

Quarterly Issues Programs List for

KBZS FM; KWFS AM/FM; KNIN FM

January 1 – March 31, 2023

Section I-Issues

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

- 1. DIET.** Since their introduction in the 1950s, ultra-processed foods have become a dominant part of our diets, resulting in a deficiency of various essential nutrients required for our bodily functions. Experts suggest incorporating more natural ingredients into our diets as a supplement instead of relying on pills, in order to restore our health.
- 2. Covid-19 and Flu Detection.** A Covid-19 and flu testing kit, designed for at-home use, has been given emergency use authorization by the FDA. Within a short duration of thirty minutes, it can accurately determine if you are positive or negative for Covid, influenza A, and influenza B.
- 3. Managing Opioids.** Wichita Falls has seen an increase in Opioid-related overdoses. Hospitals are incorporating the role of a Life Care Coach to assist patients in safely using prescription opioids and to offer non-pharmacological pain management techniques. Experts suggest that this new addition is contributing to a reduction in addiction rates and opioid overdoses.
- 4. Parents with disabilities.** According to a report by the National Council on Disability, approximately 4.1 million parents in the United States have disabilities, representing 6.2% of all parents with children under the age of 18.
- 5. Anxiety.** Anxiety is a common mental health condition that affects millions of people worldwide. According to the World Health Organization (WHO), approximately 1 in 13 people globally suffer from anxiety. In the United States alone, anxiety disorders are the most common mental illness, affecting around 40 million adults every year.

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	23-01	Written & Produced	Kristen Farrah
Air Week	1/01/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Vicks Quils" O'Reilly Auto Parts "ORA NGM" OUTCUE: ...auto parts	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: AGING WITH YOUR HOME: RENOVATIONS TO MAKE YOUR SPACE MORE ACCESSIBLE	12:21
	Synopsis: As we age, certain aspects of our home, like stairs and loose rugs, can become major obstacles. And while renovations can seem intimidating and expensive, there are many simple changes that can make a huge difference. Extreme Makeover: Home Edition's Ty Pennington explains which projects to prioritize. Host: Reed Pence. Producer: Kristen Farrah. Guests: Amy Goyer, National Family and Caregiving expert, AARP; Ty Pennington, Home Renovation Expert Compliance issues covered: home safety; public safety; home renovation; mobility; disabilities; home accessibility; senior living; vulnerable populations Links for information: https://www.aarp.org/caregiving/ https://www.aarp.org/caregiving/experts/info-2019/amy-goyer.html http://amygoyer.com/joomla/ https://typennington.com/ https://twitter.com/AmyGoyer?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.instagram.com/thetypennington/?hl=en https://twitter.com/typennington?lang=en	
14:10	SPOTBREAK 2: Taco Bell "TACOGEN2109" Procter & Gamble "Mr. Clean Freak Mist" OUTCUE: ...freak wipe done	:30 :30
15:10	:02 PAUSE FOR LOCAL AVAIL	:02
15:12	SEGMENT 2: HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH DISABILITIES	7:48
	Synopsis: The Air Carrier Access Act was passed more than 30 years ago to prohibit airlines from discriminating against people with disabilities. And though it was an essential step for equality, it hasn't been enough. Josue Cordova explains the struggles of traveling with a disability and how to fix these issues. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Josue Cordova, National Vice President, Paralyzed Veterans of America, Air Force Veteran Compliance issues covered: veterans; airline passengers; accessibility; disabilities; federal legislation; vulnerable populations; transportation; mobility devices; air travel Links for information: https://pva.org/about-us/leadership/josue-cordova/ https://pva.org/research-resources/disability-rights-advocacy/air-carrier-access-act/ https://air-access.org/ https://www.votervoice.net/PVA/Petitions/2969/Respond	
23:00	SPOTBREAK 3: Procter & Gamble "Vicks Quils" Procter & Gamble "Tide" Taco Bell "TACOGEN2109" Health and Human Services "Covid Vaccine" OUTCUE: ...human services	:30 :30 :30 :30
25:00	Medical Notes & News. Host: Shel Lustig	1:28
26:29	SPOTBREAK 4: Autozone "Services Mashup" Procter & Gamble "Mr. Clean Freak Mist" OUTCUE: ...freak wipe done	:30 :30
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

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Guest information and segment podcasts are available at www.radiohealthjournal.org.

Program Log for *Radio Health Journal*

Program	23-02	Written & Produced	Kristen Farrah, Reed Pence
Air Week	1/08/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Taco Bell "Tacogen2109"	:30
	Autozone "Services Mashup" OUTCUE: ...purchase required	:30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO MALNOURISHMENT	11:23
	Synopsis: 'Drunkorexia' is a habit that's popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks. Host: Reed Pence. Producer: Reed Pence. Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs; Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School; William Mupo, Former Health Promotions Coordinator, University of Texas at Austin Compliance issues covered: excessive drinking; compulsive drinking; disordered eating; public safety; student safety; alcohol; alcoholism; healthy living; weight gain; peer pressure; vulnerable populations Links for information: https://www.uh.edu/class/psychology/about/people/dipali-rinker/ https://www.phlabs.com/Board-Of-Directors https://www.linkedin.com/in/joy-stephenson-laws-252a6733/ https://njms-web.njms.rutgers.edu/profile/myProfile.php?mbmid=levounpe https://www.linkedin.com/in/williammupo/	
13:13	SPOTBREAK 2: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:59
14:12	:02 PAUSE FOR LOCAL AVAIL	:02
14:14	SEGMENT 2: 'THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA	8:51
	Synopsis: Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that's just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure you're getting the best anesthesia – and anesthesiologist -- for your needs. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY Downstate Medical Center in Brooklyn, Author Compliance issues covered: anesthesia; patient safety; drugs; vulnerable populations; medical history Links for information: https://www.regents.nysed.gov/members/cottrell-james-e https://anesthesiawithoutfear.com/	
23:05	SPOTBREAK 3: Pfizer Consumer Healthcare "Paxlovid"	:30
	Taco Bell "TACOGEN2109"	:30
	Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
25:05	Medical Notes & News. Host: Shel Lustig	1:20
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:60
27:25	Program Conclusion	:31
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-03	Written & Produced	Kristen Farrah
Air Week	1/15/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz		:60
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH		11:19
	Synopsis: By 2026, all federally-funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH; Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine Compliance issues covered: federal policy; scientific research; scientific publishing; public access; open access journals; consumerism; capitalism; federal funding Links for information: https://medicine.yale.edu/profile/walter-mathis/ https://osp.od.nih.gov/about-us/leadership/ https://www.whitehouse.gov/ostp/news-updates/2022/08/25/ostp-issues-guidance-to-make-federally-funded-research-freely-available-without-delay/ https://www.whitehouse.gov/wp-content/uploads/2022/08/08-2022-OSTP-Public-Access-Memo.pdf		
13:09	SPOTBREAK 2: Autozone "Services Mashup" Taco Bell "TACOGEN2109"		:30 :30
14:09	:02 PAUSE FOR LOCAL AVAIL		:02
14:11	SEGMENT 2: IS COVID-19 THE NEW FLU?		8:24
	Synopsis: Healthcare's hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren't following up with the recommended booster shots. An expert discusses why we can't become too lax with our treatment of this virus. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association Compliance issues covered: covid-19; omicron; vaccines; vaccine fatigue; virus; immunity; virus variants; long covid; mid covid Links for information: https://www.lung.org/about-us/our-leadership/sumita-khatri-md-ms https://www.cdc.gov/coronavirus/2019-ncov/variants/index.html https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html		
22:35	SPOTBREAK 3: Ebay "Ebay Parts & Accessories" Discover Products Inc "Discover Card Brand" Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite		:30 :30 :60
24:35	Medical Notes & News. Host: Shel Lustig		1:54
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz		:60
27:29	Program Conclusion		:31
28:00	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-04	Written & Produced	Kristen Farrah
Air Week	1/22/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite		:60
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: MORE AND MORE MOTHERS ARE DYING EACH YEAR – WHY CAN'T WE STOP IT?		11:34
	<p>Synopsis: America is one of the only developed nations with a rising maternal mortality rate, according to the CDC. Even with cutting edge technology and advancements in women's health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Nicky Dawkins, Full Circle Holistic Reproductive Health Doula; Dr. Lindsay Admon, Assistant Professor of Obstetrics and Gynecology, University of Michigan Medical School</p> <p>Compliance issues covered: pregnancy; maternal mortality; vulnerable populations; gender issues; racial inequity; consumerism; doula; mental health; hospitalizations; children at risk</p> <p>Links for information: https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2794791 https://www.nber.org/system/files/working_papers/w30693/w30693.pdf https://www.instagram.com/thankyounicky/?hl=en https://www.werkitmoms.com/ https://ihpi.umich.edu/our-experts/lindskb https://twitter.com/lindsayadmon</p>		
13:24	SPOTBREAK 2: Pfizer Consumer Healthcare "Pprevnar20" OUTCUE: ...prevnar twenty		:60
14:24	:02 PAUSE FOR LOCAL AVAIL		:02
14:26	SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD		7:57
	<p>Synopsis: PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author</p> <p>Compliance issues covered: PTSD; mental health; first responders; consumerism; public health; public safety; police; psychology; depression; anxiety; trauma; traumatic experiences</p> <p>Links for information: https://www.sciencedirect.com/science/article/abs/pii/S1359178918302416 https://www.linkedin.com/in/marilyn-wooley-10817610a/ https://go.authorsguild.org/members/7119 https://www.amazon.com/How-Heroes-Heal-Responders-Posttraumatic/dp/B0B8BG7S49</p>		
22:23	SPOTBREAK 3: Pfizer Consumer Healthcare "Paxlovid" Ebay "Ebay Parts & Accessories" McCormick "Frank's Redhot" Discover Products Inc "Discover Card Brand" OUTCUE: ...privacy protection		:30 :30 :30 :29
24:22	Medical Notes & News. Host: Shel Lustig		2:07
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Pprevnar20" OUTCUE: ...Pprevnar twenty		:60
27:29	Program Conclusion		:30
27:59	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-05	Written & Produced	Kristen Farrah
Air Week	1/29/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Progressive Insurance Co "Progressive 2023 Auto" Chick-Fil-A "Chick -Fil-A" OUTCUE: ...their testimonials	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: DOES YOUR CHILD KNOW HOW TO LEARN?	11:48
	Synopsis: America's education system has long been focused on teaching -- but does this strategy benefit students? This week's show features education experts who say students need to be taught <i>how</i> to learn before they can be successful in the classroom. Host: Reed Pence. Producer: Kristen Farrah. Guests: Betsy Hill, President, BrainWare Learning Company, Author; Dr. Stephen Kosslyn, Founder and President, Active Learning Sciences, Professor Emeritus of Psychology, Harvard University Compliance issues covered: cognitive skills, education; public policy; teaching; psychology; student learning; active learning; academic performance; consumerism; education system Links for information: https://www.linkedin.com/in/betsyhill/ https://www.amazon.com/Your-Child-Learns-Differently-What-ebook/dp/B0BN2MQBC1 https://mybrainware.com/about-brainware/ https://psychology.fas.harvard.edu/people/stephen-m-kosslyn https://www.linkedin.com/in/stephen-m-kosslyn-12837a1/ https://www.activelearningsciences.com/	
13:38	SPOTBREAK 2: Procter & Gamble "Always" Autozone "Services Mashup" OUTCUE: ...purchase required	:30 :29
14:37	:02 PAUSE FOR LOCAL AVAIL	:02
14:39	SEGMENT 2: HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND	8:20
	Synopsis: Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that's been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety Specialist Compliance issues covered: anxiety; mental health; public health; fear; confidence; psychology; consumerism; vulnerable populations Links for information: https://www.natalie-kohlhaas-lpc.com/natalie-kohlhaas-ma-lpc-ncc-bcpc https://www.natalie-kohlhaas-lpc.com/books	
22:59	SPOTBREAK 3: O'Reilly Auto Parts "O'Reilly 2023" Procter & Gamble "Mr Clean Magic Eraser" Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:30 :30 :59
24:58	Medical Notes & News. Host: Shel Lustig	1:30
26:28	SPOTBREAK 4: Ebay "Ebay Parts & Accessories" Pfizer Consumer Healthcare "Comirnaty 2023" OUTCUE: ...and biontech	:30 :29
27:27	Program Conclusion	:30
27:57	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-06	Written & Produced	Kristen Farrah
Air Week	2/05/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: O'Reilly Auto Parts "O'Reilly 2023" McCormick "Frank's RedHot" OUTCUE: ...on everything	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT	12:18
	Synopsis: Move over, fingerprints, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe. Host: Reed Pence. Producer: Kristen Farrah. Guests: Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs, Compliance issues covered: genetics; genetic genealogy; privacy; federal regulation; public safety; law enforcement; crime; murder; ancestry; DNA; consumerism Links for information: https://parabon-nanolabs.com/about.html https://www.cecemooore.com/ https://twitter.com/cecemoore?lang=en https://thedadetectives.com/about-the-company/ http://www.edwardhumes.com/ https://www.penguinrandomhouse.com/books/622592/the-forever-witness-by-edward-humes/ https://www.instagram.com/edward_humes/ https://twitter.com/edwardhumes	
14:08	SPOTBREAK 2: Pfizer Consumer Healthcare "Pprevnar20" OUTCUE: ...with Pprevnar twenty	:60
15:08	:02 PAUSE FOR LOCAL AVAIL	:02
15:10	SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES	7:47
	Synopsis: Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Eliza Hull, Writer, Musician, Disability Advocate Compliance issues covered: disability; disabled parents; vulnerable populations; mental health; physical health; consumerism; family issues; neurology; disability advocate Links for information: https://www.elizahull.com/weve-got-this https://www.instagram.com/elizahull/?hl=en https://twitter.com/MusicElizaHull?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.amazon.com/dp/1957363258	
22:57	SPOTBREAK 3: Indeed "Indeed" Ebay "Ebay Parts & Accessories" Progressive Insurance Co "Progressive 2023" Wendy's "Breakfast" OUTCUE: ...breakfast hours	:30 :30 :30 :30
24:57	Medical Notes & News. Host: Shel Lustig	1:29
26:26	SPOTBREAK 4: Discover Products Inc "Discover Card Brand" O'Reilly Auto Parts "O'Reilly 2023" OUTCUE: ...auto parts	:30 :30
27:26	Program Conclusion	:30

Program Log for *Radio Health Journal*

Program	23-07	Written & Produced	Kristen Farrah
Air Week	2/12/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Prevnar20"	OUTCUE: ...with prevnar twenty	:60
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A DONOR MATCH		11:01
	<p>Synopsis: Colette Hurd needed two new lungs and a kidney after being diagnosed with pulmonary arterial hypertension. Unfortunately, her high antibody count made it nearly impossible to find a donor match. This week, we discuss how creative thinking and plasma exchange technology helped save Colette's life.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo Blood and Cell Technologies</p> <p>Compliance issues covered: cardiology; organ donors; antibodies; high blood pressure; surgery; lung disease; kidney disease; hospital staff; consumerism; vulnerable populations; apheresis</p> <p>Links for information: https://www.linkedin.com/in/lori-harada-6221a815/ https://www.apheresis.org/ https://www.organdonor.gov/ https://news.nm.org/chicago-woman-opens-the-door-for-other-transplant-patients-after-receiving-the-first-positive-crossmatch-lung-and-kidney-transplant-at-northwestern-medicine/</p>		
12:51	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance"	OUTCUE: ...loss of appetite	:60
13:51	:02 PAUSE FOR LOCAL AVAIL		:02
13:53	SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS		8:47
	<p>Synopsis: Whether it's a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, <i>The Committee of Sleep</i></p> <p>Compliance issues covered: dreaming; psychology; learning; education; art; creativity; athletics; lucid dreaming; consumerism</p> <p>Links for information: http://www.deirdrebarrett.com/books https://connects.catalyst.harvard.edu/Profiles/display/Person/39720</p>		
22:40	SPOTBREAK 3: Procter & Gamble "Pepto Bismol"		:30
	Discover Products Inc "Discover Card Brand"		:30
	Procter & Gamble "Metamucil ADU Package"		:30
	Procter & Gamble "Prilosec ADU"	OUTCUE: ...immediate relief	:28
24:38	Medical Notes & News. Host: Shel Lustig		1:50
26:28	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance"	OUTCUE: ...loss of appetite	:60
27:28	Program Conclusion		:30
27:59	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-08	Written & Produced	Kristen Farrah
Air Week	2/19/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING	11:06
	<p>Synopsis: The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics</p> <p>Compliance issues covered: genetics; gene editing; genomics; evolution; DNA; genetic diseases; consumerism; patient safety; vaccines;</p> <p>Links for information: https://wyss.harvard.edu/team/core-faculty/george-church/ https://twitter.com/geochurch?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=16253 https://www.genome.gov/about-genomics/policy-issues/what-is-Genome-Editing</p>	
12:56	SPOTBREAK 2: Procter & Gamble "Metamucil ADU Package" OUTCUE: ...immediate relief	:30
	Procter & Gamble "Prilosec ADU"	:29
13:55	:02 PAUSE FOR LOCAL AVAIL	:02
13:57	SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DON'T INVOLVE OPIOIDS	8:25
	<p>Synopsis: We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don't involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Cammie Wolf Rice, Author, <i>The Flight</i>, Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital</p> <p>Compliance issues covered: opioids; drug abuse; pain management; addiction; drug overdose; pain medication; vulnerable populations; consumerism</p> <p>Links for information: https://www.gradyhealth.org/doctors/mara-schenker/ https://cammiewolfrice.com/the-author/ https://twitter.com/maraschenker?lang=en https://www.instagram.com/cammierice/?hl=en https://www.instagram.com/christopherwolfcrusade/?hl=en</p>	
22:22	SPOTBREAK 3: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...slash match	:60
	Procter & Gamble "Pepto Bismol"	:30
	Discover Products INC "Discover Card Brand"	:29
24:21	Medical Notes & News. Host: Shel Lustig	2:04
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
27:25	Program Conclusion	:30
27:56	TOTAL TIME	

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 Guest information and segment podcasts are available at www.radiohealthjournal.org.

Program Log for *Radio Health Journal*

Program	23-09	Written & Produced	Kristen Farrah
Air Week	2/26/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Autozone "Services Mashup" OUTCUE: ...restrictions apply	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES	12:25
	Synopsis: Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it? Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University Compliance issues covered: genetics; gene editing; genomics; evolution; DNA; genetic diseases; consumerism; patient safety; ethics; federal regulations; scientific innovation Links for information: https://wyss.harvard.edu/team/core-faculty/george-church/ https://twitter.com/geochurch?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=16253 https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=31091 https://twitter.com/emmcnally?lang=en	
14:14	SPOTBREAK 2: Taco Bell "TacoGen2109" Ebay "Ebay Parts & Accessories" OUTCUE: ...let's ride	:30 :30
15:14	:02 PAUSE FOR LOCAL AVAIL	:02
15:16	SEGMENT 2: BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES	7:34
	Synopsis: Our personal health may be determined before even our <i>parents</i> are born. Scientists have discovered that our ancestors have a greater impact on us than we think. Author Judith Finlayson explains how our grandparents' habits and behaviors have a direct influence on our DNA. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Judith Finlayson, Author, <i>You Are What Your Grandparents Ate</i> Compliance issues covered: epigenetics; genetics; nutrition; diet; vulnerable populations; exercise; consumerism; public health; ancestry Links for information: https://judithfinlayson.com/ https://www.instagram.com/judith.finlayson/?hl=en	
22:59	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" Chick-Fil-A "Chick-Fil-A-CFA NAT 1020" Procter & Gamble "Metamucil" OUTCUE: ...dot com today	:60 :30 :30
24:59	Medical Notes & News. Host: Shel Lustig	1:30
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-10	Written & Produced	Kristen Farrah
Air Week	3/05/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Metamucil" Macy's "Women's History Month" OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: A LOOK AT THE RISING FIELD OF GENETIC COUNSELING	11:08
	Synopsis: Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases Compliance issues covered: gene therapy; genetic counseling; medical history; risk factors; cancer; rare diseases; patient safety; consumerism; health risks; genetic testing; pregnancy; early intervention Links for information: https://medicine.osu.edu/find-faculty/clinical/internal-medicine/kevin-sweet-ms-lgc https://www.linkedin.com/in/kevin-sweet-42b8829/?trk=pub-pbmap https://twitter.com/KevinS_GC https://www.linkedin.com/in/colleen-jodarski-01a757112/ https://pubmed.ncbi.nlm.nih.gov/36763325/	
12:58	SPOTBREAK 2: Pfizer Consumer Healthcare "Eliquis" Procter & Gamble "Pepto Bismol" OUTCUE: ...reach of children	:30 :30
13:58	:02 PAUSE FOR LOCAL AVAIL	:02
14:00	SEGMENT 2: MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE'	8:52
	Synopsis: All hospitals in the US operate under a standard of care that changes based on the clinic's size and abilities. But what happens when that care isn't upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne State University Compliance issues covered: medical malpractice; patient safety; standard of care; misdiagnosis; surgical errors; birth injuries; full disclosure; safety techniques Links for information: https://stanleymberry.com/ https://obgyn.med.wayne.edu/profile/ad5156	
22:52	SPOTBREAK 3: Wendy's "Breakfast" Progressive Insurance Co "Progressive 2023 Auto" Procter & Gamble "Prilosec" O'Reilly Auto Parts "O'Reilly 2023" OUTCUE: ...auto parts	:30 :30 :30 :30
24:52	Medical Notes & News. Host: Shel Lustig	1:37
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Eliquis" Procter & Gamble "Prilosec" OUTCUE: ...for immediate relief	:30 :29
27:28	Program Conclusion	:31
27:59	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-11	Written & Produced	Kristen Farrah
Air Week	3/12/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT	11:09
	Synopsis: Invasive species cost America billions of dollars each year in eradication efforts. These plants and animals cause damage to the environment and economy and are extremely hard to get rid of. This week, two experts reveal how you can help by adding the invasive species in your area into your diet. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Joe Roman, Author, Conservation Biologist, Research Affiliate, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, U.S Geological Survey Compliance issues covered: invasive species; endangered animals; conservation; biology; environmental research; diet; extinction; consumerism; diseases; veganism; fishing; economy; federal regulations Links for information: https://www.joeroman.com/ http://eattheinvaders.org/ https://www.uvm.edu/rsenr/profiles/joe_roman https://www.usgs.gov/staff-profiles/cynthia-tam	
12:59	SPOTBREAK 2: Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...reach of children Procter & Gamble "Pepto Bismol"	:30 :29
13:58	:02 PAUSE FOR LOCAL AVAIL	:02
14:00	SEGMENT 2: IS YOUR DIET SLOWLY KILLING YOU?	9:07
	Synopsis: Ultra-processed foods first appeared in the 1950s and have since taken over much of what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University of Washington, Chief Medical and Science Officer, Supergut Compliance issues covered: gut health; probiotics; prebiotics; microbiome; ultra-processed food; health; public health; diet; supplements; federal regulations Links for information: https://publichealth.nyu.edu/programs/doctorate-philosophy-public-health-phd/meet-our-doctoral-students/doctoral-alumni#juul https://academic.oup.com/ajcn/article/115/1/211/6396017 https://gastro.uw.edu/faculty/christopher-j-damman-md-ma https://gutbites.org/ https://twitter.com/GutbitesMD?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor	
23:07	SPOTBREAK 3: Procter & Gamble "Metamucil" Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:30 :30 :60
25:07	Medical Notes & News. Host: Shel Lustig	1:18
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...prevnar twenty	:60
27:25	Program Conclusion	:30
27:55	TOTAL TIME	

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Program Log for *Radio Health Journal*

Program	23-12	Written & Produced	Kristen Farrah
Air Week	3/19/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF 'TIME BLINDNESS'	11:34
	Synopsis: People with ADHD often have a weaker perception of time, called 'time blindness.' Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don't have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Ari Tuckman, Psychologist, Co-Chair, The Conference Committee at CHADD; Dr. Russel Barkley, Retired Clinical Professor of Psychiatry, Virginia Commonwealth University Medical Center, Author, <i>Treating ADHD in Children and Adolescents</i> Compliance issues covered: time management; ADHD; psychology; time blindness; symptoms; psychiatry; vulnerable populations; consumerism Links for information: https://tuckmanpsych.com/ https://adultadhdbook.com/ https://www.russellbarkley.org/	
13:24	SPOTBREAK 2: Procter & Gamble "Metamucil" OUTCUE: ...com slash match	:30
	Discover Products Inc "Discover Card Brand"	:30
14:24	:02 PAUSE FOR LOCAL AVAIL	:02
14:26	SEGMENT 2: NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU	8:24
	Synopsis: The FDA has granted emergency use authorization to Lucira Health's combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you're positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Emily Volk, President, College of American Pathologists Compliance issues covered: covid-19; influenza; vaccine; home testing; false negatives; false positives; consumerism; public health; public health reporting; emergency use authorization Links for information: https://shop.lucirahealth.com/ https://www.fda.gov/news-events/press-announcements/fda-authorizes-first-over-counter-home-test-detect-both-influenza-and-covid-19-viruses https://emilyvolkmd.net/	
22:50	SPOTBREAK 3: Procter & Gamble "Prilosec" OUTCUE: ...loss of appetite	:30
	Macys "Women's History Month"	:30
	Pfizer Consumer Healthcare "Ibrance"	:59
24:49	Medical Notes & News. Host: Shel Lustig	1:37
26:26	SPOTBREAK 4: Procter Gamble "Pepto Bismol" OUTCUE: ...exclusions apply	:30
	Ebay "Ebay Parts & Accessories"	:29
27:25	Program Conclusion	:31
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-13	Written & Produced	Kristen Farrah
Air Week	3/26/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:61
1:49	:02 PAUSE FOR LOCAL AVAIL	:02
1:51	SEGMENT 1: RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA INTEGRITY IN SCIENCE	11:15
	Synopsis: Thousands of Alzheimer's research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University Compliance issues covered: Alzheimer's disease; scientific research; data integrity; consumerism; photoshop; research misconduct; NIH; patient safety Links for information: https://www.vumc.org/vmac/person/matthew-s-schrag-md-phd https://twitter.com/schrag_matthew https://schraglab.com/	
13:06	SPOTBREAK 2: Procter & Gamble "Metamucil" OUTCUE: ...com slash purpose Macys "Women's History Month"	:30 :30
14:06	:02 PAUSE FOR LOCAL AVAIL	:02
14:08	SEGMENT 2: THE WOMAN BEHIND THE POLIO VACCINE	8:44
	Synopsis: The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you've probably never heard of. In honor of Women's History Month, Author Lynn Cullen explains Horstmann's crucial role in the fight against polio. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Lynn Cullen, Author, <i>The Woman With the Cure</i> Compliance issues covered: polio; vaccine; public safety; quarantine; isolation; pandemic; cure; women in medicine; female doctors; women's history month Links for information: https://lynncullen.com/ https://www.instagram.com/lynncullenauthor/?hl=en	
22:52	SPOTBREAK 3: Procter Gamble "Pepto Bismol" OUTCUE: ...loss of appetite Ebay "Ebay Parts & Accessories" Pfizer Consumer Healthcare "Ibrance"	:30 :30 :59
24:51	Medical Notes & News. Host: Shel Lustig	1:34
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:60
27:25	Program Conclusion	:31
27:56	TOTAL TIME	