

Quarterly Report of Compliancy Issues & Programs List 2020-Q3 (July - September) Radio Health Journal

- Aging
- Animal Health
- Alcohol and Substance Abuse & Treatment
- Autism
- Business & Industry
- Climate Change
- Communications
- Consumerism & Consumer Safety
- Disabilities
- Disasters & Preparedness
- Discrimination
- Eating Disorders
- Economics
- Education
- Elderly & Senior Citizens
- Elected Officials
- Employment & Workplace Issues
- Environment & Outdoors
- Ethics
- Family & Parenting Issues
- Federal Government
- Flooding
- Health Care
- Infectious Disease
- Individual Rights
- Interpersonal Relations
- Labor Issues
- Mental Health Issues
- Minority Issues
- National Defense
- Obesity
- Organ Donors
- Pets & People
- Pollution
- Poverty
- Public Health
- Public Safety
- Sports & Recreation
- Technology
- Terrorism
- Vaccination
- Violence & Threats
- Youth at Risk

Program 20-27		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
7/5/2020 6:00 am - 6:29 am			
SEGMENT 1: AUTISM AND SUBSTANCE ABUSE		Time	Duration
Synopsis:	Studies show that people with autism are twice as likely as others to engage in substance abuse, contrary to previous belief that they are extremely unlikely to use drugs or alcohol. An expert and an author who has used alcohol to cope with his autism discuss the developments and their impact.	1:50	12:20
Host & Producer:	Reed Pence		
Guests:	Elizabeth Kunreuther, Clinical Instructor, Univ. of North Carolina Wakebrook Addiction Treatment Center and co-author, Drinking, Drug Use and Addiction in the Autism Community; Matthew Tinsley, Asperger syndrome patient and co-author, Asperger Syndrome and Alcohol: Drinking to Cope		
Compliance issues:	autism; disabilities; alcohol and substance abuse and treatment; education		
Links:	https://www.med.unc.edu/psych/directories/faculty/elizabeth-kunreuther http://www.asperger-training.com/matthew-tinsley/		
SEGMENT 2: CONTACT TRACING AND QUARANTINE: HOW FAR CAN WE GO?		Time	Duration
Synopsis:	The next step in beating the COVID-19 pandemic may be stepped up contact tracing and quarantine of people who've had contact with Covid-positive individuals. However, many people see that as too expensive and intrusive to be practical. An expert discusses how it might work, and how it might not.	15:12	7:45
Host:	Nancy Benson		
Guests:	Dr. Lauren Childs, Asst. Prof. of Mathematics, Virginia Tech Univ.		
Compliance issues:	public health; consumerism; economics; individual rights; infectious disease		
Links:	https://sinews.siam.org/Details-Page/choosing-intervention-strategies-during-an-emerging-epidemic		

Program 20-28		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
7/12/2020 6:00 am - 6:29 am			
SEGMENT 1: ORTHOREXIA: OVERDOING A GOOD THING		Time	Duration
Synopsis:	Therapists report an increase in orthorexia, a not-yet recognized eating disorder where people become fixated on eating only healthy things and/or exercising hours per day. It can take over an afflicted person's life and result in physical symptoms much like anorexia. Experts discuss diagnosis and treatment.	1:50	12:50
Host & Producer:	Reed Pence		
Guests:	Claire Mysko, Chief Executive Officer, National Eating Disorders Assn.; Dr. Jennifer Carter, Clinical Assoc. Prof. of Psychiatry and Behavioral Health, Ohio State Univ. Wexner Medical Center; Dawn White, Registered, Licensed Dietician, Timberline Knolls Residential Treatment Center, Lemont, IL		
Compliancy issues:	eating disorders; mental health issues; health care; consumerism; youth at risk		
Links:	https://wexnermedical.osu.edu/find-a-doctor/jennifer-carter-phd-22765 https://www.eatingdisorderhope.com/virtual-conference-3/claire-mysko https://www.globenewswire.com/news-release/2020/02/19/1987163/0/en/Timberline-Knolls-Celebrates-National-Eating-Disorders-Awareness-Week.html National Eating Disorders Assn. Hotline 800-931-2237		
SEGMENT 2: TICK PARALYSIS: WHEN A TICK BITE CAN BE FATAL		Time	Duration
Synopsis:	Summer is tick season, and tick bites are common. However, bites from a couple of types of ticks can produce paralysis and even death if the tick is not removed quickly. An expert discusses.	15:42	7:15
Host:	Nancy Benson		
Guests:	Dr. Mark Dworkin, Infectious disease specialist, Univ. of Illinois at Chicago School of public health		
Compliancy issues:	health care; public health; youth at risk; outdoors and environment		
Links:	https://publichealth.uic.edu/global-health-program/mark-s-dworkin		

Program 20-29		Writers/Producers:	Reed Pence
Air Week: 7/19/2020 6:00 am - 6:29 am		Studio Production:	Jason Dickey
SEGMENT 1: DEALING WITH THE RISE IN OSTEOPOROSIS		Time	Duration
Synopsis:	Osteoporosis is increasing as America ages. However, fewer people are being tested for bone density and are agreeing to treatment because of side effects of osteoporosis medications. Experts discuss the devastating effects of increased broken bones and what can now be done to prevent them.	1:49	12:33
Host & Producer:	Reed Pence		
Guests:	Dr. Sundeep Khosla, Prof. of Medicine, Mayo Clinic College of Medicine; Dr. Ether Siris, Director, Toni Stabile Osteoporosis Center, New York Presbyterian Hospital and Columbia Univ. Medical Center		
Compliancy issues:	health care; public health; aging; elderly and senior citizens; consumerism		
Links:	https://www.mayo.edu/research/faculty/khosla-sundeep-m-d/bio-00078126 https://www.nyp.org/physician/essiris/		
SEGMENT 2: DOCTOR BURNOUT: IT STARTS EARLY		Time	Duration
Synopsis:	Doctors already say they're burned out, but the COVID-19 pandemic is making it worse. A noted physician educator discusses how burnout starts with the way future doctors are taught.	15:24	7:19
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Saul Weiner, Prof. of Medicine, Pediatrics and Medical Education, Univ. of Illinois at Chicago; Director, Center of Innovation for Complex Chronic Health Care, US Dept of Veterans Affairs and author, On Becoming A Healer: The Journey From Patient Care to Caring About Your Patients		
Compliancy issues:	health care; public health; education; infectious disease		
Links:	https://chicago.medicine.uic.edu/departments/academic-departments/medicine/academic-internal-medicine-and-geriatrics/people/name/saul-weiner/		

Program 20-30		Writers/Producers:	Reed Pence
Air Week: 7/26/2020 6:00 am - 6:29 am		Studio Production:	Jason Dickey
SEGMENT 1: PUBLIC HEALTH OFFICIALS RESIGNING UNDER PRESSURE		Time	Duration
Synopsis:	State and local public health officials have been under pressure like never before in the COVID-19 pandemic, as citizens and elected officials push back against tough restrictions designed to curb the virus. Some officials have even been threatened. Feeling their bosses don't have their backs, a higher proportion of officials are quitting than normal, and these essential jobs will be hard to fill with qualified health experts.	1:46	12:31
Host & Producer:	Reed Pence		
Guests:	Dr. Marcus Plescia, Chief Medical Officer, Association of State and Territorial Health Officials; Lori Freeman, CEO, National Association of County and City Health Officials; Theresa Anselmo, Executive Director, Colorado Association of Local Public Health Officials		
Compliancy issues:	health care; public health; public safety; violence and threats; elected officials; infectious disease		
Links:	https://www.astho.org/StatePublicHealth/ASTHOs-New-CMO-Brings-Clinical-Perspective-to-Public-Health/01-04-18/ https://www.naccho.org/about/chief-executive-officer-lori-tremmel-freeman-mba http://www.calpho.org/about-us.html		
SEGMENT 2: PTSD IN CHILDREN		Time	Duration
Synopsis:	Mental health experts once believed that children were too young to remember traumas well enough to suffer much from post-traumatic stress disorder. Now they know that children as young as 2 or 3 can be affected, often for the rest of their lives. An expert discusses PTSD in children and its treatment.	15:19	7:09
Host:	Nancy Benson		
Producer:	Ariana Kraft		
Guests:	Dr. Michael Scheeringa, Prof. of Child Psychiatry and Assoc. Prof. of Clinical Pediatrics, Tulane Univ. School of Medicine		
Compliancy issues:	youth at risk; mental health; family and parenting issues		
Links:	http://www.infantininstitute.org/faculty-member/michael-s-scheeringa/		

Program 20-31		Writers/Producers:	Reed Pence
Air Week: 8/2/2020 6:00 am - 6:29 am		Studio Production:	Jason Dickey
SEGMENT 1: "ELECTROSHOCK THERAPY:" NOT WHAT YOU SEE IN THE MOVIES		Time	Duration
Synopsis:	Electroconvulsive therapy still has a stigma, with the reputation of being a painful, disturbing procedure that wipes out memories and, if movies are to be believed, even creates zombies. Experts explain the reality—that ECT is a quiet procedure that provokes a short brain seizure, releasing huge amounts of neurotransmitters to reset the brain in what is the quickest and most dependable treatment for severe and often suicidal depression.	1:47	12:07
Host:	Reed Pence		
Producer:	Ariana Kraft		
Guests:	Dr. Sarah Lisanby, Director, Translation Research, National Institute of Mental Health and Director, NIMH Non-Invasive Neuro-Modulation Unit; Dr. Dan MAixner, Assoc. Prof. of Psychiatry, Univ. of Michigan		
Compliancy issues:	mental illness; health care; public health; technology		
Links:	https://www.nimh.nih.gov/news/science-news/2015/lisanby-chosen-to-lead-nimh-division-of-translational-research.shtml https://www.mlive.com/news/ann-arbor/index.ssf/2016/07/u-m_hospital_finds_new_home_fo.html		
SEGMENT 2: LUNG TRANSPLANTS: THE LEAST-TRANSPLANTED MAJOR ORGAN		Time	Duration
Synopsis:	Lung transplants are the least done of all major organ transplants because the lungs are so easily damaged in the death process. A lung transplant surgeon explains, using one particularly difficult case as an example.	14:56	8:03
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Abbas Ardehali, Prof. of Surgery and Medicine and Director, Heart, Lung, and Heart and Lung Transplantation, UCLA David Geffen School of Medicine		
Compliancy issues:	organ donors; health care; public health		
Links:	https://www.uclahealth.org/abbas-ardehali		

Program 20-32		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
8/9/2020 6:00 am - 6:29 am			
SEGMENT 1: BACK TO SCHOOL 2020: CAN KIDS ATTEND, OR WILL REMOTE LEARNING RULE?		Time	Duration
Synopsis:	Many school districts are delaying decisions on whether students will attend in person or will be taught remotely once again to reduce the risk of COVID-19 to children and staff. Experts discuss the methods under consideration to lower risks and whether that will be enough to open for classes.	1:47	13:03
Host & Producer	Reed Pence		
Guests:	Dr. Nathaniel Beers, President HSC Health Care System and pediatrician, Children's National Hospital; Keith Gambill, President, Indiana State Teachers Association		
Compliance issues:	public health; children & youth at risk; education; labor issues; parenting issues; education		
Links:	https://hschealth.org/about/leadership/board/nathaniel-beers https://www.ista-in.org/get-to-know-keith-gambill-ista-president		
SEGMENT 2: WORK-AT-HOME BURNOUT AND "ZOOM FATIGUE"		Time	Duration
Synopsis:	People working at home may have no commute and can work in their pajamas, but they may find themselves more exhausted than when they worked at the office. Two experts discuss reasons for this fatigue—patterns of working at home and the surprising stress of virtual meetings.	15:52	6:59
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Greg Hammer, Prof. of Pediatrics and Anesthesiology, Stanford Univ. Medical School and author, Gain Without Pain: The Happiness Handbook for Healthcare Professionals; Dr. Priti Shah, Prof. of Psychology, Univ. of Michigan		
Compliance issues:	employment; workplace issues		
Links:	https://profiles.stanford.edu/gregory-hammer https://sites.lsa.umich.edu/shah-lab/people/		

Program 20-33		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
8/16/2020 6:00 am - 6:29 am			
SEGMENT 1: WHO GETS A VACCINE?		Time	Duration
Synopsis:	Development of a Coronavirus vaccine is proceeding at a breakneck pace. What needs to happen to make sure it's safe and effective? And if a vaccine is successfully made, who should get it first? Will enough people opt in to get back to normal life, or will COVID-19 be with us for years? Experts discuss.	1:50	13:08
Host & Producer	Reed Pence		
Guests:	Lawrence Gostin, University Prof. of Health Law and Director, O'Neill Institute of National and Global Health Law, Georgetown Univ.; Dr. Jacob Appel, Director of Ethics Education in Psychiatry, Icahn School of Medicine, Mt. Sinai, New York		
Compliance issues:	public health; public safety; federal government; economics; first responders; minority issues; ethics; vaccination; infectious disease		
Links:	https://oneill.law.georgetown.edu/faculty/Lawrence-Gostin/ https://www.mountsinai.org/profiles/jacob-m-appel		
SEGMENT 2: STRESS AND TYPE 2 DIABETES		Time	Duration
Synopsis:	A new study shows that people who have type 2 diabetes and are under chronic stress are more likely to have high blood sugar. The study's lead author and a patient discuss how stress can make diabetes worse and what people can do to counteract it.	16:00	6:55
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Janice Harris, diabetes patient; Dr. Joshua Joseph, Asst. Prof. of Medicine, The Ohio State Univ. Wexner Medical Center		
Compliance issues:	health care; public health		
Links:	https://medicine.osu.edu/find-faculty/clinical/internal-medicine/joshua-joseph-md		

Program 20-34		Writers/Producers:	Reed Pence
Air Week: 8/23/2020 6:00 am - 6:29 am		Studio Production:	Jason Dickey
SEGMENT 1: READING OUR MASKED FACES		Time	Duration
Synopsis:	With faces hidden behind masks for COVID-19, we are losing some of the visual information we depend on for smooth communication. Experts discuss the awkward encounters and specific looks we're likely to misinterpret when we can't see other people's mouths.	1:50	12:52
Host & Producer	Reed Pence		
Guests:	Dr. David Matsumoto, Prof. of Psychology, San Francisco State Univ. and Director, Humintell; Dr. Rebecca Brewer, Senior Lecturer in Psychology, Royal Holloway Univ. of London		
Compliancy issues:	interpersonal relations; communications; infectious disease		
Links:	https://www.humintell.com/dr-david-matsumoto/ https://pure.royalholloway.ac.uk/portal/en/persons/rebecca-brewer(65862865-a25e-49c0-8b14-1ad2c4d39aef).html		
SEGMENT 2: LISFRANC INJURIES: NOT JUST A SPRAINED FOOT OR ANKLE		Time	Duration
Synopsis:	People who injure their foot often think they have a mere sprained foot or ankle when they actually have an injury that is potentially much more severe and disabling if not treated. Experts explain the Lisfranc joint and injuries that can hurt it.	15:42	7:19
Host:	Nancy Benson		
Producer:	Ariana Kraft		
Guests:	Dr. Mark Hardy, Balance Foot and Ankle Wellness Center, Lakewood, OH; Dr. Bryan Waxman, orthopaedic surgeon, Illinois Bone and Joint Institute		
Compliancy issues:	health care; sports and recreation; disabilities		
Links:	http://www.balancecle.com/balance-foot-and-ankle/staff/dr-mark-hardy-dpm-facfas/ https://www.ibji.com/doctors/waxman-bryan-md/		

Program 20-35		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
8/30/2020 6:00 am - 6:29 am			
SEGMENT 1: PLANNING FOR THE NEXT PANDEMIC		Time	Duration
Synopsis:	The next pandemic is only a matter of “when and what,” according to health security experts, who here discuss what’s needed to be ready for a variety of possible pandemics and infectious threats, both natural and terror.	1:47	13:03
Host & Producer	Reed Pence		
Guests:	Dr. Dennis Hruby, Chief Scientific Officer, SIGA Technologies; Dr. Phil Gomez, CEO, SIRI Technologies		
Compliancy issues:	public health; public safety; federal government; disasters and preparedness; health care; terrorism; national defense; infectious disease		
Links:	https://www.siga.com/about-siga/		
SEGMENT 2: THIRD WORLD MEDICINE		Time	Duration
Synopsis:	Medicine in the Third World is vastly different than in the US, and American doctors sometimes run into unexpected hurdles when they try to bring modern medicine to impoverished nations. One such doctor describes his efforts.	15:52	6:54
Host:	Nancy Benson		
Producer:	Polly Hansen		
Guests:	Dr. Aaron Berkowitz, Director of Global Health, Kaiser Permanente School of Medicine and author, <i>One By One By One: Making a Small Difference Amid a Billion Problems</i>		
Compliancy issues:	health care; public health; poverty		
Links:	https://naturemicrobiologycommunity.nature.com/posts/changing-lives-one-by-one-by-one		

Program 20-36		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
9/6/2020 6:00 am - 6:29 am			
SEGMENT 1: THE LOOMING "HOTHOUSE EARTH"		Time	Duration
Synopsis:	Rising global temperatures have produced extreme weather and a rising sea level. Climate scientists fear we may soon reach the point of no return, resulting in a hothouse with large portions of the planet uninhabitable. Authors of a major report on this phenomenon explain.	1:47	12:48
Host & Producer	Reed Pence		
Guests:	Dr. Diana Liverman, Prof. of Geography and Development, Univ. of Arizona; Dr. Katherine Richardson, Prof. of Biological Oceanography and leader, Sustainability Science Center, Univ. of Copenhagen; Dr. Kristina Dahl, Senior Climate Scientists, Union of Concerned Scientists		
Compliancy issues:	environment; pollution; climate change; flooding; federal government; economics		
Links:	https://www.environment.arizona.edu/diana-liverman https://www.ecsj2017.com/profile/katherine-richardson https://www.ucsusa.org/bio/kristina-dahl#.W5Khv1KZPOY		
SEGMENT 2: IMPOSTER SYNDROME		Time	Duration
Synopsis:	Many people who are smart, talented and successful still believe they are incompetent on the inside and that others will eventually find out. This "imposter syndrome" can undermine careers and lead to psychological distress. Two noted experts in the field discuss origins and how to deal with the phenomenon.	15:37	7:05
Host:	Nancy Benson		
Producer:	Ariana Kraft		
Guests:	Dr. Valerie Young, founder, impostersyndrome.com and author, The Secret Thoughts of Successful Women: Why Capable People Suffer from the Imposter Syndrome and How to Thrive In Spite of It; Dr. Pauline Rose Clance, Prof. Emeritus, Georgia State Univ.		
Compliancy issues:	mental health; business and industry; education; parenting issues		
Links:	https://impostorsyndrome.com/valerie-young/ http://paulineroseclance.com/prc_biography.html		

Program 20-37		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
9/13/2020 6:00 am - 6:29 am			
SEGMENT 1: OVERWORKED PHARMACISTS: MISTAKES WAITING TO HAPPEN?		Time	Duration
Synopsis:	Pharmacists are often asked to do more work in less time than they need, and some experts worry it's causing medication mistakes. A pharmacist specializing in medication safety discusses pressures on pharmacists and what consumers can do to protect themselves.	1:43	11:15
Host & Producer	Reed Pence		
Guests:	Michael Gaunt, Medication Safety Analyst and Editor, Institute for Safe Medication Practices		
Compliancy issues:	consumer safety and consumerism; health care; economics; business and industry		
Links:	https://www.ismp.org/staff/michael-j-gaunt-pharmd		
SEGMENT 2: THE ANGER EPIDEMIC		Time	Duration
Synopsis:	Psychologists say there's more anger in our society than ever. But they say that should be no surprise, since anger is often a reaction to uncertainty and fear. Two experts discuss the genesis of anger, how it serves a purpose, and how it can be controlled.	14:00	7:54
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Jean Kim, Asst. Prof. of Psychiatry, George Washington Univ.; Dr. Ray Novaco, Prof. of Psychological Sciences, Univ. of California at Irvine		
Compliancy issues:	mental health; interpersonal relations		
Links:	https://www.psychologytoday.com/us/experts/jean-kim-md https://faculty.sites.uci.edu/novaco/		

Program 20-38		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
9/20/2020 6:00 am - 6:29 am			
SEGMENT 1: MORE PETS IN THE PANDEMIC		Time	Duration
Synopsis:	Pets are a comfort in difficult times, and the pandemic is no exception. Animal shelters report a surge in pet adoptions, especially puppies, in the last six months, and veterinarians are having to adopt procedures such as telemedicine to deal with the increase while still staying safe. Experts explain how adopting and training a new pet has changed in the pandemic.	1:48	12:36
Host & Producer	Reed Pence		
Guests:	Christina Morrison, Director of Development, West Suburban Humane Society, Downers Grove, IL; Dr. Katie Stover, veterinarian and owner, Red Barn Animal Hospital, Hampshire and Gilberts, IL; Dr. Douglas Kratt, veterinarian, LaCrosse, WI, and President, American Veterinary Medical Assn.		
Compliancy issues:	consumerism; pets and people; animal health; public health; infectious disease		
Links:	https://wshs-dg.org/about-us/who-we-are https://redbarnpetvet.com/ https://www.avma.org/about/avma-staff-leadership/douglas-kratt-dvm		
SEGMENT 2: KIDS' QUESTIONS ABOUT COVID-19		Time	Duration
Synopsis:	Children are living through a scary time right now and often have little understanding of why their world has been turned upside down. A noted public health expert explains what he's found about children's concerns of the pandemic and how parents can answer their questions.	15:26	7:01
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. William Haseltine, Chairman and President, Access Health International and author, A Family Guide to Covid: Questions and Answers for Parents, Grandparents and Children and A Covid Guide to Back to School: Questions and Answers for Parents and Students		
Compliancy issues:	children and youth at risk; education; family issues; infectious disease; parenting		
Links:	https://www.williamhaseltine.com/		

Program 20-39		Writers/Producers:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
9/27/2020 6:00 am - 6:29 am			
SEGMENT 1: OBESITY BIAS IN MEDICINE		Time	Duration
Synopsis:	Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.	1:49	13:15
Host & Producer	Reed Pence		
Guests:	Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues		
Compliancy issues:	health care; public health; discrimination; obesity; education		
Links:	http://www.uconnruddcenter.org/faculty-and-staff-rebecca-puhl https://davidkatzmd.com http://bodyimagehealth.org/about-the-author		
SEGMENT 2: RHEUMATOID DISEASES		Time	Duration
Synopsis:	Rheumatoid diseases number around 100, though arthritis is the most well known. They can be crippling and sometimes even fatal, but good treatments exist. The key is early detection, as an expert explains.	16:06	6:52
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Kanica Monga, rheumatologist, Univ. of Texas-Health Science Center, Houston		
Compliancy issues:	health care; public health		
Links:	https://www.doximity.com/pub/kanica-monga-md		