



Call Letters: WYLF

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2023

Show # 2023-27

Date aired: 7/2/2023 Time Aired: 6:05 a.m.

Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs, and also explained why fentanyl is a particularly troubling issue for pregnant women.

Issues covered:

**Substance Abuse and Treatment
Government Policies**

Length: 17:52

Sam Quinones, author of *"The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth"*

The opioid crisis' damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to a congressional analysis. Mr. Quinones talked about steps that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.

Issues covered:

**Substance Abuse and Treatment
Community Rehabilitation
Law Enforcement
Homelessness**

Length: 5:08

Show # 2023-28

Date aired: 7/9/2023 Time Aired: 6:05 a.m.

Paul R. Lawrence, former Under Secretary of Benefits at the U.S. Department of Veterans Affairs, author of *"Veterans Benefits for You: Get What You Deserve"*

Mr. Lawrence offered tips for veterans to successfully apply for benefits they have earned from their service. He explained several ways that a veteran can document a service-related injury, and how they can request their medical records with help from the National Archives and Veterans

Administration. He also talked about the value of benefits not just to a veteran, but to his or her family, as well.

Issues covered:
Veterans' Benefits
Military Service

Length: 8:14

David Maimon, PhD, Professor of Criminal Justice and Criminology, Georgia State University

Prof. Maimon explained how criminals are increasingly targeting US Postal Service blue collection boxes and residential mailboxes to steal filled-out checks. He said the thieves sell the stolen checks via social media platforms, then buyers alter the payee and amount on the checks to rob victims' bank accounts of thousands of dollars. He recommends that consumers only hand mail directly to a clerk at a US Post Office, or use other methods to send payments.

Issues covered:
Crime
Identity Theft
Government

Length: 9:09

Lori R. Sackler, Senior VP and family wealth advisor at Morgan Stanley, author of "*The M Word: The Money Talk Every Family Needs to Have about Wealth and Their Financial Future*"

Conversations about money remain taboo for most U.S. households. Ms. Sackler said a staggering 70 percent of families lose their money, assets, and family harmony in the aftermath of estate transfers. She explained how to successfully talk about money matters. She said many people make the same money mistakes that their parents made.

Issues covered:
Retirement Planning
Aging

Length: 5:05

Show # 2023-29

Date aired: 7/16/2023 Time Aired: 6:05 a.m.

Pam Baker, freelance journalist who focuses on emerging tech topics like artificial intelligence, data analytics, and edge computing, author of "*ChatGPT For Dummies*"

ChatGPT has garnered an amazing amount of attention in just a few months. Ms. Baker explained how the rise of artificial intelligence has already begun affecting our daily lives. She talked about the importance of learning to use AI in the workplace, and why learning how to prompt AI is both the easy part and the most difficult part of using it.

Issues covered:
Artificial Intelligence
Education
Career

Length: 9:05

Ruchi S. Gupta, MD, MPH, board-certified pediatrician and health researcher, Professor of Pediatrics and Medicine at Northwestern University Feinberg School of Medicine, Clinical Attending at Ann & Robert H. Lurie Children's Hospital of Chicago, founding director of the Center for Food Allergy & Asthma Research

Dr. Gupta led a groundbreaking study of allergies in adults and found the prevalence of food allergy is highest among black, Hispanic and Asian individuals across all ages. She also found that food allergy

is lowest among households earning more than \$150,000 a year. She talked about potential reasons for these findings and the importance of getting a proper diagnosis.

Issues covered:
Food Allergies
Minority Concerns

Length: 8:23

Greg Keoleian, Director of the Center for Sustainable Systems at the University of Michigan School for Environment and Sustainability

Environmentally-conscious consumers have probably heard that today's highly efficient dishwashers use less energy and water than traditional hand-washing techniques. However, Prof. Keoleian led a study that found that one manual washing technique--the two-basin method, in which dishes are soaked and scrubbed in hot water and then rinsed in cold water--that is associated with fewer greenhouse gas emissions than machine dishwashing. He offered numerous energy-saving tips related to the task of washing dishes.

Issues covered:
Environment
Energy
Consumer Matters

Length: 5:03

Show # 2023-30

Date aired: 7/23/2023 Time Aired: 6:05 a.m.

Haywood Talcove, CEO of LexisNexis Risk Solutions' Government Group, a multinational information and analytics company based in Atlanta

Mr. Talcove outlined a frightening new wave of scams: next-gen thieves are utilizing sophisticated new artificial intelligence tools to steal millions of dollars from consumers. He discussed the use of AI-generated voices--that criminals can now clone from social media profiles--to easily con parents or grandparents out of significant sums of money. He said the schemes are almost impossible to detect, but he suggested three steps every family should take to defend themselves

Issues covered:
Crime
Identity Theft
Technology

Length: 8:49

F. Perry Wilson, MD, MSCE, Associate Professor of Medicine, Director, Clinical and Translational Research Accelerator at the Yale University School of Medicine, author of "*How Medicine Works and When It Doesn't.*"

Dr. Wilson explained how and why the doctor-patient relationship has eroded in recent years. He believes that profit-driven companies—from big pharma to healthcare corporations—have corrupted what should have been medicine's golden age. He offered several potential solutions to restore trust between patients and doctors.

Issues covered:
Personal Health

Length: 8:15

Morag MacKay, Director of Research, Safe Kids Worldwide

Ms. MacKay said that an American child is killed every five days in a train collision, a preventable tragedy that most parents overlook. She outlined the most common scenarios for these incidents and explained how parents can teach their children to avoid dangerous situations with trains.

Issues covered:

**Railroad Safety
Child Safety
Parenting**

Length: 5:06

Show # 2023-31

Date aired: 7/30/2023 Time Aired: 6:05 a.m.

Kate W. Bauer, PhD MS, Associate Professor of Nutritional Sciences, University of Michigan School of Public Health

Prof. Bauer recently led a study that compared beverage consumption in low-income households that utilize taxpayer-funded food assistance programs. She found that families that used just one of the programs were in the normal range, but those that participated in both the Supplementation Nutrition Program for Women, Infants, and Children (WIC), and the Supplemental Nutrition Assistance Program (SNAP), consumed high amounts of sugar-sweetened beverages. She explained why this is a concern.

Issues covered:

**Government Food Assistance
Poverty
Nutrition**

Length: 8:00

Patrick Olsen, Editor-in-Chief, CarFax

More than 2.5 million vehicles that have been issued a "Do Not Drive" or "Park Outside" safety recall remain unrepaired, Carfax data shows. Mr. Olsen talked about the most common reasons behind these serious recalls, and why consumers fail to take their cars to dealers to get the issue taken care of. He also explained how someone can check to see if their car is on a recall list.

Issues covered:

**Auto Recalls
Consumer Matters
Transportation**

Length: 9:22

Rachel Neale, PhD, Professor, Group Leader, Deputy Coordinator of the Population Health Department at QIMR Berghofer Medical Research Institute in Brisbane, Australia

Dr. Neale led a study that examined whether monthly vitamin D supplementation for older adults can prevent major cardiovascular events. She found that vitamin D did result in a small reduction for patients who were already at risk of a heart attack, and she believes further research is needed to better understand the link.

Issues covered:

**Personal Health
Nutrition**

Length: 4:58

Show # 2023-32

Date aired: 8/6/2023 Time Aired: 6:05 a.m.

Bacall Hincks, Family Advocate and Program Coordinator at Children's Service Society of Utah

More than one million American children now live with grandparents, primarily because of their parent's addiction to opioids and other drugs. Ms. Hincks said this growing trend is causing grandparents to put off retirement and plow through savings to rescue their grandchildren from dangerous situations. She discussed how these difficult experiences can negatively affect children's mental and physical health.

Issues covered:

Length: 9:17

**Parenting
Substance Abuse
Foster Care
Retirement**

Maryanne Wolf, PhD, Professor of Child Development and Director of the Center for Reading and Language Research at Tufts University, author of *"Reader, Come Home: The Reading Brain in a Digital World"*

Prof. Wolf discussed the latest research into the human brain as we become increasingly dependent on digital technologies, rather than the printed word. She expressed concerns for both children's and adults' ability to "deep read," as the brain is literally rewired by huge amounts of short bursts of information. She offered suggestions for how the nation's education system needs to adapt.

Issues covered:

Length: 8:04

**Literacy
Education
Technology**

David Michael Slater, teacher, author of *"We're Doing It Wrong: 25 Ideas in Education That Just Don't Work—And How to Fix Them"*

Mr. Slater explained why he believes that many current approaches in education simply aren't working—for students, for teachers, and for society at-large. He explained how teacher evaluations could be improved and why anti-bullying programs in schools don't work.

Issues covered:

Length: 4:50

Education

Show # 2023-33

Date aired: 8/13/2023 Time Aired: 6:05 a.m.

Paul Pilibosian, a Houston attorney specializing in real estate law

It is a pattern being played out in many cities in the United States: squatters move into a home, refuse to leave, and homeowners have few options to evict them. Mr. Pilibosian explained why this trend is on the rise and what homeowners should do to try to discourage squatters from moving into a house in the first place.

Issues covered:

Length: 8:50

**Crime
Home Ownership
Legal Issues**

Anupam Bapu Jena, MD, PhD, Joseph P. Newhouse Professor at Harvard Medical School, physician at Massachusetts General Hospital, co-author of *“Random Acts of Medicine: The Hidden Forces That Sway Doctors, Impact Patients, and Shape Our Health”*

Dr. Jena explained how unexpected—but often predictable—events can profoundly affect our health. He offered several examples of how randomness affects medical decisions and treatment options. He said a healthy diet and exercise are the wisest choices to lead a healthy life.

Issues covered:
Personal Health

Length: 8:16

Sophie Kjærviik, doctoral candidate in communication at Ohio State University

Firearms contribute to the deaths of more children ages 1-17 years in the U.S. than any other type of injury or illness. While much of that total is gang-related teen shootings, sometimes younger deaths are tragic accidents after a child finds an unsecured gun. Ms. Kjærviik was the co-author of a recent study that found that a simple 60 second video on gun safety made a significant difference in whether kids ages 8 to 12 played with a found gun.

Issues covered:
Gun Safety
Parenting

Length: 5:04

Show # 2023-34

Date aired: 8/20/2023 Time Aired: 6:05 a.m.

Karl Brauer, Executive Analyst at ISeeCars.com

The pain of inflation has hit every consumer’s pocketbook in the past couple of years, but perhaps the impact has been greatest in the car buying market. Mr. Brauer shared research that found that while the value of used electric vehicles has been plummeting in 2023 (and the trend is accelerating), the price of used cars in general has jumped 47% since 2019. He added that more than half of today’s used cars also have 20% or more miles than they did three years ago.

Issues covered:
Consumer Matters
Transportation

Length: 9:01

LeRoy Hood, MD, PhD, biologist who has served on the faculties at the California Institute of Technology and the University of Washington, developed ground-breaking scientific instruments which made possible major advances in the biological and medical sciences, author of *“The Age of Scientific Wellness”*

Dr. Hood discussed the reasons that medicine is undergoing a major transformation from a reactive, hit-or-miss approach to a personalized, predictive, data-rich, and preventive one. He calls this new form of care “scientific wellness”, which uses information from our blood and genes, as well as AI, to optimize our health and extend our “healthspan.” He believes this new technology can eventually conquer heart disease, Alzheimer’s disease and many other illnesses, with noticeable progress within five years.

Issues covered:
Personal Health
Technology

Length: 8:15

Tobias Rose-Stockwell, author of *“Outrage Machine: How Tech Amplifies Discontent, Disrupts Democracy—And What We Can Do About It”*

The original internet was not designed to make us upset, distracted, confused, and outraged. But Mr. Tobias explained why something unexpected happened at the turn of the last decade, when a handful of small features were quietly launched at social media companies with little fanfare. Together, they triggered a cascading set of dramatic changes to how media, politics, and society itself operate. He explained what needs to happen to find a promising pathway back to a healthier online environment.

Issues covered:
Social Media
Mental Health

Length: 5:14

Show # 2023-35

Date aired: 8/27/2023 Time Aired: 6:05 a.m.

Anna Mills, textbook author, English instructor at the College of Marin, member of a joint Artificial Intelligence task force with the Modern Language Association and College Conference on Composition and Communication

AI chatbots have triggered a panic among educators, who are flooding listservs, webinars and professional conferences to figure out how to deal with the technology in this new academic year. Ms. Mills explained why many professors are expecting chaos. She said few universities are offering clear guidelines for teachers or students. She also talked about the difficulty of detecting AI-generated cheating.

Issues covered:
Higher Education
Artificial Intelligence

Length: 7:50

J. Scott Roberts, PhD, Professor in Health Behavior and Health Education at the University of Michigan, Associate Director of a poll from the University of Michigan Institute for Healthcare Policy and Innovation

Prof. Roberts led a poll of people age 65 to 80 and found that while 80% adults see the benefit of tests that can give an early warning of memory and thinking decline, 80% of older adults said they haven't had a cognitive test in the past year to look for early signs of dementia, and 59% reported never having had such a screening. He said the poll also found very low awareness of blood tests that can help detect Alzheimer's disease.

Issues covered:
Personal Health
Technology

Length: 9:17

Peter Clark, Applied Forest Ecologist at the Rubenstein School of Environment and Natural Resources at the University of Vermont

The US Forest Service has been given taxpayer funding to plant more than a billion trees across the country in the next nine years. Prof. Clark's research found a troubling bottleneck that could threaten these efforts: U.S. tree nurseries don't grow nearly enough trees—nor have the species diversity needed—to meet the unprecedented plans. He talked about the reasons behind the problem and what can be done to remedy it.

Issues covered:
Environment
Government

Length: 5:13

Show # 2023-36

Date aired: 9/3/2023 Time Aired: 6:05 a.m.

ChatGPT, an artificial-intelligence (AI) chatbot

ChatGPT was launched as an artificial intelligence prototype on November 30, 2022, quickly gaining much attention for its detailed responses and articulate answers across many topics. It explained how was it trained and learns, and what its biggest weakness are. It acknowledged that the concerns about potential biases in its answers are legitimate. It also outlined the top 5 human endeavors in which it anticipates making the biggest impact.

Issues covered:

Length: 9:29

Artificial Intelligence

Technology

Employment

Andrew Houtenville, PhD, Professor of Economics at the University of Hampshire, Research Director of the UNH Institute on Disability

Prof. Houtenville discussed recent findings from the National Trends in Disability Employment report, issued semi-monthly by Kessler Foundation and the University of New Hampshire. He explained what is driving historic highs in employment of people with disabilities, and why disabled employment has outstripped the non-disabled since the start of pandemic lockdowns.

Issues covered:

Length: 7:59

Disabilities

Employment

Erin Dooley, PhD, Assistant Professor of Epidemiology at the University of Alabama at Birmingham School of Public Health

Prof. Dooley was the lead researcher of a study that measured the number of daily steps that may make a difference in the risk of heart problems in senior citizens. Her study of people ages 70 and older found walking an additional 500 steps per day, or an additional quarter mile of walking, was associated with a 14% lower risk of heart disease, stroke or heart failure.

Issues covered:

Length: 5:06

Personal Health

Senior Citizens

Show # 2023-37

Date aired: 9/10/2023 Time Aired: 6:05 a.m.

Erica Eversman, President of the Automotive Education and Policy Institute in Akron, OH

Drivers are looking for ways to save money on auto insurance as premiums rise rapidly. Ms. Eversman explained a new offering from some insurance companies: usage-based car insurance programs, where the insured agrees to share detailed data about their driving habits with their insurer via a phone app or an in-vehicle device. She said the data does permit insurance companies to evaluate risk better and better match the price of the insurance for the risk, but at a steep cost to consumers' privacy and legal rights.

Issues covered:
Consumer Matters
Auto Insurance
Legal Matters

Length: 8:55

Caroline Leaf, PhD, clinical and cognitive neuroscientist, author of *“How to Help Your Child Clean Up Their Mental Mess”*

Increasingly, children ages 3-10 are struggling with anxiety, depression, and mental health challenges. Dr. Leaf discussed the factors behind this trend and warning signs that parents should watch for. She said if left unaddressed, childhood mental health problems often follow kids into their teens and adulthood.

Issues covered:
Child Mental Health
Parenting

Length: 8:15

Edgar Dworsky, Founder & Editor of ConsumerWorld.com

Grocery costs for Americans have skyrocketed in the past two years. Mr. Dworsky discussed the subtle trend of "shrinkflation," in which many manufacturers shrink their packaging, rather than raising prices. He explained what products most commonly are affected, and ways that consumers can protect themselves against the tricky practice.

Issues covered:
Consumer Matters

Length: 5:01

Show # 2023-38

Date aired: 9/17/2023 Time Aired: 6:05 a.m.

Ryan P. Burge, PhD, sociologist, Assistant Professor of Political Science at Eastern Illinois University, co-author of *“The Great Dechurching: Who’s Leaving, Why Are They Going, and What Will It Take to Bring Them Back?”*

The largest and fastest religious shift in US history is in progress. Prof. Burge co-authored a comprehensive study to learn who is leaving organized religion and why. He said the most common reason people stopped attending church was because they moved, and that lower-income people with a high school education or less are the most likely to leave. He also talked about societal effects when faith-based community services such as food banks, after-school programs and prison ministries disappear.

Issues covered:
Religion

Length: 9:22

Chris Carosa, MBA, Certified Trust & Financial Advisor, Senior Contributor to Forbes.com, author of *"Hey! What's My Number: How to Improve the Odds You Will Retire in Comfort"*

A recent New York Life survey found that Americans believe they need \$4.3 million stashed away to retire comfortably. Unfortunately, the average person has around \$135,000 saved. Mr. Carosa explained how to determine how much money will really be needed for a comfortable retirement, along with simple steps to get there.

Issues covered:
Retirement Planning
Personal Finance

Length: 8:03

Kevin Fiscella, MD, MPH, Associate Professor of Family Medicine and Community & Preventive Medicine at the University of Rochester School of Medicine & Dentistry

Dr. Fiscella discussed his groundbreaking research that found that the lives of nearly 8,000 black Americans could be saved each year if doctors could figure out a way to bring their average blood pressure down to the average level of whites. He talked about the reasons behind the gap between the races in controlling blood pressure, and the possible ways to reduce it.

Issues covered:
Personal Health
Minority Concerns

Length: 4:50

Show # 2023-39

Date aired: 9/24/2023 Time Aired: 6:05 a.m.

Diane Mullins, founder of Deborah's Voice, a national non-profit women's advocacy organization

Pastor Mullins said that child trafficking has become the 2nd largest criminal activity in the world behind illegal drug sales. She said most Americans are unaware of the existence of human trafficking and forced prostitution in their own towns, but it is surprisingly prevalent – not just on dimly lit street corners, but at music concerts, VIP dinners, and sporting events. She talked about techniques used by human traffickers to select their victims.

Issues covered:
Human Trafficking
Women's Issues
Crime

Length: 7:26

Dawn Graham, PhD, psychologist, employment and career expert, Director of Career Management for the Executive MBA Program at The Wharton School, author of *"Switchers: How Smart Professionals Change Careers -- and Seize Success"*

Dr. Graham offered job search advice, particularly for those in middle age who are considering career changes. She said a job search in a new field or occupation requires much more work than a typical job search. She offered suggestions on how to tailor a resume to sidestep age biases and other potential hurdles.

Issues covered:
Career
Aging

Length: 9:45

Susie Vanderlip, teen counselor, author of *"52 Ways to Protect Your Teen"*

Ms. Vanderlip has conducted school assemblies for more than 1 million teens and adults, aimed at helping youth make wise choices and seek help. She talked about the motivations of today's teenagers and why parents may be fearful of their kids. She offered tips to improve communication in a parent/teen relationship.

Issues covered:

Youth at Risk
Parenting Issues
Drug Abuse

Length: 4:54

Quarterly Report of Compliancy Issues & Programs List

2023-Q3 (July - September) Radio Health Journal

Aired Sundays at 6:30 a.m.

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| <input type="checkbox"/> Bone Density | <input type="checkbox"/> Gender Issues | <input type="checkbox"/> Natural Disasters | <input type="checkbox"/> Social Infrastructure |
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| <input type="checkbox"/> Breast Cancer | <input type="checkbox"/> Genetic Sequences | <input type="checkbox"/> Neonatal Opioid | <input type="checkbox"/> Stem Cells |
| <input type="checkbox"/> Bug Repellant | <input type="checkbox"/> Genetics | <input type="checkbox"/> Withdrawal Syndrome | <input type="checkbox"/> Stigma |
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| <input type="checkbox"/> Chemotherapy | <input type="checkbox"/> Health Insurance | <input type="checkbox"/> Obstetrics | <input type="checkbox"/> Survival |
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| <input type="checkbox"/> Cognitive Behavioral Therapy | <input type="checkbox"/> Healthy Lifestyle | <input type="checkbox"/> Open Heart Surgery | <input type="checkbox"/> Thyroid |
| <input type="checkbox"/> College | <input type="checkbox"/> Hearing Aids | <input type="checkbox"/> Opioid Crisis | <input type="checkbox"/> Thyroid |
| <input type="checkbox"/> College Admissions | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Opioid Use Disorder | <input type="checkbox"/> Tick-Borne Disease |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Heart Health | <input type="checkbox"/> Overdose | <input type="checkbox"/> Toxic Chemicals |
| <input type="checkbox"/> Communication Technology | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Parasites | <input type="checkbox"/> Traumatic Brain Injury |
| <input type="checkbox"/> Concussions | <input type="checkbox"/> High-Risk Pregnancy | <input type="checkbox"/> Parenthood | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Congenital Heart Disease | <input type="checkbox"/> History | <input type="checkbox"/> Pathology | <input type="checkbox"/> Uniforms |
| <input type="checkbox"/> Consumerism | <input type="checkbox"/> Hormone Production | <input type="checkbox"/> Patient Access | <input type="checkbox"/> Universal Healthcare |
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| <input type="checkbox"/> Deductible | <input type="checkbox"/> Immunocompromised | <input type="checkbox"/> Physicians | <input type="checkbox"/> Virus |
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| | <input type="checkbox"/> Infectious Disease | <input type="checkbox"/> Pregnancy Test | |
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Program 23-27

Air Week: 07/02/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?

Time: 1:50

Duration: 12:47

Synopsis: Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90% of women who could become pregnant but don't want to use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

Compliance issues: Autoimmune Disease, Birth Control, Diabetes, Gender Issues, Patient Safety, Contraceptives, Hashimoto's Disease, Hormones, Immunocompromised, IUD, Multiple Sclerosis, Rheumatology, Thyroid

Links for more info:

[M. Kristen Demoruelle, MD, PhD](#)

[Dr. Kristen Demoruelle | LinkedIn](#)

[Lisa Rose Sammaritano Professor of Clinical Medicine](#)

SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?

Time: 15:39

Duration: 7:11

Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk.

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida

Compliance issues: Infectious Disease, Patient Safety, Public Health, Vulnerable Populations, Employee, Flu, Office Culture, Vaccine

Links for more info:

[Richard Deosingh - District President - Robert Half | LinkedIn](#)

[Joseph A. Ladapo, MD, PhD \(@FLSurgeonGen\) / Twitter](#)

[State Surgeon General | Florida Department of Health](#)

Program 23-28

Air Week: 07/09/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION?

Time: 1:50

Duration: 10:08

Synopsis: Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s, there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach and how to fix the root cause of NOWS.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Stephen Patrick, Neonatologist, Director, Vanderbilt Center for Child Health Policy, Vanderbilt University; Dr. Diana Bianchi, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development, NIH

Compliance issues: Public Health, Vulnerable Populations, Drug Addiction, Drug Use, Infant Safety, Neonatal Intensive Care, Neonatal Opioid Withdrawal Syndrome, Opioid Crisis, Opioid Use Disorder, Standard Care

Links for more info:

[Stephen W. Patrick, MD, MPH, MS, FAAP | Department of Health Policy](#)

[Stephen Patrick, MD, MPH \(@stephenwpatrick\) / Twitter](#)

[Diana W. Bianchi, MD](#)

[Diana W. Bianchi, M.D.](#)

[Eat, Sleep, Console Approach or Usual Care for Neonatal Opioid Withdrawal | NEJM](#)

SEGMENT 2: "THERE'S NO 'NORMAL' PERSON": THE INTERSECTION OF ETHICS AND DISABILITY

Time: 13:00

Duration: 10:02

Synopsis: Bioethicists help governments, universities, hospitals, and patients make the best possible judgement calls based on cultural and personal values. But they don't always get it right. Experts explain how the disabled community is often left behind in society, medicine, and bioethics.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

Program 23-29

Air Week: 07/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?

Time: 1:50

Duration: 10:49

Synopsis: In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

SEGMENT 2: IS PSYCHEDELIC THERAPY THE FUTURE OF MENTAL HEALTH TREATMENT?

Time: 13:41

Duration: 9:12

Synopsis: Compass Pathways is leading the charge for psychedelic therapy. The research is currently in stage three trials and is expected to receive FDA approval in the next few years. An expert explains how the treatment works and if the therapy will be covered by insurance.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Steve Levine, Senior Vice President for Patient Access and Medical Affairs, Compass Pathways

Compliance issues: Consumerism, Depression, Healthcare, Mental Health, Therapy, Medical Insurance, Psilocybin, Psychedelic Therapy, Psychedelics

Links for more info:

[Steve Levine, MD | LinkedIn](#)

[NIMH » Sequenced Treatment Alternatives to Relieve Depression \(STAR*D\) Study](#)

[Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression | NEJM](#)

[Psilocybin](#)

Program 23-30

Air Week: 07/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “WE LIVE IN AN AGEIST SOCIETY”: HOW TO ENJOY OLD AGE

Time: 1:49

Duration: 12:29

Synopsis: Everyone ages, so why are so many of us not prepared to grow old? Dr. Rosanne Leipzig, a gerontologist, says most of her patients don't know what changes to expect in their old age – and often fight against the inevitable transition. She explains what's normal, what's not, and how to enjoy your later years in life.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Rosanne Leipzig, Professor and Vice Chair, Education of the Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Author, Honest Aging

Compliance issues: Ageism, Aging, Bone Density, Bone Health, Botox, Geriatrics, Hearing Aids, Injectable Filler, Public Health, Public Transportation, Social Infrastructure, Social Pressure, Suicide, Stigma

Links for more info:

[Rosanne M Leipzig - Internal Medicine | Mount Sinai - New York](#)

[Rosanne Leipzig](#)

[Rosanne M Leipzig MD PhD \(@leipzig_rm\) / Twitter](#)

SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?

Time: 15:20

Duration: 7:03

Synopsis: Summer is a season of activities, but it's also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Dr. Bobbi Pritt explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic

Compliance issues: Autoimmune Disease, Bug Repellent, Deet, Infection, Lyme Disease, Mosquitoes, Parasites, Pathology, Picaridin, Public Safety, Tick-Borne Disease, Vector-Borne Disease

Links for more info:

[Bobbi S. Pritt, M.D. - Mayo Clinic Faculty Profiles](#)

[Bobbi Pritt, MD \(@ParasiteGal\) / Twitter](#)

[Creepy Dreadful Wonderful Parasites](#)

[Bobbi Pritt | LinkedIn](#)

Program 23-31

Air Week: 07/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS

Time: 1:50

Duration: 10:51

Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, Our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children's Hospital & Harvard Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic

Compliance issues: Ethics, History, Medical History, Vulnerable Populations, Eponyms, Gynecology, Medical Culture, Nazi Party, People of Color in Medicine, Vasculitis, Women in Medicine

Links for more info:

[Sabine Hildebrandt | Global Health and Social Medicine](#)

[Eric L. Matteson, MD, MPH, Section Editor, Rheumatology](#)

SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER

Time: 13:43

Duration: 8:36

Synopsis: Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There's no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman's physical and mental health. Our experts break down the evidence and explain alternative interventions.

Host: Nancy Benson

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, Knocked Down

Compliance issues: Bed Rest, Birth, Depression, High Blood Pressure, Patient Safety, Pregnancy, Public Health, Vulnerable Populations, Gestational Diabetes, High-Risk Pregnancy, Labor, Obstetrics

Links for more info:

[Michelle Mottola, PhD, FACSM - School of Kinesiology - Western University](#)

[Cynthia Gyamfi-Bannerman, MD, MS, FACOG - Obstetrics & Gynecology | UC San Diego Health](#)

[LinkedIn: Cynthia Gyamfi-Bannerman](#)

[Aileen Weintraub](#)

[Aileen Weintraub \(@AileenWeintraub\) / Twitter](#)

Program 23-32

Air Week: 08/06/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE?

Time: 1:49

Duration: 10:48

Synopsis: Bicuspid Aortic Valve is a rare heart condition that's twice as likely to affect men. While it can be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you're diagnosed with BAV.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient

Compliance issues: Cardiac Surgery, Mental Health, Patient Safety, Vulnerable Populations, Congenital Heart Disease, Genetic Conditions, Heart Health, Open Heart Surgery, Rare Disease, Stress, Stroke

Links for more info:

[S. Christopher Malaisrie, MD | Northwestern Medicine](#)

[S Chris Malaisrie \(@ChrisMalaisrie\) / Twitter](#)

[LinkedIn: Alexander C. McKeown](#)

SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?

Time: 13:38

Duration: 9:19

Synopsis: Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener's safety and didn't find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. John Sievenpiper, Professor of Nutritional Sciences and Medicine, University of Toronto; Dr. Daniele Wikoff, Principal Scientists & Director of Health Sciences Practice, ToxStrategies

Compliance issues: Alternative Sweeteners, Aspartame, Cancer, Carcinogens, Consumerism, Diabetes, Nutrition, Obesity, Public Health, Public Safety, Diet Soda, Healthy Lifestyle, Sugar, Weight Loss

Links for more info:

[Wikoff, Daniele, Ph.D. | ToxStrategies](#)

[LinkedIn: Daniele Wikoff](#)

[John Sievenpiper | Department of Nutritional Sciences - University of Toronto](#)

[LinkedIn: John Sievenpiper](#)

Program 23-33

Air Week: 08/13/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?

Time: 1:50

Duration: 11:38

Synopsis: Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we've invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine

Compliance issues: Biology, DNA, Evolution, Genomics, Neurology, Public Health, Genealogy, Genetic Sequences, Humanity, Mammals, Natural Selection, Neurons, Stem Cells, Survival

Links for more info:

[Steven Reilly, PhD](#)

[LinkedIn: Steven Reilly](#)

[Reilly Lab](#)

[The functional and evolutionary impacts of human-specific deletions in conserved elements](#)

SEGMENT 2: MERCURY HATS, ARSENIC DRESSES, AND POISONED SHOES: TOXIC FASHION

Time: 14:30

Duration: 8:25

Synopsis: Clothes have always been a main form of non-verbal communication, but is this display of individuality worth the cost of our health? Alden Wicker, author of To Dye For, exposes the fashion industry's frequent use of harsh and toxic chemicals that are serious threats to our health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Alden Wicker, Award-Winning Journalist & Author, To Dye For, Founder, EcoCult

Compliance issues: Allergic Reactions, BPA, Consumerism, Public Health, Chemical Intolerance, Chemical Reactions, Clothing Industry, Fashion, Mercury, Rash, Respiratory Disease, Sensitive Skin, Toxic Chemicals, Uniforms

Links for more info:

[Alden Wicker](#)

[Ecocult](#)

[Alden Wicker | LinkedIn](#)

[Alden Wicker \(@AldenWicker\) / Twitter](#)

Program 23-34

Air Week: 08/20/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES

Time: 1:50

Duration: 11:58

Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute for Brain Sciences, Duke University, Co-Author, Healing The Traumatized Brain

Compliance issues: Anxiety, Delusions, Depression, Mental Health, Neuroscience, Patient Safety, Vulnerable Populations, Cognitive Behavioral Therapy, Concussions, Frontal Lobe, Hallucinations, Neuroplasticity, Traumatic Brain Injury

Links for more info:

[Sandeep Vaishnavi | Duke Department of Medicine](#)

[Healing the Traumatized Brain | Hopkins Press](#)

SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION MEDICINE

Time: 14:50

Duration: 8:08

Synopsis: Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

Compliance issues: Ancestry, Bacteria, Evolution, Healthcare, Precision Medicine, Race, Virus, Disease, Genealogy, Genetic Sequences, Heart Disease, Immune System, Invention, Natural Selection, Travel

Links for more info:

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)

[Capra Lab](#)

[Capra Lab \(@capra_lab\) / Twitter](#)

[Codirector Tony Capra, PhD](#)

Program 23-35

Air Week: 08/27/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY

Time: 1:50

Duration: 11:47

Synopsis: Sickle cell disease is the most common genetic disease in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children's Hospital Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member, American Sickle Cell Anemia Association

Compliance issues: Blood Disorder, Evolution, India, Public Health, Vulnerable Populations, Genetic Disorders, Infants, Pharmaceuticals, Sickle Cell Anemia, Sickle Cell Disease, Sickle Cell Trait, Southeast Asia, Sub-Saharan Africa

Links for more info:

[LinkedIn: Dr. Grace Onimoe](#)

[American Sickle Cell Anemia Association](#)

[Sickle Cell Disease Association of America](#)

[Russell E. Ware, MD, PhD](#)

SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?

Time: 14:39

Duration: 7:44

Synopsis: Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we're breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven't yet evolved to be fully protected from illness.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

Compliance issues: Ancestry, Bacteria, Biology, Evolution, Genetics, Healthcare, Immune System, Precision Medicine, Race, Virus, Disease, Genealogy, Invention, Natural Selection, Travel

Links for more info:

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)

[Capra Lab](#)

[Capra Lab \(@capra_lab\) / X](#)

[Codirector Tony Capra, PhD](#)

Program 23-36

Air Week: 09/03/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “YOU DON’T DESERVE TO BE TOLERATED”: HEALING FROM TOXIC RELATIONSHIPS

Time: 1:50

Duration: 11:37

Synopsis: Many of us have experienced a toxic relationship at one point in our lives – whether we were the aggressors or the victims. Jaime Mahler, a psychotherapist, specializes in helping people move past this relationship pattern. She explains how to notice when you’re in an unhealthy situation and how to start your journey of healing.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Jaime Mahler, Licensed Psychotherapist, Author, Toxic Relationship Recovery

Compliance issues: Communication, Mental Health, Relationships, Therapy, Vulnerable Populations, Abusive Relationship, Coping Strategies, Defense Mechanisms, Emotional Behavior, Psychotherapy, Self-image, Survival

Links for more info:

[Jaime Mahler, MS, LMHC \(@recollectedself\) • Instagram photos and videos](#)

[Toxic Relationship Recovery | Book by Jaime Mahler | Official Publisher Page | Simon & Schuster](#)

[Jaime - Licensed Therapist \(@recollectedself\) | TikTok](#)

SEGMENT 2: IS THERE SUCH THING AS A ‘SAFE’ AMOUNT OF CAFFEINE FOR TEENS?

Time: 14:29

Duration: 8:36

Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like ‘tropical punch’ or ‘blue raspberry’ that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine, University of Chicago

Compliance issues: Addiction, Adolescents, Caffeine, Diet, Mental Health, Patient Safety, Public Safety, Vulnerable Populations, Energy Drinks, Overdose, Stimulants, Sugar

Links for more info:

[Holly J. Benjamin, MD](#)

[LinkedIn: Holly Benjamin](#)

[Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? | Pediatrics |](#)

[American Academy of Pediatrics](#)

[Caffeine and Children](#)

Program 23-37

Air Week: 09/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?

Time: 1:49

Duration: 10:05

Synopsis: America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, We've Got You Covered; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine, University of North Carolina Chapel Hill School of Medicine

Compliance issues: Consumerism, Economics, Health Insurance, Patient Safety, Politics, Public Health, Public Policy, Deductible, Medicaid, Medicare, Universal Healthcare

Links for more info:

[Amy Finkelstein | MIT Economics](#)

[We've Got You Covered by Liran Einav, Amy Finkelstein | PenguinRandomHouse.com: Books](#)

[Jonathan Oberlander | Department of Social Medicine](#)

[Jonathan Oberlander \(@OberlanderUNC\) / X](#)

SEGMENT 2: THE 'PERFECT PREGNANCY' DOESN'T EXIST: CHILDBIRTH THROUGHOUT HISTORY

Time: 12:56

Duration: 9:55

Synopsis: Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. Dr. Lara Freidenfelds explains how our mindset has changed over time and the repercussions that follow.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, The Myth of the Perfect Pregnancy

Compliance issues: American Population, Consumerism, Contraception, Pregnancy, Technology, Family, Marketing, Miscarriage, Parenthood, Pregnancy Loss, Pregnancy Test, Smart Phones, Youth at Risk

Links for more info:

[Lara Freidenfelds](#)

[The Myth of The Perfect Pregnancy | Lara Freidenfelds](#)

[Dr. Lara Freidenfelds \(@larafreidenfeld\) / X](#)

[LinkedIn: Lara Freidenfelds](#)

Program 23-38

Air Week: 09/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW WILL THE AFFIRMATIVE ACTION BAN AFFECT HEALTHCARE?

Time: 1:50

Duration: 11:28

Synopsis: The US Supreme Court recently voted to ban affirmative action, a topic that's been debated for decades. Our experts break down how this will affect medical school enrollment, as well as the healthcare career opportunities for minority populations.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson, Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American Medical Colleges

Compliance issues: Affirmative Action, Diversity, Healthcare, Patient Safety, Race, College, College Admissions, Ethnicity, Medical School, Physicians, Scholarships

Links for more info:

[Dayle Davenport, MD - UChicago Medicine](#)

[Mark C Henderson \(@MCHenderson4\) / X](#)

[Mark Henderson, M.D. | Executive Leadership | UC Davis Health](#)

[Geoffrey Young | LinkedIn](#)

SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION

Time: 14:20

Duration: 8:04

Synopsis: Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Vars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Nikki Vars McCullough, Respiratory protection Expert, 3M Company

Compliance issues: Air Pollution, Air Quality, Natural Disasters, Public Health, Vulnerable Populations, Lung Health, Mask, Smoke, Stroke, Wildfire

Links for more info:

[Nicole McCullough | LinkedIn](#)

[Air pollution](#)

[Maui wildfire one of deadliest in U.S. history | NFPA](#)

Program 23-39

Air Week: 09/24/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS

Time: 1:50

Duration: 11:54

Synopsis: A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor

Compliance issues: Breast Cancer, Cancer, Chemotherapy, Ethics, Fertility, Health Insurance, Medical Access, Vulnerable Populations, Fertility Preservation, In Vitro Fertilization, Patient Access, Radiation Therapy, Reproductive Issues

Links for more info:

[Kara N Goldman: Department of Obstetrics & Gynecology](#)

[Kara N. Goldman, MD \(@karagoldmanMD\) / X](#)

[After losing both ovaries, breast cancer survivor gives birth to identical twins on her two-year cancer-free anniversary](#)

[A Geospatial Analysis of Disparities in Access to Oncofertility Services | Oncology](#)

SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN

Time: 14:46

Duration: 8:10

Synopsis: There's been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Emily Lantz, Assistant Professor in the Department of Nutrition, Metabolism, and Rehabilitation Science, University of Texas Medical Branch

Compliance issues: Bone Health, Diet, Exercise, Nutrition, Public Health, Amino Acids, Blood Test, Dietary Protein, Hormone Production, Metabolism, Muscle Repair, Skeletal Muscle Health

Links for more info:

[Emily Lantz, PhD - Nutrition, Metabolism and Rehabilitation Sciences](#)

[Emily Arentson-Lantz, PhD: LinkedIn](#)

[Dietary protein quality evaluation in human nutrition](#)