



**2016-Q1 (January – March) Radio Health Journal Quarterly Logs**

Compliancy Issues Covered

- |  |                                     |
|--|-------------------------------------|
| abortion                               | government regulation and oversight |
| consumerism                            | health care                         |
| consumer safety                        | infectious disease                  |
| crime                                  | insurance                           |
| developmental disorders                | mental illness                      |
| disabilities                           | mosquito abatement                  |
| drugs & medications                    | politics                            |
| economics                              | prevention                          |
| education                              | psychology                          |
| emergency response                     | public health                       |
| employment and workplace safety        | public safety                       |
| environment and pollution              | sports and recreation               |
| environment and weather                | technology                          |
| ethics & medicine                      | technology and society              |
| family issues                          | travel and tourism                  |
| federal government and food regulation | volunteerism                        |
| federal government and regulation      | women's issues                      |
| food additives                         | workplace violence                  |
| food safety                            | youth at risk                       |

See weekly logs below for segment dates, titles, topics, guests & duration

**Program**            **16-01**    **Producer**            **Reed Pence**  
**Air Week**           **01/03/16-01/09/16**    **Production Director**    **Sean Waldron**

Time    Segment            Dur.  
2:03    SEGMENT 1: HOW WEATHER CAUSES PAIN    11:52

Synopsis: Millions of Americans suffer pain as a result of weather changes. Experts discuss different conditions affected by weather, why pain responds to weather changes and possible remedies to some of these maladies.

Host: Reed Pence. Guests: Deni Cantrall, retired teacher and arthritis sufferer; Dr. Robert Jamison, Prof. of Anesthesia and Psychiatry, Brigham and Women's Hospital and Harvard Medical School; Bob Smirbeck, Expert Senior Meteorologist, AccuWeather.com; Dr. David Borenstein, Clinical Prof. of Medicine, George Washington Univ. School of Medicine and Health Sciences; Dr. Vincent Martin, Prof. of Medicine and Director, Headache and Facial Pain Program, Univ. of Cincinnati.

Compliance issues covered: health care; public health; consumerism; environment and weather; prevention

Links for more information: <http://www.healthsciences.org/robert-jamison>; <http://www.accuweather.com>;  
<http://www.arapc.com/our-physicians/david-g-borenstein-md-macp-facr/>;  
<http://intmed.uc.edu/contact/directory/profile.aspx?epersonID=martinvt>

14:57    SEGMENT 2: TOXIC CHEMICALS IN PRODUCTS    7:54

Synopsis: The average American is exposed to more than 100 potentially toxic synthetic chemicals every day, and there is little oversight of their safety. A noted expert discusses the vast amount that we don't know about these chemicals, how the US might regulate them better, and how tougher regulation in other countries could help keep Americans safer.

Host: Nancy Benson. Guest: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, Chemicals Without Harm: Policies for a Sustainable World.

Compliance issues covered: environment and pollution; consumerism; consumer safety

Links for more information: <https://mitpress.mit.edu/authors/ken-geiser>

**Program**            **16-02**    **Producers**            **Reed Pence & Polly Hansen**  
**Air Week**           **01/10/16-01/16/16**    **Production Director**    **Sean Waldron**

2:03    SEGMENT 1: VIOLENCE AGAINST HEALTHCARE WORKERS    12:23

Synopsis: Healthcare workers are about four times more likely than workers in any other field to be attacked on the job, usually by patients or family members, and most often in the emergency department. Experts discuss how and why attacks occur and how hospitals and health care workers can do a better job preventing them.

Host: Reed Pence. Guests: Lisa Wolf, Director, Institute for Emergency Nursing Research, Emergency Nurses Assn.; Dr. Christopher Michos, Connecticut emergency medicine physician; Dr. Ronald Wyatt, Medical Director, Division of Healthcare Improvement, The Joint Commission

Compliance issues covered: health care; workplace violence; employment and workplace safety; prevention; education

Links for more information: <https://www.ena.org/practice-research/research/Pages/Default.aspx>;  
<http://www.jointcommission.org>

15:28    SEGMENT 2: ANKLE REPLACEMENT    7:54

Synopsis: Hip and knee replacements are common, and doctors now say ankle replacements have become technically good enough to make fusion obsolete for arthritis patients in pain. A doctor & patient discuss.

Host: Nancy Benson. Guests: Dr. Simon Lee, foot & ankle surgery specialists, Rush Univ. Medical Center & Midwest Orthopedics, Chicago; Robert Corwin, ankle replacement patient and judo instructor, Yorkville, IL.

Compliance issues covered: consumerism; technology; health care; disabilities

Links for more information: <http://www.rushortho.com>

**Program**            **16-03**   **Producers**            **Polly Hansen & Reed Pence**  
**Air Week**           **01/17/16-01/23/16**            **Production Director**            **Sean Waldron**

2:03    SEGMENT 1: GENE EDITING    12:30

Synopsis: Scientists have developed the technology to edit single genes, which could eventually eliminate some inherited diseases. If the technology is used on embryos or egg and sperm cells, it could eliminate some diseases from succeeding generations. However, doctors don't know how such "germline editing" or errors in execution of it would affect other genes for generations to come, calling the practice into question.

Host: Reed Pence. Guests: Dr. Debra Mathews, Asst. Director for Science Programs, Johns Hopkins Berman Institute of Bioethics and Assoc. Prof. of Pediatrics, Johns Hopkins School of Medicine; Alta Charro, Warren P. Knowles Prof. of Law and Bioethics, Law and Medical Schools, Univ. of Wisconsin-Madison

Compliance issues covered: technology; ethics; public health; economics; federal government and regulation

Links for more information: <http://nationalacademies.org/gene-editing/consensus-study/faq/index.htm>;  
<http://www.bioethicsinstitute.org/people/debra-mathews-4>; <http://law.wisc.edu/profiles/racharo@wisc.edu>;

Synopsis: Many women who can't or don't want to breastfeed their newborns are pressured into trying anyway. An expert and author discusses the political forces creating unusual unanimity behind the issue, and the truth of health claims on breastfeeding's benefits.

Host: Nancy Benson. Guest: Dr. Courtney Jung, Prof. of Political Science, Univ. of Toronto and author, Lactivism: How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy

Compliance issues covered: women's issues; youth at risk; family issues; health care; politics; consumerism

Links for more information: [http://www.nytimes.com/2015/12/20/books/review/lactivism-by-courtney-jung.html?\\_r=0](http://www.nytimes.com/2015/12/20/books/review/lactivism-by-courtney-jung.html?_r=0)

**Program**            **16-04**   **Producer**            **Reed Pence**  
**Air Week**           **01/24/16-01/30/16**            **Production Director**            **Sean Waldron**

2:03    SEGMENT 1: ICU PTSD    12:47

Synopsis: A surprisingly high percentage of people who've been treated in intensive care units later suffer from post-traumatic stress disorder, often including hallucinations recalling horrible ICU incidents. This has led to coining a new syndrome - PICS, or post intensive care syndrome. Experts discuss why the syndrome appears to occur and what's being done to treat and prevent it.

Host: Reed Pence. Guests: Dr. Joe Bienvenu, Assoc. Prof. of Psychiatry, Johns Hopkins Univ.; Dr. James Jackson, Asst. Prof. of Medicine, Vanderbilt Univ.

Compliance issues covered: health care; consumerism; mental illness

Links for more information: <http://icudelirium.org>

15:52    SEGMENT 2: SILENT REFLUX    7:12

Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms and the dietary triggers that can cause the disorder.

Host: Nancy Benson. Guest: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, The Chronic Cough Enigma.

Compliance issues covered: health care; consumerism; federal government and food regulation

Links for more information: <http://www.voiceinstituteofnewyork>.

**Program**            **16-05**    **Producer**            **Reed Pence**  
**Air Week**           **01/31/16-02/06/16**            **Production Director**            **Sean Waldron**

2:03    SEGMENT 1: SILENT HEART ATTACK            12:38

Synopsis: Heart attacks that produce few if any symptoms may be mistaken for indigestion or simple malaise, but they can be more serious than heart attacks that bring crushing pain because they often don't bring a victim to the hospital for lifesaving help. Experts discuss.

Host: Reed Pence. Guests: Dr. Martha Gulati, cardiologist, Univ. of Arizona and Editor-in-Chief, American College of Cardiology patient education initiative, Cardiosmart. org; Dr. Robert Vogel, Prof. of Medicine and Cardiology, Univ. of Colorado and co-author, The Pritikin Edge.

Compliancy issues covered: health care; consumerism; public health

Links for more information: <https://www.cardiosmart.org>; <http://books.simonandschuster.com/The-Pritikin-Edge/Robert-A-Vogel/9781416580911>

15:43    SEGMENT 2: HARMFUL INFLAMMATION            7:12

Synopsis: Low-level systemic inflammation is being tied to many disorders including heart disease, and now research has even tied inflammation to intermittent explosive disorder, a syndrome of repeated rage. Experts discuss these findings and how inflammation can be combatted through diet and supplementation.

Host: Nancy Benson. Guests: Dr. Melina Jampolis, nutrition specialist physician and author, The Calendar Diet; Dr. Emil Coccaro, Prof. and Chairman of Psychiatry and Behavioral Neuroscience, Univ. of Chicago.

Compliancy issues covered: health care; public safety; prevention

Links for more information: <http://www.drmelina.com>; <http://cnpru.bsd.uchicago.edu/coccaro.html>

**Program**            **16-06**    **Producer**            **Reed Pence**  
**Air Week**           **02/07/16-02/13/16**            **Production Director**            **Sean Waldron**

2:00    SEGMENT 1: NEW FINDINGS ON STUTTERING            11:39

Synopsis: Stuttering has been blamed even fairly recently on parenting, but new research has several new findings: a structural deficiency in the brain's wiring in stutterers; an inability to perceive rhythms; and a much more successful way to treat stuttering. Experts discuss the new advances.

Host: Reed Pence. Guests: Dr. Roger Ingham, Prof. of Speech and Hearing Sciences, Univ. of California, Santa Barbara; Dr. Scott Grafton, Prof. of Psychological and Brain Sciences, Univ. of California, Santa Barbara; Dr. Devin McAuley, Prof. of Psychology and Neuroscience, Michigan State Univ.

Compliancy issues covered: youth at risk; developmental disorders; education

Links for more information: <http://www.speech.ucsb.edu/clinic/>; <https://www.nri.ucsb.edu/people/researchers/grafon>; <http://taplab.psy.msu.edu>

14:41    SEGMENT 2: DOUBLE DIPPING & THE FIVE-SECOND RULE            8:17

Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths.

Host: Nancy Benson. Guest: Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Science, Clemson Univ.

Compliancy issues covered: food safety; consumer safety; sports and recreation

Links for more information: <http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html>

**Program**            **16-07**    **Producer**            **Reed Pence**  
**Air Week**        **02/14/16-02/20/16**    **Production Director**        **Sean Waldron**

2:00    SEGMENT 1: INDUSTRY FUNDING OF CLINICAL TRIALS    13:30

Synopsis: Clinical trials are much of the basis for the practice of medicine. Funding of trials has dramatically shifted so that today, trials paid for by pharmaceutical and device makers outnumber publically funded trials 6-to-1. Some studies indicate this makes bias in trials more likely, jeopardizing public health. Experts discuss.

Host: Reed Pence. Guests: Jocelyn Ullrich, Asst. Vice President of Science and Regulatory Advocacy, Pharmaceutical Research and Manufacturers of America (PhRMA); Dr. John Abramson, Lecturer in Healthcare Policy, Harvard Medical School; Dr. Joel Lexchin, emergency medicine physician and Prof. of Health Policy, York Univ.

Compliance issues covered: public health; consumerism and consumer safety; federal government; government regulation and oversight; economics; ethics

Links for more information: <http://health.info.yorku.ca/health-profiles/index.php?mid=9198>;  
<http://www.overdosedamerica.com>; <http://www.phrma.org>

16:32    SEGMENT 2: FIXING THE HEALTHCARE COST SPIRAL        7:32

Synopsis: American healthcare is the most expensive in the world. An expert author details some of the causes and possible solutions now being established.

Host: Nancy Benson. Guest: Dr. John Patrick, author, Health Attitude: Unraveling and Solving the Complexities of Healthcare

Compliance issues covered: consumerism; economics; insurance; technology

Links for more information: <http://www.attitudellc.org>

**Program**            **16-08**    **Producers**            **Reed Pence & Polly Hansen**  
**Air Week**        **02/21/16-02/27/16**    **Production Director**        **Sean Waldron**

2:00    SEGMENT 1: ZIKA VIRUS 13:17

Synopsis: Mosquito-transmitted Zika virus has arrived in Central and South America, and while most people are not affected by it, the virus has been linked to microcephaly, a severe birth defect. Experts discuss the virus, how it's transmitted, its spread to the US, and how to protect yourself from it.

Host: Reed Pence. Guests: Dr. Uriel Kitron, Prof. and Chair of Environmental Sciences, Emory Univ.; Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center; Dr. Anna Durbin, Assoc. Prof. of International Health, Johns Hopkins Bloomberg School of Public Health

Compliance issues covered: public health; public safety; infectious disease; youth at risk; women's issues; abortion; travel and tourism; mosquito abatement

Links for more information: <http://hub.jhu.edu/2016/01/29/zika-virus-public-health-expert>;  
<http://www.livescience.com/53566-how-zika-spreads-chain-of-events.html>; <http://www.dailymail.co.uk/health/article-3428938/Game-changing-Zika-virus-scary-gets-warns-expert.html>

16:19    SEGMENT 2: THYROID DISEASE 6:15

Synopsis: Thyroid disease affects millions of Americans, many of whom have not been diagnosed. Experts discuss symptoms, causes, and treatments.

Host: Nancy Benson. Guests: Dr. Jordan Geller, endocrinologist, Beverly Hills, CA; Shannon Rosen, thyroid disorder patient, Cincinnati, OH; Dr. Jeffrey Garber, Chief of Endocrinology, Harvard Vanguard Medical Assoc., Associate Prof. of Medicine, Harvard Medical School and lead author, Clinical Practice Guidelines for Hypothyroidism in Adults.

Compliance issues covered: healthcare; food additives

Links for more information: <http://www.jordangeller.com/index.html>; <http://www.amazon.com/Harvard-Medical-Overcoming-Thyroid-Problems/dp/0071444718>

**Program**            **16-09**    **Producer**            **Reed Pence**  
**Air Week**           **02/28/16-03/05/16**    **Production Director**    **Sean Waldron**

2:00    SEGMENT 1: THE BYSTANDER EFFECT    11:55

Synopsis: It's a psychological paradox that the greater the number of people present when a person needs help, the less likely help will be rendered. Experts discuss reasons why this effect occurs, how it can be broken by technology, and the background of intense research into the effect sparked by the first internationally famous "bystander effect" crime.

Host: Reed Pence. Guests: Kevin Cook, author, *Kitty Genovese; the Murder, the Bystanders, the Crime That Changed America*; Dr. Jan-Willem van Prooijen, Assoc. Prof. of Social and Organizational Psychology, V-U Univ., Amsterdam, Netherlands and Senior Researcher, Netherlands Institute for Criminology; Dr. James Strickland, psychologist in private practice, Comack, NY.

Compliance issues covered: psychology; crime; volunteerism; technology and society; public safety

Links for more information: <http://books.wwnorton.com/books/Kitty-Genovese/>; <http://www.janwillemvanprooijen.com>; <http://cbtpsychologicalassociates.com>

14:57    SEGMENT 2: THE PSYCHOLOGY OF EGG DONATION            8:08

Synopsis: Egg donation can solve infertility, but it can be a minefield of emotional risks, especially if the donor and recipient are family or friends. An author/journalist who has donated twice with vastly different results discusses the technology and what to look out for when approaching egg donation.

Host: Lynn Holley. Guest: Alicia Young, author, *Two Eggs, Two Kids: An Egg Donor's Account of Friendship, Infertility and Secrets*

Compliance issues covered: healthcare; family issues; technology

Links for more information: <http://www.twoeggstwokids.com>

**Program**            **16-10**    **Producer**            **Reed Pence**  
**Air Week**           **03/06/16-03/12/16**    **Production Director**    **Sean Waldron**

2:01    SEGMENT 1: CONCIERGE MEDICINE IN PRIMARY CARE    12:20

Synopsis: Many primary care doctors are unhappy with the "factory medicine" they have to practice. Some are creating "concierge medicine" practices in response, cutting patient roles and asking for retainer fees from those that remain. Patients receive much longer appointments, greater access, and more personal care for these higher fees. Two concierge doctors and a patient discuss.

Host: Reed Pence. Guests: Dr. Uday Jani, internist, Lewis, DE; Dr. Jeffrey Puglisi, Glenville Medical Concierge Care, Greenwich, CT; "Suzy," concierge patient

Compliance issues covered: health care; economics

Links for more information: <http://udayanimd.com>; <http://glenvillemedicalconciergecare.com>

15:23    SEGMENT 2: RESTLESS LEGS SYNDROME            8:08

Synopsis: Restless legs syndrome, a neurological condition, strikes people at night, creating some of the worst sleep conditions known by any patients. Experts discuss identifying and treating the syndrome.

Host: Lynn Holley. Guests: Karla Dzienkowski, Executive Director, Restless Legs Syndrome Foundation and parent of daughter with restless legs syndrome; Dr. William Ondo, Prof. of Neurology, Univ. of Texas Health Science Center, Houston and advisory board member, Restless Legs Syndrome Foundation

Compliance issues covered: healthcare; family issues; technology

Links for more information: <http://www.rls.org>

**Program**            **16-11**    **Producers**            **Pat Reuter, Tori Bokios, Reed Pence**  
**Air Week**           **03/13/16-03/19/16**    **Production Director**            **Sean Waldron**

2:04    SEGMENT 1: ADVENTURES OF A PARAMEDIC    11:46

Synopsis: Paramedics and EMTs are the first responders of the health system and often find volent, confusing situations on their arrival. A former paramedic describes the "inside story" of the job, its dangers and rewards.

Host: Reed Pence. Guests: Kevin Hazzard, author, A Thousand Naked Strangers: A Paramedic's Wild Ride to the Edge and Back

Compliancy issues covered: health care; emergency response; public safety

Links for more information: <http://udayanimd.com>; <http://glenvillemedicalconciergecare.com>

14:52    SEGMENT 2: KEEPING SECRETS FROM YOUR DOCTOR    7:32

Synopsis: Patients often keep lifestyle secrets from their physicians even though it may be harmful to their health. Experts discuss the most common reasons for secret-keeping and the consequences that may result.

Host: Nancy Benson. Guests: Dr. Daphne Miller, family physician, San Francisco; Karen Giblin, President, Red Hot Mamas menopause management program

Compliancy issues covered: health care; public health; consumerism; youth at risk

Links for more information: <http://drdaphne.com>; <http://redhotmamas.org>

**Program**            **16-12**    **Producer**            **Reed Pence**  
**Air Week**           **03/20/16-03/26/16**    **Production Director**            **Sean Waldron**

2:00    SEGMENT 1: INCIDENTAL GENETIC FINDINGS    11:24

Synopsis: Genetic testing has become a widespread reality in the past five years, but doctors are struggling with what many genetic findings really mean. Should patients should be told about the presence of genes that might be either dangerous... or perfectly harmless? Experts discuss.

Host: Reed Pence. Guests: Dr. Dan Roden, Prof. of Medicine, Pharmacology and Biomedical Informatics and Asst. Vice Chancellor, Personalized Medicine, Vanderbilt Univ. Medical Center; Dr. Gerald Feldman, Prof. of Molecular Genetics in Medicine, Pediatrics and Pathology, Wayne State Univ. and President, American College of Medical Genetics and Genomics; Dr. Ellen Wright Clayton, member, Center for Biomedical Ethics and Society and Prof. of Pediatrics and Law, Vanderbilt Univ.

Compliancy issues covered: health care; ethics; technology and society; public health; economics

Links for more information: <http://oates.mc.vanderbilt.edu/rodenlab/>; <https://www.acmg.net>;  
<http://law.vanderbilt.edu/bio/ellen-clayton>

14:26    SEGMENT 2: THE HIGH HEALTH COST OF SUGAR 7:24

Synopsis: Many experts disagree over the roots of the obesity crisis some 40 years ago. One well-known expert describes why he believes sugar is to blame, and the changes in the market and government advisories that made sugar a much heavier part of our diets.

Host: Nancy Benson. Guest: Dr. Robert Lustig, pediatric endocrinologist, Univ. of California, San Francisco, President, Institute for Responsible Nutrition and author, Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease

Compliancy issues covered: health care; public health; consumerism; economics; federal government

Links for more information: <http://www.responsiblefoods.org>

**Program**            **16-13**    **Producers**            **Reed Pence and Polly Hansen**  
**Air Week**           **03/27/16-04/02/16**    **Production Director**       **Sean Waldron**

2:00    SEGMENT 1: BIOFILM    11:51

Synopsis: Doctors often deal with bacterial infections, but they are less familiar with infections involving several different kinds of bacteria in a matrix. This form, known as biofilm, is surprisingly common, resistant to many antibiotics, and gaining new attention as a source of hard to eradicate infections. Experts discuss.

Host: Reed Pence. Guests: Dr. Phil Stewart, Prof. of Chemical and Biological Engineering, Montana State Univ.; Dr. Randall Wolcott, Medical Director, Southwest Regional Wound Care Center, Lubbock, TX; Bill Soukup, President, Scientific Biofilm Solutions and Healthy Household Cleansers

Compliancy issues covered: health care; public health; consumerism

Links for more information: <http://southwestwoundcare.com>; <http://www.biofilm.montana.edu>; <http://ohyuk.com>

14:53    SEGMENT 2: OTC DRUGS AND 'TWEENS    7:24

Synopsis: Young adolescents often are allowed to take over the counter drugs on their own, but many OTC medicines, especially acetaminophen, can be dangerous. Experts discuss how to educate 'tweens on taking OTC drugs safely.

Host: Nancy Benson. Guests: Dr. Tanya Altman, Asst. Clinical Prof. of Pediatrics, Mattel Children's Hospital, UCLA and spokesperson, American Academy of Pediatrics; Dr. Janet Engle, Exec. Assoc. Dean, Prof. and head of Dept. of Pharmacy Practice, Univ. of Illinois at Chicago College of Pharmacy; Sharon Mielke, mother of victim of OTC drug death.

Compliancy issues covered: health care; consumerism; youth at risk; consumer safety; drugs & medications

Links for more information: <http://www.knowyourdose.org>; <http://www.scholastic.com/otcmedsafety/>