

Program # 12-14 Air week: 4-1-12

2:05 SEGMENT 1: Cholesterol screening for children 12:50

Synopsis: The National Institutes of Health has recommended that all grade school children be screened for high cholesterol to prevent heart attacks later in life. However, some other expert agencies say that screening, presumably with treatment for children with high cholesterol, carries too much risk for a small benefit. Experts and the father of a high-risk toddler discuss the issue.

Host: Reed Pence. Guests: Dr. Samuel S. Gidding, Head, Cardiac Division, Nemours Cardiac Center, A.I. DuPont Hospital for Children, Wilmington, DE, and member, NIH guideline task force; Sean Thompson, father of child with extremely high cholesterol; Dr. Michael Lefevre, Prof. of Family and Community Medicine, Univ. of Missouri-Columbia.

COMPLIANCY ISSUES COVERED: health care; public health; youth at risk; education; economics

15:56 SEGMENT 2: Swab a cut, save a life 7:57

Synopsis: Only about half of people who need a bone marrow transplant to fight blood cancer are able to find a match. Many more tissue types are needed in registries to help the others. Now a consumer health products company has come up with an ingenious way to get people to sign up for bone marrow registries without much effort.

Host: Lynn Holley. Guests: Katharina Harf, Chief Operating Officer, DKMS bone marrow registry (GetSwabbed.org); Richard Fine, founder and CEO, Help Remedies (HelpINeedHelp.com)

COMPLIANCY ISSUES COVERED: consumerism; education; public health; business and industry

Program # 12-15 Air week: 4-8-12

2:05 SEGMENT 1: The real culprit in obesity--keeping the weight off 13:01

Synopsis: Most overweight people can lose at least some weight, but few keep it off for long. Experts discuss research showing how the body and brain change after weight loss to regain weight and stave off what it thinks is starvation, and how this problem is the real secret to ending the obesity epidemic.

Host: Reed Pence. Guests: Dr. Joseph Proietto, Prof. of Medicine, Univ. of Melbourne (Australia); Dr. Michael Rosenbaum, Prof. of Clinical Pediatrics and Clinical Medicine, Columbia Univ. and New York Presbyterian Hospital; Dr. Tim Frayling, Research Scientist, Univ. of Exeter (UK)

COMPLIANCY ISSUES COVERED: health care; public health

16:07 SEGMENT 2: Synesthesia 7:58

Synopsis: Synesthesia, a brain condition where people's senses are intertwined, is much more common than previously imagined. People afflicted with this genetic condition may "see" sounds, "taste" visual information or have other neurological confusion.

Host: Lynn Holley. Guest: Dr. Richard Cytowic, Prof. of Neurology, George Washington Univ. and co-author, [Wednesday is Indigo Blue: Discovering the Brain of Synesthesia](#)

COMPLIANCY ISSUES COVERED: psychology; health care; education

Program # 12-16 Air week: 4-15-12

2:05 SEGMENT 1: Can brain scans show where evil resides? 12:35

Synopsis: Brain scans are increasingly being used in court to bolster claims that psychopathic criminals cannot help themselves. Experts discuss what scans really show and how juries and the court system are dealing with this new evidence.

Host: Reed Pence. Guests: Dr. Kent Kiehl, Assoc. Prof. of Psychology & Neuroscience, Univ. of New Mexico and Director, Cognitive Neuroscience Lab, Mind Research Network; Michael Haederly, Contributing Editor, Pacific Standard Magazine; Dr. Stephen Morse, Prof. of Law and Prof. of Psychology and Law in Psychiatry, Univ. of Pennsylvania; Deborah Danno, Prof. of Law, Fordham Univ.

COMPLIANCY ISSUES COVERED: crime; courts and criminal justice system; public safety; mental illness and treatment; prisons

15:40 SEGMENT 2: Changes in the family as women become primary breadwinners 8:20

Synopsis: Nearly half of married, working women out-earn their husbands, and the trend is likely to accelerate with women making up 60 percent of college students. A journalist examines the trend and what it means for families and life at home.

Host: Lynn Holley. Guest: Liza Mundy, reporter, Washington Post, Fellow, New American Foundation, and author, The Richer Sex: How the New Majority of Female Breadwinners is Transforming Sex, Love, and Family

COMPLIANCY ISSUES COVERED: gender issues; women's issues; education; economics; employment

Program # 12-17 Air week: 4-22-12

2:05 SEGMENT 1: Pregnant? You're fired

12:12

Synopsis: Discrimination due to pregnancy has been illegal since the 1970's, yet it's still a common occurrence. Experts discuss the many pretexts employers use to fire pregnant women and the steps women need to take to combat it.

Host: Reed Pence. Guests: Sarah Crawford, Director, Workplace Fairness, National Partnership for Women and Families; Jamie Dolkas, staff attorney, Equal Rights Advocates; Joan Williams, Distinguished Prof. of Law and Founding Director, Center for Worklife Law, Hastings College of the Law, Univ. of California

COMPLIANCY ISSUES COVERED: employment; discrimination; economics; women's issues; family issues; federal law

15:20 SEGMENT 2: "Almost alcoholic"

8:06

Synopsis: Most people who have a drinking problem are not alcoholics, so they may slip through the cracks and not receive the help they need. Experts discuss warning signs and ways to break through denial.

Host: Nancy Benson. Guests: Dr. Robert Doyle, clinical psychiatrist, Massachusetts General Hospital and Harvard Medical School; Dr. Joe Nowinski, clinical psychologist and co-author, Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem

COMPLIANCY ISSUES COVERED: addiction; substance abuse and treatment

Program # 12-18 Air week: 4-29-12

2:05 SEGMENT 1: Healthcare reform with and without the individual mandate

12:29

Synopsis: The legal challenge to the Affordable Care Act has centered on the "individual mandate" requiring many people to buy health insurance. Experts discuss the likely effects of the mandate and what may happen if the US Supreme Court invalidates this part of the law but lets the rest of the law stand.

Host: Reed Pence. Guests: Dr. Gerald Kominski, Director, UCLA Center for Health Policy Research; Paul Fronstin, Director, Health Research Program, Employee Benefit Research Institute

COMPLIANCY ISSUES COVERED: federal government, laws and regulation, economics, health care, public health, employment, business and industry

15:34 SEGMENT 2: "Tiger Feeding Moms" may backfire 7:43

Synopsis: A mother's controversial Vogue magazine article describes how she put her seven-year old daughter on an extremely strict diet and publicly shamed her to shape up. A noted child nutrition expert explains how such a tough love approach is likely to backfire, creating an unhealthy lifelong relationship with food.

Host: Nancy Benson. Guest: Jill Castle, registered dietician and author, JustTheRightByte.com and the book, [Fearless Feeding: How to Raise Health Eaters from High Chair to High School](#)

COMPLIANCY ISSUES COVERED: youth at risk; public health, food and nutrition; pop culture

Program # 12-19 Air week: 5-6-12

2:05 SEGMENT 1: Safety of 2,4-D 12:29

Synopsis: The EPA has rejected a petition to ban the widely-used weed-killer 2,4-D, yet environmental groups continue to claim that it is harmful to health for a variety of reasons. Experts on each side review safety claims.

Host: Reed Pence. Guests: Dr. Gina Solomon, Senior Scientist, Natural Resources Defense Council and Clinical Prof. of medicine, Univ. of California San Francisco; Jim Gray, Executive Director, Industry Task Force Two on 2,4-D Research Data

15:38 SEGMENT 2: "Momnesia" 7:51

Synopsis: Researchers have documented specific mental changes among many women who have just given birth. Experts speculate that through evolution, traits important to raising a child have become biologically accentuated at the expense of others.

Host: Nancy Benson. Guests: Hannah Keeley, "momnesia" sufferer and creator, HannahKeeley.com; Dr. Craig Kinsley, Prof. of Neuroscience, Univ. of Richmond; Adrienne Hedger, co-author, [Momnesia](#).

COMPLIANCY ISSUES COVERED: psychology, parenting issues, gender and women's issues; consumerism

Program # 12-20 Air week: 5-13-12

2:05 SEGMENT 1: Expensive, unnecessary treatments 12:59

Synopsis: Several influential medical groups are focusing on the fee-for-service payment system as a major source of unnecessary care and cost in the U.S. medical system. Experts discuss how this payment system incentivizes extra treatment and the steps they'd like to see to cut back on it.

Host: Reed Pence. Guests: Dr. Ann O'Malley, Senior Researcher, Center for Studying Health System Change; Dr. Brenda Strovich, staff physician and research associate, VA Medical Center, White River, VT and Assoc. Prof. of Medicine and Community and Family Medicine, Dartmouth Medical School and Dartmouth Institute for Health Policy and Clinical Practice; Dr. Christine Cassel, President and CEO, American Board of Internal Medicine and ABIM Foundation.

COMPLIANCY ISSUES COVERED: health care; public health; US medical system; economics; consumerism; insurance

16:08 SEGMENT 2: Baseball's "elephant in the room" 7:38

Synopsis: Major league baseball has cracked down on use of performance enhancing drugs, but the minor league experience shows enforcement doesn't end their use. A minor league player and strength coach discuss roadblocks to "staying straight."

Host: Nancy Benson. Guests: Tyler Blaser, catcher, Tampa Yankees minor league team; Jay Signorelli, Tampa Yankees strength and conditioning coach.

COMPLIANCY ISSUES COVERED: sports and recreation; drug enforcement

Program # 12-21 Air week: 5-20-12

2:05 SEGMENT 1: Emergency responder stress 13:49

Synopsis: Police officers, firefighters, paramedics and emergency dispatchers experience events that most people couldn't stand, and they pay for it with high levels of stress-related outcomes and PTSD. Experts describe the relative lack of training received by first responders, the type of training the need, and the police/fire culture that makes it difficult to get help.

Host: Reed Pence. Guests: Dr. Joel Fay, former police officer and President, First Responder Support Network and West Coast Post-Trauma Retreat; Rodger Ruge, former police officer and founder, HeroTalk; Dr. Michelle Lilly, Asst. Prof. of Psychology, Northern Illinois Univ.; Heather Pierce, former 911 dispatcher and Research Associate, Northern Illinois Univ.; Dr. John Mason, founder, Stress Education Center, Oak Harbor, WA and author, The Guide to Stress Reduction.

COMPLIANCY ISSUES COVERED: police and fire; public safety; emergency response; education

16:56 SEGMENT 2: Fibromyalgia 6:56Synopsis:

Fibromyalgia is widespread pain that doesn't show up on any test, so sufferers are often told their pain is all in their heads. An expert physician and a longtime sufferer describe the syndrome and the steps that can lead to diagnosis and successful relief.

Host: Nancy Benson. Guests: Dr. Beth Hodges, fibromyalgia specialist, Asheboro, NC; Penny Cowan, fibromyalgia sufferer and founder and CEO, American Chronic Pain Assn.

COMPLIANCY ISSUES COVERED: health care; women's issues; consumerism;
Program # 12-22 Air week: 5-27-12

2:05 SEGMENT 1: Menu psychology 11:44

Synopsis: Psychology is extremely important in the restaurant business. Experts discuss how menu engineers steer diners' decision-making process toward more profitable or specialty menu items, and how going too far to shape preferences can be risky.

Host: Reed Pence. Guests: Dave Pavasic, Prof. of Hospitality Administration, Cecil B. Day School of Hospitality, Georgia State Univ.; George Rapp, menu consultant; Phil Vettel, restaurant critic; Chicago Tribune

COMPLIANCY ISSUES COVERED: psychology; consumerism; economics

14:53 SEGMENT 2: Asperger's Syndrome from inside 7:44

Synopsis: Most people don't understand Asperger's Syndrome, which affects high functioning people with autism. Most of those with the syndrome can't express what their lives are like, but here, one person with the syndrome articulates his unusual world.

Host: Nancy Benson. Guest: Aaron Likens, author, [Finding Kansas: Living and Decoding Asperger's Syndrome](#)

COMPLIANCY ISSUES COVERED: disabilities; mental health; education

Program # 12-23 Air week: 6-3-12

2:05 SEGMENT 1: Paying for bone marrow 13:12

Synopsis: Federal law prohibits payment for most transplanted organs. But a number of groups, seeking more donors, have won a federal court ruling allowing payment to bone marrow donors. Experts discuss the ethical and practical issues, and whether the ruling may create a "slippery slope" where the rich get organs and the poor might be exploited.

Host: Reed Pence. Guests: Dr. Art Caplan, Director, Division of Bioethics, New York Univ. and Langone Medical Center; Jeff Rowes, Senior Attorney, Institute for Justice; Shaka Mitchell, President, MoreMarrowDonors.org; Michael Boo, Chief Strategy Officer, National Marrow Donor Program (BeTheMatch.org)

COMPLIANCY ISSUES COVERED: health care; public health; ethics; economics; law and courts; technology

16:17 SEGMENT 2: How the brain makes decisions 7:41

Synopsis: Most people believe that purely rational decisions are best. However, scientists have discovered that without emotion, decision-making is impossible. A science journalist discusses the findings and implications.

Host: Nancy Benson. Guest: Jonah Lehrer, contributing editor, "Wired," author, "Head Case" in Wall Street Journal and author, [How We Decide](#)

COMPLIANCY ISSUES COVERED: consumerism; economics

Program # 12-24 Air week: 6-10-12

2:05 **SEGMENT 1:** Toddlers' declining oral health 12:33

Synopsis: Children have experienced less and less tooth decay over the past two generations, but lately, toddlers in lower income groups have experienced a sharp increase in cavities. Some children show up in dental offices with severe problems even requiring hospitalization. Experts discuss the reasons for this trend and what parents should be doing to avoid it.

Host: Reed Pence. Guests: Dr. Rhea Haugseth, President, American Academy of Pediatric Dentistry; Dr. Travis Nelson, Acting Asst. Prof. of Pediatric Dentistry, Univ. of Washington; Amy Hazlewood, registered dental hygienist, South Bend, IN

COMPLIANCY ISSUES COVERED: health care; public health; youth at risk

15:38 **SEGMENT 2:** The ticking time bomb of cancer genes 7:19

Synopsis: How do people live life when they're convinced by family history that they are going to get cancer? Here is one woman's experience with "living on borrowed time" and the drastic preventive measures produced by cancer fear.

Host: Nancy Benson. Guest: Amy Boesky, Assoc. Prof. of English, Boston College and author, What We Have: One Family's Inspiring Story About Love, Loss, and Survival

COMPLIANCY ISSUES COVERED: women's issues; ethics; prevention; family issues

Program # 12-25 Air week: 6-17-12

2:02 **SEGMENT 1:** Cutting ER overuse 13:30

Synopsis: Studies show that a small proportion of emergency room users come back over and over again for maladies that aren't really best suited for the ER, such as addictions, pain, and psychiatric disorders. Several pilot programs show that using social workers and other follow-up can begin to cure these ailments, saving money and keeping these patients well.

Host: Reed Pence. Guests: Dr. Corey Waller, Director, Center for Integrative Medicine, Spectrum Health medical Group, Grand Rapids, MI; Dr. Ellen Weber, Prof. of Emergency Medicine, Univ. of California, San Francisco; Dr. Christopher Michos, Chairman, Emergency Dept., Waterbury Hospital, Waterbury, CT; Dr. Maria Raven, Asst. Prof. of Emergency Medicine, Univ. of California, San Francisco

COMPLIANCY ISSUES COVERED: health care; public health; economics; addictions and substance abuse; mental illness; homelessness

16:32 **SEGMENT 2:** Music, mood 7:34

Synopsis: Music is known to affect mood. Researchers discuss new discoveries into its "suggestive" effect in relationships and shopping behavior.

Host: Lynn Holley. Guests: Dr. Lubomir Lamy, Asst. Prof. of Psychology, South Paris Univ.; Dr. Charles Areni, Prof. of Marketing, Univ. of Sydney.

COMPLIANCY ISSUES COVERED: interpersonal relationships; economics; business and industry; crime prevention

Program # 12-26 Air week: 6-24-12

2:03 SEGMENT 1: Reducing harm in hospitals

13:07

Synopsis: Hospitals have been trying to reduce the estimated 100,000 deaths per year due to medical mistakes, but some experts fear they are relying too much on electronic medical records and other technologies that may not be up to the task yet. Experts discuss technology vs. moving to more of a team effort, similar to the transformation that markedly reduced mistakes in aviation.

Host: Reed Pence. Guests: Ross Koppel, Prof. of Sociology, Univ. of Pennsylvania and co-editor, First Do Less Harm; Confronting the Inconvenient Problems of Patient Safety; Suzanne Gordon, Visiting Prof. of Nursing, Univ. of Maryland and co-editor, First Do Less Harm.

COMPLIANCY ISSUES COVERED: health care; public health; technology; consumerism; patient safety

16:14 SEGMENT 2: "Prozac Kids" grow up

7:46

Synopsis: Use of prescription medications for mental disorders among children and adolescents is growing rapidly. An author, herself a Prozac user since age 17, discusses attitudes toward medications revealed in her extensive interviews with dozens of similar subjects.

Host: Nancy Benson. Guest: Kaitlin Bell Barnett, author, Dosed: The Medication Generation Grows Up

COMPLIANCY ISSUES COVERED: youth at risk; mental illness; education

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