

Program # 12-27 Air week: 7-1-12

2:03 SEGMENT 1: Obesity, economics and public policy 12:15

Synopsis: Experts are beginning to realize that obesity is not the result of only poor individual choices. Public policy and economics create an environment conducive to too much food and too little exercise. Experts explain examples of how cities build roads rather than sidewalks, schools cut physical education for more classroom time, and federal policy encourages overproduction of food.

Host: Reed Pence. Guests: Dr. Raymond Baxter, Senior Vice President for Community Benefit, Research and Health Policy, Kaiser Permanente; Dr. Marion Nestle, Prof. of Nutrition, Food Studies and Public Health, New York Univ. and co-author, Why Calories Count

COMPLIANCY ISSUES COVERED: public health; local government; roads and traffic safety; education; youth at risk; federal government; agriculture and farms; consumerism; economics; business and industry

15:22 SEGMENT 2: Spasmodic dysphonia 8:42

Synopsis: Experts discuss an unusual "voice strangling" disorder and the toxin that can treat it.

Host: Nancy Benson. Guests: Dr. Ramon Franco, Jr., Director, Division of Laryngology, Harvard Medical School; Dr. Susan Miller, Principal, Voice Trainer, Washington, DC

COMPLIANCY ISSUES COVERED: health care; communications; technology; disabilities

Program # 12-28 Air week: 7-8-12

2:05 SEGMENT 1: Electric cars and hybrids: too quiet? 12:54

Synopsis: The federal government is scheduled to rule this month on whether car manufacturers will be required to add artificial car sounds to hybrid and electric cars. Those vehicles are so quiet at low speed that they may endanger pedestrians, especially those with low vision. Experts discuss the unanticipated effects of quiet cars and how various proposed fixes might work.

Host: Reed Pence. Guests: Dr. Robert Wall Emerson, Prof. of Blindness and Low Vision Studies, Western Michigan Univ.; Chris Danielsen, Director of Public Relations, National Federation of the Blind; Lukas Franck, Senior Consultant for Special Projects, The Seeing Eye, Inc.

COMPLIANCY ISSUES COVERED: roads, traffic and pedestrian safety; disabilities; federal government; business and industry; consumerism; economics

16:01 SEGMENT 2: The promise and peril of stem cells 8:03

Synopsis: Experts discuss the promise of stem cells in treating diseases ranging from cancer, Parkinson's and Alzheimer's, to the repair of spinal cord injuries and severed limbs to even the regeneration of diseased organs. They also discuss whether embryonic stem cells will be needed to meet their full potential, or if reprogrammed adult cells will be sufficient.

Host: Nancy Benson. Guests: William Hoffman, Univ. of Minnesota Medical School and co-author, The Stem Cell Dilemma (stemceldilemma.com); Dr. Larry Goldstein, Distinguished Prof. of Cellular and Molecular Medicine and Neurosciences and Director, Stem Cell Program, Univ. of California San Diego School of Medicine.

COMPLIANCY ISSUES COVERED: health care; public health; technology; ethics; economics

Program # 12-29 **Air week: 7-15-12**

2:03 **SEGMENT 1:** Parents, kids, drugs and alcohol 12:45

Synopsis: Parents who grew up amid common teenage drug and alcohol use are now being confronted by their own children's questions on their experience and advice. Experts discuss studies urging honesty and communication to keep kids out of trouble.

Host: Reed Pence. Guests: Dr. Joseph Lee, Medical Director, Hazelden Youth Continuum; Dr. Marsha Rosenbaum, Director Emerita, Safety First Project, Drug Policy Alliance; Dr. Marv Seppala, Chief Medical Officer, Hazelden Foundation; Joseph Califano, Founder & Chairman Emeritus, Natl. Center on Addiction and Substance Abuse, Columbia Univ. and author, How to Raise a Drug-Free Kid: The Straight Dope for Parents

COMPLIANCY ISSUES COVERED: alcohol and substance abuse; youth at risk; parenting issues; education; public health

15:48 **SEGMENT 2:** Temperament 8:04

Synopsis: The creation of personality is little understood. It is formed from natural-born temperament plus experience. Here, one of the world's foremost experts on temperament explains its origins and the extent it can be changed or subverted.

Host: Nancy Benson. Guest: Dr. Jerome Kagan, Prof. Emeritus of Psychology, Harvard Univ., and author, The Temperamental Thread.

COMPLIANCY ISSUES COVERED: interpersonal relationships; family and parenting issues; youth at risk.

Program # 12-30 **Air week: 7-22-12**

1:59 **SEGMENT 1:** Changes in payments for over the counter drugs 12:01

Synopsis: The federal government has moved to prevent flexible spending accounts from paying for over the counter drugs, and is exploring taking some prescription drugs to a "behind the counter" non-prescription class. Both moves could save the government and health system money, but would shift drug costs to consumers, since insurance does not pay for non-prescription drugs.

Host: Reed Pence. Guests: Dr. Matthew Mintz, Assoc. Prof. of Medicine, George Washington Univ. School of Medicine; Kurt Karst, Director, Hyman, Phelps & McNamara law firm, Washington, DC

COMPLIANCY ISSUES COVERED: health insurance; federal government; taxes and regulation; economics

15:04 **SEGMENT 2:** How family moves can leave permanent hurt 8:55

Synopsis: Family moves can have devastating lifelong effects on children if they are unprepared or if the move comes at an inopportune time of life. Experts discuss children at risk and ways to make moving easier on them.

Host: Nancy Benson. Guests: Dr. Diana Gruman, Assoc. Prof. of Psychology, Western Washington Univ.; Dr. Frederic Medway, Distinguished Prof. Emeritus of Psychology, Univ. of South Carolina.

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Host: Nancy Benson. Guests: Joseph Conlon, Technical Advisor, American Mosquito Control Association, Dr. Phillip Baker, Exec. Dir., American Lyme Disease Foundation; Dr. Jamie Weisman, scholar, American Academy of Dermatology and physician, Peachtree Dermatology Associates, Atlanta.

COMPLIANCY ISSUES COVERED: consumerism

Program # 12-33 **Air week: 8-12-12**

2:05 **SEGMENT 1:** Drugs: treatment for drug addicts, part two 12:04

Synopsis: Methadone treatment for drug addicts works, but is loaded with stigma that lead communities to fight methadone clinics from coming into town. Even medical personnel often look down on methadone treatment. Experts discuss stigma in drug abuse treatment and the rise of older Americans as the fastest growing group of drug addicts.

Host: Reed Pence. Guests: Terry Bering, Executive Director, Center for Addictive Problems (CAP), Chicago and Downers Grove IL; Fran Buff, CAP counselor; Dr. Danash Alem, Medical Director of Behavioral Services, Central DuPage Hospital, Winfield, IL; Dr. Jeffrey Johnson, Addictions Medical Director, Central DuPage Hospital Behavioral Health Center

COMPLIANCY ISSUES COVERED: substance abuse, drug addiction and treatment; public safety; parenting issues; mental health; youth at risk; senior citizens

15:11 **SEGMENT 2:** Attacks on guide dogs 8:37

Synopsis: Guide dogs and their blind owners are vulnerable as they walk. Experts discuss the increase in attack on guide dogs by pet dogs, the consequences of those attacks, and what might be done to prevent them.

Host: Nancy Benson. Guests: jim Kutsch, President and CEO, The Seeing Eye; Anna Morrison-Ricardati, Founder AMR Law Group, Chicago; Mike Deathe, certified dog trainer and owner, Kiss Dog Training, Kansas City

COMPLIANCY ISSUES COVERED: disabilities; pets and people

Program # 12-34 **Air week: 8-19-12**

2:05 **SEGMENT 1:** Setting speed limits 13:45

Synopsis: Auto crashes kill more than 35,000 people in the US each year, but that toll is down dramatically even as speed limits have been going up. Engineers now realize that artificially slow speed limits can be more dangerous than high speeds. Experts discuss how speed limits should be set and why speed doesn't necessarily kill.

Host: Reed Pence. Guests: John Bowman, Communications Director, National Motorists Assn.; Lt. Garry Megge, Traffic Services Division, Michigan State Police; Dr. David Noyce, Prof. of Civil and Environmental Engineering and Director, Traffic Operations and Safety Laboratory, Univ. of Wisconsin-Madison.

COMPLIANCY ISSUES COVERED: traffic and highway safety; public safety; police, laws and legal system

16:24 **SEGMENT 2:** Tai Chi and Qigong 6:57

Synopsis: The slow movements of tai chi and qigong are puzzling to many Westerners, but these Chinese practices have been proven to reduce stress and provide other health benefits. Two experts discuss.

Host: Nancy Benson. Guests: Dr. Susan Matthews, Founder, Shanti School of Internal Martial Arts and advisory board member, American Tai Chi Assn.; Dr. Keith Jeffrey, founder, EasyTaiChi.com and advisory board member, American Tai Chi Assn.

COMPLIANCE ISSUES COVERED: health care; consumerism

Program # 12-35 **Air week: 8-26-12**

2:05 **SEGMENT 1:** Mental illness and primary care 11:44

Synopsis: Due in part to a shortage of mental health professionals, primary care doctors such as family physicians, internists and pediatricians handle much of the treatment of mental illnesses in the US. Experts discuss whether they are up to the challenge.

Host: Reed Pence. Guests: Dr. Alexander Blount, Director, Center for Integrated Primary Care and Professor, Family Medicine, Univ. of Massachusetts Medical School; Dr. Glen Stream, family physician, Spokane, WA and President, American Academy of Family Physicians; Dr. Evan Saulino, family physician, East Portland, OR and board member, Doctors for America; Darcy Gruttadaro, Director, Child and Adolescent Action Center, National Alliance on Mental Illness (NAMI).

COMPLIANCE ISSUES COVERED: health care; mental illness and mental health; youth at risk; doctor shortage; psychology

14:52 **SEGMENT 2:** Zoobiquity: diseases and disorders we share with animals 8:36

Synopsis: Humans and animals share many diseases, and surprisingly, many behavioral disorders as well. Experts discuss.

Host: Nancy Benson. Guests: Dr. Barbara Natterson-Horowitz, cardiologist, UCLA Medical Center and co-author, Zoobiquity: What Animals Can Teach Us About Health and the Science of Healing; Kathryn Bowers, co-author, Zoobiquity

COMPLIANCE ISSUES COVERED: pets and people; psychology

Program # 12-36 **Air week: 9-2-12**

2:05 **SEGMENT 1:** Extreme weather 12:21

Synopsis: This summer's nationwide drought and heat may be something we have to get used to. Climate experts explain why extreme weather of all types may increase in years to come as a result of slowing and stretching of the jet stream. This may result in additional deaths, health stress, and strains to the infrastructure.

Host: Reed Pence. Guests: Dr. Jonathan Patz, Prof. and Director, Global Environmental Health, Nelson Institute for Environmental Studies, Univ. of Wisconsin-Madison; Dr. Tracey Holloway, Assoc. Prof., Nelson Institute for Environmental Studies, Univ. of Wisconsin-Madison; Dr. Jennifer Francis, Research Prof., Institute of Marine and Coastal Sciences, Rutgers Univ.

COMPLIANCE ISSUES COVERED: public health; weather and climate; storm preparedness; pollution and environment; local government and infrastructure

15:28 SEGMENT 2: Optimism about HIV

7:33

Synopsis: Public health experts are learning ways to lessen disparities in getting HIV-positive people into treatment. Studies now show that retroviral treatment prevents transmission as well as lessens mortality. A nationally known expert explains.

Host: Nancy Benson. Guest: Dr. Michael Horberg, Director, HIV/AIDS, Kaiser Permanente; chairman-elect, HIV Medicine Association; and member President's Advisory Council on HIV/AIDS

COMPLIANCY ISSUES COVERED: public health; HIV/AIDS; minority, African-American and Hispanic issues.

Program # 12-37 Air week: 9-9-12

2:05 SEGMENT 1: "Almost a Psychopath"

12:51

Synopsis: Almost everyone is victimized at some point by a cutthroat co-worker who lies with ease and feels no remorse. These people may be "almost psychopaths," people with psychopathic characteristics too subtle to be diagnosed. Two experts explain how these people operate and how the rest of us can avoid being played.

Host: Reed Pence. Guests: Jim Silver, former federal prosecutor, and Dr. Ronald Schouten, Assoc. Prof. of Psychiatry, Harvard Medical School and Director, Law and Psychiatry Service, Massachusetts General Hospital. They are co-authors, Almost a Psychopath: Do I (Or Someone I Know) Have a Problem with Manipulation and Lack of Empathy

COMPLIANCY ISSUES COVERED: employment and workplace issues; relationship issues

15:59 SEGMENT 2: Rescuing runaways

7:59

Synopsis: More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed.

Host: Nancy Benson. Guest: Carissa Phelps, author, Runaway Girl: Escaping Life on the Streets. One Helping Hand at a Time

COMPLIANCY ISSUES COVERED: youth at risk; crime and police; child abuse; education

Program # 12-38 Air week: 9-16-12

2:04 SEGMENT 1: The psychology of overweight children

12:45

Synopsis: Overweight and obese children suffer psychological as well as physical damage. Experts discuss the bullying these children often endure, the damage and behavior it may produce, how parents may make it even worse, and the best ways to help kids be healthy for life.

Host: Reed Pence. Guests: Dr. Melina Jampolis, physician nutrition specialist and diet/fitness expert, CNN Health; Dr. Catherine Davis, Assoc. Prof. of Pediatrics, Georgia Health Sciences University; Dr. Eric Storch, Assoc. Prof. of Pediatric Psychiatry and Psychology, Univ. of South Florida; Dr. Dianne Newmark-Sztainer, Prof. of Public Health, Univ. of Minnesota and author, I'm Like, So Fat: Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight-Obsessed World

COMPLIANCY ISSUES COVERED: children and youth at risk; education; parenting issues; childhood obesity

15:52 SEGMENT 2: Treatments for hair-pulling disorder 8:10

Synopsis: Trichotillomania, or hair-pulling disorder, may affect three percent of people. It can be very hard to treat if not caught early, yet because of stigma, most people affected take great pains to avoid treatment and hide their bald patches. Two of the world's foremost experts discuss the disorder and new treatments that may help patients.

Host: Nancy Benson. Guests: Dr. Doug Woods, Prof. of Psychology, Univ. of Wisconsin-Milwaukee; Dr. Martin Franklin, Assoc. Prof. of Psychiatry, Univ. of Pennsylvania School of Medicine.
CONTACT POINT CITED: Trichotillomania Learning Center, Trich.org.

COMPLIANCY ISSUES COVERED: youth at risk; mental health

Program # 12-39 Air week: 9-23-12

2:03 SEGMENT 1: Medical trash 12:57

Synopsis: Experts say hospitals and healthcare facilities are generally the second-largest generators of waste and garbage in most cities. Some is due to the vast increase the last 20 years in the use of disposable devices, spurred by infection fears. Experts discuss efforts to return to reusable instruments and novel moves such as the collection of unused anesthesia gases.

Host: Reed Pence. Guests: Dr. Marty Makary, Assoc. Prof. of Health Policy, Johns Hopkins Univ. and author, Unaccountable: What Hospitals Won't Tell You and How Transparency Can Revolutionize Health Care; Janet Brown, Dir. of Content and Outreach, Healthier Hospitals Initiative and Dir. of Facility Engagement, Practice Greenhealth; Dr. Yoan Kagoma, McMaster Univ.

COMPLIANCY ISSUES COVERED: environment and pollution; education; economics; consumer and patient safety

15:56 SEGMENT 2: Childbirth through the ages 7:07

Synopsis: The way each era regards childbirth reveals much about how society considers life, death, and sex. An expert explains.

Host: Nancy Benson. Guest: Dr. Randi Hutter Epstein, author, Get Me Out: A History of Childbirth from the Garden of Eden to the Sperm Bank

COMPLIANCY ISSUES COVERED: Women's issues; medicine and technology

Program # 12-40 Air week: 9-30-12

2:05 SEGMENT 1: Older moms and IVF 11:43

Synopsis: Postmenopausal women in their 50's and even older can become mothers through in-vitro fertilization with donated eggs, and new studies show similar risks as in women 20 years younger. Experts discuss the medical risks and ethical questions brought about by a technology that appears to allow motherhood with no upper age limit.

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Host: Reed Pence. Guests: Dr. Richard Paulson, Prof. of Reproductive Medicine, Univ. of Southern California Keck School of Medicine; Dr. Mark Sauer, Prof. and Chief, Reproductive Endocrinology, Columbia Univ.

COMPLIANCY ISSUES COVERED: parenting and family issues; women's issues; ethics

14:49 SEGMENT 2: A new but controversial treatment for depression 8:42

Synopsis: A new treatment for depression called repetitive transcranial magnetic stimulation, or RTMS, uses a moving, high powered magnet. Some critics say it is ineffective for many patients, but supporters say that's true for most depression treatments. Experts discuss.

COMPLIANCY ISSUES COVERED: Mental illness; medicine and technology

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