

Quarterly Issues Programs List for

KBZS FM; KWFS AM/FM; KNIN FM

April 1 – June 30, 2023

Section I-Issues

The stations have identified the following issues as significant issues facing our community in this quarter:

- 1. Childhood Obesity.** Childhood obesity is prevalent among children in Wichita Falls, making it one of the most common chronic conditions in the city. According to experts, the promotion of ultra-processed foods to kids has witnessed a significant surge in recent years, leading to the encouragement of unhealthy eating habits.
- 2. Sexual Trauma.** Incest, although being one of the prevalent types of sexual assault, remains a highly taboo subject that is seldom discussed. This lack of open dialogue regarding incest contributes to the potential for survivors to experience recurring trauma in the future.
- 3. Mental Health.** Regrettably, mass violence has emerged as a frequently discussed subject. However, focusing solely on the mental illness diagnoses of the perpetrators showcased in the media might be obscuring the actual problem at hand. Professionals shed light on the statistical evidence that reveals the fundamental root cause behind mass violence.
- 4. Diabetes.** Ozempic, a drug known for its anti-obesity and anti-diabetic properties, has gained popularity in Wichita Falls as a miraculous weight loss solution. However, the notion of a "magic pill" must be questioned. Experts in obesity medicine, emphasize the importance of combining such therapies with long-term, stringent daily routines for them to yield significant results.
- 5. TikTok.** During the pandemic, there was a significant surge in cases of functional tic-like disorder in Wichita Falls, and social media is believed to be the main factor behind this increase. While classic tic disorders are commonly observed in boys, this particular condition predominantly impacts women aged 18 to 21.

Section II-Responsive Programming

Radio Health Journal airs for approximately 30 minutes each week as follows:

Saturdays at 12:00 p.m. on KWFS-AM and 8:00 a.m. on KNIN and
Sundays at 9:00 a.m. on KBZS, 8:00 a.m. on KWFS-AM, and 9:00 a.m. on KWFS

Please see attached program log for details on the Radio Health Journal segments.

Program Log for Radio Health Journal

Program	23-14	Written & Produced	Kristen Farrah
Air Week	4/02/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "Pepto Bismol" OUTCUE: ...reach of children	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: SAVING YOURSELF: WHAT TO DO IN AN EMERGENCY SITUATION	11:18
	Synopsis: When Rebecca Fogg's toilet exploded, she knew she had to do two things: call 911 and stop the bleeding from her arm. But how would you react in her situation? An expert explains the most important steps to take when you're in a crisis that will give you the best chances of survival. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Rebecca Fogg, Author, Beautiful Trauma; Dr. Claire Park, Consultant in Pre-Hospital Emergency Medicine, London's Air Ambulance Charity Compliance issues covered: emergency medicine; pre-hospital care; paramedics; trauma victims; healthcare; explosion; patient safety; public health; first responders; ambulance; first aid Links for information: https://www.linkedin.com/in/claire-park-717451113/?originalSubdomain=uk https://twitter.com/RebFogg?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.penguinrandomhouse.com/books/617491/beautiful-trauma-by-rebecca-fogg/# https://www.londonsairambulance.org.uk/ https://twitter.com/clairepark01?lang=en	
13:08	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:60
14:08	:02 PAUSE FOR LOCAL AVAIL	:02
14:10	SEGMENT 2: HAPPY ACCIDENTS IN SCIENCE THAT CREATED THE PRODUCTS WE USE EVERY DAY	8:21
	Synopsis: Not all scientific discovery is on purpose. In fact, many important breakthroughs were by accident, like insulin and x-rays. Our experts discuss why we should look at failures as a starting point rather than the end of the road. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Erin Heath, Director of Federal Relations, The American Association for the Advancement of Science; Dr. Jean Carruthers, Clinical Professor of Ophthalmology, University of British Columbia, Pioneer of Cosmetic Botox Compliance issues covered: cosmetic botox; ophthalmology; beauty industry; patient safety; consumerism Links for information: https://carrutherscosmetic.com/about/ https://www.goldengooseaward.org/ https://www.instagram.com/carrutherscosmetic/?hl=en https://www.aaas.org/ https://twitter.com/PublicHeath https://www.linkedin.com/in/jeancarruthers/?originalSubdomain=ca https://www.aaas.org/person/erin-heath-0	
22:31	SPOTBREAK 3: Procter Gamble "Metamucil" Pfizer Consumer Healthcare "Vyndamax" O'Reilly Auto Parts "O'Reilly" Progressive Insurance Co "Progressive" OUTCUE: ...third party insurers	:30 :30 :30 :30
24:31	Medical Notes & News. Host: Shel Lustig	1:59
26:30	SPOTBREAK 4: Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:29 :30
27:29	Program Conclusion	:31
28:00	TOTAL TIME	

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Program Log for *Radio Health Journal*

Program	23-15	Written & Produced	Kristen Farrah
Air Week	4/09/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: TIKTOK TICS: CAN SOCIAL MEDIA CAUSE NEUROLOGIC DISORDERS?	12:29
	Synopsis: Cases of functional tic-like disorder skyrocketed during the pandemic across the world, and experts believe the culprit is social media. Though classic tic disorders are mostly diagnosed in boys, this condition mainly affects women aged 18 to 21. Our experts explain the cause and how to successfully recover from the disorder. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Danielle Larson, Movement Disorder Specialist, Northwestern Medicine; Dr. Nicole Zahka, Pediatric Psychologist, Cincinnati Children's Hospital Medical Center Compliance issues covered: functional neurologic disorder; social media; psychology; modeling; chronic tics; tourette syndrome; covid; pandemic; therapy; anxiety; depression; vulnerable populations Links for information: https://onlinelibrary.wiley.com/doi/10.1111/ene.15611 https://twitter.com/dlarsonmd4?lang=en https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=47830 https://www.cincinnatichildrens.org/bio/z/nicole-zahka	
14:19	SPOTBREAK 2: Procter & Gamble "Metamucil" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :30
15:19	:02 PAUSE FOR LOCAL AVAIL	:02
15:21	SEGMENT 2: BREAKING THE SILENCE ON INCEST AND SEXUAL TRAUMA	7:04
	Synopsis: Dr. Patti Feuereisen says incest is one of the most common forms of sexual assault, but is almost never talked about. For the survivors, this silence can lead to more events of trauma down the road. Feuereisen explains how to support victims of sexual abuse and why starting the conversation is necessary. Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Patti Feuereisen, Psychotherapist, Author, <i>Invisible Girls</i> ; Compliance issues covered: incest; sexual trauma; sexual abuse; therapy; psychology; rape, assault Links for information: https://www.invisiblegirlsthive.com/about-dr-patti https://www.sealpress.com/titles/patti-feuereisen-phd/invisible-girls/9781580058605/	
22:25	SPOTBREAK 3: Procter & Gamble "Prilosec" AutoZone "Services Mashup" Pfizer Consumer Healthcare "Vyndamax" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30 :30 :30
24:25	Medical Notes & News. Host: Shel Lustig	2:01
26:26	SPOTBREAK 4: Ebay "Ebay Parts & Accessories" Procter & Gamble "Prilosec" OUTCUE: ...immediate relief	:30 :29
27:25	Program Conclusion	:31
27:26	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-16	Written & Produced	Kristen Farrah
Air Week	4/16/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: HOW SAFETY NET HOSPITALS INCREASE ACCESS TO HEALTH CARE	10:46
	Synopsis: Health insurance has long been connected with a person's employment – leaving many without coverage. Safety net hospitals help ensure that anyone who needs medical care can get access to it, no matter their insurance status. Dr. Ricardo Nuila discusses why this model may be more effective than the standard, privatized healthcare. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Ricardo Nuila, Associate Professor of Medicine, Baylor College of Medicine, Author, <i>The People's Hospital</i> Compliance issues covered: healthcare; medicaid; medicare; safety net hospitals; private hospitals; public health system; health insurance; vulnerable populations; patient safety; emergency medicine Links for information: https://www.simonandschuster.com/books/The-Peoples-Hospital/Ricardo-Nuila/9781501198045 https://www.ricardonuila.com/ https://www.bcm.edu/people-search/ricardo-nuila-27858 https://www.harrishealth.org/	
12:35	SPOTBREAK 2: Procter & Gamble "Metamucil" Macys "Earth Month" OUTCUE: ...slash purpose	:30 :31
13:36	:02 PAUSE FOR LOCAL AVAIL	:02
13:38	SEGMENT 2: KITCHEN CHEMISTRY: NATURAL FLAVORS – HOW NATURAL ARE THEY?	9:13
	Synopsis: We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. David Andrews, Senior Scientist, Environmental Working Group Compliance issues covered: natural flavors; diet; processed foods; consumerism; organic; flavor; chemistry; ingredients; addiction; artificial flavors; FDA regulations; nutrition labels Links for information: https://www.ewg.org/news-insights/our-experts/david-andrews-phd https://twitter.com/dqasci https://www.ewg.org/foodscores/content/natural-vs-artificial-flavors/ https://www.ewg.org/foodscores/	
22:51	SPOTBREAK 3: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "King C Gillette" Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30 :30 :31
24:52	Medical Notes & News. Host: Shel Lustig	1:33
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:61
27:26	Program Conclusion	:30
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-17	Written & Produced	Kristen Farrah & Reed Pence
Air Week	4/23/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :29
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: IS MENTAL HEALTH A SCAPEGOAT FOR MASS VIOLENCE?	10:38
	Synopsis: Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Joseph Parks, Medical Director, National Council for Mental Wellbeing; Dr. Jeffrey Lieberman, Professor of Psychiatry, Columbia University Compliance issues covered: gun violence; mass violence; mass shooting; mass murder; mental health; mental illness; federal law; state and federal regulations; education; state government Links for information: https://www.columbiapsychiatry.org/profile/jeffrey-lieberman-md https://www.thenationalcouncil.org/people/joe-parks-md/#:~:text=Joe%20Parks%2C%20M.D.%2C%20currently%20serves,Louis. https://www.linkedin.com/in/joseph-parks-9b3119140?trk=public_profile_samename-profile	
12:28	SPOTBREAK 2: Procter & Gamble "Bounty" Capital One "Quicksilver" OUTCUE: ...com for details	:30 :30
13:28	:02 PAUSE FOR LOCAL AVAIL	:02
13:30	SEGMENT 2: KITCHEN CHEMISTRY: SWEET PROTEINS MAY BE THE FUTURE OF SUGAR	8:44
	Synopsis: Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Jason Ryder, Adjunct Professor of Chemical and Biomolecular Engineering, University of California, Berkeley, Co-Founder, Oobli Compliance issues covered: protein; chemistry; sugar; snacks; diet; artificial sweeteners; consumerism; health; public health; evolution; sugar alternatives Links for information: https://chemistry.berkeley.edu/faculty/cbe/ryder https://www.linkedin.com/in/jason-ryder https://oobli.com/ https://journals.sagepub.com/doi/full/10.1177/23978473231151258	
22:14	SPOTBREAK 3: Procter & Gamble "Prilosec" Cox "Auto Trader" Macy's "Earth Month" Procter & Gamble "Metamucil" OUTCUE: ...Metamucil everyday	:30 :30 :30 :30
24:14	Medical Notes & News. Host: Shel Lustig	2:11
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
27:25	Program Conclusion	:30
27:55	TOTAL TIME	

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Program Log for *Radio Health Journal*

Program	23-18	Written & Produced	Kristen Farrah
Air Week	4/30/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Taco Bell "TacoGen2109" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: "I'M NOT DYING, BUT IS THAT GOOD ENOUGH?": IMPROVING LUPUS RESEARCH	10:31
	Synopsis: Lupus ABC is the first of its kind public-private partnership with the FDA. It will allow researchers and patients to work together, hopefully leading to breakthroughs in lupus treatments. Experts explain why the patient perspective is so important for successful outcomes. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Teodora Staeva, Vice President of Research and Chief Scientific Officer, Lupus Research Alliance; Veronica Vargas Lupo, Co-Lead of the Lupus Voices Council, Lupus ABC Compliance issues covered: lupus; autoimmune disease; FDA; governmental organizations; scientific research; non-profit; patient safety Links for information: https://www.lupusresearch.org/ https://www.fda.gov/drugs/drug-safety-and-availability/fda-launches-lupus-treatment-consortium-partnership-lupus-research-alliance https://www.linkedin.com/in/veronicavargascgill/ https://www.linkedin.com/in/teodora-p-staeva-7596263/	
12:21	SPOTBREAK 2: Procter & Gamble "Prilosec" Procter & Gamble "Febreze Car" OUTCUE: ...la la la la	:29 :30
13:20	:02 PAUSE FOR LOCAL AVAIL	:02
13:22	SEGMENT 2: REWIRING YOUR BRAIN TO CREATE HEALTHIER HABITS	9:02
	Synopsis: Dr. Greg Hammer believes our health is a big piece of overall happiness. Unfortunately, it can be hard to break bad habits and be motivated to create healthier ones. Hammer offers tips and tools that can help us be more intentional with our health. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Greg Hammer, Professor of Anesthesiology, Perioperative and Pain Medicine, and of Pediatrics, Stanford University Compliance issues covered: public health; sleep health; exercise; diet; whole foods; sugar; nutrition; caffeine; alcohol consumption; brain function; chronic health problems; diabetes; obesity; heart disease Links for information: https://greghammermd.com/ https://profiles.stanford.edu/gregory-hammer https://www.instagram.com/greghammermd/?fbclid=IwAR08RtCD6juj2VKCFywH8_ozzl64h-pJU0-9F0MbmO89Yc8WmwxyzpsziA	
22:24	SPOTBREAK 3: Pfizer Consumer Healthcare "Xeljanz Rheum" Procter & Gamble "Pepto Bismol" Procter & Gamble "Downy Rinse & Refresh" OUTCUE: ...at target	:60 :29 :30
24:23	Medical Notes & News. Host: Shel Lustig	2:06
26:29	SPOTBREAK 4: Procter & Gamble "Metamucil" Procter & Gamble "Tide" OUTCUE: ...versus tide pods	:30 :30
26:29	Program Conclusion	:30
27:59	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-19	Written & Produced	Kristen Farrah & Hannah Swarm
Air Week	5/07/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:49	SPOTBREAK 1: Procter & Gamble "Prilosec" Capital One "Capital One Bank" OUTCUE: ...member FDIC	:29 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HOW AI IS THRUSTING US INTO THE FUTURE OF MEDICINE	12:36
	Synopsis: From improving the patient experience to speeding up protein evolution, artificial intelligence is rocketing the field of medicine into the future. Our experts discuss the many different applications of AI and how we can expect to interact with the technology in the years to come. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design Compliance issues covered: protein; artificial intelligence; evolution; medical records; patient safety; public health; consumerism; environment; medical technology; biochemistry; viruses Links for information: https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=12353 https://www.linkedin.com/in/liebovitz/ https://sites.uw.edu/biochemistry/faculty/david-baker/ https://www.bakerlab.org/ https://www.ipd.uw.edu/	
14:26	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...prevnar twenty	:60
15:26	:02 PAUSE FOR LOCAL AVAIL	:02
15:28	SEGMENT 2: WHAT YOU NEED TO KNOW ABOUT YOUR BABY'S FLAT HEAD	6:56
	Synopsis: Flat head syndrome occurs when a baby's head develops a long-lasting flat spot. However, Dr. Peter Taub, a professor of pediatrics, says the deformity isn't a syndrome at all and doesn't cause any neurologic symptoms. He explains what causes it and successful treatments to reshape your child's head. Host: Nancy Benson. Producer: Hannah Swarm. Guests: Dr. Peter Taub, Professor of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York Compliance issues covered: youth at risk; patient safety; infant health; neurology; bone structure; consumerism; flat head syndrome; deformity Links for information: https://profiles.mountsinai.org/peter-taub https://www.linkedin.com/in/peter-j-taub-6557a632/ https://www.stanfordchildrens.org/en/topic/default?id=flat-head-syndrome-deformational-plagiocephaly-90-P01834	
22:24	SPOTBREAK 3: Procter & Gamble "Metamucil" Taco Bell "TacoGen2109" Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:30 :30 :61
24:25	Medical Notes & News. Host: Shel Lustig	2:05
26:30	SPOTBREAK 4: Procter & Gamble "Pepto Bismol" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :30
27:29	Program Conclusion	:31
28:00	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-20	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	5/14/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble “Prilosec” Pfizer Consumer Healthcare “Vyndamax”	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: HONORING THE MOTHERS WHO NEVER GOT TO MEET THEIR CHILDREN	11:54
	Synopsis: Miscarriage is the most common form of pregnancy loss – so why aren’t we talking about it? Dr. Jessica Zucker says this silence promotes a societal stigma of shame and isolation. This week, we open the conversation around miscarriage in an effort to normalize this common experience. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jessica Zucker, Psychologist, Expert in Reproductive Health, Author, <i>I Had A Miscarriage</i> ; Wendy Dwyer, Mother Compliance issues covered: miscarriage; pregnancy loss; motherhood; death; early pregnancy loss; psychology; stigma; depression; healthcare; bereavement; parenting Links for information: https://drjessicazucker.com/ https://www.instagram.com/ihadamiscarriage/?hl=en https://twitter.com/drzucker?lang=en	
13:43	SPOTBREAK 2: Procter & Gamble “Metamucil” Capital One “Capital One Bank”	:30 :31
14:44	:02 PAUSE FOR LOCAL AVAIL	:02
14:46	SEGMENT 2: HAS THE FOOD MARKETING INDUSTRY CONTRIBUTED TO CHILDHOOD OBESITY?	7:38
	Synopsis: Childhood obesity is one of the most common chronic diseases for children in the US. Experts say that the marketing of ultra-processed foods to kids has grown exponentially in recent years – promoting unhealthy diets. These experts break down the marketing strategies used to get product attention in grocery stores and online. Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Frances Fleming-Milici, Director of Marketing Initiatives, Rudd Center for Food Policy and Health, University of Connecticut; Dr. Ashley Gearhardt, Associate Professor of Psychology, Director of the Food and Addiction Science and Treatment Lab, University of Michigan Compliance issues covered: diet; addiction; youth at risk; food marketing; consumerism; obesity; diabetes; chronic diseases; childhood obesity; heart disease; ultra-processed food Links for information: https://uconnruddcenter.org/person/frances-fleming-milici/ https://twitter.com/franflemingPhD https://lsa.umich.edu/psych/people/faculty/agearhar.html	
22:24	SPOTBREAK 3: Pfizer Consumer Healthcare “Prevnar20” Taco Bell “TacoGen2109” Procter & Gamble “Gain”	:60 :30 :30
24:24	Medical Notes & News. Host: Shel Lustig	2:06
26:30	SPOTBREAK 4: Procter & Gamble “Pepto Bismol” Procter & Gamble “Metamucil”	:30 :29
27:29	Program Conclusion	:31
28:00	TOTAL TIME	

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Program	23-21	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	5/21/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Taco Bell "TacoGen2109" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: IT'S JUST EASIER TO NOT INCLUDE WOMEN': THE GENDER BIAS IN HEALTH CARE	12:15
	Synopsis: Why are male bodies the standard for human health? Why did researchers refuse to conduct studies on female mice? Why don't we have widespread information on puberty, the menstrual cycle, and menopause? Experts discuss the dangerous reality of gender bias in health care. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Nieca Goldberg, Cardiologist, Clinical Associate Professor of Medicine, New York University School of Medicine, Medical Director, Atria New York City; Christine Yu, Award-Winning Journalist, Author, "Up To Speed" Compliance issues covered: medical research; gender bias; women's health; healthcare; vulnerable populations; heart disease; female athletes; puberty; men's health; sports science Links for information: https://nyulangone.org/doctors/1912084062/nieca-goldberg https://www.dnieca.com/ https://www.christinemyu.com/ https://www.instagram.com/cyu888/?hl=en https://twitter.com/cyu888?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctqgr%5Eauthor	
14:05	SPOTBREAK 2: Procter & Gamble "Prilosec" Indeed "Indeed" OUTCUE: ...terms and conditions apply	:30 :30
15:05	:02 PAUSE FOR LOCAL AVAIL	:02
15:07	SEGMENT 2: FOOD MARKETING TO CHILDREN PART 2: HOW TO MAKE HEALTHIER CHOICES	7:18
	Synopsis: Last week we discussed how food marketers spend billions to get kids to eat unhealthy food. Today, we're giving you some tips on how to add more nutritious options back into your family's diet. Experts reveal small actions that can make a big difference in the health of America's children. Host: Nancy Benson. Producer: Polly Hansen. Guests: Meryl Fury, Registered Nurse, President and CEO, Plant Based Nutrition Movement; Sheriza Hernandez, Student; Dr. Ashley Gearhardt, Associate Professor of Psychology, University of Michigan, Director, Food and Addiction Science and Treatment Lab Compliance issues covered: obesity; heart disease; childhood obesity; diet; healthy food; food marketing; vulnerable populations; youth at risk; ultra processed food; gut health; addiction Links for information: https://www.linkedin.com/in/meryl-fury-725139103/ https://pbnm.org/organizer/meryl-fury/ https://lsa.umich.edu/psych/people/faculty/agearhar.html	
22:25	SPOTBREAK 3: Procter & Gamble "Metamucil" Procter & Gamble "Pepto Bismol" Indeed "Indeed" Procter & Gamble "Gain" OUTCUE: ...longer lasting scent	:30 :30 :30 :30
24:25	Medical Notes & News. Host: Shel Lustig	2:03
26:28	SPOTBREAK 4: Indeed "Indeed" Procter & Gamble "Pepto Bismol" OUTCUE: ...reach of children	:30 :29
27:27	Program Conclusion	:30
27:57	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-22	Written & Produced	Kristen Farrah
Air Week	5/28/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Pevnar20" OUTCUE: ...twenty dot com	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: ADRENAL DYSFUNCTION MAY BE CAUSING YOUR BRAIN FOG AND WEIGHT GAIN	11:49
	Synopsis: Our adrenal glands produce numerous hormones that help us regulate stress. Unfortunately, these glands can easily be disrupted and make us feel tired and forgetful. Dr. Izabella Wentz, a thyroid expert, explains the lifestyle changes you can make to fix your hormone imbalance. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Izabella Wentz, Thyroid Specialist, Author, <i>Adrenal Transformational Protocol</i> Compliance issues covered: adrenal glands; hormones; cortisol; weight gain; survival; inflammation; adrenal dysfunction; brain fog; stress; depression; heart disease; undiagnosed diseases Links for information: https://thyroidpharmacist.com/ https://www.instagram.com/izabellawentzpharmd/?hl=en	
13:39	SPOTBREAK 2: Procter & Gamble "Metamucil" OUTCUE: ...reach of children	:30
	Procter & Gamble "Pepto Bismol"	:30
14:39	:02 PAUSE FOR LOCAL AVAIL	:02
14:41	SEGMENT 2: OZEMPIC: A LOOK INTO HOLLYWOOD'S MAGIC WEIGHT LOSS PILL	7:57
	Synopsis: Ozempic is an anti-obesity and anti-diabetic drug that's being touted as a miracle weight loss drug on social media. But is there such a thing as a magic pill? Dr. Disha Narang, an obesity medicine expert, says there's no fast track to healthy and sustainable weight loss. Instead, she explains how these types of therapies need to be paired with long-term, strict daily routines in order to be effective. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Disha Narang, Endocrinologist and Director of Obesity Medicine, Northwestern Medicine Lake Forest Hospital Compliance issues covered: obesity; medical weight loss; patient safety; diet; public health; consumerism; exercise; weight gain; Ozempic; mental health; social media; heart health Links for information: https://www.nm.org/doctors/1235426230/disha-narang-md https://twitter.com/DishaKumarMD?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.instagram.com/dishanarangmd/?hl=en	
22:38	SPOTBREAK 3: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...loss of appetite	:60
	Pfizer Consumer Healthcare "Ibrance"	:60
24:38	Medical Notes & News. Host: Shel Lustig	1:48
26:26	SPOTBREAK 4: Procter & Gamble "Prilosec" OUTCUE: ...lasting scent	:30
	Procter & Gamble "Gain"	:30
27:26	Program Conclusion	:30
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-23	Written & Produced	Kristen Farrah
Air Week	6/04/23	Production Manager	Jason Dickey
Time	Segment r		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare/Ibrance 2023	OUTCUE: ...loss of appetite.	:60
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: HELPING PATIENTS FEEL LIKE KIDS AGAIN: THE MAGIC OF CHILDREN'S HOSPITALS		12:26
	<p>Synopsis: Children's hospitals do a lot more than cure diseases. For many long-term, young patients, these institutions become their entire world and not just the place where they receive treatment. Learn how some of these hospitals go above and beyond to help our sick kids every day.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Amar Bryant, Lead Inpatient Social Worker, Boston Children's Hospital; Marie Osmond, Co-Founder, Children's Miracle Network Hospitals; Camryn Kellam, Ambassador, Maria Fareri Children's Hospital; April Kellam, Mother.</p> <p>Compliance issues covered: chronic disease; rare disease; children's hospital; caregivers; healthcare; sickle cell; immunodeficiency; non-profit; donation; vulnerable populations; patient safety; consumerism</p> <p>Links for information: https://childrensmiraclenetworkhospitals.org/ https://www.marieosmond.com/ https://www.mariafarerichildren.org/news/after-undergoing-stem-cell-transplant-to-combat-si-1526 https://www.childrenshospital.org/directory/amar-khalsa</p>		
14:16	SPOTBREAK 2: Procter & Gamble/Metamucil	OUTCUE: ...and conditions apply.	:30
	Indeed/Indeed Q2 2023		:31
15:17	:02 PAUSE FOR LOCAL AVAIL		:02
15:19	SEGMENT 2: DON'T LET AN INJURY KEEP YOU FROM PLAYING THE GAME		7:04
	<p>Synopsis: Pickleball is quickly becoming America's favorite pastime. It's a low-impact sport that's great for people of all ages, but like any activity, it comes with its own injury risks. Dr. Fotios Tjounakaris has some tips to keep you healthy on and off the court.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Fotios Tjounakaris, Associate Professor of Orthopedic Surgery, Rothman Orthopedics at AtlantiCare</p> <p>Compliance issues covered: sports injuries; pickleball; socializing; aging; older populations; patient safety; sports medicine; active lifestyle; overuse injury; muscle strength; public health</p> <p>Links for information: https://rothmanortho.com/physicians/fotios-p-tjounakaris-md https://www.linkedin.com/in/fotios-tjounakaris-1649655/</p>		
22:23	SPOTBREAK 3: Discover Products Inc./Discover Card Brand		:30
	Procter & Gamble/Prilosec		:30
	Procter & Gamble/Metamucil		:30
	AZO/Services Mashup	OUTCUE: ...AutoZone restrictions apply.	:30
24:23	Medical Notes & News. Host: Shel Lustig		2:05
26:28	SPOTBREAK 4: Procter & Gamble/Swiffer Sweeper		:30
	Taco Bell/TacoGen	OUTCUE: ...participation which vary.	:30
27:28	Program Conclusion		:31
27:59	TOTAL TIME		

Program Log for Radio Health Journal

Program	23-24	Written & Produced	Reed Pence, Polly Hansen, Kristen Farrah
Air Week	6/11/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Procter Gamble/Prilosec ADU Indeed/Indeed Q2' 2023	:30	OUTCUE: ...and conditions apply.
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: WHY DOCTORS SHOULD HAVE CREATIVE PASSIONS OUTSIDE OF MEDICINE	11:32	
	Synopsis: Hannah Boone entered medical school with a degree in music instead of having a typical science background. While this may seem unwise, some experts think it may be the best prerequisite for a career in medicine. Find out why this educational path is thought to create more involved and empathetic physicians. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Barton Thiessen, Associate Professor of Anesthesiology & Assistant Dean of Admissions for the Faculty of Medicine; Memorial University of Newfoundland; Dr. Danielle Ofri, Primary Care Physician & Clinical Professor of Medicine, New York University, Editor, Bellevue Literary Review; Hannah Boone, Senior Medical Student, Memorial University of Newfoundland Compliance issues covered: music; medical student; medical school; burnout; hobbies; fine arts; healthcare Links for information: https://www.linkedin.com/in/danielle-ofri/?trk=public_profile_browsemap https://med.nyu.edu/faculty/danielle-ofri https://www.linkedin.com/in/barton-thiessen-80a52098/?originalSubdomain=ca https://www.researchgate.net/profile/Hannah-Boone-5		
13:22	SPOTBREAK 2: Procter & Gamble/Metamucil PGL Pfizer Consumer Healthcare/Vyndamax	:30	OUTCUE: ...sponsored by Pfizer.
14:22	:02 PAUSE FOR LOCAL AVAIL	:02	
14:24	SEGMENT 2: MEDICAL GASLIGHTING: WHAT TO DO WHEN DOCTORS STOP LISTENING TO YOU	8:00	
	Synopsis: Doctors told Karen DeBonis that her son's concerning tics were normal, and he'd grow out of them. But when she got a second opinion, an MRI scan showed that he had a large brain tumor. This week - DeBonis shares how she was forced to advocate for herself when doctors didn't listen take her seriously. Host: Nancy Benson. Producer: Polly Hansen. Guests: Karen DeBonis, Author, <i>Growth</i> ; Dr. Stacey Rosen, Senior Vice President, The Katz Institute of Women's Health, Partners Council Professor of Cardiology and Women's Health, Donald and Barbara Zucker School of Medicine Compliance issues covered: gaslighting; patient safety; chronic symptoms; brain disease; cancer; healthcare; minorities; public health Links for information: https://karendebonis.com/ https://faculty.medicine.hofstra.edu/7111-stacey-rosen https://twitter.com/KarenDeBonis?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.linkedin.com/in/stacey-e-rosen-md-facc-facc-faha-4a693074/ https://twitter.com/drstaceyrosen?lang=en		
22:24	SPOTBREAK 3: Skechers/Skechers – 2023 Indeed/Indeed Q2 2023 Taco Bell/TacoGen	:60 :30 :30	OUTCUE: ...participation which vary.
24:24	Medical Notes & News. Host: Shel Lustig	2:01	
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare/lbrance 2023	:60	OUTCUE: ...loss of appetite.
27:25	Program Conclusion	:32	
27:57	TOTAL TIME		

Program Log for Radio Health Journal

Program	23-25	Written & Produced	Kristen Farrah, Reed Pence
Air Week	6/18/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Indeed "Indeed" Procter & Gamble "Prilosec" OUTCUE: ...immediate relief	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: THE PSYCHOLOGICAL TRENDS OF THE EVER-GROWING GIG ECONOMY	12:14
	Synopsis: The gig economy seems to only be growing, especially with the boom of businesses like Uber and Grubhub. Workers now get to choose their own hours, but is the freedom worth the lack of regulation, protections, and benefits like health insurance? Experts explain the societal perception and personal psychology of gig workers. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Jeff Kreisler, Author, Head of Behavioral Science, JP Morgan Private Bank; Dr. Brianna Caza, Associate Professor, University of North Carolina at Greensboro Compliance issues covered: economy; psychology; behavioral science; employment; public health; consumerism; mental health; individuality; Links for information: http://jeffkreisler.com/ https://twitter.com/jeffkreisler https://www.linkedin.com/in/jeffkreisler/ https://bryan.uncg.edu/faculty-and-staff/brianna-caza/ https://positiveorgs.bus.umich.edu/people/brianna-caza/ https://www.linkedin.com/in/brianna-caza-4b90b62/?originalSubdomain=ca	
14:03	SPOTBREAK 2: Procter & Gamble "Charmin" Bank of America "Small Business" OUTCUE: ...America n/a	:30 :30
15:03	:02 PAUSE FOR LOCAL AVAIL	:02
15:05	SEGMENT 2: DEALING WITH LOSS THIS FATHER'S DAY	7:52
	Synopsis: Whether you lost your father ten days ago or ten years ago, Father's Day can be a hard time of the month. Dr. Sanam Hafeez, a clinical neuropsychologist, says it doesn't have to be something to dread. She offers advice on how to turn this time of year into an experience of healing and growth. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Sanam Hafeez, Clinical Neuropsychologist, Founder, Comprehensive Consultation Psychology, Professor, Teachers College Columbia University Compliance issues covered: father's day; psychology; grief; bereaved parents; loss of a child; loss of a parent; public health; mental health; bereavement support Links for information: https://comprehendthemind.com/dr-sanam-hafeez/ https://www.linkedin.com/in/sanam-hafeez-b021898/ https://www.instagram.com/drsanamhafeez/?hl=en https://twitter.com/comprehendmind?lang=en	
22:57	SPOTBREAK 3: The Home Depot "Fathers Day" Procter & Gamble "Tide" Taco Bell "Tacogen2109" Indeed "Indeed" OUTCUE: ...conditions apply	:30 :30 :30 :30
24:57	Medical Notes & News. Host: Shel Lustig	1:27
26:24	SPOTBREAK 4: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "Febreze Car" OUTCUE: ...lalalala	:30 :31
27:25	Program Conclusion	:30
27:55	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-26	Written & Produced	Kristen Farrah, Reed Pence
Air Week	6/25/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Indeed "Indeed" Procter & Gamble "Swiffer Power Mop" OUTCUE: ...mop smarter	:30 :31
1:49	:02 PAUSE FOR LOCAL AVAIL	:02
1:51	SEGMENT 1: MENOPAUSE: WHAT TO EXPECT WHEN YOU'RE FINISHED EXPECTING	12:51
	Synopsis: Every female on earth will eventually go through menopause, so why don't women know more about the process? If you've been suffering with menopausal symptoms or are confused about this life transition, our experts are here to help. They discuss how you can stay in control of your body and feel like yourself again during this time. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Mary Jane Minkin, Clinical Professor, Yale School of Medicine, Podcast Host, Madame Ovary; Jancee Dunn, Author, <i>Hot and Bothered</i> Compliance issues covered: menopause; gender research bias; breast cancer; estrogen; hormone therapy; hot flashes; incontinence; vaginal dryness; patient safety; progestin; perimenopause; gender issues; non-hormonal therapy Links for information: https://medicine.yale.edu/profile/maryjane-minkin/ http://madameovary.com/about/ https://www.janceedunn.net/ https://www.instagram.com/janceedunn/?hl=en	
14:42	SPOTBREAK 2: Pfizer Consumer Healthcare "Vyndamax" Macys "Pride Month-Trevor Project" OUTCUE: ...slash purpose	:30 :30
15:42	:02 PAUSE FOR LOCAL AVAIL	:02
15:44	SEGMENT 2: HAVE YOU BEEN FOOLED BY THESE COMMON MEDICAL MYTHS?	6:46
	Synopsis: Can you take too many vitamins? Does everyone need eight hours of sleep? Dr. James Hamblin answers these common questions and many more on this week's segment. He explains how to tell if a persistent itch or bothersome joint pain has a simple fix or needs to be checked by a professional. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. James Hamblin, Lecturer in Public Health, Yale School of Public Health, Author, <i>If Our Bodies Could Talk</i> Compliance issues covered: public health; medical myths; supplements; vitamins; patient safety; diagnoses; neurology; psychology; psychiatry; human physiology Links for information: https://ysph.yale.edu/profile/james-hamblin/ https://www.instagram.com/jameshamblin/?hl=en https://twitter.com/jameshamblin?lang=en https://www.amazon.com/Our-Bodies-Could-Talk-Maintaining/dp/0385540973	
22:30	SPOTBREAK 3: Taco Bell "Tacogen2109" Procter & Gamble "Zevo Traps" Indeed "Indeed" Procter & Gamble "Prilosec" OUTCUE: ...immediate relief	:30 :30 :30 :30
24:30	Medical Notes & News. Host: Shel Lustig	1:55
26:25	SPOTBREAK 4: Macys "Pride Month-Trevor Project" Procter & Gamble "Swiffer Power Mop" OUTCUE: ...mop smarter	:30 :30
27:25	Program Conclusion	:30
27:55	TOTAL TIME	