

**2019-Q3 (July-September) Radio Health Journal
Quarterly Report – Compliancy Issues & Programs List**

Alcohol use disorder	Hunger and food insecurity
Auto & pedestrian safety	Infectious disease
Cancer	International relations
Charity organizations/volunteerism	Interpersonal relationships
Child safety	Landfills
City government	Mass shooting
Consumerism	Mental health
Destructive behavior & mental illness	Neurology
Diet & nutrition	Parenting issues
DNA & genetic testing	Police & law enforcement
Drug prices	Pollution
Economics	Privacy issues
Education	Psychology
Environment	Public health
Ethics	Public policy
Family issues	Rehabilitation
Federal government and regulation	Sleep
Food waste	Technology
Gun violence	Urban affairs
Health care	Weather & climate change
Heart disease	Women's issues
HIV & AIDS	Youth at risk

Program Log for Radio Health Journal

Program	19-27	Writers/Producers	Reed Pence, Regan Huston, Morgan Kelly
Air Week	07/07 – 07/13/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:03	PANDAS—THE MYSTERIOUS CHILDHOOD DISORDER AFTER A STREP THROAT		11:15
<p>Synopsis: Strep infection may prompt a severe reaction in some children, causing their own immune system to attack cells in the brain. What appear to be extreme psychological symptoms result from what is really a physical disorder. The disorder, known as PANDAS, is often misdiagnosed. Experts discuss.</p>			
<p>Host & Producer: Reed Pence. Guests: J.C. Konecny, former Executive Director, PANDAS Network and parent of PANDAS sufferer; Dr. Elizabeth Latimer, Washington DC neurologist</p>			
<p>Compliance issues covered: consumerism; youth at risk; health care; infectious disease</p>			
<p>Links for more information: http://www.pandasnetwork.org https://www.pandasppn.org</p>			
14:20	SEGMENT 2: THE PSYCHOLOGY OF PROCRASTINATION		8:10
<p>Synopsis: Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time management problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate.</p>			
<p>Host: Nancy Benson. Producer: Regan Huston. Guests: Dr. Tim Pychyl, Associate Professor of Psychology, Carleton University; Dr. Christine Li, clinical psychologist and procrastination coach</p>			
<p>Compliance issues covered: consumerism; psychology & pop culture; mental health</p>			
<p>Links for more information: https://www.procrastinationcoach.com https://carleton.ca/psychology/people/timothy-a-pychyl/</p>			

Program Log for Radio Health Journal

Program	19-28	Executive Producer	Reed Pence
Air Week	07/14 – 07/20/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: FATTY LIVER DISEASE: SILENTLY GROWING	12:17	
Synopsis: Most people associate cirrhosis of the liver with heavy alcohol use. But <u>nonalcoholic</u> fatty liver disease, which also leads to cirrhosis, is growing rapidly, and may affect a quarter of the population. Experts discuss this silent disease and what people can do to prevent and treat it.			
Host & Producer: Reed Pence. Guests: Dr. Michael Porayko, Professor of Medicine, Vanderbilt University Medical Center; Donna Cryer, founder and CEO, Global Liver Institute and liver transplant recipient; Wayne Eskridge, founder and CEO, Fatty Liver Foundation			
Compliance issues covered: health care; public health; alcohol use disorder; consumerism			
Links for more information: https://search.vanderbilthealth.com/doctors/Porayko-Michael http://www.globalliver.org https://www.fattyliverfoundation.org			
15:21	SEGMENT 2: CANCER TREATMENT AND SEX	7:43	
Synopsis: Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation's top experts discusses.			
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com			
Compliance issues covered: health care; interpersonal relationships; cancer; mental health			
Links for more information: https://www.will2love.com/about-us/			

Program Log for Radio Health Journal

Program	19-29	Executive Producer	Reed Pence
Air Week	07/21 – 07/27/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: THE PRO'S and CON'S OF MOBILE HEALTH APPS		12:28
Synopsis: Mobile health apps are becoming very popular, though some are being shown to have little benefit. Few barriers exist to almost anyone entering the field whether they have health expertise or not. Privacy is also a concern. Experts discuss how people can protect themselves and find apps that do what they want.			
Host: Reed Pence. Producer: Regan Huston. Guests: Dr. Anne Berman, Associate Professor of Clinical Psychology, Karolinska Institute; Marc Fischer, co-founder and CEO, Dogtown Media; Dr. Shon Lewis, Professor of Adult Psychiatry, University of Manchester; Dr. Michael Kleinrock, Research Director, IQVIA Institute for Human Data Science; Dr. John Torous, Director, Digital Psychiatry, Beth Israel Deaconess Medical Center			
Compliance issues covered: health care; public health; technology; consumerism; privacy issues; psychology			
Links for more information: https://staff.ki.se/people/anberm https://www.dogtownmedia.com/team/marc-fischer/ https://www.research.manchester.ac.uk/portal/shon.lewis.html https://www.iqvia.com/institute/michael-kleinrock http://www.johntorousmd.com			
15:32	SEGMENT 2: OBESITY AND CANCER RISK		7:25
Synopsis: Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why.			
Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer Treatment Centers of America			
Compliance issues covered: health care; public health; consumerism; cancer			
Links for more information: https://www.cancercenter.com/physician-directory/anthony-perre			

Program Log for Radio Health Journal

Program	19-30	Executive Producer	Reed Pence
Air Week	07/28 – 08/03/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: NOT ENOUGH SLEEP: EVEN WORSE FOR YOU THAN WE THOUGHT		11:20
Synopsis: Getting less than six hours of sleep per night has long been known to be hazardous to health, but the discovery of the mechanisms behind those hazards is leading scientists to strengthen their warnings. Too little sleep or poor sleep carries heart and brain risks that are powerful, as experts explain.			
Host & Producer: Reed Pence. Guests: Dr. Chris DeSouza, Professor of Integrative Physiology, University of Colorado; Dr. Ehsan Shokri-Kojori, Research Fellow, National Institutes of Health Laboratory of Neuroimaging			
Compliance issues covered: health care; public health; consumerism; sleep; neurology			
Links for more information: https://www.colorado.edu/iphy/people/professors/chris-desouza https://www.niaaa.nih.gov/research/niaaa-intramural-program/niaaa-laboratories/laboratory-neuroimaging			
14:24	SEGMENT 2: A RADICAL DIET TO PREVENT HEART DISEASE		8:39
Synopsis: Heart disease is the number one killer in the US, but a well-known cardiologist says if everyone would follow a plant-based, oil-free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to follow that it's a prescription for defeat. Experts discuss.			
Host: Nancy Benson. Producer: Reed Pence. Guests: Arnie Press, heart disease patient; Dr. Caldwell Esselstyn, Director, Cardiovascular Disease Prevention and Reversal Program, Cleveland Clinic Wellness Institute			
Compliance issues covered: health care; public health; consumerism; diet & nutrition; heart disease			
Link for more information: http://www.dresselstyn.com/site/about/about-dr-esselstyn/			

Program Log for Radio Health Journal

Program	19-31	Executive Producer	Reed Pence
Air Week	08/04 – 08/10/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:01	SEGMENT 1: TBI'S, PERSONALITY CHANGE, AND MARRIAGE		12:57
<p>Synopsis: Traumatic brain injury can profoundly change the injured in personality and temperament, as well as physically and cognitively. Spouses bear the brunt of these changes to the point many feel like they're living with a stranger. Two experts and the spouse of a TBI victim discuss the many ways life changes after an injury and what can help to get them through the ordeal.</p>			
<p>Host: Reed Pence. Writer/Producer: Morgan Kelly. Guests: Megan Horst, wife of TBI survivor; Dr. Lori Weisman, psychotherapist, educator specializing in TBI; Dr. Jeffrey Scott Kreutzer, Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University</p>			
<p>Compliance issues covered: health care; public health and safety; family issues; rehabilitation; head injury; neurology</p>			
<p>Links for more information: https://www.nytimes.com/2019/01/25/style/modern-love-are-you-my-husband.html https://www.loriweisman.com https://medschool.vcu.edu/expertise/detail.html?ID=400</p>			
16:00	SEGMENT 2: SCHOOL CROSSING SAFETY		7:01
<p>Synopsis: With the school year approaching, drivers need to be aware of children in crosswalks—and away from them. However, increasing distractions for both pedestrians and drivers sometimes make that difficult. A safety expert and a veteran school crossing guard—the nation's "favorite crossing guard"—discuss.</p>			
<p>Host: Nancy Benson. Writer/Producer: Regan Huston. Guests: Chief Lyn Woolford, Ashland, MO, crossing guard voted "nation's favorite;" Kristin Rosenthal, Senior Program Manager, Safe Kids Worldwide</p>			
<p>Compliance issues covered: youth at risk; education; auto and pedestrian safety; public safety</p>			
<p>Links for more information: https://www.prnewswire.com/news-releases/missouris-lyn-woolford-named-americas-favorite-crossing-guard-300800046.html https://www.safekids.org/author/kristin-rosenthal</p>			

Program	19-32	Executive Producer	Reed Pence
Air Week	08/11 – 08/17/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: THE ECONOMICS OF LATER SCHOOL START TIMES		12:12
Synopsis: Thirty years of research have shown that teenagers’ biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change.			
Host & Writer/Producer: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Assistant Professor of Psychiatry and Psychology, University of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization			
Compliance issues covered: youth at risk; education; public policy; parenting issues; economics; sleep			
Links for more information: https://www.rand.org/about/people/t/troxel_wendy_m.html http://www.startschoollater.net			
15:16	SEGMENT 2: DOG BREEDS AND DOG BITES		7:29
Synopsis: Nearly 40 percent of American homes have a dog, and while dogs may be “man’s best friend,” sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them.			
Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Charles Elmaraghy, Chief, Pediatric Otolaryngology, Nationwide Children’s Hospital and Association Professor of Otolaryngology, The Ohio State University College of Medicine			
Compliance issues covered: youth at risk; pets and people; child safety; education; family issues			
Links for more information: https://www.nationwidechildrens.org/find-a-doctor/profiles/charles-a-elmaraghy			

Program Log for Radio Health Journal

Program	19-33	Executive Producer	Reed Pence
Air Week	08/18 – 08/24/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:03	SEGMENT 1: COPPER TOXICITY	13:15	
<p>Synopsis: High levels of copper in the body can produce mental health symptoms such as depression, anxiety, and aggression. However, most doctors don't test for copper levels and may prescribe medications like antidepressants instead. An author who suffered years with undiagnosed copper toxicity and two expert psychiatrists discuss diagnosis and treatment.</p>			
<p>Host & Writer/Producer: Reed Pence. Guests: Deb Tokarz, author, <i>I Cu Copper</i>; Dr. Judy Tsafrir, holistic psychiatrist in Boston and Teaching Associate, Harvard Medical School; Dr. Courtney Snyder, holistic psychiatrist, Louisville, KY</p>			
<p>Compliance issues covered: health care; public health; women's issues; environment; mental health</p>			
<p>Links for more information: https://www.debtokarz.com https://www.judytsafrirmd.com http://www.courtneysnydermd.com</p>			
16:20	SEGMENT 2: HISTORY'S WORST PLAGUES	6:40	
<p>Synopsis: Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains.</p>			
<p>Host: Nancy Benson. Guest: Jennifer Wright, author, <i>Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them</i></p>			
<p>Compliance issues covered: public health; ethics; HIV and AIDS; medical history</p>			
<p>Links for more information: http://us.macmillan.com/getwellsoon/jenniferwright/9781627797467/</p>			

Program Log for Radio Health Journal

Program	19-34	Executive Producer	Reed Pence
Air Week	08/25 – 08/31/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:03	SEGMENT 1: A CLOSER LOOK AT FOOD WASTE		12:45
Synopsis: Experts believe about 40 percent of the food available in America is thrown away. Solving this problem also creates an opportunity to help with food insecurity. It starts with consumers. Experts explain where waste comes from and how people can cut down on its production.			
Host & Writer/Producer: Reed Pence. Guests: JoAnne Berkenkamp, Senior Advocate, Natural Resources Defense Council; Michele Chase, Agency Relations Field Coordinator, Food Forward, Los Angeles			
Compliance issues covered: hunger and food insecurity; environment; pollution; landfills; economics; food pantries; charity organizations and volunteerism; consumerism; city government; food waste			
Links for more information: https://www.nrdc.org/experts/joanne-berkenkamp https://foodforward.org/about/our-team/			
15:50	SEGMENT 2: “GIGGLING EPILEPSY”		7:02
Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a then-nine-year old boy with such seizures, the danger they posed, and the novel way he was treated.			
Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Aria Fallah, Assistant Professor of Neurosurgery, UCLA Geffen School of Medicine and Mattel Children’s Hospital			
Compliance issues covered: health care; youth at risk			
Links for more information: https://www.uclahealth.org/aria-fallah http://www.epilepsy.com/learn/types-seizures/gelastoc-and-dacrystic-seizures			

Program Log for Radio Health Journal

Program	19-35	Executive Producer	Reed Pence
Air Week	09/01 – 09/07/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:01	SEGMENT 1: SUDDEN UNEXPLAINED DEATH OF A CHILD	12:32	
Synopsis: Each year, some 400 US children over age 1, most of them toddlers, die overnight for no known reason. Families, longing for answers, often find that their families, friends, and even pediatricians are unfamiliar with this classification of death, or that they even occur. Family members who have lost a child, a medical examiner, and a research expert who has lost a child discuss SUDC.			
Host: Reed Pence. Writer/Producer: Regan Huston. Guests: Estuardo Torres, father of SUDC victim; Dr. Eric Eason, Assistant Medical Examiner, Cook County, IL; Laura Gould Crandall, research scientist, Department of Neurology, NYU Langone Comprehensive Epilepsy Center and mother of SUDC victim; Ron and Jordana Zachara, parents of SUDC victim			
Compliance issues covered: youth at risk; public health; parenting issues; health care; child safety			
Links for more information: https://sudc.org https://www.cookcountyil.gov/agency/medical-examiner https://sudc.org/about-us/board-of-directors/laura-gould-crandall			
15:35	SEGMENT 2: TONSIL STONES	6:25	
Synopsis: Some people find that small “stones” are growing on their tonsils. They’re an accumulation of skin cells, food, and other debris. While they are not medically dangerous or painful, they often produce bad breath or sometimes pain. Two expert physicians discuss tonsil stones’ formation and treatment.			
Host: Nancy Benson. Writer/Producer: Morgan Kelly. Guests: Dr. Alter Peerless, otolaryngologist, Mercy Health, Cincinnati; Dr. Lauren Bohm, Assistant Professor of Otolaryngology, University of Michigan			
Compliance issues covered: health care			
Links for more information: https://www.mercy.com/find-a-doctor/physicians/alter-g-peerless/230042 https://www.uofmhealth.org/profile/4468/lauren-andrea-bohm-md			

Program Log for Radio Health Journal

Program	19-36	Executive Producer	Reed Pence
Air Week	09/08 – 09/14/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:03	SEGMENT 1: SURVIVING AN ACTIVE SHOOTER	12:45	
<p>Synopsis: With the recent active shooter incidents in El Paso and Dayton, these incidents no longer seem rare, and experts say there's been a shift in public perception. Now they seemingly could happen anywhere, and it's become a public health issue. Two experts discuss the changing theory of how to survive an active shooter incident through what's called "run, hide, and fight."</p>			
<p>Host & Writer/Producer: Reed Pence. Guests: Dr. Cheryl Lero Jonson, Associate Professor of Criminal Justice, Xavier University; Dr. Park Dietz, founder and President, Threat Assessment Group</p>			
<p>Compliance issues covered: mass shootings; public safety; gun violence; police & law enforcement; youth at risk; education</p>			
<p>Links for more information: https://scholar.google.com/citations?user=RgaXKNYAAAAJ&hl=en https://www.taginc.com/parkdietz</p>			
15:50	SEGMENT 2: FIGHTING OFF STRESS AT COLLEGE	7:16	
<p>Synopsis: Many Americans believe if they have good health care, they'll have good health. But many factors beyond medicine contribute to our level of health. A noted public health expert explains these factors, and why our own health is much more than an individual concern.</p>			
<p>Host: Nancy Benson. Writer/Producer: Reed Pence. Guests: Dr. Bernadette Melnyk, Vice President for Health Promotion, Dean, College of Nursing and Chief Wellness Officer, The Ohio State University; Julie Potiker, author, <i>Life Falls Apart But You Don't Have To: Mindful Methods for Staying Calm in the Midst of Chaos</i></p>			
<p>Compliance issues covered: youth at risk; education; mental health</p>			
<p>Links for more information: https://nursing.osu.edu/faculty-and-staff/bernadette-melnyk https://mindfulmethodsforlife.com/author/julie/</p>			

Program Log for Radio Health Journal

Program	19-37	Executive Producer	Reed Pence
Air Week	09/15 – 09/21/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
1:57	SEGMENT 1: IMPORTING CANADIAN DRUGS		11:50
Synopsis: The Trump Administration has proposed wholesale import of drugs from Canada to ease high US prescription drug prices. But since Canada is 1/10 th the size of the US, could it supply enough drugs to make a difference? What's more, it appears Canadians are opposed to the plan and are devising rules to stop it. Experts discuss pro's and con's.			
Host & Producer: Reed Pence. Guests: John Adams, Board Chairman, Best Medicines Coalition (Canada); Justin Mendoza, State Partnerships Manager, Families USA			
Compliance issues covered: health care; public health; international relations; economics; federal government and regulation; consumerism; drug prices			
Links for more information: https://bestmedicinescoalition.org/about/board-of-directors/ https://familiesusa.org/author/justin-mendoza			
14:49	SEGMENT 2: PRIMARY CARE AND MEDICAL COST		8:11
Synopsis: The US spends more on medical care than other nations while quality still lags behind. A health industry expert explains how increased use of primary care and increased engagement with providers could reverse both trends.			
Host: Nancy Benson. Producer: Morgan Kelly. Guest: Bret Jorgensen, Chairman and CEO, MDVIP			
Compliance issues covered: health care; public health; economics			
Links for more information: https://www.mdvip.com/about-mdvip/leadership/bret-jorgensen-ceo			

Program Log for Radio Health Journal

Program	19-38	Executive Producer	Reed Pence
Air Week	09/22 – 09/28/2019	Studio Production	Jason Dickey
Time	Segment		
2:02	SEGMENT 1: HEAT AND VIOLENCE	Dur. 12:27	
Synopsis: Violence increases as temperatures rise in the summer, but are higher temperatures a cause of aggression? New research shows that the answer is yes, especially in family conflict, and that poor neighborhoods bear the brunt of the relationship. Researchers discuss the synergy between poverty, heat, and aggression, and speculate that a warmer world in the future could be a more violent one.			
Host & Producer: Reed Pence. Guests: Dr. Matthew Kahn, Bloomberg Distinguished Professor of Economics and Director, 21 st Century Cities Initiative, Johns Hopkins University; Dr. Frank McAndrew, Professor of Psychology, Knox College; Dr. Kilian Heilmann, Institute for New Economic Thinking, University of Southern California			
Compliance issues covered: public health; weather; climate change; violence; police & law enforcement; public safety; urban affairs			
Links for more information: https://www.katherineeban.com/about			
15:31	SEGMENT 2: NAIL BITING	7:38	
Synopsis: Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop.			
Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mt. Sinai School of Medicine; Dr. Fred Penzel, Executive Director, Western Suffolk Psychological Services, Huntington, NY			
Compliance issues covered: health care; destructive behavior; mental illness			
Links for more information: http://www.drdanastern.com http://www.wsps.info/index.php?option=com_contact&view=contact&id=7&Itemid=75			

Program Log for Radio Health Journal

Program	19-39	Executive Producer	Reed Pence
Air Week	09/29 – 10/05/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:03	SEGMENT 1: GENETIC TESTING AND FAMILY SECRETS		12:38
Synopsis: The availability of consumer DNA tests and databases has allowed long-hidden family secrets to be revealed, including mistaken paternity and unknown siblings. It has also taken the anonymity away from some cases of sperm donation. Two experts discuss the ethics of overturning this promised secrecy and the impact that the revelation of secrets can have on entire families.			
Host: Reed Pence. Producer: Polly Hansen. Guests: Dani Shapiro, author, <i>Inheritance: A Memoir of Genealogy, Paternity, and Love</i> ; Dr. Bill Sullivan, Professor of Pharmacology and Toxicology, Indiana University School of Medicine and author, <i>Pleased to Meet Me: Genes, Germs, and the Curious Forces That Make Us Who We Are</i>			
Compliance issues covered: ethics; DNA and genetic testing; parenting issues; family issues; interpersonal relationships			
Links for more information: https://danishapiro.com https://authorbillsullivan.com			
15:43	SEGMENT 2: MIRROR TOUCH SYNESTHESIA		7:08
Synopsis: Dr. Joel Salinas has mirror touch synesthesia, a condition involving cross-wiring in the brain. The result is that visual stimuli prompt a response in his touch system. He literally feels it when people experience pain. Salinas discusses how this strange condition works and how he is able to use it in diagnosis.			
Host: Karen Hand. Guests: Dr. Joel Salinas, neurologist, Massachusetts General Hospital and author, <i>Mirror Touch: Notes From a Doctor Who Can Feel Your Pain</i>			
Compliance issues covered: health care; consumerism; neurology			
Links for more information: https://joelsalinasmd.com/book/			