
20:00:00	Before Stage Four: Confronting Early Psychosis	APTEX	(S)	(CC)	N/A	#0
	BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."					
20:30:00	Life After Sight	NETA	(S)	(CC)	N/A	#0
	They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.					
21:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
	Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	<p>In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.</p>					
22:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	<p>We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.</p>					
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	<p>Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Staying Healthy (Emergency Vs. Urgent Care) When to go to the Emergency versus urgent care. How to treat snake bites, food poisoning and heat exhaustion.	SFPBS	(S)	(CC)	N/A	#1391H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
03:00:00	Living Well (Follow-Up Care) Chika Ohaeto discusses the importance of the transition of care in patient outcomes. Focus: The skilled care advanced practice nurses provide at Baptist Health Follow-Up Care in Homestead.	SFPBS	(S)	(CC)	N/A	#1127H
04:00:00	Pain Management (Backache) Things we do to hurt our backs including poor posture, bending and lifting.	SFPBS	(S)	(CC)	N/A	#1392H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Alma's Way Howard Flies The Coop/Supper Surprise When Howard discovers he's afraid of pigeons, Alma and her friends try to help him get over it. When Alma is invited to have dinner with Andre and his dad, she feels nervous about what "mystery dish" they're going to serve.	PBS	(S)	(CC)	DVI	#130H
06:30:00	Scigirls Mother Nature's Shoes Nature's designs, from polar bear paws to penguin flippers, inspire Elin and her best friends to design a safer shoe for walking on Minnesota's icy winter streets.	PBSPL	(S)	(CC)	N/A	#202H
07:00:00	Wild Kratts Polar Bears Don't Dance While in the Arctic, Martin and Chris are on a mission to discover how animals move around in different environments. Their new knowledge comes in handy when they discover that Zach Varmitech has kidnapped a Walrus calf and a Polar bear cub. The Wild Kratts team must do what it takes to return the baby animals to their mothers. Science Concepts: Buoyancy, Traction.	PBS	(S)	(CC)	N/A	#107H
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

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08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#1606H
09:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
10:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H
11:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
12:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
13:00:00	Before Stage Four: Confronting Early Psychosis BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."	APTEX	(S)	(CC)	N/A	#0
13:30:00	Life After Sight They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.	NETA	(S)	(CC)	N/A	#0
14:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home.	SFPBS	(S)	(CC)	N/A	#210H
14:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
15:00:00	Smartlife Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman	SFPBS	(S)	(CC)	N/A	#2001H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:00:00	Smartlife Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2005H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:32:00	Smartlife Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.	APTEX	(S)	(CC)	DVI	#103H
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
18:30:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.	SFPBS	(S)	(CC)	N/A	#208H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Before Stage Four: Confronting Early Psychosis BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."	APTEX	(S)	(CC)	N/A	#0
21:30:00	Life After Sight They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.	NETA	(S)	(CC)	N/A	#0

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home.	SFPBS	(S)	(CC)	N/A	#210H
22:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Maternity Care (Healthy Pregnancy) Focus: All stages of a healthy pregnancy.	SFPBS	(S)	(CC)	N/A	#1381H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Primary Care (Obesity Issues) Focus: Dr. Gabriel Suarez discusses the obesity epidemic and how to manage your weight with proper nutrition and exercise.	SFPBS	(S)	(CC)	N/A	#1125H
04:00:00	Plastic/Cosmetic Surgery#1382 (Latest Tips) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1382H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Alma's Way All About Alma/Alma's Playdate When Alma is consumed with her starring role in a musical, she doesn't understand why her friends aren't happy for her. / Alma helps Harper feel at home during a playdate at the Rivera house.	PBS	(S)	(CC)	DVI	#129H
06:30:00	Scigirls Habitat Havoc Budding naturalist Lea and her SCIGIRLS pals investigate what the non-native Canary Island Palm does to San Diego habitats, comparing the palms to native trees.	PBSPL	(S)	(CC)	N/A	#203H
07:00:00	Wild Kratts Koala Balloon Martin and Chris must protect a young koala stranded in the Australian Outback, and help him get back to his Eucalyptus forest habitat. On their quest to return the adorable animal home, the brothers discover lots of interesting facts about how animals are specialized to their own environment, and with some tips from an intrepid desert dweller called the thorny devil, they must survive the desert crossing and bring the koala home.	PBS	(S)	(CC)	N/A	#122H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
08:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
09:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H
09:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
09:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3002H
10:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3003H
10:40:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3004H
10:52:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3005H
11:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3006H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:15:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3007H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
11:35:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3009H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3010H
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesco for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
14:00:00	Sex Talk with Dr. Lia How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.					
14:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
	Experts discuss therapy for herniated disks in the back, finding ways to get better sleep, including more plant-based foods in your diet, cosmetic surgery for breast cancer and we highlight services available at the Lighthouse for the Blind.					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
20:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
21:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia How to Talk About Sex Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.	SFPBS	(S)	(CC)	N/A	#211H
22:30:00	Health Insiders Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Staying Healthy (Storm Season Update) Dr. Furr discusses how to get prepared for hurricane season, media consumption and how this impacts your kids.	SFPBS	(S)	(CC)	N/A	#1384H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	Living Well (Follow-Up Care) Chika Ohaeto discusses the importance of the transition of care in patient outcomes. Focus: The skilled care advanced practice nurses provide at Baptist Health Follow-Up Care in Homestead.	SFPBS	(S)	(CC)	N/A	#1127H
04:00:00	Staying Healthy (Vaccines Latest) Dr. Marty dicusses measles - types, symptoms, vaccines, immune system, treatment and outcomes.	SFPBS	(S)	(CC)	N/A	#1388H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Classical Stretch: By Essentrics Body Shaping Join Miranda Esmonde-White for a poolside workout in paradise. Today's episode of Classical Stretch shapes every muscle in your body leaving you with more definition and tone.	APTEX	(S)	(CC)	N/A	#1229H
06:30:00	Wai Lana Yoga Bend You Backbone	APTEX	(S)	(CC)	N/A	#122H

Mon, Jan 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Before Stage Four: Confronting Early Psychosis BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."	APTEX	(S)	(CC)	N/A	#0
07:30:00	Life After Sight They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.	NETA	(S)	(CC)	N/A	#0
08:00:00	Call The Midwife Episode 6 There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.	PBS	(S)	(CC)	DVI	#1106H
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
11:00:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
11:30:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H

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12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
14:00:00	Health Insiders Focus: Blue zone, addiction, running	SFPBS	(S)	(CC)	N/A	#1134H
14:30:00	Health Insiders Focus: Stroke, vaccines, mental crisis	SFPBS	(S)	(CC)	N/A	#1133H
15:00:00	Smartlife Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner	SFPBS	(S)	(CC)	N/A	#201H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:57:00	Smartlife Focus: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. Metee Comkornruecha, Nicklaus Children's Hospital 3. Ask The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation - Dr. Jose Vargas	SFPBS	(S)	(CC)	N/A	#205H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Unmasking Hope UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.	NETA	(S)	(CC)	N/A	#0H
18:30:00	Little But Fierce Madison is a 9-year-old girl battling a rare form of brain cancer. Her mother, an ER nurse, does everything in her power to save her daughter, including buying medical cannabis off the black market to treat Madison's pain and seizures.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H

Mon, Jan 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
<p>According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience.</p>						
21:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
<p>Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.</p>						
22:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
<p>A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.</p>						
22:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
<p>The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.</p>						
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
<p>Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."</p>						

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Brain Health (Nervous System Disorders) Dr. Ronald Tolchin & Francisco Jou discuss Parkinson's disease. Focus: Rehabilitative strategies to improve the motor symptoms associated with the disease.	SFPBS	(S)	(CC)	N/A	#1393H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
03:00:00	All About Cancer (Breast Cancer Risk) Focus: Dr. Sharma & Dr. Mautner discuss how to know if you are at high risk for breast cancer and managing the high risk patient.	SFPBS	(S)	(CC)	N/A	#1128H
04:00:00	Spine & Back Care (Spine Care Update) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#1395H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
06:00:00	Classical Stretch: By Essentrics Quad Flexibility Your quad muscles in the front of your thighs are one of the largest muscles in your entire body - this is why keeping them strong and flexible is so important to full body health. Join Miranda Esmonde-White for a Classical Stretch workout that focuses on strengthening and stretching the quad muscles.	APTEX	(S)	(CC)	N/A	#1230H
06:30:00	Wai Lana Yoga Bend, Twist and Release Tension	APTEX	(S)	(CC)	N/A	#123H
07:00:00	Happy Yoga with Sarah Starr Sunflower Inspiration Allow the uplifting sunflower energy to inspire your practice as we create more support from the inside out with a modified yoga session designed to activate the core. Including a seated a seated warm up along with moves to firm the abs, strengthen the core and increase upper body endurance while exploring modified plank variations and standing poses using a chair for support.	NETA	(S)	(CC)	N/A	#508H
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

Tue, Jan 31, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
09:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	<p>In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.</p>					
09:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	<p>We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.</p>					
10:00:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
	<p>The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.</p>					
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	<p>The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.</p>					
11:00:00	Innovations In Medicine CBD (Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental implant procedure.	NETA	(S)	(CC)	N/A	#410H
11:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	<p>Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.</p>					
12:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	<p>Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.</p>					
12:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	<p>Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.</p>					
13:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
	<p>Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia How to Talk About Sex Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.	SFPBS	(S)	(CC)	N/A	#211H
14:30:00	Health Insiders Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders	SFPBS	(S)	(CC)	N/A	#1007H
15:00:00	Smartlife Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. Thai Chi – Alex Rivas, Body & Brain Pinecrest 3. Glaucoma - Dr. Barry Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism Siblings - Natalie and Jose Roman	SFPBS	(S)	(CC)	N/A	#301H
15:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H
15:58:00	Smartlife Focus: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home - Torre Washington, body builder 3. What is Occupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5. Online Dating - Paula Levine, PHD	SFPBS	(S)	(CC)	N/A	#305H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Crazy According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.	SFPBS	(S)	(CC)	N/A	#210H
18:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.	NETA	(S)	(CC)	N/A	#106H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Tue, Jan 31, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.					
20:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
	UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.					
21:30:00	Little But Fierce	NETA	(S)	(CC)	N/A	#0H
	Madison is a 9-year-old girl battling a rare form of brain cancer. Her mother, an ER nurse, does everything in her power to save her daughter, including buying medical cannabis off the black market to treat Madison's pain and seizures.					
22:00:00	Sex Talk with Dr. Lia How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007H
	Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Kids & Teens #1396 (Latest Tips) Specialists share their expertise on how to care for children from birth through young adulthood.	SFPBS	(S)	(CC)	N/A	#1396H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	Health Trends #1203 (Verbal and Hearing Update) Focus: Carin Seaby discusses practicing better speech and hearing in honor of the Health Care Observance this month.	SFPBS	(S)	(CC)	N/A	#1203H
04:00:00	Nutrition & Health (Healthy Nutrition) Thi Squire & Chef Drew discuss clean eating. Focus: Adding fresh herbs and spices ,not salt, to cooking for flavor and health benefits; juicing vs. eating whole fruits; healthy summer picnic tips; what's growing in the Grow2Heal garden and how to prepare those fruits and veggies.	SFPBS	(S)	(CC)	N/A	#1398H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Classical Stretch: By Essentrics Welcome to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cambridge Beaches Resort & Spa Bermuda, in Episode 1 you'll rebalance the muscle chains of your lower body. This gentle, standing & barre workout will activate your calorie-burning mitochondria and leave you feeling energized and more flexible	APTEX	(S)	(CC)	N/A	#1301H
06:30:00	Wai Lana Yoga Yoga Basics	APTEX	(S)	(CC)	N/A	#124H
07:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
08:00:00	Call The Midwife Episode 6 There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.	PBS	(S)	(CC)	DVI	#1106H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.					
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
	Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.					
11:00:00	Conscious Living The Raw Food Buzz	NETA	(S)	(CC)	N/A	#108H
	Fly with us to Indonesia for a two-week raw food culinary immersion amongst the storied rice terraces of Ubud. Led by Japanese master raw chef, restaurateur and author Sayuri Tanaka, we learn how to make mouth-watering raw vegan versions of some of the world's iconic cuisines including Mexican, Indian, Japanese and American. In between cooking classes, we adventure through the unforgettable sites, sounds, and culture of Bali - from a bustling jungle cacao factory to a French-owned fresh spirulina farm - greens, anyone?					
11:30:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
	Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.					
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julianne expect more from Nancy and decide to show her what she is capable of.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	Focus - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
	Focus: Sunscreen and sun safety, Women & heart disease, Menopause					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H

Wed, Feb 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#405H
	Focus: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exercise Research - Lia Jiannine, PhD 3. Reducing Cardiovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the Expert - Dr. Ricardo Castellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa					
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.					
20:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
	Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.					
20:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.					
21:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.					

Wed, Feb 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
22:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
	Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Health Trends (Food and Anxiety) Dr. Deepa Sharma and Carla Duenas discuss how certain foods help or trigger mental health conditions. FOCUS: Food link to Depression and Anxiety.	SFPBS	(S)	(CC)	N/A	#1401H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Nutrition & Health #1205 (Healthy Eating) Angie Placeres & Elise Karnegis discuss what an International Mediterranean diet is. Focus: The life longevity benefits from the diet which includes the blue zones and Mediterranean lifestyles.	SFPBS	(S)	(CC)	N/A	#1205H
04:00:00	Mental Health (Chronic Pain) Amy Exum & Nicole Rodriguez discuss chronic pain management.	SFPBS	(S)	(CC)	N/A	#1402H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Join Miranda Esmonde-White for a standing & floor workout in Bermuda! This oceanside workout will rebalance your full body and strengthen your posture. By loosening, lengthening, and liberating your spine you will feel greater mobility between your vertebrae. This increased range of motion will allow you to go deeper into the strengthening exercises.	APTEX	(S)	(CC)	N/A	#1302H
06:30:00	Wai Lana Yoga The Queen of Asanas	APTEX	(S)	(CC)	N/A	#125H
07:00:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.	SFPBS	(S)	(CC)	N/A	#210H

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07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
08:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Medical Smart Revolution In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.	APTEX	(S)	(CC)	N/A	#101H
09:30:00	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
10:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
11:00:00	Innovations In Medicine CBD (Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental implant procedure.	NETA	(S)	(CC)	N/A	#410H
11:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.	NETA	(S)	(CC)	N/A	#106H
12:00:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
12:30:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
13:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection? What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.	SFPBS	(S)	(CC)	N/A	#212H
14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
15:00:00	Smartlife Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco	SFPBS	(S)	(CC)	N/A	#501H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association	SFPBS	(S)	(CC)	N/A	#505H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H
17:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.	NETA	(S)	(CC)	N/A	#106H
18:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

Thu, Feb 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	<p>All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.</p>					
20:00:00	4 Wheel Bob	APTEX	(S)	(CC)	DVI	#0
	<p>4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.</p>					
21:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
	<p>Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.</p>					
21:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	<p>Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.</p>					
22:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection?	SFPBS	(S)	(CC)	N/A	#212H
	<p>What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.</p>					
22:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	<p>Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	Healthy Living (Lifelong Wellness) Henry Guzman and Dr. Theodore Feldman discuss the various wellness and prevention programs at BHSF. FOCUS: How those initiatives help people stay healthy.	SFPBS	(S)	(CC)	N/A	#1404H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Plastic/Cosmetic Surgery #1207 (Update) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1207H
04:00:00	Sports Medicine #733 (Hi-Tech Sports Help) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness	SFPBS	(S)	(CC)	N/A	#733H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Strengthen your core and lengthen your full-body with Miranda Esmonde-White. Filmed at the Cambridge Beaches Resort & Spa, this powerful and dynamic all-standing workout will tone your waist, activate your core, increase your connective tissue elasticity, and leave your back, abs, and spine fully stretched and strengthened.	APTEX	(S)	(CC)	N/A	#1303H
06:30:00	Wai Lana Yoga Let's Tone Up!	APTEX	(S)	(CC)	N/A	#126H
07:00:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.					
08:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
10:00:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
11:00:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
	Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.					
11:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julianne expect more from Nancy and decide to show her what she is capable of.					

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14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
15:00:00	Smartlife Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:27:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
16:00:00	Smartlife Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS	(S)	(CC)	N/A	#605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H
18:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.	NETA	(S)	(CC)	N/A	#106H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H

Fri, Feb 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Alzheimer's: The Caregiver's Perspective According to the Alzheimer's Association, more than 15 million family members and friends provided 18.1 billion hours of unpaid care in 2015 to those with Alzheimer's and dementia. Alzheimer's is more than memory loss; it affects many generations and is the sixth leading cause of death in the United States. In ALZHEIMER'S: THE CAREGIVER'S PERSPECTIVE, caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye. A variety of caregivers, family members and many others explain how they creatively navigate the frustrations, sorrows, and complications of caring for a loved one who can no longer function safely on their own.	APTEX	(S)	(CC)	N/A	#0
21:00:00	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
22:30:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H

Sat, Feb 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
01:00:00	Primary Care #734 (Infectious Disease) Infectious disease: antimicrobial use & stewardship program at HH including infectious disease topics and public health.	SFPBS	(S)	(CC)	N/A	#734H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Nutrition & Health (Nutrition Tips) Focus: Lucette Talamas and Chef Rod Knight discuss what a Mediterranean diet is and its multiple health benefits in honor of International Mediterranean Diet Month in May.	SFPBS	(S)	(CC)	N/A	#1209H
04:00:00	All About Cancer #735 (Prevention & Treatment) Ways to prevent some cancers; lifestyle, family history and more Focus: Dr. Ripal Gandhi and Dr. Michael Chuong zero in on how lifestyle changes can help prevent the growing problem of liver cancer.	SFPBS	(S)	(CC)	N/A	#735H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Alma's Way Socks for Sale/Alma's Animal Show When Chacho chews holes in the socks that Alma was planning to donate for the Community Center's Bomba Drum Fundraiser, she has to figure out a way to transform the holey mess into a new success. Alma offers to record Papi's animal show while he's busy and recruits her friends and their talented pets to help. But Alma keeps messing up on the camera. Will this week's show be cancelled?	PBS	(S)	(CC)	DVI	#112H
06:30:00	Scigirls The Awesome App Race San Francisco SCIGIRLS shake things up, programming their own smartphone app to highlight the history and geoscience of the 1989 San Francisco Earthquake.	PBSPL	(S)	(CC)	N/A	#204H
07:00:00	Wild Kratts Ground Hog Wake Up Call Aviva tries to prove that groundhogs have amazing creature powers, but instead falls into a deep sleep, leaving the Kratt bros to discover all about hibernation.	PBS	(S)	(CC)	N/A	#225H

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07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
08:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
09:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H
09:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
09:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3002H
10:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3003H
10:40:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3004H
10:52:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3005H
11:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3006H

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11:15:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3007H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
11:35:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3009H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3010H
12:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
13:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia How to Talk About Sex Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.	SFPBS	(S)	(CC)	N/A	#211H
14:30:00	Health Insiders Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders	SFPBS	(S)	(CC)	N/A	#1007H
15:00:00	Smartlife Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castellon 2. Thai Chi – Alex Rivas, Body & Brain Pinecrest 3. Glaucoma - Dr. Barry Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism Siblings - Natalie and Jose Roman	SFPBS	(S)	(CC)	N/A	#301H
15:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H
15:58:00	Smartlife Focus: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home - Torre Washington, body builder 3. What is Occupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5. Online Dating - Paula Levine, PHD	SFPBS	(S)	(CC)	N/A	#305H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H

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17:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
	<p>TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.</p>					
18:00:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	<p>Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.</p>					
18:30:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
	<p>Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.</p>					
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
	<p>Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.</p>					
20:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
	<p>Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.</p>					
20:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	<p>Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.</p>					
21:00:00	4 Wheel Bob	APTEX	(S)	(CC)	DVI	#0
	<p>4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.</p>					
22:00:00	Sex Talk with Dr. Lia How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	<p>Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.</p>					

Date: 03/27/2023
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders	SFPBS	(S)	(CC)	N/A	#1007H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Kids & Teens #1396 (Latest Tips) Specialists share their expertise on how to care for children from birth through young adulthood.	SFPBS	(S)	(CC)	N/A	#1396H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	Health Trends #1203 (Verbal and Hearing Update) Focus: Carin Searby discusses practicing better speech and hearing in honor of the Health Care Observance this month.	SFPBS	(S)	(CC)	N/A	#1203H
04:00:00	Nutrition & Health (Healthy Nutrition) Thi Squire & Chef Drew discuss clean eating. Focus: Adding fresh herbs and spices ,not salt, to cooking for flavor and health benefits; juicing vs. eating whole fruits; healthy summer picnic tips; what's growing in the Grow2Heal garden and how to prepare those fruits and veggies.	SFPBS	(S)	(CC)	N/A	#1398H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Alma's Way Alma On Ice/Junior's Lost Tooth It's Rafia's first time ice skating, and Alma is sure she'll find it easy since she's so good at sports. When Rafia has trouble on the ice, Alma must find a way to help her friend learn without making her feel self-conscious. When Junior loses his first tooth, Alma tries everything to cheer him up. But with Junior still bummed out after she gives him all his favorite things, Alma realizes that the one thing she can do to make him happy is to help him find it.	PBS	(S)	(CC)	DVI	#109H
06:30:00	Scigirls Multitasking Mania Can teens -- juggling computers, smartphones, music, homework and TV at the same time -- multitask as well as they think they can? Alejandra and her friends find out.	PBSPL	(S)	(CC)	N/A	#205H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Wild Kratts Kerhonk	PBS	(S)	(CC)	N/A	#124H
	When Martin's and Chris' Creature Power Suits unexpectedly get jammed in Proboscis monkey mode and the top monkey of the troop is injured protecting a youngster from a crocodile, the Kratt brothers find themselves stepping into the injured monkey's role. While Aviva nurses the monkey back to health, Chris and Martin must keep the troop together and soon discover the important communication function of the proboscis monkeys strangest feature - his huge, droopy, bulbous nose! They uncover some of the different methods animals utilize to communicate important information to each other.					
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H
	In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.					
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3102H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3103H
08:36:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3104H
08:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3105H
08:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3106H
09:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H
09:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3108H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3109H
09:47:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3110H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3301H
	In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.					
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3302H
10:25:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3303H

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10:37:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3304H
10:48:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3305H
11:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3306H
11:12:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3307H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	Focus - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
	Focus: Sunscreen and sun safety, Women & heart disease, Menopause					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#405H
	Focus: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exercise Research - Lia Jiannine, PhD 3. Reducing Cardiovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the Expert - Dr. Ricardo Castellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa					
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H

Sun, Feb 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.					
20:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.					
21:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
	Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.					
21:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.					
22:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection?	SFPBS	(S)	(CC)	N/A	#212H
	What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.					
22:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

Date: 03/27/2023
Sun, Feb 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.						

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Mon, Feb 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	Health Trends (Food and Anxiety) Dr. Deepa Sharma and Carla Duenas discuss how certain foods help or trigger mental health conditions. FOCUS: Food link to Depression and Anxiety.	SFPBS	(S)	(CC)	N/A	#1401H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Nutrition & Health #1205 (Healthy Eating) Angie Placeres & Elise Karnegis discuss what an International Mediterranean diet is. Focus: The life longevity benefits from the diet which includes the blue zones and Mediterranean lifestyles.	SFPBS	(S)	(CC)	N/A	#1205H
04:00:00	Mental Health (Chronic Pain) Amy Exum & Nicole Rodriguez discuss chronic pain management.	SFPBS	(S)	(CC)	N/A	#1402H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Join Miranda in beautiful Bermuda! In this standing & barre workout you'll be led through a series of large, complex movements that will challenge your balance, strengthen your full body, and stimulate your brain's neurons and synapses! In this episode you will strengthen your body and activate your brain!	APTEX	(S)	(CC)	N/A	#1304H
06:30:00	Wai Lana Yoga Tension Spots Wai Lana shows you how to release knots of tension in the upper back and shoulders without a massage! Half Camel fully stretches the front of the spine, while Bowing Pose stretches the back.	APTEX	(S)	(CC)	N/A	#201H
07:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102

Mon, Feb 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
09:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
09:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
10:00:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					
10:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
	Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.					
11:00:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
11:30:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
12:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
13:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
14:00:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
15:00:00	Smartlife Focus: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Julia E. 3. Risk Factors for Diabetes - Lois Exelbert, RN 4. Body, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna Werner, RD	SFPBS	(S)	(CC)	N/A	#1101H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:58:00	Smartlife Focus: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understanding Your Breast Cancer Risk, Dr. Jane Mendez 3. Fire Safety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and Depression in Children and Teens, Dr. Daniel Bober	SFPBS	(S)	(CC)	N/A	#1105H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
18:00:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H
18:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.	NETA	(S)	(CC)	N/A	#106H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
20:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H

Mon, Feb 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
22:30:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H

Tue, Feb 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
01:00:00	Sports Medicine #737 (Sports Injury) Treatment and prevention of injuries Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness.	SFPBS	(S)	(CC)	N/A	#737H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
03:00:00	All About Cancer #1211 (Skin Cancer Update) Focus: Dr. Geoffrey Young, Dr. Naiara Braghiroli, Dr. Guilherme Rabinowits & Dr. Ramon Jimenez discuss melanoma in honor of Melanoma Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1211H
04:00:00	Staying Healthy #738 (Avoid Holiday Weight Gain) Disease prevention and healthy lifestyle info. Focus: Nutritionist Cathy Clark-Reyes has tips to make traditional dishes healthier so you can avoid over-indulging at holiday parties. We also have some holiday hacks with recipe graphics to give you a hand in the kitchen.	SFPBS	(S)	(CC)	N/A	#738H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
06:00:00	Classical Stretch: By Essentrics Boost your energy with this standing & floor workout filmed in sunny Bermuda! Miranda Esmonde-White combines leg, core, and back exercises to get your blood pumping, strengthen your entire body, and increase your overall energy!	APTEX	(S)	(CC)	N/A	#1305H
06:30:00	Wai Lana Yoga Leg Work Riding an imaginary bike, balancing on one leg, Bridge and Warrior all strengthen and tone the legs. Other asanas loosen the hips and knees and stretch the thighs and hamstrings.	APTEX	(S)	(CC)	N/A	#202H
07:00:00	Happy Yoga with Sarah Starr Waterfall Glen Enjoy the peaceful waterfall valley as we open to more ease with a modified yoga practice using a chair for support. Including gentle sun salutations, side bends, twist variations and forward folds to create more breathing space in your body.	NETA	(S)	(CC)	N/A	#509H

Tue, Feb 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
10:00:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
10:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
11:00:00	Innovations In Medicine Hip replacement, Glaucoma, Brain Aneurysms, Headaches, Varicose veins, Diabetes management.	NETA	(S)	(CC)	N/A	#411H
11:30:00	Hope Is Here Bonnie J. Addario At age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass ceiling. She also became one of the millions facing a 16% survival rate. Her initial prognosis was grim. Most doctors provided little hope, but Bonnie eventually found a thoracic surgeon willing to help, telling him, "If I am going to die from this disease, I don't want it to be because I did nothing!" After a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.	NETA	(S)	(CC)	N/A	#101H
12:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
12:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H

Tue, Feb 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection? What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.	SFPBS	(S)	(CC)	N/A	#212H
14:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
15:00:00	Smartlife Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer	SFPBS	(S)	(CC)	N/A	#1001H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife Focus: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Care - Coralie Patterson and Richard Shutes, JCSFL 3. Hair Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understanding Where Eating Disorders Come From - Melissa Spann, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1005H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family s new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H
18:30:00	Hope Is Here Bonnie J. Addario At age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass ceiling. She also became one of the millions facing a 16% survival rate. Her initial prognosis was grim. Most doctors provided little hope, but Bonnie eventually found a thoracic surgeon willing to help, telling him, "If I am going to die from this disease, I don't want it to be because I did nothing!" After a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.	NETA	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H

Tue, Feb 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
	<p>Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.</p>					
20:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	<p>Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.</p>					
21:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	<p>Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.</p>					
22:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection?	SFPBS	(S)	(CC)	N/A	#212H
	<p>What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.</p>					
22:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	<p>Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.</p>					

Daily Program Listing II
WPBTHC

Date: 03/27/2023

01/01/2023 - 03/31/2023

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Wed, Feb 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Living Well #739 (Home Health Care) Rehab from your home. Focus: CJR – total hip/total knees, LSVT therapy for Parkinson's patients & speech therapy for stroke patients.	SFPBS	(S)	(CC)	N/A	#739H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
03:00:00	Spine & Back Care #1214 (Your Aching Back) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#1214H
04:00:00	Heart Health#740 (Heart and Vein Connection) Focus: Varicose veins, venous reflux and overall vein health.	SFPBS	(S)	(CC)	N/A	#740H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
06:00:00	Classical Stretch: By Essentrics In this all-standing, advanced strengthening workout Miranda will bend, twist, and work the spine in every direction it was built to move! The intelligently designed exercises used in this workout will keep the connective tissue of your spine and back flexible, lubricated, strong, and mobile.	APTEX	(S)	(CC)	N/A	#1306H
06:30:00	Wai Lana Yoga Get A Head Start The heart-healthy Headstand and Shoulder Stand work the entire body from head to toes.	APTEX	(S)	(CC)	N/A	#203H
07:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H

Wed, Feb 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
09:00:00	Medical Frontiers Detecting Cancer with Ai	APTEx	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
09:30:00	Medical Frontiers The Road to Patient Safety	APTEx	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
10:00:00	Second Opinion with Joan Lunden Anxiety	APTEx	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					
10:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEx	(S)	(CC)	N/A	#1708H
	Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.					
11:00:00	Conscious Living Disappearing Disease	NETA	(S)	(CC)	N/A	#109H
	While mainstream medicine tells us that illness, aches and pains are an inevitable part of life, many doctors and scientists are discovering that with proper nutrition and care, the power that made the body has the power to heal the body. On this episode, we're in Washington, D.C. with an African-American pastor who takes on the challenge of disappearing his Type-2 Diabetes with his fork and a whole food, plant-based diet. Then, we're back in Berlin, Germany to heal a nagging injury with the 200-year old practice of homeopathy.					
11:30:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.					
12:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
13:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
14:00:00	Health Insiders Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab	SFPBS	(S)	(CC)	N/A	#1059H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H

Wed, Feb 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#901H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY	SFPBS	(S)	(CC)	N/A	#905H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Alzheimer's: The Caregiver's Perspective According to the Alzheimer's Association, more than 15 million family members and friends provided 18.1 billion hours of unpaid care in 2015 to those with Alzheimer's and dementia. Alzheimer's is more than memory loss; it affects many generations and is the sixth leading cause of death in the United States. In ALZHEIMER'S: THE CAREGIVER'S PERSPECTIVE, caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye. A variety of caregivers, family members and many others explain how they creatively navigate the frustrations, sorrows, and complications of caring for a loved one who can no longer function safely on their own.	APTEX	(S)	(CC)	N/A	#0
18:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
20:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H

Wed, Feb 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
22:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.					

Daily Program Listing II
WPBTHC

Date: 03/27/2023

01/01/2023 - 03/31/2023

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Thu, Feb 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Maternity Care (Pregnancy Care & Childbirth) Everything you need to know about pregnancy, childbirth and post-partum care. Focus: Dr. Robert Feldman, Baptist Hospital Chief of Obstetrics, offers a primer on everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#741H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
03:00:00	Living Well (Stroke Help) Dr. Lisa Corsa discusses stroke rehabilitation in honor of Stroke Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1216H
04:00:00	Health Trends #742 (Healthy Lifestyle) What's happening in Health - Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#742H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
06:00:00	Classical Stretch: By Essentrics Our feet are the foundation of our bodies and keeping them strong and flexible is a major factor in having strong and flexible legs & hips! In this all-standing beginner workout Miranda will work the musculature and joints of your feet, ankles, knees, and hips to keep your entire body pain free and healthy.	APTEX	(S)	(CC)	N/A	#1307H
06:30:00	Wai Lana Yoga Hamstrings Wai Lana demonstrates some exercises to stretch these notoriously tight tendons at the backs of the legs.	APTEX	(S)	(CC)	N/A	#204H
07:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H

Thu, Feb 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
09:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
10:00:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
10:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
11:00:00	Innovations In Medicine Hip replacement, Glaucoma, Brain Aneurysms, Headaches, Varicose veins, Diabetes management.	NETA	(S)	(CC)	N/A	#411H
11:30:00	Hope Is Here Bonnie J. Addario At age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass ceiling. She also became one of the millions facing a 16% survival rate. Her initial prognosis was grim. Most doctors provided little hope, but Bonnie eventually found a thoracic surgeon willing to help, telling him, "If I am going to die from this disease, I don't want it to be because I did nothing!" After a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.	NETA	(S)	(CC)	N/A	#101H
12:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
12:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Women and Orgasms How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.	SFPBS	(S)	(CC)	N/A	#213H
14:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
15:00:00	Smartlife Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff	SFPBS	(S)	(CC)	N/A	#801H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00	Smartlife Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples	SFPBS	(S)	(CC)	N/A	#805H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#0
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
20:00:00	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#0
22:00:00	Sex Talk with Dr. Lia Women and Orgasms How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.	SFPBS	(S)	(CC)	N/A	#213H
22:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H

Fri, Feb 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Brain Health #745 (Sleep Tips) Concentration. Focus: Dr.Carlos Ramirez updates us on the latest treatment options to address sleep conditions.	SFPBS	(S)	(CC)	N/A	#745H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Staying Healthy (Bruxism/ Teeth Clenching) Dr. Lozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, as well as diagnosis, treatment modalities and lifestyle changes.	SFPBS	(S)	(CC)	N/A	#1040H
04:00:00	Mental Health (Substance Abuse/ Family Support) Family support in relation to substance use.	SFPBS	(S)	(CC)	N/A	#746H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you to do any physical activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.	APTEX	(S)	(CC)	N/A	#1308H
06:30:00	Wai Lana Yoga Body Mind and Breath Invigorate your entire body with Yoga Breathing. Release tension as you stretch your shoulders and expand your chest. Then relax your mind with Wai Lana's soothing mind awareness technique.	APTEX	(S)	(CC)	N/A	#205H
07:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
09:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
09:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
10:00:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
	Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.					
11:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.					
11:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
12:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
13:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
14:00:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and Kyphoplasty - Dr. Jose Mena 3. Sleep Apnea - Dr. Richard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5. Getting the Most out of your Office Visit - Dr. Perry Krichmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver	SFPBS	(S)	(CC)	N/A	#701H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	SFPBS	(S)	(CC)	N/A	#705H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#0
18:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
20:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
21:00:00	Alzheimer's: The Caregiver's Perspective According to the Alzheimer's Association, more than 15 million family members and friends provided 18.1 billion hours of unpaid care in 2015 to those with Alzheimer's and dementia. Alzheimer's is more than memory loss; it affects many generations and is the sixth leading cause of death in the United States. In ALZHEIMER'S: THE CAREGIVER'S PERSPECTIVE, caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye. A variety of caregivers, family members and many others explain how they creatively navigate the frustrations, sorrows, and complications of caring for a loved one who can no longer function safely on their own.	APTEX	(S)	(CC)	N/A	#0
22:00:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	<p>Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.</p>					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	<p>All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Mental Health #747 (Emotional Wellness) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Managing stress during the holidays.	SFPBS	(S)	(CC)	N/A	#747H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Emergency Medicine (Hurricane-Ready Medicine) Dr. Joseph Scott discusses hurricane preparedness in the ER. Focus: Safety and readiness tips for this hurricane season.	SFPBS	(S)	(CC)	N/A	#1221H
04:00:00	Nutrition & Health (Food As Medicine) Approaches to healthy eating and ways to use food as medicine. Focus: FAD diets.	SFPBS	(S)	(CC)	N/A	#748H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Alma's Way Picture Perfect/Hands for the Day When Alma and Rafia get an idea to make an animal photo book, they set out to get the perfect pictures. Too bad the animals won't cooperate. Will their photo book be a flop? When Safina hurts her arm, Alma and Rafia volunteer to be her "hands" for the day to help her finish all the things she has to do. But when Safina seems frustrated with their work, they've got to figure out how to do things right.	PBS	(S)	(CC)	DVI	#134H
06:30:00	Scigirls Insulation Station Cold weather, hot science! SCIGIRLS Greta and her sixth- grade pals use passive solar heat and bubble-wrap insulation to warm up an ice shanty on a frozen Minnesota lake.	PBSPL	(S)	(CC)	N/A	#206H
07:00:00	Wild Kratts The Great Froggyback Ride The Wild Kratts are creature adventuring in the Amazon when they accidentally get miniaturized. A mischievous monkey makes off with the Miniaturizer and the team must rely on the creature powers of the poison frog, going on a wild froggyback ride to rescue the Miniaturizer, or stay mini-sized forever! Curriculum: Coloration and mimicry.	PBS	(S)	(CC)	N/A	#610H

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07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3102H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3103H
08:36:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3104H
08:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3105H
08:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3106H
09:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H
09:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3108H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3109H
09:47:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3110H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3301H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3302H
10:25:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3303H
10:37:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3304H
10:48:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3305H
11:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3306H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:12:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3307H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H
12:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
	<p>TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.</p>					
13:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	<p>Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.</p>					
14:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection?	SFPBS	(S)	(CC)	N/A	#212H
	<p>What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.</p>					
14:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
15:00:00	Smartlife Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer	SFPBS	(S)	(CC)	N/A	#1001H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife Focus: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Care - Coralie Patterson and Richard Shutes, JCSFL 3. Hair Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understanding Where Eating Disorders Come From - Melissa Spann, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1005H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Hope Is Here Bonnie J. Addario	NETA	(S)	(CC)	N/A	#101H
	At age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass ceiling. She also became one of the millions facing a 16% survival rate. Her initial prognosis was grim. Most doctors provided little hope, but Bonnie eventually found a thoracic surgeon willing to help, telling him, "If I am going to die from this disease, I don't want it to be because I did nothing!" After a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.					
18:30:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.					
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.					
20:00:00	Alzheimer's: The Caregiver's Perspective	APTEX	(S)	(CC)	N/A	#0
	According to the Alzheimer's Association, more than 15 million family members and friends provided 18.1 billion hours of unpaid care in 2015 to those with Alzheimer's and dementia. Alzheimer's is more than memory loss; it affects many generations and is the sixth leading cause of death in the United States. In ALZHEIMER'S: THE CAREGIVER'S PERSPECTIVE, caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye. A variety of caregivers, family members and many others explain how they creatively navigate the frustrations, sorrows, and complications of caring for a loved one who can no longer function safely on their own.					
21:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
22:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection?	SFPBS	(S)	(CC)	N/A	#212H
	What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.					
22:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Living Well #739 (Home Health Care) Rehab from your home. Focus: CJR – total hip/total knees, LSVT therapy for Parkinson's patients & speech therapy for stroke patients.	SFPBS	(S)	(CC)	N/A	#739H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
03:00:00	Spine & Back Care #1214 (Your Aching Back) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#1214H
04:00:00	Heart Health#740 (Heart and Vein Connection) Focus: Varicose veins, venous reflux and overall vein health.	SFPBS	(S)	(CC)	N/A	#740H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
06:00:00	Alma's Way Steggie Rescue/Alma Hits The Right Note	PBS	(S)	(CC)	DVI	#122H
06:30:00	Scigirls Workin' It Out Jekima and friends break a sweat in steamy South Carolina hiking, playing soccer, dancing and doing yoga -- all to find out, "what's the best exercise for me?"	PBSPL	(S)	(CC)	N/A	#207H
07:00:00	Wild Kratts Hammerheads Aviva and Chris are doing an inventory of the Creature Power Discs on the deck of the Tortuga when Martin spots a hammerhead shark. In his excitement, he knocks all the discs into the ocean. The bros soon realize there's only way to get them back - by using hammerhead powers! Science Concept: Mechanics of hunting using electrical impulses.	PBS	(S)	(CC)	N/A	#607H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3602H
08:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3603H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3604H
08:50:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3605H
09:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3606H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3607H
09:28:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3608H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3609H
09:50:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H
10:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
11:31:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4309H
11:43:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4310H
12:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.					
13:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
14:00:00	Sex Talk with Dr. Lia Women and Orgasms	SFPBS	(S)	(CC)	N/A	#213H
	How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.					
14:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
15:00:00	Smartlife Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#901H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY	SFPBS	(S)	(CC)	N/A	#905H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
20:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
21:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia Women and Orgasms How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.	SFPBS	(S)	(CC)	N/A	#213H
22:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
01:00:00	Maternity Care (Pregnancy Care & Childbirth) Everything you need to know about pregnancy, childbirth and post-partum care. Focus: Dr. Robert Feldman, Baptist Hospital Chief of Obstetrics, offers a primer on everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#741H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
03:00:00	Living Well (Stroke Help) Dr. Lisa Corsa discusses stroke rehabilitation in honor of Stroke Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1216H
04:00:00	Health Trends #742 (Healthy Lifestyle) What's happening in Health - Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#742H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
06:00:00	Classical Stretch: By Essentrics Enjoy the beautiful ocean view from Cambridge Beaches Resort & Spa in this standing & barre workout. Miranda Esmonde-White believes that you can strengthen and tone your legs without causing injuries; that's why she has created this intermediate workout designed to activate and strengthen the muscles of your legs in a safe and balanced way.	APTEX	(S)	(CC)	N/A	#1309H
06:30:00	Wai Lana Yoga Healthy Joints for a Healthy Body	APTEX	(S)	(CC)	N/A	#206H
07:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
08:00:00	Call The Midwife Episode 8 The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.	PBS	(S)	(CC)	DVI	#1108H

Mon, Feb 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
10:00:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					
10:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
	The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.					
11:00:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
11:30:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.					
12:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
14:30:00	Health Insiders Focus: Compression socks, PPD, stress	SFPBS	(S)	(CC)	N/A	#1105H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost					

Mon, Feb 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
	Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.					
18:00:00	Alzheimer's: What You Can Do	APTEX	(S)	(CC)	N/A	#0H
	ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.					
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					
20:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
21:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
	Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.					
22:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
22:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H

Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.

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Tue, Feb 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Living Well #749 (Healthy Tips) Experts tell you how to live well. Focus: Dr. Vladimir Turovskiy, who practices Oriental Medicine, offers some alternative methods using Far East techniques for a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#749H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
03:00:00	Health Trends #1224 (Update) Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#1224H
04:00:00	Healthy Living #750 (Health Trends) Medical experts share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#750H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
06:00:00	Classical Stretch: By Essentrics Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking, running, or any activity! In this all-standing workout Miranda Esmonde-White combines a series of full-body strengthening & stretching exercises to give you strong, healthy hips.	APTEX	(S)	(CC)	N/A	#1310H
06:30:00	Wai Lana Yoga Salute to the Sun Part 1	APTEX	(S)	(CC)	N/A	#207H
07:00:00	Happy Yoga with Sarah Starr Sunflower Sunset Bask in the setting sun over the vast sunflower fields of summer as we enjoy a modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more ease in the hands, neck, shoulders, back, hips and more.	NETA	(S)	(CC)	N/A	#510H
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
09:00:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
09:30:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
11:00:00	Innovations In Medicine Heart defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds, Direct Effects - for administering medications, Hip replacement.	NETA	(S)	(CC)	N/A	#412H
11:30:00	Hope Is Here Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	NETA	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
12:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
13:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia Women and Orgasms How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.	SFPBS	(S)	(CC)	N/A	#213H

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14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli	SFPBS	(S)	(CC)	N/A	#1305H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Becoming Trauma Responsive BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the Anfuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff.	SFPBS	(S)	(CC)	N/A	#202H
18:30:00	Hope Is Here Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	NETA	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
20:00:00	Becoming Trauma Responsive BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.	APTEX	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.					
22:00:00	Sex Talk with Dr. Lia Women and Orgasms	SFPBS	(S)	(CC)	N/A	#213H
	How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
	Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn					
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
	In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Staying Healthy #751 (Living The Healthy Life) Living the Healthy Life Disease prevention and healthy lifestyle info Focus: Fitness/wellness myths.	SFPBS	(S)	(CC)	N/A	#751H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Health Trends #1226 (On-Demand Care Tips) Dr. David Mishkin discusses the Care On Demand app - Conditions addressed and treated, benefits to patients and families, and continued growth of Telehealth.	SFPBS	(S)	(CC)	N/A	#1226H
04:00:00	Kids & Teens #752 (Tongue Ties Treatments) Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Dr.Leslie Haller and Jennifer Couceyro talk about the little-known ailment of Tongue-ties and the symptoms, side effects, diagnosis and possible treatments.	SFPBS	(S)	(CC)	N/A	#752H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
06:00:00	Classical Stretch: By Essentrics Full body strength and flexibility is vital in maintaining your balance, mobility, and staying out of pain. This advanced, full-body workout is designed to challenge and improve your balance by strengthening your core and full body. Join Miranda Esmonde-White in Bermuda for this standing & barre workout!	APTEX	(S)	(CC)	N/A	#1311H
06:30:00	Wai Lana Yoga Salute to the Sun Part 2	APTEX	(S)	(CC)	N/A	#208H
07:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H

Wed, Feb 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
10:00:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
	Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.					
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.					
11:00:00	Conscious Living Art Imitates Life	NETA	(S)	(CC)	N/A	#110H
	Does life imitate art and art imitate life? To see for ourselves, we dive into the world of art, culture and dance to see how it shapes our evolution as a planet. Ferry with us to the shores of Naoshima - Japan's surreal art island - where art looms larger than life. Then lose yourself in a sacred dance and music immersion celebrating the five elements of nature in Bali. Back in the U.S., hit the ground running with a black vintage fashion icon from the South Side of Chicago. Finally, break bread at the intersection of art, poetry and race politics at an iconic Washington, D.C. restaurant.					
11:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the Anfuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff.					
12:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					
14:00:00	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
14:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H

Wed, Feb 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS	(S)	(CC)	N/A	#1605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
20:00:00	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
22:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H

Daily Program Listing II
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Wed, Feb 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	<p>Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.</p>					
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	<p>Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.</p>					

Thu, Feb 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Orthopedics (Knee Surgery Therapy) Taking care of your body. From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Focus: Dr. Carlos Alvarado (MOSMI) discusses knee surgery and explains the role of physical therapy and exercise after orthopedic surgery.	SFPBS	(S)	(CC)	N/A	#753H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Health Trends #1229 (Cerebral Palsy Update) Dr. Lucinda Arenas discusses rehabilitation treatment for patients with cerebral palsy.	SFPBS	(S)	(CC)	N/A	#1229H
04:00:00	All About Cancer (Lung Cancer) Lung disease (cancer) and treatments.	SFPBS	(S)	(CC)	N/A	#754H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Classical Stretch: By Essentrics The muscles of your core act as the scaffolding surrounding your torso, back, and sides - keeping your torso corseted, back upright, and spine in good posture. This is why having a strong and flexible core is essential to looking and feeling young. This intermediate workout is designed to strengthen the core and open the chest and pectorals - leaving you with improved posture.	APTEX	(S)	(CC)	N/A	#1312H
06:30:00	Wai Lana Yoga Salute to the Sun Part 3	APTEX	(S)	(CC)	N/A	#209H
07:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the Anfuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff.	SFPBS	(S)	(CC)	N/A	#202H

Thu, Feb 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
08:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
09:00:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
09:30:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
10:00:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
10:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
11:00:00	Innovations In Medicine Heart defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds, Direct Effects - for administering medications, Hip replacement.	NETA	(S)	(CC)	N/A	#412H
11:30:00	Hope Is Here Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	NETA	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
12:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
13:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H

Thu, Feb 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed Finding time for romance when you have a full house. Plus, the meaning behind those steamy dreams. Then a men's sexual health physician talks about whether medications cause ED.	SFPBS	(S)	(CC)	N/A	#214H
14:30:00	Health Insiders Focus: Blue zones, water safety, swim safety	SFPBS	(S)	(CC)	N/A	#1136H
15:00:00	Smartlife Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona	SFPBS	(S)	(CC)	N/A	#1501H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:59:00	Smartlife Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor	SFPBS	(S)	(CC)	N/A	#1505H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Becoming Trauma Responsive BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
20:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H

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Thu, Feb 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Becoming Trauma Responsive BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed Finding time for romance when you have a full house. Plus, the meaning behind those steamy dreams. Then a men's sexual health physician talks about whether medications cause ED.	SFPBS	(S)	(CC)	N/A	#214H
22:30:00	Health Insiders Focus: Blue zones, water safety, swim safety	SFPBS	(S)	(CC)	N/A	#1136H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H

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Fri, Feb 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Health Trends (Gallbladder Disease) Find out the latest trends that contribute to a healthy life. Focus: Dr. Michael Gonzalez Ramos explains the latest trends that contribute to a healthy lifestyle to help prevent gallbladder disease and gallstones.	SFPBS	(S)	(CC)	N/A	#755H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Mental Health #1231 (Mental Health Help) Heather Winters and Demian Laudisio discuss Mental Health. Focus: First Aid.	SFPBS	(S)	(CC)	N/A	#1231H
04:00:00	Orthopedics (Female Sports Injuries) From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Focus: Dr. Alejandro Centurion, Primary care Orthopedics & Sports Medicine explains how common sports injuries might affect females more than males.	SFPBS	(S)	(CC)	N/A	#756H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Maintaining full body strength & flexibility is vital to feeling energetic and youthful, no matter your age. By working every muscle in the body this medium paced standing workout will activate your mitochondrial powerhouses; responsible for burning calories, giving you energy, and keeping you feeling young!	APTEX	(S)	(CC)	N/A	#1313H
06:30:00	Wai Lana Yoga Salute to the Sun Part 4	APTEX	(S)	(CC)	N/A	#210H
07:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H

Fri, Feb 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
10:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					
11:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the Anfuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff.					
11:30:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
12:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#801H
	Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.					
14:00:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
14:30:00	Health Insiders Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H

Fri, Feb 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healthy Shopping Tips, Jenna Werner, RD 4. Holiday Safety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimberlain, RD	SFPBS	(S)	(CC)	N/A	#1401H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
16:00:00	Smartlife Focus: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart Disease, Dr. Angel Sanchez-Figueras 3. Ask the Experts, Dr. Steve Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, Chi Healer 5. Chiropractor Talks About Yoga, Sandy Doman	SFPBS	(S)	(CC)	N/A	#1405H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Concussion: Answers in the Blood? CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
20:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	<p>Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.</p>					
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	<p>Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Sports Medicine #757 (Safe Exercises) Most common exercises that can be questionable: How deep should you squat? Should you ever do a lat pull down behind the head? Are dips okay? Dumbbell pull overs safe? How should we overhead press? Barbell, dumbbell or kettlebell? Dr. Derek Papp and Brian Betancourt answer the most common questions about popular exercises to prevent any injuries.	SFPBS	(S)	(CC)	N/A	#757H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	Healthy Living #1250 (Aging Throat Issues) Henry Guzman and Dr. Vivero discuss swallowing difficulties with aging in support of Better Hearing and Speech Month.	SFPBS	(S)	(CC)	N/A	#1250H
04:00:00	Sports Medicine (Pre-Surgical Rehab) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Dr. Lisa Corsa and Dr. Deepa Sharma discuss pre-surgical rehabilitation, golfer/tennis elbow treatment, sciatica treatment, and osteoporosis.	SFPBS	(S)	(CC)	N/A	#758H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Alma's Way Alma's New Kicks/Star Ball	PBS	(S)	(CC)	DVI	#114H
06:30:00	Scigirls Bee Haven What's the buzz in urban gardens? The SCIGIRLS use math, mapping and data visualization to help a colony of bees thrive in a downtown Phoenix neighborhood.	PBSPL	(S)	(CC)	N/A	#208H
07:00:00	Wild Kratts Parrot Power While flying over the Amazon rainforest, the gang share a bowl of colorful jelly beans. Martin tells them that the jelly beans remind him of parrots. This confuses everybody until he says it's because parrots come in almost every color. Soon the bros are off on a creature mission to find as many colorful parrots as they can in the Amazon. Science Concept: Species diversification.	PBS	(S)	(CC)	N/A	#611H
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
08:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3602H
08:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3603H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3604H
08:50:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3605H
09:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3606H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3607H
09:28:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3608H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3609H
09:50:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H
10:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H
11:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H

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11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
11:31:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4309H
11:43:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4310H
12:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
13:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia Women and Orgasms How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.	SFPBS	(S)	(CC)	N/A	#213H
14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli	SFPBS	(S)	(CC)	N/A	#1305H
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Hope Is Here Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	NETA	(S)	(CC)	N/A	#102H

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18:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the Anfuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff.	SFPBS	(S)	(CC)	N/A	#202H
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
20:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
21:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Women and Orgasms How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.	SFPBS	(S)	(CC)	N/A	#213H
22:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Staying Healthy #751 (Living The Healthy Life) Living the Healthy Life Disease prevention and healthy lifestyle info Focus: Fitness/wellness myths.	SFPBS	(S)	(CC)	N/A	#751H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Health Trends #1224 (Update) Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#1224H
04:00:00	Kids & Teens #752 (Tongue Ties Treatments) Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Dr.Leslie Haller and Jennifer Couceyro talk about the little-known ailment of Tongue-ties and the symptoms, side effects, diagnosis and possible treatments.	SFPBS	(S)	(CC)	N/A	#752H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
06:00:00	Alma's Way Singing on the 6 Train/Safinas Doggy Problem	PBS	(S)	(CC)	DVI	#118H
06:30:00	Scigirls Pedal Power Best friends Angela, Olivia, Margaret and Rebecca don welding masks and rev up power tools to engineer an ice cream-maker that's powered by their bikes.	PBSPL	(S)	(CC)	N/A	#209H
07:00:00	Wild Kratts The Real Ant Farm While Koki and Jimmy work on the family farm of Wild Kratt kid Scarlett, harvesting crops, Aviva, Martin and Chris go on an adventure in the amazon rainforest where they discover a hidden community of farmers - Leafcutter Ants! Science Concept: Agriculture.	PBS	(S)	(CC)	N/A	#606H
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H

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08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
08:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
08:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
10:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
10:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H
11:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H

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11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
12:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
	The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.					
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#801H
	Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.					
14:00:00	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
14:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
	Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
	BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.					
18:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H

Daily Program Listing II
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Date: 03/27/2023

01/01/2023 - 03/31/2023

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Sun, Feb 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
20:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
21:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
22:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed Finding time for romance when you have a full house. Plus, the meaning behind those steamy dreams. Then a men's sexual health physician talks about whether medications cause ED.	SFPBS	(S)	(CC)	N/A	#214H
22:30:00	Health Insiders Focus: Blue zones, water safety, swim safety	SFPBS	(S)	(CC)	N/A	#1136H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H

Mon, Feb 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Orthopedics (Knee Surgery Therapy) Taking care of your body. From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Focus: Dr. Carlos Alvarado (MOSMI) discusses knee surgery and explains the role of physical therapy and exercise after orthopedic surgery.	SFPBS	(S)	(CC)	N/A	#753H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Health Trends #1226 (On-Demand Care Tips) Dr. David Mishkin discusses the Care On Demand app - Conditions addressed and treated, benefits to patients and families, and continued growth of Telehealth.	SFPBS	(S)	(CC)	N/A	#1226H
04:00:00	All About Cancer (Lung Cancer) Lung disease (cancer) and treatments.	SFPBS	(S)	(CC)	N/A	#754H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Classical Stretch: By Essentrics This advanced, body shaping workout will tone and strengthen your arms, abs, core, waist, and legs. Join Miranda Esmonde-White in the breathtaking Bermuda for this full-body standing workout that will liberate your joints and connective tissue while simultaneously strengthening your entire body.	APTEX	(S)	(CC)	N/A	#1314H
06:30:00	Wai Lana Yoga Release, Arch and Stretch	APTEX	(S)	(CC)	N/A	#211H
07:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H

Mon, Feb 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.	PBS	(S)	(CC)	N/A	#801H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEx	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEx	(S)	(CC)	N/A	#110H
10:00:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEx	(S)	(CC)	N/A	#1704H
10:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEx	(S)	(CC)	N/A	#1705H
11:00:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEx	(S)	(CC)	N/A	#110H
11:30:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEx	(S)	(CC)	N/A	#111H
12:00:00	Call The Midwife Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.	PBS	(S)	(CC)	N/A	#801H
13:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
14:00:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
14:30:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Experts discuss therapy for herniated disks in the back, finding ways to get better sleep, including more plant-based foods in your diet, cosmetic surgery for breast cancer and we highlight services available at the Lighthouse for the Blind.	SFPBS	(S)	(CC)	N/A	#2101H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Concussion: Answers in the Blood? CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
20:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
21:00:00	Becoming Trauma Responsive BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.	APTEX	(S)	(CC)	N/A	#0H

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22:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	<p>A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.</p>					
22:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	<p>In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.</p>					
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
	<p>Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.</p>					

Tue, Feb 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Maternity Care (Pregnancy & Post-Partum Care) Pregnancy care and childbirth. Everything you need to know about pregnancy, childbirth and post-partum care. Focus: Dr. Ellen Schwartzbard gives you everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#759H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	All About Cancer #1252 (Surviving Cancer) Dr. Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Rehabilitative treatments in support of National Cancer Survivors' Day.	SFPBS	(S)	(CC)	N/A	#1252H
04:00:00	Mental Health #760 (Body Image's Impact) Emotional wellness. Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Dr.Melissa Spann, Psychotherapist, gives you some tips on body image to help you achieve psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#760H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Classical Stretch: By Essentrics Your connective tissue surrounds every cell, tendon, muscle, and bone - it is the magical fiber which connects each and every part of your body. This is why keeping it lubricated, strong, flexible and healthy is so important to a balanced and pain free body. By working your full body in this all-standing, beginner workout you will liberate each and every layer of connective tissue. Allowing you to move more freely and without pain.	APTEX	(S)	(CC)	N/A	#1315H
06:30:00	Wai Lana Yoga Stretch, Tone & Salute	APTEX	(S)	(CC)	N/A	#212H
07:00:00	Happy Yoga with Sarah Starr Panoramic Wilderness Revel in the beauty of the panoramic wilderness as you enjoy a modified yoga session using a chair for support. Including gentle seated stretches designed to create more mobility in your upper body, standing balance poses to strengthen and tone the legs, and seated warrior moves to open your hips.	NETA	(S)	(CC)	N/A	#601H

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Tue, Feb 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
10:00:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
10:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
11:00:00	Innovations In Medicine Regenerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Physical Therapy, Digestive health - LifePharm.	NETA	(S)	(CC)	N/A	#413H
11:30:00	Hope Is Here Hank Baskett Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."	NETA	(S)	(CC)	N/A	#103H
12:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
12:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H

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Tue, Feb 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Hippocrates Cafe: Reflections on the Pandemic The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed Finding time for romance when you have a full house. Plus, the meaning behind those steamy dreams. Then a men's sexual health physician talks about whether medications cause ED.	SFPBS	(S)	(CC)	N/A	#214H
14:30:00	Health Insiders Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)	SFPBS	(S)	(CC)	N/A	#1001H
15:00:00	Smartlife Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult	SFPBS	(S)	(CC)	N/A	#1801H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:58:00	Smartlife Focus: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. Ask the Expert Segment - Dr. Scarlet Constant 4. Diagnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Root	SFPBS	(S)	(CC)	N/A	#1805H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Concussion: Answers in the Blood? CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg Episode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has been battling weeds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Landscape that will serve as an example for her friends and neighbors to follow.	SFPBS	(S)	(CC)	N/A	#203H
18:30:00	Hope Is Here Hank Baskett Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."	NETA	(S)	(CC)	N/A	#103H

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WPBTHC

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Tue, Feb 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
20:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
21:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Sex Talk with Dr. Lia Medications That Can Cause ED Finding time for romance when you have a full house. Plus, the meaning behind those steamy dreams. Then a men's sexual health physician talks about whether medications cause ED.	SFPBS	(S)	(CC)	N/A	#214H
22:30:00	Health Insiders Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)	SFPBS	(S)	(CC)	N/A	#1001H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H

Daily Program Listing II
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Wed, Feb 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	All About Cancer (After-Cancer Lifestyle Tips) Prevention and treatment. Ways to prevent some cancers; lifestyle, family history and more. Focus: Dr. geetha Nampiaparampil gives us some tips on a healthy lifestyle after cancer to try and calm your fears of a cancer recurrence.	SFPBS	(S)	(CC)	N/A	#761H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	All About Cancer (Breast Care) Breast Cancer and nutrition is the focus of a new book "Experts in Pink."	SFPBS	(S)	(CC)	N/A	#1255H
04:00:00	Health Trends (Weight-Loss Surgery) What's happening in Health. Find out the latest trends that contribute to a healthy life. Focus: Dr. Jorge Rabazza weighs in on a popular weight-loss surgery that can help you reach your goals.	SFPBS	(S)	(CC)	N/A	#762H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Classical Stretch: By Essentrics Join Miranda along the stunning Bermuda coastline for an advanced, standing & floor workout that will improve your agility. By activating the muscle cells in your legs and full body this workout will leave you feeling invigorated, strong, and ready to take on your day.	APTEX	(S)	(CC)	N/A	#1316H
06:30:00	Wai Lana Yoga Stretch Your Back	APTEX	(S)	(CC)	N/A	#213H
07:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H
08:00:00	Call The Midwife Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.	PBS	(S)	(CC)	N/A	#801H

Wed, Feb 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.					
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.					
10:00:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.					
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.					
11:00:00	Conscious Living The Detox Diaries	NETA	(S)	(CC)	N/A	#111H
	A regular detox routine can keep the pounds off, clear the mind and help "press the reset button" on our health. In fact, in India, detoxing has been an essential part of life for thousands of years. On this episode, we venture high into the Himalayas for a healing yoga detox at one of the world's best healing hotels. It's difficult if not impossible to escape from technology these days, so we venture way off the grid to an ancient monastery tucked into the hills of Umbria, Italy for a digital detox. Luckily you don't have to travel across the world for a cleanse, you can do it right from your kitchen. We learn how a raw vegan detox can supercharge our health, from a Washington, D.C. based raw food pioneer.					
11:30:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg	SFPBS	(S)	(CC)	N/A	#203H
	Episode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has been battling weeds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Landscape that will serve as an example for her friends and neighbors to follow.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#801H
	Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.					
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#802H
	See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	Focus- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cancer screenings 3. Dr. Gosha Brusovanik: Back pain (viewer questions)					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
	Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:55:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
	Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor					
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
	In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.					
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					
20:00:00	Gerda That Remains	APTEX	(S)	(CC)	N/A	#0H
	More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.					
21:00:00	Hippocrates Cafe: Reflections on the Pandemic	APTEX	(S)	(CC)	N/A	#0H
	The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.					
22:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	<p>In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.</p>					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
	<p>The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.</p>					

Daily Program Listing II
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Thu, Feb 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
01:00:00	Plastic/ Cosmetic Surgery #763 Body restoration and reconstruction. Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Dr. Rafael Gottenger (BHSF)	SFPBS	(S)	(CC)	N/A	#763H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	All About Cancer (Urogenital System) Dr. Bruno Bastos discusses genitourinary cancer.	SFPBS	(S)	(CC)	N/A	#1259H
04:00:00	Staying Healthy (Stress Management) Living the Healthy Life. Disease prevention and healthy lifestyle info. Focus: Beth Ruhmann, CTRS, Community Health Program Coordinator teaches stress management and meditation for disease prevention and maintaining a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#764H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Strength & suppleness throughout your entire body is vital to doing all of the activities that you love - and having a strong back is one of the easiest ways to prevent injury and do any activity efficiently! This all-standing, back strengthening workout will help you to do all of your favorite activities safely and with ease.	APTEX	(S)	(CC)	N/A	#1317H
06:30:00	Wai Lana Yoga Abs-Strengthening Leg Exercises	APTEX	(S)	(CC)	N/A	#214H
07:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg Episode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has been battling weeds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Landscape that will serve as an example for her friends and neighbors to follow.	SFPBS	(S)	(CC)	N/A	#203H

Thu, Feb 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
08:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
11:00:00	Innovations In Medicine Regenerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Physical Therapy, Digestive health - LifePharm.	NETA	(S)	(CC)	N/A	#413H
11:30:00	Hope Is Here Hank Baskett Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."	NETA	(S)	(CC)	N/A	#103H
12:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
12:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
13:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H

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14:00:00	Sex Talk with Dr. Lia The Abcs of Lubricants There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship.	SFPBS	(S)	(CC)	N/A	#215H
14:30:00	Health Insiders Focus: 1. Wilbert Fuente & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, ANN DEVELASCO: Women & heart disease 3. DR. MARCIO FAGUNDES: Proton therapy	SFPBS	(S)	(CC)	N/A	#1004H
15:00:00	Smartlife Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman	SFPBS	(S)	(CC)	N/A	#2001H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:01:00	Smartlife Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2005H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:31:00	Smartlife Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
18:00:00	Gerda That Remains More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
21:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H
22:00:00	Sex Talk with Dr. Lia The Abcs of Lubricants There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship.	SFPBS	(S)	(CC)	N/A	#215H
22:30:00	Health Insiders Focus- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, ANN DEVELASCO: Women & heart disease 3. DR. MARCIO FAGUNDES: Proton therapy	SFPBS	(S)	(CC)	N/A	#1004H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H

Fri, Feb 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Mental Health (Video Game Addiction) Emotional wellness. Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Dr.Daniel Bober has the latest medical information on the growing problem of video game addiction, specifically the video game Fortnite.	SFPBS	(S)	(CC)	N/A	#765H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
03:00:00	Kids and Teens (Teen Anxiety) Dr. Yadira Torres discusses warding off anxiety and depression in kids during the summer. Focus: When there is no routine, boredom sets in and kids lose their sense of belonging.	SFPBS	(S)	(CC)	N/A	#1262H
04:00:00	Mental Health #766 (Holiday Depression & Anxiety) Emotional wellness. Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Nicole Rodriguez and Martin Lopez, both psychotherapists offer some tips to help you avoid the common problems of depression and anxiety during the holidays.	SFPBS	(S)	(CC)	N/A	#766H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Classical Stretch: By Essentrics A strong core and back are the best way to prevent poor posture or rounding shoulders. In this intermediate, standing workout Miranda will stretch the vertebrae of your spine while strengthening your core and back. The combination of arm, chest, core, leg, and back exercises will prevent and relieve pain while strengthening your posture.	APTEX	(S)	(CC)	N/A	#1318H
06:30:00	Wai Lana Yoga Salute to the Sun	APTEX	(S)	(CC)	N/A	#215H
07:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.	PBS	(S)	(CC)	N/A	#801H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEx	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEx	(S)	(CC)	N/A	#110H
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEx	(S)	(CC)	N/A	#1802H
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEx	(S)	(CC)	N/A	#1803H
11:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg Episode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has been battling weeds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Landscape that will serve as an example for her friends and neighbors to follow.	SFPBS	(S)	(CC)	N/A	#203H
11:30:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEx	(S)	(CC)	N/A	#106H
12:00:00	Call The Midwife Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.	PBS	(S)	(CC)	N/A	#801H
13:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
14:00:00	Health Insiders Focus- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer prevention) 2. Wilbert Fuerte, Mayret Gonzalez: Antibiotic safety 3. Dr. Jose Llach: ER vs. Urgent Care	SFPBS	(S)	(CC)	N/A	#1005H
14:30:00	Health Insiders Focus- 1. DR. JOHNATHAN FIALKOW Diet & cholesterol 2. DR. MICHAEL SWARTZON, PATIENT: PRP/Stem cell injections for knee arthritis 3. DR. SCARLET CONSTANT: Tantrums & giving your kids shots	SFPBS	(S)	(CC)	N/A	#1006H
15:00:00	Smartlife Focus: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Seniors with Alzheimer's - Andraya Brennan, iMatter 3. Melanoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HPV and Oral Cancer - Dr. Noah Kalman	SFPBS	(S)	(CC)	N/A	#1701H

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15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
	Focus: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					
18:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.					
20:00:00	Hippocrates Cafe: Reflections on the Pandemic	APTEX	(S)	(CC)	N/A	#0H
	The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.					
21:00:00	Concussion: Answers in the Blood?	APTEX	(S)	(CC)	N/A	#0H
	CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	<p>A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.</p>					
22:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	<p>In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.</p>					
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	<p>Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.</p>					

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Sat, Feb 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	Nutrition & Health (2019 Trends) Dr. Amy Kimberlain shares the nutrition trends for 2019: -plant-based protein -legume pasta -probiotics -non-dairy "milks" and many more...	SFPBS	(S)	(CC)	N/A	#768H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
03:00:00	Mental Health (Grief Relief) Amy Exum & Nicole Rodriguez discuss grieving and the different stages of grief.	SFPBS	(S)	(CC)	N/A	#1264H
04:00:00	Healthy Living (Avoiding Processed Foods) Keeping it healthy though the holidays. Focus: How to avoid processed foods during the holidays and demonstrations on how to make homemade marinades, salad dressing, etc. Henry Guzman, RN (BHSF) - HOST Thi Squire, Grow2Heal, Community Garden Project Manager (HH) - GUEST Drew Thomason, Executive Chef (HH)	SFPBS	(S)	(CC)	N/A	#770H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
06:00:00	Alma's Way Howard Flies The Coop/Supper Surprise When Howard discovers he's afraid of pigeons, Alma and her friends try to help him get over it. When Alma is invited to have dinner with Andre and his dad, she feels nervous about what "mystery dish" they're going to serve.	PBS	(S)	(CC)	DVI	#130H
06:30:00	Scigirls Super Sleuths At a forensics summer camp, super sleuths Emi and friends team up with real forensic scientists to solve the mysterious theft of the priceless "Queen of the Forest" ceremonial mask.	PBSPL	(S)	(CC)	N/A	#210H
07:00:00	Wild Kratts Googly-Eye: The Night Guru The Kratt brothers secretly "borrow" Aviva's half finished night vision goggles to go in search of a mysterious nocturnal creature. But when the unstable goggles stop working, the brothers find themselves taken in by the nocturnal society of the tarsier. As they investigate, the Wild Kratts team discovers that nocturnal creatures only come out at night and learn that eyes help a creature see by collecting the light that comes from objects all around. But when the tarsier troop is in danger of losing one of their own, Chris and Martin must tap into their newfound understanding of nocturnal living and help the troubled tarsier family.	PBS	(S)	(CC)	N/A	#139H

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07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
08:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
08:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
10:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
10:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H

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11:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
12:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
13:00:00	Hippocrates Cafe: Reflections on the Pandemic The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed Finding time for romance when you have a full house. Plus, the meaning behind those steamy dreams. Then a men's sexual health physician talks about whether medications cause ED.	SFPBS	(S)	(CC)	N/A	#214H
14:30:00	Health Insiders Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)	SFPBS	(S)	(CC)	N/A	#1001H
15:00:00	Smartlife Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult	SFPBS	(S)	(CC)	N/A	#1801H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:58:00	Smartlife Focus: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. Ask the Expert Segment - Dr. Scarlet Constant 4. Diagnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Root	SFPBS	(S)	(CC)	N/A	#1805H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H

Daily Program Listing II
WPBTHC

Date: 03/27/2023

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Sat, Feb 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Concussion: Answers in the Blood? CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Hope Is Here Hank Baskett Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."	NETA	(S)	(CC)	N/A	#103H
18:30:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg Episode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has been battling weeds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Landscape that will serve as an example for her friends and neighbors to follow.	SFPBS	(S)	(CC)	N/A	#203H
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
20:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
22:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed Finding time for romance when you have a full house. Plus, the meaning behind those steamy dreams. Then a men's sexual health physician talks about whether medications cause ED.	SFPBS	(S)	(CC)	N/A	#214H
22:30:00	Health Insiders Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)	SFPBS	(S)	(CC)	N/A	#1001H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H

Sun, Feb 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
01:00:00	All About Cancer (After-Cancer Lifestyle Tips) Prevention and treatment. Ways to prevent some cancers; lifestyle, family history and more. Focus: Dr. geetha Nampiaparampil gives us some tips on a healthy lifestyle after cancer to try and calm your fears of a cancer recurrence.	SFPBS	(S)	(CC)	N/A	#761H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	All About Cancer (Breast Care) Breast Cancer and nutrition is the focus of a new book "Experts in Pink."	SFPBS	(S)	(CC)	N/A	#1255H
04:00:00	Health Trends (Weight-Loss Surgery) What's happening in Health. Find out the latest trends that contribute to a healthy life. Focus: Dr.Jorge Rabazza weighs in on a popular weight-loss surgery that can help you reach your goals.	SFPBS	(S)	(CC)	N/A	#762H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Alma's Way Too Corny/Alma Tags Along	PBS	(S)	(CC)	DVI	#119H
06:30:00	Scigirls Frog Whisperers When St. Louis SciGirls find the amphibian population in decline, they hop to it! Alanna, Madison, Amanda and Clara hit urban and rural sites to compare frog and toad calls and report on their amphibian neighbors.	PBSPL	(S)	(CC)	DVI	#301H
07:00:00	Wild Kratts Raptor Roundup Martin and Chris challenge themselves to ID as many hawks, eagles, owls, falcons and vultures as they can. But the evil endangered species chef, Gaston Gourmand has his own plan for the raptors and has been capturing them all in his quest to find the tastiest bird wing. Will the Wild Kratts team succeed in rescuing the raptors before they become Gourmand's next gourmet delicacy? They'll have to use everything they know about classification and birds of prey - to round up the raptors and return them to where they belong - living free and in the wild!	PBS	(S)	(CC)	N/A	#140H
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

Date: 03/27/2023
 Sun, Feb 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7602H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7603H
08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7604H
08:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7605H
08:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7606H
09:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7607H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
09:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
10:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H
11:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H

Daily Program Listing II
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Date: 03/27/2023

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Sun, Feb 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
12:00:00	Call The Midwife Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth.	PBS	(S)	(CC)	N/A	#801H
13:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
14:00:00	Health Insiders Focus- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cancer screenings 3. Dr. Gosha Brusovanik: Back pain (viewer questions)	SFPBS	(S)	(CC)	N/A	#1002H
14:30:00	Health Insiders Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children	SFPBS	(S)	(CC)	N/A	#1003H
15:00:00	Smartlife Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#1901H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:00:00	Smartlife Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment - Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey Epstein	SFPBS	(S)	(CC)	N/A	#1905H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0

Sun, Feb 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					
20:00:00	Concussion: Answers in the Blood?	APTEX	(S)	(CC)	N/A	#0H
	CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.					
21:00:00	The Mysteries of Mental Illness The New Frontiers	PBS	(S)	(CC)	N/A	#104H
	Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.					
22:00:00	Sex Talk with Dr. Lia The Abcs of Lubricants	SFPBS	(S)	(CC)	N/A	#215H
	There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1004H
	Focus- 1. Wilbert Fuente & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, ANN DEVELASCO: Women & heart disease 3. DR. MARCIO FAGUNDES: Proton therapy					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.					

Mon, Feb 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Plastic/ Cosmetic Surgery #763 Body restoration and reconstruction. Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Dr. Rafael Gottenger (BHSF)	SFPBS	(S)	(CC)	N/A	#763H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	All About Cancer (Urogenital System) Dr. Bruno Bastos discusses genitourinary cancer.	SFPBS	(S)	(CC)	N/A	#1259H
04:00:00	Staying Healthy (Stress Management) Living the Healthy Life. Disease prevention and healthy lifestyle info. Focus: Beth Ruhmann, CTRS, Community Health Program Coordinator teaches stress management and meditation for disease prevention and maintaining a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#764H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Full Body Alignment Proper alignment allows us to use our body the way it was designed to be used - without putting additional pressure or strain on the joints, muscles, or spine. In just 23 minutes, this all-standing workout will improve your posture and balance, increase your range of motion, and relieve aches and pains while strengthening your entire body.	APTEX	(S)	(CC)	N/A	#1401H
06:30:00	Wai Lana Yoga Keep Your Balance!	APTEX	(S)	(CC)	N/A	#216H
07:00:00	The Mysteries of Mental Illness The New Frontiers Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.	PBS	(S)	(CC)	N/A	#104H

Mon, Feb 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEx	(S)	(CC)	N/A	#111H
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEx	(S)	(CC)	N/A	#112H
10:00:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEx	(S)	(CC)	N/A	#1804H
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEx	(S)	(CC)	N/A	#1805H
11:00:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEx	(S)	(CC)	N/A	#112H
11:30:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEx	(S)	(CC)	N/A	#113H
12:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
13:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
14:00:00	Health Insiders Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders	SFPBS	(S)	(CC)	N/A	#1007H
14:30:00	Health Insiders Focus- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CARROL SCOTT Healthcare disparities 3. DR. JILL WAIBEL, MEL VALENZUELA Spray tan safety	SFPBS	(S)	(CC)	N/A	#1008H

Mon, Feb 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife 1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2201H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2205H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
18:00:00	Hippocrates Cafe: Reflections on the Pandemic The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
20:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Gerda That Remains More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.	APTEX	(S)	(CC)	N/A	#0H

Mon, Feb 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	<p>In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.</p>					
22:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	<p>Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.</p>					
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	<p>Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.</p>					

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Tue, Feb 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Pain Management (Cannabis) Cannabis industry: current state of affairs in Florida (laws), treatment uses, patient outcomes, issues pertaining to use in hospitals and financial details.	SFPBS	(S)	(CC)	N/A	#771H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	Brain Health (Stroke Help) Daniel D'Amour discusses stroke awareness.	SFPBS	(S)	(CC)	N/A	#1266H
04:00:00	All About Cancer (Cancer Updates) Prevention and treatment. Ways to prevent some cancers; lifestyle, family history and more Focus: Dr. Christopher Gomez updates us on the latest trends to prevent cancer.	SFPBS	(S)	(CC)	N/A	#772H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Classical Stretch: By Essentrics Hamstring Stretches Did you know that having healthy, flexible hamstrings will improve your overall posture? Your hips and hamstrings directly impact your pelvis and back. This 23 minute Classical Stretch workout will strengthen and stretch your ribs, shoulders, and back while liberating and rebalancing your hips and hamstrings so that you can stand taller and sit straighter.	APTEX	(S)	(CC)	N/A	#1402H
06:30:00	Wai Lana Yoga Abs and Thighs	APTEX	(S)	(CC)	N/A	#217H
07:00:00	Happy Yoga with Sarah Starr Fiery Ocean Sunset Allow the natural energy of the ocean waves and golden, fiery sunset to inspire your practice. Enjoy this intermediate yoga session as we flow slowly and gracefully through standing and seated poses creating more movement around the hips and hamstrings through an effective set of postures including lunges, forward folds and hip opening stretches.	NETA	(S)	(CC)	N/A	#602H

Tue, Feb 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
08:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
10:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
11:00:00	Innovations In Medicine PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD.	NETA	(S)	(CC)	N/A	#501H
11:30:00	Hope Is Here Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.	NETA	(S)	(CC)	N/A	#104H
12:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
12:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
13:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia The Abcs of Lubricants There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship.	SFPBS	(S)	(CC)	N/A	#215H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks	SFPBS	(S)	(CC)	N/A	#101H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H
15:59:00	Smartlife Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt	SFPBS	(S)	(CC)	N/A	#105H
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
18:30:00	Hope Is Here Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.	NETA	(S)	(CC)	N/A	#104H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H

Tue, Feb 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	I Go Home The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Hippocrates Cafe: Reflections on the Pandemic The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia The Abcs of Lubricants There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship.	SFPBS	(S)	(CC)	N/A	#215H
22:30:00	Health Insiders Focus: Arthritis exercise, functional medicine, depression	SFPBS	(S)	(CC)	N/A	#1109H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H

Wed, Mar 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Brain Health (Memory Tips) Memory, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer explain the latest techniques to improve your memory, learning and concentration.	SFPBS	(S)	(CC)	N/A	#775H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Mental Health (Latest Tips) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1291H
04:00:00	Spine & Back Care (Your Aching Back) Focus: Dr. Gosha Brusovanik explains the latest techniques for spine care to help ease your aching back.	SFPBS	(S)	(CC)	N/A	#776H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Upper Back Strength Get a strong, flexible upper back in this full body Classical Stretch workout. The standing exercises will help improve your posture and stretch your chest muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire torso to help you gain a strong, flexible back.	APTEX	(S)	(CC)	N/A	#1403H
06:30:00	Wai Lana Yoga Sit Awhile	APTEX	(S)	(CC)	N/A	#218H
07:00:00	The Mysteries of Mental Illness The New Frontiers Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.	PBS	(S)	(CC)	N/A	#104H

Wed, Mar 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
10:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
11:00:00	Conscious Living Future Forward The Jetsons, Back to the Future, and the Minority Report all paint a fantastic picture of what the future will look like--flying self driving cars, anyone? But there are many ideas, innovations and communities that give us an experience of what a better future looks like right now. Buckle your seatbelts and take a leap forward with us as we visit sustainable Singapore. There we dig into its melting pot, which harmoniously integrates race, religion and culture into some of the tastiest street food in the world. In Indonesia we tap into our ancient roots to uncover pearls of wisdom for a better tomorrow. Then we ride on the cutting edge of the cruelty free movement in Italy, with a carbon zero vegan leather factory outfitting the world's top sports cars.	NETA	(S)	(CC)	N/A	#112H
11:30:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
12:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
13:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
15:00:00	Smartlife Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner	SFPBS	(S)	(CC)	N/A	#201H

Wed, Mar 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#205H
	Focus: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. Metee Comkornuecha, Nicklaus Children’s Hospital 3. Ask The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation - Dr. Jose Vargas					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
	In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.					
18:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."					
20:00:00	Gerda That Remains	APTEX	(S)	(CC)	N/A	#0H
	More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.					
21:00:00	I Go Home	APTEX	(S)	(CC)	N/A	#0H
	The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.					
22:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Sports Medicine (Self-Defense Tips) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Jerome Turner , gym owner, has some unique exercises and moves to address the growing problem of bullying and self-defense.	SFPBS	(S)	(CC)	N/A	#777H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Plastic/Cosmetic Surgery (Cell Phone Neck) Dr. Jacob Steiger discusses text neck.	SFPBS	(S)	(CC)	N/A	#1293H
04:00:00	Primary Care (Dangerous Diseases) Infection control: overview of major threats such as Ebola and Zika; actions to keep patients and families healthy and safe. Focus: Nurse Barbara Russell , Director of Infection Control and Prevention Services alerts viewers to the growing threat of exotic diseases like Ebola and Zika, and the basics of infection control.	SFPBS	(S)	(CC)	N/A	#780H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Improve Your Posture Unlock your spine by stretching and lubricating connective tissue in your back, chest and core. By gently and effectively working on your range of motion, your joints in your spine, hips and feet will feel liberated, making you feel taller. This beginner, full-body workout is a great way to improve your posture at your own pace.	APTEX	(S)	(CC)	N/A	#1404H
06:30:00	Wai Lana Yoga Breathe Away Your Stress	APTEX	(S)	(CC)	N/A	#219H
07:00:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	I Go Home The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
10:00:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
11:00:00	Innovations In Medicine PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD.	NETA	(S)	(CC)	N/A	#501H
11:30:00	Hope Is Here Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.	NETA	(S)	(CC)	N/A	#104H
12:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
12:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
13:00:00	The Mysteries of Mental Illness The New Frontiers Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.	PBS	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex Studies continue to highlight the many benefits of the physical act of intimacy, plus why self-exams are so important in preventing breast and testicular cancer, then a therapist discusses healing after sexual trauma.	SFPBS	(S)	(CC)	N/A	#216H
14:30:00	Health Insiders Focus: 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVANIK, patient: Spine surgery (Patient story – Paola) 3. DR. MARCIO FAGUNDES Proton therapy & clinical trials	SFPBS	(S)	(CC)	N/A	#1012H
15:00:00	Smartlife Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castellon 2. Thai Chi – Alex Rivas, Body & Brain Pinecrest 3. Glaucoma - Dr. Barry Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism Siblings - Natalie and Jose Roman	SFPBS	(S)	(CC)	N/A	#301H
15:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H
15:58:00	Smartlife Focus: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home - Torre Washington, body builder 3. What is Occupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5. Online Dating - Paula Levine, PHD	SFPBS	(S)	(CC)	N/A	#305H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Gerda That Remains More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	I Go Home The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H

Thu, Mar 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	The Mysteries of Mental Illness The New Frontiers Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.	PBS	(S)	(CC)	N/A	#104H
22:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex Studies continue to highlight the many benefits of the physical act of intimacy, plus why self-exams are so important in preventing breast and testicular cancer, then a therapist discusses healing after sexual trauma.	SFPBS	(S)	(CC)	N/A	#216H
22:30:00	Health Insiders Focus- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVANIK, patient: Spine surgery (Patient story – Paola) 3. DR. MARCIO FAGUNDES Proton therapy & clinical trials	SFPBS	(S)	(CC)	N/A	#1012H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Maternity Care (Pregnancy Tips) Everything you need to know about pregnancy, childbirth and post-partum care. Focus: Dr. Victoria Bedel, Dr.Sarah Bedell and Dr. Joanna Bedell have the latest updates on current birth control options and family planning.	SFPBS	(S)	(CC)	N/A	#782H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Health Trends (Hernia Help) Dr. Gonzalez Ramos discusses minimally invasive and robotic surgery treatment options for hernias.	SFPBS	(S)	(CC)	N/A	#1295H
04:00:00	Staying Healthy (Yoga Lifestyle) Disease prevention and healthy lifestyle info. Focus: Yoga expert and teacher Leslie Glickman shows us the benefits of Yoga against disease, and how to get started.	SFPBS	(S)	(CC)	N/A	#785H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Classical Stretch: By Essentrics Leg Toning Release joint tension and activate the stabilizer muscles in your core and legs, while you stretch and strengthen all 650 muscles and tone your lower body. By working gently yet effectively, you'll also liberate your hips, which will help improve your gait and balance. This full-body standing and floor workout will leave your body feeling energized throughout the day.	APTEX	(S)	(CC)	N/A	#1405H
06:30:00	Wai Lana Yoga Do It All!	APTEX	(S)	(CC)	N/A	#220H
07:00:00	The Mysteries of Mental Illness The New Frontiers Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.	PBS	(S)	(CC)	N/A	#104H

Fri, Mar 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEx	(S)	(CC)	N/A	#111H
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEx	(S)	(CC)	N/A	#112H
10:00:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEx	(S)	(CC)	N/A	#1703H
10:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEx	(S)	(CC)	N/A	#1704H
11:00:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
11:30:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEx	(S)	(CC)	N/A	#107H
12:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
13:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction	SFPBS	(S)	(CC)	N/A	#1015H

Fri, Mar 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann	SFPBS	(S)	(CC)	N/A	#401H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:58:00	Smartlife Focus: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exercise Research - Lia Jiannine, PhD 3. Reducing Cardiovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the Expert - Dr. Ricardo Castellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#405H
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
17:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
20:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H

Fri, Mar 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	<p>In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.</p>					
22:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	<p>Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.</p>					
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
	<p>Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
01:00:00	Staying Healthy (Supermom Healthy Lifestyle) Disease prevention and healthy lifestyle info. Focus: Sandi Glandt, fitness expert, spotlights her Miracle Mom Morning. The wellness guru shows us the importance of Supermom staying healthy, so Moms can take care of everyone else.	SFPBS	(S)	(CC)	N/A	#786H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
03:00:00	Sports Medicine (Shoulder Issues) Dr. Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendinopathy/bursitis, calcific tendinitis, rotator cuff tears & arthritis.	SFPBS	(S)	(CC)	N/A	#1297H
04:00:00	Kids & Teens (Kids Headaches) Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Dr. Mario Zambrano has the latest methods for dealing with migraines and headaches in kids and teenagers.	SFPBS	(S)	(CC)	N/A	#787H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
06:00:00	Alma's Way Chacho Gets A Bath/Frankie's Four Feet	PBS	(S)	(CC)	DVI	#128H
06:30:00	Scigirls Flower Power SciGirls spring into action! Minnesota sixth-grader Jordan gathers her girls to track changes in flowers and plants as spring emerges, and celebrates by creating a sculpture and a time-lapse video of the season's arrival.	PBSPL	(S)	(CC)	DVI	#302H
07:00:00	Wild Kratts Adapto The Coyote	PBS	(S)	(CC)	N/A	#613H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7602H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7603H
08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7604H
08:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7605H
08:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7606H
09:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7607H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
09:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
10:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H

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11:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
11:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
12:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					
13:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia The Abcs of Lubricants	SFPBS	(S)	(CC)	N/A	#215H
	There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
	Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#105H
	Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt					
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	SFPBS	(S)	(CC)	N/A	#104H
	Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease					
18:30:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola	SFPBS	(S)	(CC)	N/A	#204H
	Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.					
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
	In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.					
22:00:00	Sex Talk with Dr. Lia The Abcs of Lubricants	SFPBS	(S)	(CC)	N/A	#215H
	There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship.					
22:30:00	Health Insiders Focus: Arthritis exercise, functional medicine, depression	SFPBS	(S)	(CC)	N/A	#1109H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Brain Health (Memory Tips) Memory, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer explain the latest techniques to improve your memory, learning and concentration.	SFPBS	(S)	(CC)	N/A	#775H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Mental Health (Latest Tips) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1291H
04:00:00	Spine & Back Care (Your Aching Back) Focus: Dr. Gosha Brusovanik explains the latest techniques for spine care to help ease your aching back.	SFPBS	(S)	(CC)	N/A	#776H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Alma's Way All About Alma/Alma's Playdate When Alma is consumed with her starring role in a musical, she doesn't understand why her friends aren't happy for her. / Alma helps Harper feel at home during a playdate at the Rivera house.	PBS	(S)	(CC)	DVI	#129H
06:30:00	Scigirls Skygirls Virginia SciGirls Emma, Lauren and Madison have the ultimate "stratus update!" Teaming up with NASA scientists, they identify clouds from the ground and compare their data with satellite images, ultimately creating a "mostly cloudy" museum display.	PBSPL	(S)	(CC)	DVI	#303H
07:00:00	Wild Kratts When Fish Fly Martin and Chris challenge Koki and Aviva to a contest about who has the most challenging job. In their quest to win this challenge, the gang uncovers an unlikely animal partner that could ultimately lead either team to victory...or defeat.	PBS	(S)	(CC)	N/A	#302H

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07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
08:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
08:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H
08:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H
09:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
09:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
10:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H
10:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#1606H

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11:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
12:00:00	Call The Midwife See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness.	PBS	(S)	(CC)	N/A	#802H
13:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
15:00:00	Smartlife Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner	SFPBS	(S)	(CC)	N/A	#201H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:57:00	Smartlife Focus: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. Metee Comkornruecha, Nicklaus Children's Hospital 3. Ask The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation - Dr. Jose Vargas	SFPBS	(S)	(CC)	N/A	#205H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Unmasking Hope UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.	NETA	(S)	(CC)	N/A	#0H

Sun, Mar 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
20:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex Studies continue to highlight the many benefits of the physical act of intimacy, plus why self-exams are so important in preventing breast and testicular cancer, then a therapist discusses healing after sexual trauma.	SFPBS	(S)	(CC)	N/A	#216H
22:30:00	Health Insiders Focus- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVANIK, patient: Spine surgery (Patient story – Paola) 3. DR. MARCIO FAGUNDES Proton therapy & clinical trials	SFPBS	(S)	(CC)	N/A	#1012H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H

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Mon, Mar 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Sports Medicine (Self-Defense Tips) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Jerome Turner , gym owner, has some unique exercises and moves to address the growing problem of bullying and self-defense.	SFPBS	(S)	(CC)	N/A	#777H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Plastic/Cosmetic Surgery (Cell Phone Neck) Dr. Jacob Steiger discusses text neck.	SFPBS	(S)	(CC)	N/A	#1293H
04:00:00	Primary Care (Dangerous Diseases) Infection control: overview of major threats such as Ebola and Zika; actions to keep patients and families healthy and safe. Focus: Nurse Barbara Russell , Director of Infection Control and Prevention Services alerts viewers to the growing threat of exotic diseases like Ebola and Zika, and the basics of infection control.	SFPBS	(S)	(CC)	N/A	#780H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Upper Back & Posture Increase your range of motion in your hips and shoulders to strengthen your upper back and improve your posture. In this episode specific isolation exercises are done to stabilize muscles and joints, and correct imbalances due to weaknesses that often occur after an injury or a sedentary lifestyle. Combined with large sweeping movements, this rejuvenating workout will rebalance your body, liberate your shoulders and improve your overall posture.	APTEX	(S)	(CC)	N/A	#1406H
06:30:00	Wai Lana Yoga Tone Your Back	APTEX	(S)	(CC)	N/A	#221H
07:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H

Mon, Mar 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEx	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEx	(S)	(CC)	N/A	#114H
10:00:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEx	(S)	(CC)	N/A	#1705H
10:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEx	(S)	(CC)	N/A	#1706H
11:00:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEx	(S)	(CC)	N/A	#114H
11:30:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEx	(S)	(CC)	N/A	#115H
12:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
13:00:00	Call The Midwife Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant.	PBS	(S)	(CC)	N/A	#804H
14:00:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction	SFPBS	(S)	(CC)	N/A	#1016H
14:30:00	Health Insiders Focus - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN TERRANY Self love	SFPBS	(S)	(CC)	N/A	#1018H

Mon, Mar 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco	SFPBS	(S)	(CC)	N/A	#501H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quintairo 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association	SFPBS	(S)	(CC)	N/A	#505H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
20:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H

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Mon, Mar 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					

Daily Program Listing II
WPBTHC

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Tue, Mar 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Healthy Living (Heart Disease and Women) Medical experts share the essential factors of a healthy lifestyle. Focus: Dr. Bernie Silverstein, cardiologist explains what Angina is, and the real threat to women and heart disease.	SFPBS	(S)	(CC)	N/A	#790H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
03:00:00	Kids & Teens (Infant Heart Help) Dr. Madaleen Mas discusses the fetal cardiology program at South Miami Hospital. Focus: Common pediatric heart conditions.	SFPBS	(S)	(CC)	N/A	#1302H
04:00:00	Staying Healthy (Thyroid Tips) Disease prevention and healthy lifestyle info. Focus: Dr.Lara Paraskos brings up the growing problem of thyroid nodules which can lead to thyroid cancer.	SFPBS	(S)	(CC)	N/A	#791H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
06:00:00	Classical Stretch: By Essentrics Back Pain Relief Moving the spine in all directions, the way it was designed to move, can help reduce back pain. In this easy-to-follow standing and barre workout you'll relieve tension in the lower back with posture and hip isolation exercises. Plus you'll release, stretch and strengthen your psoas and hamstrings to help keep you pain-free!	APTEX	(S)	(CC)	N/A	#1407H
06:30:00	Wai Lana Yoga Stiff Knees and Tight Shoulders?	APTEX	(S)	(CC)	N/A	#222H
07:00:00	Happy Yoga with Sarah Starr Red Rock Sunset Bask in the glorious red rock sunset as we enjoy a modified seated yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more mobility and flexibility in the hands, neck, chest, shoulders, back, hips and more.	NETA	(S)	(CC)	N/A	#603H

Tue, Mar 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
08:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
10:00:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
10:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
11:00:00	Innovations In Medicine Air Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disease, Migraine and Headaches, Knee Pain.	NETA	(S)	(CC)	N/A	#502H
11:30:00	Hope Is Here Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	NETA	(S)	(CC)	N/A	#105H
12:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H
12:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H

Tue, Mar 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex Studies continue to highlight the many benefits of the physical act of intimacy, plus why self-exams are so important in preventing breast and testicular cancer, then a therapist discusses healing after sexual trauma.	SFPBS	(S)	(CC)	N/A	#216H
14:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants	SFPBS	(S)	(CC)	N/A	#1019H
15:00:00	Smartlife Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:27:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
16:00:00	Smartlife Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS	(S)	(CC)	N/A	#605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard The Johnson Family - Odessa	WUCF	(S)	(N)	N/A	#205H
18:30:00	Hope Is Here Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	NETA	(S)	(CC)	N/A	#105H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

Tue, Mar 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.					
20:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.					
21:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					
22:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex	SFPBS	(S)	(CC)	N/A	#216H
	Studies continue to highlight the many benefits of the physical act of intimacy, plus why self-exams are so important in preventing breast and testicular cancer, then a therapist discusses healing after sexual trauma.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
	Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants					
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.					

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Wed, Mar 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Living Well (Holiday Stress Tips) Handling stress and anxiety during the holidays through meditation and yoga. Focus: Joann Santiago-Charles, exercise physiologist and Peter Calin, yoga instructor show us new methods of yoga exercises that will help calm your nerves during the busy holiday season.	SFPBS	(S)	(CC)	N/A	#792H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
03:00:00	Health Trends (Heart Help) Dr. Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Treating the whole patient.	SFPBS		(N)	N/A	#1304H
04:00:00	Spine & Back Care (Spine Fractures) Dr. Gosha Brusovanik discusses spine fractures caused by osteoporosis.	SFPBS	(S)	(CC)	N/A	#795H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
06:00:00	Classical Stretch: By Essentrics Calf & Knee Join Miranda for an all standing, neuromuscular workout. Through gentle and controlled movements, and imagery designed to engage your mind, your body including your knees and calves will be stretched and strengthened to help prevent injury. As an added bonus, you'll also work to increase your hip's range of motion, which will help you move faster and more easily throughout your day.	APTEX	(S)	(CC)	N/A	#1408H
06:30:00	Wai Lana Yoga Reach for the Sky	APTEX	(S)	(CC)	N/A	#223H

Wed, Mar 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
10:00:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
10:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
11:00:00	Conscious Living What We're Hopeful For During dark times, it can be tough to stay positive about the future. So on this episode, we're bringing you a dose of inspiration. We jet off to Hong Kong for an upcycled fashion show that turns trash into couture treasure. Then we go behind bars, where Bhakti yoga is bringing inner freedom and faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets of Oakland, California for an uplifting musical performance from mindful folk artist Mikey Pauker.	NETA	(S)	(CC)	N/A	#113H
11:30:00	Flip My Florida Yard The Johnson Family - Odessa	WUCF	(S)	(N)	N/A	#205H
12:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
13:00:00	Call The Midwife Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant.	PBS	(S)	(CC)	N/A	#804H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1021H
14:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1022H
15:00:00	Smartlife Focus: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and Kyphoplasty - Dr. Jose Mena 3. Sleep Apnea - Dr. Richard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5. Getting the Most out of your Office Visit - Dr. Perry Krichmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver	SFPBS	(S)	(CC)	N/A	#701H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	SFPBS	(S)	(CC)	N/A	#705H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Unmasking Hope UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.	NETA	(S)	(CC)	N/A	#0H
18:30:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
20:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101

Wed, Mar 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.					
22:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
	Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.					
22:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.					
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.					

Thu, Mar 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Primary Care (Healthy Habits for the New Year) Dr. Forster discusses five ways to stick to your New Year's Resolution and start the year with new healthy habits that are achievable.	SFPBS	(S)	(CC)	N/A	#796H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Living Well (Wellness Trends) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1306H
04:00:00	Sports Medicine (Prenatal& Post-Birth Fitness) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Dr. Papp and Monica Gonzalez discuss prenatal fitness and regaining fitness post-birth and share advice and tips on how to lose weight and/or get in shape after a lapse or setback, such as the holidays or a medical condition.	SFPBS	(S)	(CC)	N/A	#797H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Spine Strengthening Strengthening the spine reduces stress on the spinal discs and joints, protects against injury and is one of the best ways to prevent back pain. Featuring standing and floor work, this rejuvenating workout will help develop a stable and aligned spine by strengthening the entire core musculature, from the abdominals to the entire back. With a strong back, you'll feel liberated and able to perform daily tasks with ease.	APTEX	(S)	(CC)	N/A	#1409H
06:30:00	Wai Lana Yoga Complete Yoga Breathing	APTEX	(S)	(CC)	N/A	#224H
07:00:00	Flip My Florida Yard Gainesville	WUCF	(S)	(N)	N/A	#101H

Thu, Mar 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
10:00:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
11:00:00	Innovations In Medicine Air Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disease, Migraine and Headaches, Knee Pain.	NETA	(S)	(CC)	N/A	#502H
11:30:00	Hope Is Here Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	NETA	(S)	(CC)	N/A	#105H
12:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H
12:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H

Thu, Mar 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life A sexual health coach explains how hormones affect your sex life, plus we discuss treatments for ED if the pills stop working and offer some tips to help you last longer in bed.	SFPBS	(S)	(CC)	N/A	#217H
14:30:00	Health Insiders Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms	SFPBS	(S)	(CC)	N/A	#1023H
15:00:00	Smartlife Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff	SFPBS	(S)	(CC)	N/A	#801H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00	Smartlife Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrfacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples	SFPBS	(S)	(CC)	N/A	#805H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
18:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H

Thu, Mar 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.					
21:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.					
22:00:00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life	SFPBS	(S)	(CC)	N/A	#217H
	A sexual health coach explains how hormones affect your sex life, plus we discuss treatments for ED if the pills stop working and offer some tips to help you last longer in bed.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023H
	Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms					
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	All About Cancer (Thyroid Cancer Awareness Month) Ways to prevent some cancers; lifestyle, family history and more. Dr. Udelsman discusses thyroid cancer and thyroid surgeries in honor of January, which is thyroid awareness month.	SFPBS	(S)	(CC)	N/A	#800H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Healthy Living (Blood Disorders) Dr. Victor Guardiola discusses sickle cell disease, in support of World Sickle Cell Day. Focus: Treatment of other blood disorders.	SFPBS	(S)	(CC)	N/A	#1309H
04:00:00	Maternity Care (Menstruation During Pregnancy) Dr. Kenward discusses menstrual abnormalities (PCOS)and normal and abnormal vaginal discharges.	SFPBS	(S)	(CC)	N/A	#801H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Full Body Workout Rev up your body with this zero impact, cardio workout that won't stress your joints. This all standing, invigorating workout features exercises that tone your abs and strengthen your hips. The flowing rotational movements will unlock your joints, improve your circulation and give you that after workout glow.	APTEX	(S)	(CC)	N/A	#1410H
06:30:00	Wai Lana Yoga Netia Cleansing Technique	APTEX	(S)	(CC)	N/A	#225H

Fri, Mar 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
10:00:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
10:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
11:00:00	Flip My Florida Yard The Johnson Family - Odessa	WUCF	(S)	(N)	N/A	#205H
11:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
12:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
13:00:00	Call The Midwife Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant.	PBS	(S)	(CC)	N/A	#804H
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
15:00:00	Smartlife Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#901H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY	SFPBS	(S)	(CC)	N/A	#905H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
20:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101

Fri, Mar 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
	<p>Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.</p>					
22:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	<p>Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.</p>					
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	<p>As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Plastic/Cosm. Surgery (Injectable Fillers,Botox) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Focus: Physician Assistant, Reana Myers, discusses Botox and injectable/fillers.	SFPBS	(S)	(CC)	N/A	#802H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
03:00:00	Heart Health (Mri Imaging) Dr. Ricardo Cury & Dr. Constantino Pena discuss the landmark new MRI technology. Focus: The benefits of this type of imaging for patients.	SFPBS	(S)	(CC)	N/A	#1313H
04:00:00	All About Cancer (Thyroid Cancer) Ways to prevent some cancers; lifestyle, family history and more. Focus: Dr. John DeRosimo, thoracic surgeon, discusses thyroid cancer surgery and treatments.	SFPBS	(S)	(CC)	N/A	#805H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
06:00:00	Alma's Way Alma The Artist/Bomba Or Baseball Mr. Huda holds a contest to design a mural for his store gate, and Alma's design is the winner! Andre volunteers to help Alma paint the mural, but begins adding his own ideas without asking. Can Alma speak up for herself and her vision? When Uncle Nestor's Bomba dance show and the first baseball game of the season are scheduled for the same day, Alma must decide whether she'll honor her commitment to dance Bomba, or skip the performance to watch her favorite team play	PBS	(S)	(CC)	DVI	#102H
06:30:00	Scigirls Butterfly Diaries Mimi and her friends explore a Minnesota milkweed patch, counting monarchs to help scientists track the butterfly population. These SciGirls then raise monarch caterpillars, and use a video diary to capture their metamorphosis into butterflies.	PBSPL	(S)	(CC)	DVI	#304H
07:00:00	Wild Kratts The Great Froggyback Ride The Wild Kratts are creature adventuring in the Amazon when they accidentally get miniaturized. A mischievous monkey makes off with the Miniaturizer and the team must rely on the creature powers of the poison frog, going on a wild froggyback ride to rescue the Miniaturizer, or stay mini-sized forever! Curriculum: Coloration and mimicry.	PBS	(S)	(CC)	N/A	#610H

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07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
08:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
08:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H
08:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H
09:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
09:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
10:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H
10:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#1606H

Sat, Mar 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
12:00:00	Unmasking Hope UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.	NETA	(S)	(CC)	N/A	#0H
13:30:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex Studies continue to highlight the many benefits of the physical act of intimacy, plus why self-exams are so important in preventing breast and testicular cancer, then a therapist discusses healing after sexual trauma.	SFPBS	(S)	(CC)	N/A	#216H
14:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants	SFPBS	(S)	(CC)	N/A	#1019H
15:00:00	Smartlife Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:27:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
16:00:00	Smartlife Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS	(S)	(CC)	N/A	#605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Art + Medicine: Healthy Aging Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Hope Is Here Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	NETA	(S)	(CC)	N/A	#105H
18:30:00	Flip My Florida Yard The Johnson Family - Odessa	WUCF	(S)	(N)	N/A	#205H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
20:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
21:00:00	A Good Life Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex Studies continue to highlight the many benefits of the physical act of intimacy, plus why self-exams are so important in preventing breast and testicular cancer, then a therapist discusses healing after sexual trauma.	SFPBS	(S)	(CC)	N/A	#216H
22:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants	SFPBS	(S)	(CC)	N/A	#1019H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H

Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Living Well (Holiday Stress Tips) Handling stress and anxiety during the holidays through meditation and yoga. Focus: Joann Santiago-Charles, exercise physiologist and Peter Calin, yoga instructor show us new methods of yoga exercises that will help calm your nerves during the busy holiday season.	SFPBS	(S)	(CC)	N/A	#792H
02:00:00	Time Change Placeholder-Daylight Saving			(N)	N/A	#0H
03:00:00	Health Trends (Heart Help) Dr. Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Treating the whole patient.	SFPBS		(N)	N/A	#1304H
04:00:00	Spine & Back Care (Spine Fractures) Dr. Gosha Brusovanik discusses spine fractures caused by osteoporosis.	SFPBS	(S)	(CC)	N/A	#795H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
06:00:00	Alma's Way Alma The Artist/Bomba Or Baseball Mr. Huda holds a contest to design a mural for his store gate, and Alma's design is the winner! Andre volunteers to help Alma paint the mural, but begins adding his own ideas without asking. Can Alma speak up for herself and her vision? When Uncle Nestor's Bomba dance show and the first baseball game of the season are scheduled for the same day, Alma must decide whether she'll honor her commitment to dance Bomba, or skip the performance to watch her favorite team play	PBS	(S)	(CC)	DVI	#102H
06:30:00	Scigirls Feathered Friends Regina, Schuyler and Anayia hit the streets of Denver to investigate what makes a good urban bird habitat, and transform a city school garden into a welcoming home for any flock of feathered friends.	PBSPL	(S)	(CC)	DVI	#305H
07:00:00	Wild Kratts Under Frozen Pond The Wild Kratts and Wild Kratts kids go on an underwater adventure to discover how pond animals survive in the winter.	PBS	(S)	(CC)	N/A	#305H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	Vida Y Salud Segment 1 In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.	SFPBS	(S)	(CC)	N/A	#2501H

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08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
08:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H
09:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H
<p>In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.</p>						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
10:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
11:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H
11:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
11:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H

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11:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
11:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
12:00:00	Call The Midwife Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect.	PBS	(S)	(CC)	N/A	#803H
13:00:00	Call The Midwife Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant.	PBS	(S)	(CC)	N/A	#804H
14:00:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1021H
14:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1022H
15:00:00	Smartlife Focus: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and Kyphoplasty - Dr. Jose Mena 3. Sleep Apnea - Dr. Richard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5. Getting the Most out of your Office Visit - Dr. Perry Krichmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver	SFPBS	(S)	(CC)	N/A	#701H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	SFPBS	(S)	(CC)	N/A	#705H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
18:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

Sun, Mar 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
20:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.					
21:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
22:00:00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life	SFPBS	(S)	(CC)	N/A	#217H
	A sexual health coach explains how hormones affect your sex life, plus we discuss treatments for ED if the pills stop working and offer some tips to help you last longer in bed.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023H
	Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms					
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	Primary Care (Healthy Habits for the New Year) Dr. Forster discusses five ways to stick to your New Year's Resolution and start the year with new healthy habits that are achievable.	SFPBS	(S)	(CC)	N/A	#796H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Living Well (Wellness Trends) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1306H
04:00:00	Sports Medicine (Prenatal& Post-Birth Fitness) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Dr. Papp and Monica Gonzalez discuss prenatal fitness and regaining fitness post-birth and share advice and tips on how to lose weight and/or get in shape after a lapse or setback, such as the holidays or a medical condition.	SFPBS	(S)	(CC)	N/A	#797H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Glute & Hip Stretch Work from head-to-toe as you stretch the entire body in this feel good Classical Stretch workout. Through twisting the spine you'll liberate your upper body and shoulders. Through finger exercises you'll relieve neck and shoulder pain. As you continue with barre work, you'll release tension in your hips and spine so that you can stretch and strengthen your glutes and hamstrings.	APTEX	(S)	(CC)	N/A	#1411H
06:30:00	Wai Lana Yoga Netia Cleansing Technique	APTEX	(S)	(CC)	N/A	#225H
07:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101

Mon, Mar 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant.	PBS	(S)	(CC)	N/A	#804H
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
11:00:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
11:30:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H
12:00:00	Call The Midwife Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.	PBS	(S)	(CC)	N/A	#805H
13:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H
14:00:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
14:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
15:00:00	Smartlife Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer	SFPBS	(S)	(CC)	N/A	#1001H

Mon, Mar 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1005H
	Focus: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Care - Coralie Patterson and Richard Shutes, JCSFL 3. Hair Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understanding Where Eating Disorders Come From - Melissa Spann, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.					
18:00:00	Nova The Truth About Fat	NPS	(S)	(CC)	N/A	#4706
	Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.					
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					
20:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.					
21:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
22:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					

Mon, Mar 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H

The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.

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Tue, Mar 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
01:00:00	Dermatology (Effect of Diet & Nutrition On Skin) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth. Dr. Longwill and Unni Greene discuss the effects of diet and nutrition on the skin and share ways to improve the skin through a combination of a healthy diet and dermatological treatments.	SFPBS	(S)	(CC)	N/A	#807H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Spine & Back Care (Your Aching Back) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#1315H
04:00:00	Healthy Living (Spine Surgery) Medical experts share the essential factors of a healthy lifestyle. Focus; Dr. Henry Guzman hosts today's show in which Dr. Jonathan Gottlieb, orthopedic spine surgeon discusses spine surgery.	SFPBS	(S)	(CC)	N/A	#810H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
06:00:00	Classical Stretch: By Essentrics Spine Flexibility Working your spine through flexion, extension, lateral and rotational movements will help you gain greater flexibility in your spine and also your neck and hips! With this energizing standing and floor workout, you'll stretch tight glutes and hamstrings, which will liberate you spine too. Plus, there are exercises for ankle mobility to help increase your walking and running speed.	APTEX	(S)	(CC)	N/A	#1412H
06:30:00	Wai Lana Yoga A Healthy Appetite	APTEX	(S)	(CC)	N/A	#301H
07:00:00	Happy Yoga with Sarah Starr Autumn Leaves Bask in the golden leaves of autumn as you connect to your core with a dynamic intermediate flow practice. Including postures that will help to strengthen your abdominals, legs and thighs, creating greater ease of movement and better posture in your daily life.	NETA	(S)	(CC)	N/A	#604H

Tue, Mar 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
08:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
10:00:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
11:00:00	Innovations In Medicine Cannabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spine, Hip Replacement.	NETA	(S)	(CC)	N/A	#503H
11:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.	NETA	(S)	(CC)	N/A	#106H
12:00:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H
12:30:00	Medical Frontiers Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.	APTEX	(S)	(CC)	N/A	#118H
13:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life A sexual health coach explains how hormones affect your sex life, plus we discuss treatments for ED if the pills stop working and offer some tips to help you last longer in bed.	SFPBS	(S)	(CC)	N/A	#217H
14:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
15:00:00	Smartlife Focus: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Julia E. 3. Risk Factors for Diabetes - Lois Exelbert, RN 4. Body, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna Werner, RD	SFPBS	(S)	(CC)	N/A	#1101H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:58:00	Smartlife Focus: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understanding Your Breast Cancer Risk, Dr. Jane Mendez 3. Fire Safety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and Depression in Children and Teens, Dr. Daniel Bober	SFPBS	(S)	(CC)	N/A	#1105H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
18:00:00	Flip My Florida Yard Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
18:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.	NETA	(S)	(CC)	N/A	#106H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
20:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
22:00:00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life	SFPBS	(S)	(CC)	N/A	#217H
	A sexual health coach explains how hormones affect your sex life, plus we discuss treatments for ED if the pills stop working and offer some tips to help you last longer in bed.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
	Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.					

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Wed, Mar 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Pain Management (Neck & Shoulder Pain) Dr. Mena discusses neck vs. shoulder pain	SFPBS	(S)	(CC)	N/A	#812H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Sports Medicine (Phys Therapy Help for Elderly) Ron Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, gait, balance & flexibility.	SFPBS	(S)	(CC)	N/A	#1320H
04:00:00	Heart Health #1136 (Aspirin and Heart Health) Dr. Hamburg discusses cardiovascular disease risks. Focus: Life's Simple 7, addressing the question of whether to take Aspirin or not and how much of it.	SFPBS	(S)	(CC)	N/A	#1136H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Classical Stretch: By Essentrics Glute Toning Powerful glutes play a key role in how efficiently your body moves. Keeping them toned and strong can relieve back pain and prevent injury. You'll also work on feet and hip alignment, and move in ways to increase your range of motion in this Classical Stretch episode. Perfect for beginners, the easy-to-follow full body movements will keep you energized throughout your day.	APTEX	(S)	(CC)	N/A	#1413H
06:30:00	Wai Lana Yoga Strong As A Tree, Lithe As A Snake	APTEX	(S)	(CC)	N/A	#302H
07:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H

Wed, Mar 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant.	PBS	(S)	(CC)	N/A	#804H
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
10:00:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
10:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
11:00:00	Conscious Living Vegan In Vegas What happens in Vegas, stays in Vegas! Join us on a quest to find out if mindfulness can be a winning bet when traveling to Sin City. After checking into the greenest luxury hotel in town, we search for Vegas' hidden conscious gems. First, we venture on a 34-mile scenic nature drive to a beautiful hike through nearby Red Rock Canyon National Park. Then, Bianca doubles down on compassion with rescued farm animals at a sanctuary just minutes from the strip, and meditation at a Hindu temple behind the world-famous Hell's Kitchen restaurant. Finally, Michael rolls the dice to see if he can make vegan crab cakes that taste like real thing at the first plant-based culinary school in the United States.	NETA	(S)	(CC)	N/A	#201H
11:30:00	Flip My Florida Yard Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
12:00:00	Call The Midwife Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.	PBS	(S)	(CC)	N/A	#805H
13:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H
14:00:00	Health Insiders Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders	SFPBS	(S)	(CC)	N/A	#1007H
14:30:00	Health Insiders Focus - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN TERRANY Self love	SFPBS	(S)	(CC)	N/A	#1018H
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H

Wed, Mar 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
	Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
	UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.					
18:30:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
	Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.					
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.					
20:00:00	Nova The Truth About Fat	NPS	(S)	(CC)	N/A	#4706
	Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.					
21:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.					

Thu, Mar 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	Spine & Back Care (Aching Back Treatments) Focus: Dr. Gosha Brusovanik from Baptist Health, has the latest techniques to treat your aching back for a pain-free life. Spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#815H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Primary Care (Flu Shot Update) Dr. Vazquez explains the importance of getting vaccinated . Focus: Protecting yourself during flu season.	SFPBS	(S)	(CC)	N/A	#1325H
04:00:00	Mental Health (Emotional Wellness) Focus: Diana de la Lanza discusses the need for mental health services in our schools and what systems are currently in place.	SFPBS	(S)	(CC)	N/A	#816H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Hip Strengthening Learn to exercise slowly yet powerfully to strengthen your entire body! In this all-standing workout, Miranda shows you how to work through the muscle chains of the legs to get stronger hips. Plus, arms, hands and wrists are stretched to improve posture and relieve neck pain. This episode is great for those who want to improve their strength and overall health.	APTEX	(S)	(CC)	N/A	#1414H
06:30:00	Wai Lana Yoga Stiffness Be Gone!	APTEX	(S)	(CC)	N/A	#303H
07:00:00	Flip My Florida Yard Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
	Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.					
09:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.					
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
10:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					
11:00:00	Innovations In Medicine Cannabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spine, Hip Replacement.	NETA	(S)	(CC)	N/A	#503H
11:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.					
12:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
12:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
13:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia Love Languages Do you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for staying sexually healthy throughout your life.	SFPBS	(S)	(CC)	N/A	#218H
14:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants	SFPBS	(S)	(CC)	N/A	#1019H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli	SFPBS	(S)	(CC)	N/A	#1305H
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Amazing Hotels: Life Beyond The Lobby Mashpi Lodge, Ecuador In the second episode of this eye-opening series, Giles Coren and Monica Galetti head to the Andean Cloud Forest of Ecuador to work at Mashpi Lodge, a \$10-million modernist hotel featuring an extraordinary gondola cable car that 'flies' guests one mile through the jungle canopy at a dizzying height. The hotel was built by a former mayor of capital Quito on the site of what was once a logging station; 70 per cent of its staff are locals who used to be loggers or hunters but are now proud conservationists. Guests staying in this gloriously remote place, perched 900m above sea level, are surrounded by one of the last remaining biodiversity hotspots on the planet. Giles and Monica reveal the challenges of delivering the highest standards of guest experience in the midst of teeming wildlife, mud and moisture. They do battle with mold, the hotel's main 'enemy' thanks to 90 per cent humidity. They then abseil through the jungle canopy for a safety drill and prepare a unique local delicacy - guinea pig. They also spend time with the hotel's resident biologist, who has captured species the area has not seen for 30 years on camera. Going beyond the lobby, Giles and Monica unearth a story of luxury in a surprising place and pioneering eco-tourism that is saving thousands of species. They also spend time with their new co-workers at home, uncovering moving stories of how local people's lives have been transformed by the arrival of the hotel.	BBC	(S)	(CC)	N/A	#102H
18:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
21:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
22:00:00	Sex Talk with Dr. Lia Love Languages	SFPBS	(S)	(CC)	N/A	#218H
	Do you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for staying sexually healthy throughout your life.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
	Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants					
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
	Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
01:00:00	Sports Medicine (High-Tech Help) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Dr. Derek Papp has the latest on high-tech help and treatment to prevent sports injuries.	SFPBS	(S)	(CC)	N/A	#817H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	Heart Health (Cardiac Health Update) Dr. Lisardo Garcia-Covarrubias discusses atrial valve disease.	SFPBS	(S)	(CC)	N/A	#1330H
04:00:00	Sports Medicine #818 (Marathon Preparation) Dr. Swartzon, Rob Henry and Frankie Ruiz discuss the Miami Marathon event and how to prepare and train for this type of exercise without injuries.	SFPBS	(S)	(CC)	N/A	#818H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Classical Stretch: By Essentrics Zero Impact Cardio In just 23 minutes, experience the exhilaration that comes from freedom of movement, better posture, increased stamina, and a renewed sense of vitality! Zero impact means you always have one foot firmly rooted to the ground, allowing you to enjoy the benefits of a heart-pumping workout without pressure on your joints. Join Miranda as she guides you through a series of dynamic sequential exercises designed to refine your alignment and build your core, giving you the power to move through your day with ease. A final cool down will leave you feeling like you are floating on air.	APTEX	(S)	(CC)	N/A	#1415H
06:30:00	Wai Lana Yoga Stretch Out Stubborn Knots	APTEX	(S)	(CC)	N/A	#304H
07:00:00	The Mysteries of Mental Illness Evil Or Illness? Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.	PBS	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant.	PBS	(S)	(CC)	N/A	#804H
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
10:00:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
10:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H
11:00:00	Flip My Florida Yard Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
11:30:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
12:00:00	Call The Midwife Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.	PBS	(S)	(CC)	N/A	#805H
13:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H
14:00:00	Health Insiders Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms	SFPBS	(S)	(CC)	N/A	#1023H
14:30:00	Health Insiders Focus - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery	SFPBS	(S)	(CC)	N/A	#1025H
15:00:00	Smartlife Focus: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healthy Shopping Tips, Jenna Werner, RD 4. Holiday Safety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimberlain, RD	SFPBS	(S)	(CC)	N/A	#1401H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1405H
	Focus: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart Disease, Dr. Angel Sanchez-Figueras 3. Ask the Experts, Dr. Steve Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, Chi Healer 5. Chiropractor Talks About Yoga, Sandy Doman					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Nova The Truth About Fat	NPS	(S)	(CC)	N/A	#4706
	Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.					
18:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					
20:00:00	Nova The Truth About Fat	NPS	(S)	(CC)	N/A	#4706
	Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.					
21:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.					
22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
22:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H

Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Living Well (Health Tips for Underprivileged) Focus: Asha Loring, Executive Director for Health in the Hood, provides some tips for healthy eating and healthy options in underserved populations.	SFPBS	(S)	(CC)	N/A	#819H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Spine & Back Care (Common Back & Neck Pain) Dr. Brusovanik discusses common back and neck pain conditions and injuries.	SFPBS	(S)	(CC)	N/A	#1335H
04:00:00	Living Well (Eye Ailments) Experts tell you how to live well. Focus: Dr. Simon discusses glaucoma - its two types, symptoms, diagnosis, prevention tips and shares tips to reduce eye pressure, treatment options, assistive devices and short-term and long-term prognosis.	SFPBS	(S)	(CC)	N/A	#820H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Alma's Way Doggone Sox/Alma Spells It Out Alma really wants to have a sleepover in her room with her dog, Chacho, but when the mischievous pup hides Abuelo's lucky sock on the day of a big baseball game, Alma must find it before Chacho is sent to the doghouse. When Rafia wins the neighborhood spelling bee, Alma is chosen as her alternate for the city-wide competition. Rafia wants to practice for the big day, but Alma doesn't get it: What's so important about being an alternate?	PBS	(S)	(CC)	DVI	#104H
06:30:00	Scigirls Terrific Pacific Anchors aweigh! Junior lifeguard Chloe and her friends set sail on a SoCal citizen science cruise, working with marine scientists to collect data on the health of the Pacific Ocean and create a splashy conservation video for beach visitors.	PBSPL	(S)	(CC)	DVI	#306H
07:00:00	Wild Kratts Mosquito Dragon When Koki and Jimmy get walloped by mosquitoes in the Cypress Swamp, Aviva, Martin, and Chris go on a fact-finding adventure to find out exactly why mosquitoes try to steal our blood in the first place!	PBS	(S)	(CC)	N/A	#304H

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07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
08:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H
09:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
10:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
11:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
11:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
11:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
11:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
12:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
13:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
14:00:00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life A sexual health coach explains how hormones affect your sex life, plus we discuss treatments for ED if the pills stop working and offer some tips to help you last longer in bed.	SFPBS	(S)	(CC)	N/A	#217H
14:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
15:00:00	Smartlife Focus: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Julia E. 3. Risk Factors for Diabetes - Lois Exelbert, RN 4. Body, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna Werner, RD	SFPBS	(S)	(CC)	N/A	#1101H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:58:00	Smartlife Focus: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understanding Your Breast Cancer Risk, Dr. Jane Mendez 3. Fire Safety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and Depression in Children and Teens, Dr. Daniel Bober	SFPBS	(S)	(CC)	N/A	#1105H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devastating news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.					
18:30:00	Flip My Florida Yard Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.					
20:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
21:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
22:00:00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life	SFPBS	(S)	(CC)	N/A	#217H
	A sexual health coach explains how hormones affect your sex life, plus we discuss treatments for ED if the pills stop working and offer some tips to help you last longer in bed.					
22:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Pain Management (Neck & Shoulder Pain) Dr. Mena discusses neck vs. shoulder pain	SFPBS	(S)	(CC)	N/A	#812H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Sports Medicine (Phys Therapy Help for Elderly) Ron Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, gait, balance & flexibility.	SFPBS	(S)	(CC)	N/A	#1320H
04:00:00	Sports Medicine (High-Tech Help) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Dr. Derek Papp has the latest on high-tech help and treatment to prevent sports injuries.	SFPBS	(S)	(CC)	N/A	#817H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Alma's Way Howard Flies The Coop/Supper Surprise When Howard discovers he's afraid of pigeons, Alma and her friends try to help him get over it. When Alma is invited to have dinner with Andre and his dad, she feels nervous about what "mystery dish" they're going to serve.	PBS	(S)	(CC)	DVI	#130H
06:30:00	Scigirls Baile Digital Digital Dance	PBSPL	(S)	(CC)	N/A	#401
07:00:00	Wild Kratts Iron Wolverine While flying over the Amazon rainforest, the gang share a bowl of colorful jelly beans. Martin tells them that the jelly beans remind him of parrots. This confuses everybody until he says it's because parrots come in almost every color. Soon the bros are off on a creature mission to find as many colorful parrots as they can in the Amazon. Science Concept: Species diversification.	PBS	(S)	(CC)	N/A	#612H

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07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3002H
08:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3003H
08:40:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3004H
08:52:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3005H
09:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3006H
09:15:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3007H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
09:35:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3009H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3010H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3102H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3103H
10:36:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3104H
10:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3105H
10:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3106H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H
11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3108H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3109H
11:47:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3110H
12:00:00	Call The Midwife Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.	PBS	(S)	(CC)	N/A	#805H
13:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H
14:00:00	Health Insiders Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders	SFPBS	(S)	(CC)	N/A	#1007H
14:30:00	Health Insiders Focus - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN TERRANY Self love	SFPBS	(S)	(CC)	N/A	#1018H
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:57:00	Smartlife Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist	SFPBS	(S)	(CC)	N/A	#1205H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	The Hardest Day THE HARDEST DAY is a film about the human-animal bond and the last moments shared between. It also explores the community of veterinarians and support staff that assists along the way. It provides an unprecedented look at the largest at-home pet euthanasia company in the United States, Lap of Love, and offers new insight into power of the human-animal bond.	NETA	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.					
20:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.					
21:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
	Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.					
22:00:00	Sex Talk with Dr. Lia Love Languages	SFPBS	(S)	(CC)	N/A	#218H
	Do you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for staying sexually healthy throughout your life.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
	Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants					
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Spine & Back Care (Aching Back Treatments) Focus: Dr. Gosha Brusovanik from Baptist Health, has the latest techniques to treat your aching back for a pain-free life. Spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#815H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Primary Care (Flu Shot Update) Dr. Vazquez explains the importance of getting vaccinated . Focus: Protecting yourself during flu season.	SFPBS	(S)	(CC)	N/A	#1325H
04:00:00	Mental Health (Emotional Wellness) Focus: Diana de la Lanza discusses the need for mental health services in our schools and what systems are currently in place.	SFPBS	(S)	(CC)	N/A	#816H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Hip & Glute Strengthening Join Miranda for this targeted no-impact workout designed to stretch and strengthen the gluteus muscles by rebalancing the entire body. In just 23 minutes, you will learn to decompress the hip joints by releasing chronically tight hip flexors - allowing you to properly activate, strengthen and tone the largest muscle group in the body (which will help burn more calories!) Easy to follow and moderately paced, this standing and floor glute-centered workout will leave you feeling strengthened, freer in the joints, while improving posture and alleviating pain in the lower back, knees and hips.	APTEX	(S)	(CC)	N/A	#1416H
06:30:00	Wai Lana Yoga Easy Stretches for Everyone	APTEX	(S)	(CC)	N/A	#305H
07:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.	PBS	(S)	(CC)	N/A	#805H
09:00:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H
09:30:00	Medical Frontiers Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.	APTEX	(S)	(CC)	N/A	#118H
10:00:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEX	(S)	(CC)	N/A	#1706H
10:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H
11:00:00	Medical Frontiers Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.	APTEX	(S)	(CC)	N/A	#118H
11:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H
12:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H
13:00:00	Call The Midwife Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	PBS	(S)	(CC)	N/A	#807H
14:00:00	Health Insiders Focus: Sunscreen and sun safety, Women & heart disease, Menopause	SFPBS	(S)	(CC)	N/A	#1069H
14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona	SFPBS	(S)	(CC)	N/A	#1501H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:58:00	Smartlife Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor	SFPBS	(S)	(CC)	N/A	#1505H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
18:00:00	The Hardest Day THE HARDEST DAY is a film about the human-animal bond and the last moments shared between. It also explores the community of veterinarians and support staff that assists along the way. It provides an unprecedented look at the largest at-home pet euthanasia company in the United States, Lap of Love, and offers new insight into power of the human-animal bond.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H
20:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
21:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
22:00:00	Medical Frontiers Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.	APTEX	(S)	(CC)	N/A	#117H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	<p>CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.</p>					
23:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	<p>See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Living Well #821 (Kidney Disease) Experts tell you how to live well. Focus: Dr. Raymond Leveillee discusses advances in the treatment of kidney disease.	SFPBS	(S)	(CC)	N/A	#821H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	Sports Medicine (Achilles Tendon) Noel Gressner discusses Achilles tendon rehab & injury prevention.	SFPBS	(S)	(CC)	N/A	#1337H
04:00:00	Brain Health (Migraine Help) Memory, Learning, Concentration. Focus: Dr. Paul Damski discusses migraine prevention with Botox and new CGRP antagonist drugs.	SFPBS	(S)	(CC)	N/A	#822H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Classical Stretch: By Essentrics Improve Your Balance The importance of aligning and strengthening your hips and feet to improve your balance is emphasized in this full-body, Classical Stretch episode. Balance can deteriorate as we age but just like muscles, balance can be stimulated, enhanced and improved through engagement. In this workout you'll strengthen your core and hips to improve your balance and posture, which help you move securely and stay injury-free.	APTEX	(S)	(CC)	N/A	#1417H
06:30:00	Wai Lana Yoga Loosen Your Legs for Lotus	APTEX	(S)	(CC)	N/A	#306H
07:00:00	Happy Yoga with Sarah Starr Spectacular Sunflower Allow the spectacular sunflower display to inspire your practice as we enjoy a modified seated yoga practice using a chair for support. Including seated sun salutations and a gentle series of stretches to increase range of motion in the shoulders and upper back while releasing tension in the neck and spine.	NETA	(S)	(CC)	N/A	#605H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
10:00:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.					
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.					
11:00:00	Innovations In Medicine Addiction Recovery, Supplements & Medications, Stroke Care, Psoriatic Arthritis, Medical Cannabis.	NETA	(S)	(CC)	N/A	#504H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
	Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.					
12:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	APTEX	(S)	(CC)	N/A	#119H
	The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.					
12:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Advancing Genomic Medicine	APTEX	(S)	(CC)	N/A	#120H
	Genomic medicine is undergoing rapid change after the Japanese public health insurance system began to cover genetic testing in 2019. Cancer patients who meet certain criteria are able to take these tests for a relatively affordable price, and their genetic information is collected in a massive database and analyzed with the help of around 170 hospitals across the country. But challenges remain, with suitable drugs available for only 10% of patients who undergo testing.					
13:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
14:00:00	Sex Talk with Dr. Lia Love Languages	SFPBS	(S)	(CC)	N/A	#218H
	Do you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for staying sexually healthy throughout your life.					

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14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS	(S)	(CC)	N/A	#1605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
18:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.	SFPBS	(S)	(CC)	N/A	#207H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.	APTEX	(S)	(CC)	N/A	#1801H
20:00:00	The Hardest Day THE HARDEST DAY is a film about the human-animal bond and the last moments shared between. It also explores the community of veterinarians and support staff that assists along the way. It provides an unprecedented look at the largest at-home pet euthanasia company in the United States, Lap of Love, and offers new insight into power of the human-animal bond.	NETA	(S)	(CC)	N/A	#0H
21:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Love Languages	SFPBS	(S)	(CC)	N/A	#218H
	Do you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for staying sexually healthy throughout your life.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.					

Daily Program Listing II
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Date: 03/27/2023

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Wed, Mar 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Health Trends (Lifestyle Tips) Find out the latest trends that contribute to a healthy life. Focus: Dr. Sharma and Lucette Talamas discuss starting healthy diets for the new year.	SFPBS	(S)	(CC)	N/A	#823H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	Kids & Teens (Teen Exercise) Micah Kurtz discusses youth strength and conditioning.	SFPBS	(S)	(CC)	N/A	#1342H
04:00:00	Heart Health (Vein Health) Focus: Dr. Edgar Galinanes, vascular surgeon, will explain the latest procedures for vein health and fighting cardiovascular disease.	SFPBS	(S)	(CC)	N/A	#824H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Waist Toning Enhance your sense of body awareness and work at your own pace as you dynamically stretch to strengthen your abs, tone your waist and increase flexibility in your legs, hips and spine. This full-body workout loosens and lubricates your muscles and connective tissue, and is perfect for beginners and veteran Classical Stretch students- no matter what age.	APTEX	(S)	(CC)	N/A	#1418H
06:30:00	Wai Lana Yoga Balance with Poise	APTEX	(S)	(CC)	N/A	#307H
07:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
08:00:00	Call The Midwife Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.	PBS	(S)	(CC)	N/A	#805H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
09:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."					
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.					
11:00:00	Conscious Living Mindful Modernism	NETA	(S)	(CC)	N/A	#202H
	Dust off your mid-century threads for a trip back in time to the hottest ticket in town: Palm Springs Modernism Week. With a mission of preserving historic design, fashion and culture, this sustainable event attracts mindful travelers each year from around the globe. Learn how to roll in style at a vintage RV show. Take a walking history tour of iconic architecture at swanky pads like the Dinah Shore Estate. Indulge in tasty bites at a mid-century diner with a vegan twist, then make a beeline to Palms Springs' Vintage market, where throwback fashion, furniture and upcycled textiles set the table for a perfect day of mid-mod shopping.					
11:30:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
	Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
	Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.					
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	Focus: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Seniors with Alzheimer's - Andraya Brennan, iMatter 3. Melanoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HPV and Oral Cancer - Dr. Noah Kalman					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H

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15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
	Focus: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
	Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.					
18:00:00	Nova The Truth About Fat	NPS	(S)	(CC)	N/A	#4706
	Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.					
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
	Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.					
20:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
21:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	Track the importance of data mapping and analysis in the quest to improve public health. The painstaking work of past data detectives made us aware of epidemic "curves" as well as the extent of health inequalities among different U.S. communities.					
22:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
	An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.					
22:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
	CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

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00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTX	(S)	(CC)	N/A	#1803H
01:00:00	Staying Healthy (Healthy Lifestyle) Disease prevention and healthy lifestyle info. Focus: Dr. Elizabeth Trattner gives us alternative health tips to prevent disease and promote a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#825H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTX	(S)	(CC)	N/A	#1805H
03:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals) Carla Duenas discusses trending topics such as meal delivery servies and supermarket pre-made, ready-to-cook meals. Focus: The skinny on sugar, artificial sweeteners and natural sweeteners.	SFPBS	(S)	(CC)	N/A	#1345H
04:00:00	Health Trends (Skin Maintenance Tips) Victoria Socarras discusses understanding your skin and how important it is to take care of it and maintain it. She shares information on professional facial treatment options.	SFPBS	(S)	(CC)	N/A	#827H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTX	(S)	(CC)	N/A	#1805H
06:00:00	Classical Stretch: By Essentrics Full Body Workout In this episode, join Miranda at the Saasil Kantenah Wedding Resort in Riviera Maya, Mexico for a full-body, all-standing workout to strengthen and stretch your 650 muscles.	APTX	(S)	(CC)	DVI	#1101H
06:30:00	Wai Lana Yoga Special: Preventing Back Problems	APTX	(S)	(CC)	N/A	#308H
07:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.	SFPBS	(S)	(CC)	N/A	#207H
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

Thu, Mar 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.	APTEX	(S)	(CC)	N/A	#1802H
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
11:00:00	Innovations In Medicine Addiction Recovery, Supplements & Medications, Stroke Care, Psoriatic Arthritis, Medical Cannabis.	NETA	(S)	(CC)	N/A	#504H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.	SFPBS	(S)	(CC)	N/A	#101H
12:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.	APTEX	(S)	(CC)	N/A	#119H
12:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Advancing Genomic Medicine Genomic medicine is undergoing rapid change after the Japanese public health insurance system began to cover genetic testing in 2019. Cancer patients who meet certain criteria are able to take these tests for a relatively affordable price, and their genetic information is collected in a massive database and analyzed with the help of around 170 hospitals across the country. But challenges remain, with suitable drugs available for only 10% of patients who undergo testing.	APTEX	(S)	(CC)	N/A	#120H
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H

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14:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
15:00:00	Smartlife Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult	SFPBS	(S)	(CC)	N/A	#1801H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:58:00	Smartlife Focus: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. Ask the Expert Segment - Dr. Scarlet Constant 4. Diagnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Root	SFPBS	(S)	(CC)	N/A	#1805H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
18:00:00	Nova The Cannabis Question Cannabis contains chemicals which mimic ones found in our brain. One is THC, which produces the high associated with pot use. Another, called CBD, shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists and experts around the country. What risks does cannabis pose to the developing adolescent brain? Does heavy cannabis use impair intelligence, increase psychosis, or even put future generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.	NPS	(S)	(CC)	DVI	#4811
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.	APTEX	(S)	(CC)	N/A	#1803H
20:00:00	The Hardest Day THE HARDEST DAY is a film about the human-animal bond and the last moments shared between. It also explores the community of veterinarians and support staff that assists along the way. It provides an unprecedented look at the largest at-home pet euthanasia company in the United States, Lap of Love, and offers new insight into power of the human-animal bond.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Nova The Truth About Fat Scientists are coming to understand fat as a system akin to an organ -- one whose size may have more to do with biological processes than personal choices. Explore the mysteries of fat and its role in hormone production, hunger and even pregnancy.	NPS	(S)	(CC)	N/A	#4706
22:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H

Date: 03/27/2023
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEX	(S)	(CC)	N/A	#1705H

Fri, Mar 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Plastic/Cosmetic Surgery #828 (Tips) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body.Focus: Dr. Epstein discusses hair restoration, understanding the latest techniques and technology in hair restoration, including the role of scalp micropigmentation.	SFPBS	(S)	(CC)	N/A	#828H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
03:00:00	Health Trends(Tattoo Correct./Fillers/Injections) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.Caleb McGrew	SFPBS	(S)	(CC)	N/A	#1347H
04:00:00	Mental Health (Family Counseling) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Christina Lalama explains how family counseling can help you with your mental health.	SFPBS	(S)	(CC)	N/A	#829H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
06:00:00	Classical Stretch: By Essentrics Posture Workout This standing and barre posture workout, filmed in Riviera Maya, Mexico will improve your posture and give you tons of energy.	APTEX	(S)	(CC)	DVI	#1102H
06:30:00	Wai Lana Yoga Cat Stretching	APTEX	(S)	(CC)	N/A	#309H
07:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
08:00:00	Call The Midwife Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.	PBS	(S)	(CC)	N/A	#805H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.					
09:30:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.					
10:00:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
	The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.					
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.					
11:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
	Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.					
11:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
	Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.					
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.					
14:00:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
14:30:00	Health Insiders Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab	SFPBS	(S)	(CC)	N/A	#1059H
15:00:00	Smartlife Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#1901H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:00:00	Smartlife Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment - Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey Epstein	SFPBS	(S)	(CC)	N/A	#1905H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
18:00:00	The Hardest Day THE HARDEST DAY is a film about the human-animal bond and the last moments shared between. It also explores the community of veterinarians and support staff that assists along the way. It provides an unprecedented look at the largest at-home pet euthanasia company in the United States, Lap of Love, and offers new insight into power of the human-animal bond.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
20:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
21:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
22:00:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.	APTEX	(S)	(CC)	N/A	#128H
22:30:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.	APTEX	(S)	(CC)	N/A	#129H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H

In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Healthy Living (Eating Well) Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Darlene Moppert discuss new and healthy initiatives for food & nutrition services at Broward County Public Schools and share information on the Student Food Show at Pompano Beach High School on Friday, January 18.	SFPBS	(S)	(CC)	N/A	#830H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	Healthy Living (Pregnancy Recovery) Henry Guzman & Melanie Rinaldi discuss exercise and well-being before, during and after pregnancy.	SFPBS	(S)	(CC)	N/A	#1350H
04:00:00	Plastic Surgery (Body Reconstruction) Focus: Dr. Rafael Gottenger explains the journey of body reconstruction after cosmetic surgery. Learn the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#831H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Alma's Way Junior's Story/Anniversary Surprise Junior really wants to find a book about a Puerto Rican boy, dinosaurs, and the Bronx, but Alma and Andre can't find any stories that have all three at the bookstore. Luckily Alma has an idea: what if they help Junior make his own book? Alma and Eddie want to surprise Nestor and Gloria for their anniversary, but when Gloria gets called into work unexpectedly, their party plans might be a bust.	PBS	(S)	(CC)	DVI	#113H
06:30:00	Scigirls Gallinas De Ciudad City Chicken	PBSPL	(S)	(CC)	N/A	#402
07:00:00	Wild Kratts Uh-Oh Ostrich! While cruising across the African savanna in the Tortuga, a gust of wind blows a piece of paper out of Aviva's hand and into an ostrich nest. The bros think it's a new secret formula and they spring into action to rescue her work from one of the most protective parents on earth - the ostrich! Science Concept: Ecology and reproduction of the ostrich.	PBS	(S)	(CC)	N/A	#615H

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07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3002H
08:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3003H
08:40:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3004H
08:52:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3005H
09:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3006H
09:15:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3007H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
09:35:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3009H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3010H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3102H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3103H
10:36:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3104H
10:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3105H
10:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3106H

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11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H
11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3108H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3109H
11:47:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3110H
12:00:00	Unmasking Hope UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.	NETA	(S)	(CC)	N/A	#0H
13:30:00	Concrete Gridiron Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.	NETA	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Love Languages Do you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for staying sexually healthy throughout your life.	SFPBS	(S)	(CC)	N/A	#218H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS	(S)	(CC)	N/A	#1605H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H

Sat, Mar 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	The Hardest Day THE HARDEST DAY is a film about the human-animal bond and the last moments shared between. It also explores the community of veterinarians and support staff that assists along the way. It provides an unprecedented look at the largest at-home pet euthanasia company in the United States, Lap of Love, and offers new insight into power of the human-animal bond.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.	SFPBS	(S)	(CC)	N/A	#101H
18:30:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.	SFPBS	(S)	(CC)	N/A	#207H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
20:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
21:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
22:00:00	Sex Talk with Dr. Lia Love Languages Do you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for staying sexually healthy throughout your life.	SFPBS	(S)	(CC)	N/A	#218H
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.	APTEX	(S)	(CC)	N/A	#1707H

Sun, Mar 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Health Trends (Lifestyle Tips) Find out the latest trends that contribute to a healthy life. Focus: Dr. Sharma and Lucette Talamas discuss starting healthy diets for the new year.	SFPBS	(S)	(CC)	N/A	#823H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	Kids & Teens (Teen Exercise) Micah Kurtz discusses youth strength and conditioning.	SFPBS	(S)	(CC)	N/A	#1342H
04:00:00	Heart Health (Vein Health) Focus: Dr. Edgar Galinanes, vascular surgeon, will explain the latest procedures for vein health and fighting cardiovascular disease.	SFPBS	(S)	(CC)	N/A	#824H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Alma's Way Coqui Quest/Chalk The Block It's one of those days where there's nothing to do, and the kids are looking for an activity. Inspired by Papi's story about how he used to look for coqu's in Puerto Rico, Alma and friends search the park for the tiny frogs. But how fun can a game be when you're looking for something that;s pretend? Andre has drawn a chalk art mural on the sidewalk from his building all the way to Alma;s house. He calls it "Chalk the Block," and everyone is invited to come see it. But a heavy rainstorm washes his hard work away! Can Alma find a way to help Andre re-do his art before everyone arrives?	PBS	(S)	(CC)	DVI	#108H
06:30:00	Scigirls Escuadron Espacial Space Squad	PBSPL	(S)	(CC)	N/A	#403
07:00:00	Wild Kratts Mystery of the Squirmy Wormy Aviva miniaturizes Chris and Martin for an underground mission with earthworms, in search of the answer to the mystery "Why do worms come above ground when it rains?" But they have to hurry, as they soon discover that life as a worm is full of dangers at every turn. Science Concept: Wet objects can be changed by heating and cooling. If a worm is left in the hot sun, their skin will dry up and they will die. Worms need to stay wet and their environment helps keep them that way.	PBS	(S)	(CC)	N/A	#105H

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07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3301H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3302H
08:25:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3303H
08:37:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3304H
08:48:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3305H
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3306H
09:12:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3307H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3602H
10:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3603H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3604H
10:50:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3605H
11:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3606H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3607H
11:28:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3608H
11:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3609H
11:50:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3610H
12:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H
13:00:00	Call The Midwife Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	PBS	(S)	(CC)	N/A	#807H
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
15:00:00	Smartlife Focus: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Seniors with Alzheimer's - Andraya Brennan, iMatter 3. Melanoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HPV and Oral Cancer - Dr. Noah Kalman	SFPBS	(S)	(CC)	N/A	#1701H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:59:00	Smartlife Focus: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa	SFPBS	(S)	(CC)	N/A	#1705H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
18:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
20:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
21:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H
22:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.	APTEX	(S)	(CC)	N/A	#1708H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Staying Healthy (Healthy Lifestyle) Disease prevention and healthy lifestyle info. Focus: Dr. Elizabeth Trattner gives us alternative health tips to prevent disease and promote a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#825H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.	APTEX	(S)	(CC)	N/A	#1805H
03:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals) Carla Duenas discusses trending topics such as meal delivery services and supermarket pre-made, ready-to-cook meals. Focus: The skinny on sugar, artificial sweeteners and natural sweeteners.	SFPBS	(S)	(CC)	N/A	#1345H
04:00:00	Health Trends (Skin Maintenance Tips) Victoria Socarras discusses understanding your skin and how important it is to take care of it and maintain it. She shares information on professional facial treatment options.	SFPBS	(S)	(CC)	N/A	#827H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Classical Stretch: By Essentrics Weight Loss In this episode of Classical Stretch, join Miranda Esmonde-White at the Zentropia Spa for a standing and floor workout to tone your full body and promote weight loss.	APTEX	(S)	(CC)	DVI	#1103H
06:30:00	Wai Lana Yoga Juice Up Your Innards	APTEX	(S)	(CC)	N/A	#310H
07:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
08:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers How The Muscles Prevent Disease In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.	APTEX	(S)	(CC)	N/A	#127H
09:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.	APTEX	(S)	(CC)	N/A	#128H
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.	APTEX	(S)	(CC)	N/A	#1806H
10:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
11:00:00	Medical Frontiers How The Muscles Prevent Disease In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.	APTEX	(S)	(CC)	N/A	#127H
11:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.	APTEX	(S)	(CC)	N/A	#128H
12:00:00	Call The Midwife Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	PBS	(S)	(CC)	N/A	#807H
13:00:00	Call The Midwife Share in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to give a terminally ill patient her final wish. Valerie and Trixie must testify in a grueling court case. Fred and Reggie keep secrets from each other.	PBS	(S)	(CC)	N/A	#808H
14:00:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
14:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
15:00:00	Smartlife Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman	SFPBS	(S)	(CC)	N/A	#2001H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:01:00	Smartlife Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2005H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:31:00	Smartlife Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Extra Life: A Short History of Living Longer Medical Drugs Track the importance of data mapping and analysis in the quest to improve public health. The painstaking work of past data detectives made us aware of epidemic "curves" as well as the extent of health inequalities among different U.S. communities.	NPS	(S)	(CC)	N/A	#102H
18:00:00	Nova The Cannabis Question Cannabis contains chemicals which mimic ones found in our brain. One is THC, which produces the high associated with pot use. Another, called CBD, shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists and experts around the country. What risks does cannabis pose to the developing adolescent brain? Does heavy cannabis use impair intelligence, increase psychosis, or even put future generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.	NPS	(S)	(CC)	DVI	#4811
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.	APTEX	(S)	(CC)	N/A	#1807H
20:00:00	The Mysteries of Mental Illness Who's Normal? Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.	PBS	(S)	(CC)	N/A	#102H
21:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H
22:00:00	Medical Frontiers How The Muscles Prevent Disease In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.	APTEX	(S)	(CC)	N/A	#127H
22:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.	APTEX	(S)	(CC)	N/A	#128H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H

Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Pain Management (Chronic Pain) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena has the latest methods for dealing with the growing problem of chronic pain.	SFPBS	(S)	(CC)	N/A	#832H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Primary Care (Diabetes Help) Dr. Yeisel Barquin discusses the relationship between diabetes and hypertension and high cholesterol.	SFPBS	(S)	(CC)	N/A	#1352H
04:00:00	Dermatology (Skin Cancer Risks & Prevention) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth. Focus: Dr. Haushalter discusses her new affiliation with MCI and skin cancer risks, prevention, types, symptoms, treatments and multidisciplinary care.	SFPBS	(S)	(CC)	N/A	#833H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Full Body Flexibility Join Miranda Esmonde-White for this full-body flexibility workout in a peaceful garden to stretch all of your muscles and help you move comfortably in every direction.	APTEX	(S)	(CC)	DVI	#1104H
06:30:00	Wai Lana Yoga Shoulder Stuff	APTEX	(S)	(CC)	N/A	#311H
07:00:00	Happy Yoga with Sarah Starr Ocean Sundown Allow the peaceful ocean sunset to inspire you as we enjoy a modified seated yoga practice using a chair for support. Including seated lower body poses to create strength in the legs and glutes, along with upper body stretches designed to increase mobility in the shoulders and upper back.	NETA	(S)	(CC)	N/A	#606H

Tue, Mar 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H
09:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.	APTEX	(S)	(CC)	N/A	#129H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
10:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
11:00:00	Innovations In Medicine Brain Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicken Pox, Stress-Free Retirement.	NETA	(S)	(CC)	N/A	#505H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	SFPBS	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers How The Muscles Prevent Disease In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.	APTEX	(S)	(CC)	N/A	#127H
12:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.	APTEX	(S)	(CC)	N/A	#128H
13:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H
14:30:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H

Tue, Mar 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Experts discuss therapy for herniated disks in the back, finding ways to get better sleep, including more plant-based foods in your diet, cosmetic surgery for breast cancer and we highlight services available at the Lighthouse for the Blind.	SFPBS	(S)	(CC)	N/A	#2101H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H
18:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.	SFPBS	(S)	(CC)	N/A	#208H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	SFPBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.	APTEX	(S)	(CC)	N/A	#1808H
20:00:00	Nova The Cannabis Question Cannabis contains chemicals which mimic ones found in our brain. One is THC, which produces the high associated with pot use. Another, called CBD, shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists and experts around the country. What risks does cannabis pose to the developing adolescent brain? Does heavy cannabis use impair intelligence, increase psychosis, or even put future generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.	NPS	(S)	(CC)	DVI	#4811
21:00:00	Extra Life: A Short History of Living Longer Medical Drugs Track the importance of data mapping and analysis in the quest to improve public health. The painstaking work of past data detectives made us aware of epidemic "curves" as well as the extent of health inequalities among different U.S. communities.	NPS	(S)	(CC)	N/A	#102H

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Tue, Mar 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H
22:30:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."	APTEX	(S)	(CC)	N/A	#1710H

Wed, Mar 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Mental Health (Opioid & Stalking) Focus: Dr. Daniel Bober discusses opioid use among kids and teens. He also explains what stalking is and why people do this.	SFPBS	(S)	(CC)	N/A	#834H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Health Trends (Emergency Aid) Dr. Yvonne Johnson & Grace Meinhofer discuss the merits of their programs and kits for emergency preparedness. Focus: Home fire, hurricanes and flooding.	SFPBS	(S)	(CC)	N/A	#1346H
04:00:00	Spine & Back Care (Aching Back Tips) Focus: Dr. Gosha Brusovanik has the latest tips to ease your aching back.	SFPBS	(S)	(CC)	N/A	#835H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Waist Toning In this episode of Classical Stretch, join Miranda Esmonde-White at the chapel terrace for an all-barre, waist toning workout aimed at strengthening your abs and slenderizing your core.	APTEX	(S)	(CC)	DVI	#1105H
06:30:00	Wai Lana Yoga Legs, Legs, Legs	APTEX	(S)	(CC)	N/A	#312H
07:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H
08:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H

Wed, Mar 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers How The Muscles Prevent Disease	APTEX	(S)	(CC)	N/A	#127H
	In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.					
09:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.					
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
11:00:00	Conscious Living A Taste of the Good Life in the City of Angels	NETA	(S)	(CC)	N/A	#203H
	Sunshine, Tinseltown, and legendary surfing - what's not to love about the City of Angels? We roll out the red carpet to some of L.A.'s secret destinations for nourishing body, mind and soul. Bianca takes a walk on the glitzy side at a Beverly Hills hotel famous for A-list organic facials, private yoga sessions and spa treatments to the stars. Then, surfs up for spiritual healing at the Self-Realization Fellowship Lake Shrine gardens in Pacific Palisades, where meditation, silence and the healing power of nature offer a welcome refuge from the city's hectic pace. Bianca takes a front-row seat at Vegan Fashion Week, while Michael cruises Venice Beach for a vegan fivecourse meal at a Michelin star restaurant where meat eaters bow down for a taste of the good life.					
11:30:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
	Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.					
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#808H
	Share in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to give a terminally ill patient her final wish. Valerie and Trixie must testify in a grueling court case. Fred and Reggie keep secrets from each other.					
14:00:00	Health Insiders Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)	SFPBS	(S)	(CC)	N/A	#1001H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
	1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth					

Wed, Mar 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205H
	How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Nova	NPS	(S)	(CC)	DVI	#4811
	The Cannabis Question Cannabis contains chemicals which mimic ones found in our brain. One is THC, which produces the high associated with pot use. Another, called CBD, shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists and experts around the country. What risks does cannabis pose to the developing adolescent brain? Does heavy cannabis use impair intelligence, increase psychosis, or even put future generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.					
18:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	Track the importance of data mapping and analysis in the quest to improve public health. The painstaking work of past data detectives made us aware of epidemic "curves" as well as the extent of health inequalities among different U.S. communities.					
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.					
20:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
	One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.					
21:00:00	Nova	NPS	(S)	(CC)	DVI	#4811
	The Cannabis Question Cannabis contains chemicals which mimic ones found in our brain. One is THC, which produces the high associated with pot use. Another, called CBD, shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists and experts around the country. What risks does cannabis pose to the developing adolescent brain? Does heavy cannabis use impair intelligence, increase psychosis, or even put future generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.					
22:00:00	Medical Frontiers How The Muscles Prevent Disease	APTEX	(S)	(CC)	N/A	#127H
	In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.					
22:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.					

Date: 03/27/2023
Wed, Mar 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H

As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Sports Medicine (Overuse Injuries) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Philip DePaola discusses overuse injuries that may occur when starting a new exercise routine or during extreme training (such as for a marathon): Rotator cuff (shoulder) inflammation/bursitis; Epicondylitis (elbow); Patellofemoral syndrome (knee); Plantar fasciitis (foot); Stress fractures (lower extremities); Arthritis (multiple joints).	SFPBS	(S)	(CC)	N/A	#837H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Maternity Care #1301 Everything you need to know about pregnancy, childbirth and post-partum care with Dr. Schwartzbard	SFPBS	(S)	(CC)	N/A	#1301H
04:00:00	Maternity Care (Pregnancy Update) Focus: Dr. Ellen Schwartzbard shares everything you need to know about pregnancy, childbirth and post-partum care. Everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#839H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Classical Stretch: By Essentrics Knee Strengthening Join Miranda Esmonde-White outside this majestic Chapel at the Colonial resort for a standing and barre workout to strengthen your knees and prevent knee pain.	APTEX	(S)	(CC)	DVI	#1106H
06:30:00	Wai Lana Yoga Close Your Nose	APTEX	(S)	(CC)	N/A	#313H
07:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.	SFPBS	(S)	(CC)	N/A	#208H

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Thu, Mar 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.	SFPBS	(S)	(CC)	N/A	#103H
09:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.	APTEX	(S)	(CC)	N/A	#129H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.	APTEX	(S)	(CC)	N/A	#1703H
10:30:00	Second Opinion with Joan Lunden Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.	APTEX	(S)	(CC)	N/A	#1704H
11:00:00	Innovations In Medicine Brain Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicken Pox, Stress-Free Retirement.	NETA	(S)	(CC)	N/A	#505H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.	SFPBS	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.	APTEX	(S)	(CC)	N/A	#129H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
13:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia Sex & The Brain	SFPBS	(S)	(CC)	N/A	#220H

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Thu, Mar 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Compression socks, PPD, stress	SFPBS	(S)	(CC)	N/A	#1105H
15:00:00	Smartlife Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks	SFPBS	(S)	(CC)	N/A	#101H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H
15:59:00	Smartlife Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt	SFPBS	(S)	(CC)	N/A	#105H
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Nova The Cannabis Question Cannabis contains chemicals which mimic ones found in our brain. One is THC, which produces the high associated with pot use. Another, called CBD, shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists and experts around the country. What risks does cannabis pose to the developing adolescent brain? Does heavy cannabis use impair intelligence, increase psychosis, or even put future generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.	NPS	(S)	(CC)	DVI	#4811
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.	APTEX	(S)	(CC)	N/A	#1810H
20:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
21:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H
22:00:00	Sex Talk with Dr. Lia Sex & The Brain	SFPBS	(S)	(CC)	N/A	#220H

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Date: 03/27/2023
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus: Compression socks, PPD, stress	SFPBS	(S)	(CC)	N/A	#1105H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H

Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Kids & Teens (Childcare) Focus: Dr. Holly Neville shares her expertise on how to care for children from birth through young adulthood.	SFPBS	(S)	(CC)	N/A	#840H
02:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
03:00:00	Health Trends #1203 (Verbal and Hearing Update) Focus: Carin Seaby discusses practicing better speech and hearing in honor of the Health Care Observance this month.	SFPBS	(S)	(CC)	N/A	#1203H
04:00:00	Health Trends #1203 (Verbal and Hearing Update) Focus: Carin Seaby discusses practicing better speech and hearing in honor of the Health Care Observance this month.	SFPBS	(S)	(CC)	N/A	#1203H
05:00:00	All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.	APTEX	(S)	(CC)	N/A	#1702H
06:00:00	Classical Stretch: By Essentrics Spine Mobility Today on Classical Stretch, join Miranda Esmonde-White for an all-standing workout at the Saasil Kantenah Wedding resort that will improve the mobility of your spine and keep you standing tall all-day long.	APTEX	(S)	(CC)	DVI	#1107H
06:30:00	Wai Lana Yoga Tight Shoulders, Tight Neck	APTEX	(S)	(CC)	N/A	#314H
07:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.	PBS	(S)	(CC)	N/A	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.	PBS	(S)	(CC)	N/A	#806H
09:00:00	Medical Frontiers How The Muscles Prevent Disease In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.	APTEx	(S)	(CC)	N/A	#127H
09:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.	APTEx	(S)	(CC)	N/A	#128H
10:00:00	Second Opinion with Joan Lunden Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.	APTEx	(S)	(CC)	N/A	#1705H
10:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.	APTEx	(S)	(CC)	N/A	#1706H
11:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.	SFPBS	(S)	(CC)	N/A	#208H
11:30:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.	APTEx	(S)	(CC)	N/A	#129H
12:00:00	Call The Midwife Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	PBS	(S)	(CC)	N/A	#807H
13:00:00	Call The Midwife Share in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to give a terminally ill patient her final wish. Valerie and Trixie must testify in a grueling court case. Fred and Reggie keep secrets from each other.	PBS	(S)	(CC)	N/A	#808H
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
14:30:00	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
15:00:00	Smartlife Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner	SFPBS	(S)	(CC)	N/A	#201H

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15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#205H
	Focus: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. Metee Comkornruecha, Nicklaus Children’s Hospital 3. Ask The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation - Dr. Jose Vargas					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H
	Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.					
18:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
	One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.					
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.					
20:00:00	Nova The Cannabis Question	NPS	(S)	(CC)	DVI	#4811
	Cannabis contains chemicals which mimic ones found in our brain. One is THC, which produces the high associated with pot use. Another, called CBD, shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists and experts around the country. What risks does cannabis pose to the developing adolescent brain? Does heavy cannabis use impair intelligence, increase psychosis, or even put future generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.					
21:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	Track the importance of data mapping and analysis in the quest to improve public health. The painstaking work of past data detectives made us aware of epidemic "curves" as well as the extent of health inequalities among different U.S. communities.					
22:00:00	Medical Frontiers How The Muscles Prevent Disease	APTEX	(S)	(CC)	N/A	#127H
	In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.					
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					

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Sat, Apr 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	<p>This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.</p>					
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	<p>Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.</p>					