



Quarterly Report of Compliancy Issues & Programs List 2021-Q1 (January - March) Radio Health Journal

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|-----------------------------------|------------------------------|
| ▪ Agriculture | ▪ Mental illness |
| ▪ Alcohol abuse and alcoholism | ▪ Minority issues |
| ▪ Auto safety and highways | ▪ Opioid epidemic |
| ▪ Child abuse | ▪ Police and law enforcement |
| ▪ Childcare | ▪ Pollution |
| ▪ Chronic pain | ▪ Prevention |
| ▪ Communications | ▪ Public health |
| ▪ Constitutional rights | ▪ Public safety |
| ▪ Consumerism | ▪ Rural issues |
| ▪ Diet and nutrition | ▪ Schools and education |
| ▪ Disabilities | ▪ Sex education |
| ▪ Discrimination | ▪ Social safety net |
| ▪ Drunk driving | ▪ Sports and society |
| ▪ Economics | ▪ Technology |
| ▪ Emergency preparedness | ▪ Traffic safety |
| ▪ Employment and workplace issues | ▪ Unemployment |
| ▪ Environment | ▪ Veteran's issues |
| ▪ Equity | ▪ Women's issues |
| ▪ Federal and State government | ▪ Youth at risk |
| ▪ Food safety | |
| ▪ Health care | |
| ▪ Law and courts | |
| ▪ Mental health | |

Program 21-01	Writers/Producers:	Reed Pence
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Air Week:	Studio Production:	Jason Dickey
1/3/21		

SEGMENT 1: COVID MESSAGING: WHY COMMUNICATIONS IS LIFE AND DEATH	Time	Duration
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Synopsis:	Poor communication and mixed messages have contributed greatly to poor acceptance of anti-coronavirus actions such as masking and social distancing, and experts fear it may be the same with the new vaccines. Experts discuss what we've done right in messaging and the lessons from what we've done wrong.	1:47	13:05
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Host & Producer: Reed Pence

Guests: Dr. Jay Van Bavel, Associate Professor of Psychology and Neuroscience, New York University; Ashley Bernardi, founder, Nardi Media

Compliance issues: health care; public health; consumerism; communications

Links: <https://as.nyu.edu/content/nyu-as/as/faculty/jay-van-bavel.html>
<https://tomorrow.me/trust-worthy/moms-tomorrow/spotlight-producer-pr-ashley-bernardi/>

SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE	Time	Duration
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Synopsis:	Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings.	15:54	7:08
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Host: Nancy Benson

Guests: Donna Jackson Nakazawa, author, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*

Compliance issues: child abuse; mental health; public health

Links: <https://donna.jacksonnakazawa.com/>

Program 21-02	Writers/Producers:	Reed Pence
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Air Week: 1/10/21
Studio Production: Jason Dickey

SEGMENT 1: SMART CARS AND SMART ROADS

Time Duration

Synopsis: Cars will soon be able to provide data as well as receive it. Experts explain how cars can talk with roads, traffic signals and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer. 1:47 12:18

Host & Producer: Reed Pence

Guests: Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder and CEO, Integrated Roadways Co.

Compliance issues: technology; traffic safety; public safety; police and law enforcement; economics

Links: <http://integratedroadways.com/ - Team>
https://smartregionsconference2018.sched.com/speaker/andrew_bremer_1yltrq28

SEGMENT 2: OVERCOMING BLACK DISTRUST IN THE COVID VACCINE

Time Duration

Synopsis: Success of COVID-19 vaccines depends on about 75 percent of people getting them, but distrust of medicine and of vaccines among African-Americans means they may not come close to that milestone. Two experts discuss historical reasons for distrust, how the system will have to come through in ways it has not in the past, and how community leaders will make a huge difference in how the new vaccines are accepted. 15:07 7:54

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Leon McDougle, Professor of Family Medicine, Ohio State University and President, National Medical Assn.; Dr. Jewel Mullen, Associate Dean for Health Equity, University of Texas-Austin Dell Medical School and former Acting Director, National Vaccine Program

Compliance issues: minority issues; equity; discrimination; public health; federal government

Links: <https://www.nmanet.org/page/McDouglebio>
<https://dellmed.utexas.edu/directory/jewel-mullen>

Program 21-03	Writers/Producers:	Reed Pence
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Air Week:

Studio Production:

Jason Dickey

1/17/21

SEGMENT 1: REQUIRING EMPLOYEES TO GET COVID VACCINES

Time Duration

Synopsis: Some Americans say there is no way they'll get a COVID-19 vaccine, yet some may have no choice if they want to keep their jobs. Law allows workplaces to require safety-related vaccines for workers. Businesses may even begin to require proof of vaccination among customers to maintain safe environments. An expert on health law discusses.

1:47 12:42

Host & Producer: Reed Pence

Guests: Lawrence Gostin, University Professor of Global Health Law and Director, O'Neill Institute for National and Global Health Law, Georgetown University and Director, World Health Organization Center on Global Health Law

Compliance issues: law and courts; employment and workplace issues; Constitutional rights; schools and education

Links: <https://oneill.law.georgetown.edu/faculty/Lawrence-Gostin/>

SEGMENT 2: WHAT DETERMINES OUR FOOD PREFERENCES?

Time Duration

Synopsis: Scientists are discovering that our food preferences are much more than a matter of taste, and that taste itself is more complicated than we thought. Psychology also plays a role. An expert discusses what determines preferences, such as why some people like jalapeno peppers & black coffee, and some don't.

15:30 7:01

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Rachel Herz, Adjunct Assistant Professor of Psychiatry and Human Behavior, Brown University, and author, Why You Eat What You Eat: The Science Behind Our Relationship With Food

Compliance issues: diet and nutrition; technology

Links: <https://www.chipjonesbooks.com/>

Program 21-04	Writers/Producers:	Reed Pence
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Air Week:	Studio Production:	Jason Dickey
1/24/21		

SEGMENT 1: FIBBING TO YOUR DOCTOR

Time Duration

Synopsis:	Surveys show that as many as 80 percent of people omit information, stretch the truth or outright lie to their doctors. Experts discuss why it happens, consequences, and methods that might reduce the amount of less-than-truthful answers to doctors' questions.	1:50	12:30
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Host & Producer: Reed Pence

Guests: Dr. Andrea Gurmankin-Levy, Associate Professor of Psychology, Middlesex Community College; Dr. Maricella Moffitt, Professor of Medicine and Director, Doctoring Curriculum, University of Arizona College of Medicine, Phoenix

Compliance issues: health care; consumerism; public health; education

Links: <https://mxcc.edu/bios/andrea-levy/>
<http://phoenixmed.arizona.edu/directory/bios/moffitt>

SEGMENT 2: LIVING TOO CLEAN DURING COVID

Time Duration

Synopsis:	The COVID pandemic has prompted people to clean and disinfect more than ever. However, experts believe that humans need a certain amount of germs for our immune systems to work properly. One expert discusses her concern that we're living too clean in the pandemic, and how we can benefit from "good bugs" without danger from the bad ones.	15:22	7:41
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Host: Nancy Benson

Producer: Reed Pence.

Guests: Dr. Jessica Ter Haar, Scientific Director, International Probiotics Association

Compliance issues: consumerism; public health

Links: <https://thriveglobal.com/authors/jessica-ter-haar/>

Program 21-05	Writers/Producers:	Reed Pence
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Air Week:	Studio Production:	Jason Dickey
1/31/21		

SEGMENT 1: COVID UPDATE: INFECTIOUS NEW VARIANT & STRETCHING THE VACCINE	Time	Duration
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Synopsis: The Centers for Disease Control and Prevention predicts that a new, more contagious version of COVID-19 will become the predominant strain by March, testing the new vaccine's effectiveness. At the same time, researchers are trying to find ways to get the vaccine to more people more quickly by lengthening time between doses, with unknown results. Infectious disease experts discuss where we are in the fight. spirits and reducing the need for medications. A therapist and program director at one such nursing home discusses how llamas, chickens, goats and mini horses have found a home, to the benefit of residents.	1:50	12:37
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Host & Producer: Reed Pence

Guests: Dr. Robert Bollinger, Professor of Infectious Diseases, Johns Hopkins University School of Medicine; Dr. William Schaffner, Professor of Infectious Diseases and Preventive Medicine, Vanderbilt University Medical Center

Compliance issues: health care; consumerism; public health; federal and state government

Links: <https://www.jhsph.edu/faculty/directory/profile/70/robert-bollinger>
<https://www.vumc.org/health-policy/person/william-schaffner-md>

SEGMENT 2: PREVENTING FOOD WASTE	Time	Duration
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Synopsis: During the Super Bowl, leftovers from gatherings—even small ones—may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste.	15:29	7:25
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Host: Nancy Benson

Producer: Reed Pence

Guests: Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Mideast

Compliance issues: public health; food safety; environment; consumerism

Links: <https://www.nationaldairyCouncil.org/our-story/local-dairy-council/ohio>

Program 21-06	Writers/Producers:	Reed Pence
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Air Week: 2/7/21
Studio Production: Jason Dickey

SEGMENT 1: EXHAUSTION ON THE COVID FRONT LINES	Time	Duration
<p>Synopsis: Healthcare workers in ER's and ICU's are in their 11th month of fighting COVID-19 and its exhaustion and depression. Two front line doctors describe how they're managing to stay optimistic amid so much chaos, and how the vaccine has given them a goal keeping them afloat.</p> <p>Host & Producer: Reed Pence</p> <p>Guests: Dr. Christopher Michos, emergency medicine physician, Norwalk Hospital, Norwalk, CT; Dr. Gabriel Lockhart, ICU Director, St. Joseph Hospital, Denver, and Assistant Professor of Medicine, National Jewish Health</p> <p>Compliance issues: health care; public health; employment issues; mental health; emergency preparedness; alcohol abuse and alcoholism; substance abuse; suicide</p> <p>Links: https://www.norwalkhospital.org/find-a-doctor/christopher-michos-j https://www.nationaljewish.org/doctors-departments/providers/physicians/gabriel-c-lockhart</p>	1:50	11:46

SEGMENT 2: SUPERSTITIONS IN SPORTS	Time	Duration
<p>Synopsis: Professional athletes are among the most superstitious of all people. While we may be tempted to think these rituals have no effect on performance, psychologists say that if an athlete believes it helps, then it actually does. Experts explain how superstitions work in sports and in life.</p> <p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Dr. Stuart Vyse, author, <i>Believing In Magic: The Psychology of Superstition</i>; Dr. Alex Lickerman, author, <i>The Undefeated Mind</i></p> <p>Compliance issues: sports and society</p> <p>Links: https://stuartvyse.com/ http://alexlickerman.com/bio/</p>	14:38	7:53

Program 21-07	Writers/Producers:	Reed Pence
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Air Week:	Studio Production:	Jason Dickey
2/14/21		

SEGMENT 1: COVID AND CRASHES

Time Duration

Synopsis:	The number of cars on the road has been dramatically lower during the pandemic, yet the number of crash deaths has actually increased. That means the number of crashes and traffic deaths per mile driven have skyrocketed. Experts discuss this unprecedented scenario and what we can do about it.	1:50	13:27
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Host & Producer: Reed Pence

Guests: Dr. Mitchell Doucette, Dept. of Health Policy and Management, Johns Hopkins Bloomberg School of Public Health; Ken Kolash, Manager of Statistics, National Safety Council; Dr. Sarah Kaufman, Associate Director, Ruden Center for Transportation, New York University

Compliance issues: public health; public safety; auto safety and highways; drunk driving; alcohol abuse and alcoholism; police and law enforcement

Links: <https://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-gun-policy-and-research/about/faculty-and-staff/>
<https://www.nsc.org/company/experts/ken-kolosh>
<https://wagner.nyu.edu/community/faculty/sarah-kaufman>

SEGMENT 2: VACCINE PASSPORTS

Time Duration

Synopsis:	Proof of having received COVID-19 vaccine may soon be required for boarding a plane, going to a ball game, going to school, having a job or eating in some restaurants. An expert involved in the design of a passport app discusses how it would all work.	16:19	6:44
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Host: Nancy Benson

Producer: Reed Pence

Guests: Paul Meyer, CEO, Commons Project Foundation

Compliance issues: technology; public health; consumerism

Links: <https://thecommonsproject.org/>

Program 21-08	Writers/Producers:	Reed Pence
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Air Week: 2/21/21
Studio Production: Jason Dickey

SEGMENT 1: ENDING PARKINSON'S DISEASE

Time Duration

Synopsis: Parkinson's disease has become one of the fastest growing diseases and causes of disability in the world. Evidence shows that environmental toxins such as pesticides play a role. Experts discuss what we know about Parkinson's and how we could curtail its rise, saving lives and restoring quality of life. 1:50 13:31

Host & Producer: Reed Pence

Guests: Dr. Ray Dorsey, Professor of Neurology, Univ. of Rochester Medical Center and Dr. Michael Okun, National Medical Director, Parkinson's Foundation and Exec. Director, Norman Fixel Institute for Neurological Diseases, University of Florida, co-authors, Ending Parkinson's Disease: A Prescription for Action

Compliance issues: public health; environment; pollution; veteran's issues; rural issues; agriculture; health care

Links: <https://endingpd.org/authors>

SEGMENT 2: GENETIC TESTING FOR DRUG EFFECTIVENESS

Time Duration

Synopsis: Since the beginning of the "baby on back" movement to reduce sudden infant death syndrome, many more infants are developing misshapen heads with a flat spot in one place. An expert discusses whether this is serious, how it can be treated with a helmet-like device, and how it might be prevented. 16:23 6:32

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Mark Pollack, Professor of Psychiatry and Behavioral Sciences, Rush University Medical Center and Chief Medical Officer, Myriad Neuroscience

Compliance issues: technology; health care; mental illness

Links: <https://finance.yahoo.com/news/dr-mark-h-pollack-named-110505501.html>

Program 21-09	Writers/Producers:	Reed Pence
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Air Week:	Studio Production:	Jason Dickey
2/28/21		

SEGMENT 1: COVID'S EFFECT ON WOMEN IN THE WORKPLACE

Time Duration

Synopsis:	The COVID-19 pandemic has affected women's employment much more dramatically than men, especially women of color, both because of the fields they work in and the need to take care of children who are distance learning. Experts discuss how this affects families, the workforce overall, and what can be done to ease the problem.	1:50	12:02
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Host & Producer: Reed Pence

Guests: Dr. Kate Bahn, Director of Labor Market Policy, Washington Center for Equitable Growth; Dr. Jeff Hayes, Chief Data Analyst, Institute for Women's Policy Research; Michael Madowitz, economist, Center for American Progress

Compliance issues: economics; workplace issues; unemployment; women's issues; minority issues; social safety net; childcare; public health; retraining

Links: <https://equitablegrowth.org/people/kate-bahn/>
<https://iwpr.org/member/jeff-hayes-ph-d/>
<https://www.americanprogress.org/person/madowitz-michael/>

SEGMENT 2: HOW HORMONES CONTROL OUR LIVES

Time Duration

Synopsis:	Hormones were unknown until a little more than 100 years ago, and experts admit we still have a lot to learn. An expert author details the discovery of hormones and how our growing knowledge has shaped treatment of many diseases and conditions.	14:54	6:35
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Host: Karen Hand

Producer: Reed Pence

Guests: Dr. Randi Hutter Epstein, Yale Univ and Columbia University and author, Aroused: The History of Hormones and How They Control Just About Everything

Compliance issues: health care; public health; technology

Links: <http://randihutterepstein.com/>

Program 21-10	Writers/Producers:	Reed Pence
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Air Week:	Studio Production:	Jason Dickey
3/7/21		

SEGMENT 1: THE DOWNSIDE OF "SPRINGING AHEAD"	Time	Duration
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Synopsis: The annual switch to Daylight Saving Time brings more accidents, heart attacks, and other health effects. Surprisingly, they don't completely go away until we go back to Standard Time in the fall. Experts discuss health and mental effects of body clocks not being in synch with the actual time, and how year-around consistency would help. But should it be Standard Time or DST? Experts discuss alternatives.	1:50	12:38
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Host & Producer: Reed Pence

Guests: Dr. Michael Jaffee, Vice Chair, Dept. of Neurology, University of Florida; Dr. Muhammad Adeel Rishi, pulmonary critical care and sleep physician, Mayo Clinic Health System and Vice Chair, Public Safety Committee, American Academy of Sleep Medicine; Dr. Steve Hanke, Professor of Applied Economics, Johns Hopkins University

Compliancy issues: economics; public health; health care

Links: <https://neurology.ufl.edu/profile/jaffee-michael/>
<https://www.mayoclinichealthsystem.org/providers/muhammad-rishi-md>
https://en.wikipedia.org/wiki/Steve_Hanke

SEGMENT 2: THE INCREASE IN SEXUALLY TRANSMITTED DISEASES	Time	Duration
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Synopsis: Despite social distancing, experts say people are increasingly "hooking up." Sexually transmitted diseases are growing as a result. An expert discusses STDs in a pandemic.	15:30	7:18
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Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Ina Park, Associate Professor of Family Community Medicine, University of California San Francisco & author, *Strange Bedfellows: Adventures in Science, History & Surprising Secrets of STDs*

Compliancy issues: health care; public health; youth at risk; sex education; technology

Links: <https://www.inapark.net/about>

Program 21-11	Writers/Producers:	Reed Pence
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Air Week:	Studio Production:	Jason Dickey
3/14/21		

SEGMENT 1: I'M VACCINATED NOW WHAT

Time Duration

Synopsis:	Americans have waited anxiously for the COVID-19 vaccine. Now that it's being rapidly deployed, how much will it change life for those who've received it? Experts offer a primer on exactly how the vaccines work, what activities recipients can and can't safely do, and estimates of when masks won't be necessary.	1:49	13:06
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Host & Producer: Reed Pence

Guests: Dr. Niket Sonpal, Assistant Professor of Clinical Medicine, Touro College of Medicine; Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center

Compliance issues: public health; health care; education

Links: <https://tourocom.touro.edu/academics/faculty/harlem/niket-sonpal.php>
<https://www.vumc.org/health-policy/person/william-schaffner-md>

SEGMENT 2: EPILEPSY MYTHS

Time Duration

Synopsis:	Epilepsy affects 3.5 million Americans, yet stigma prevents many from speaking out, which in turn prolongs the stigma. An award-winning writer who has epilepsy describes the discrimination faced by people with seizure disorders and dispels the many myths many people hold about them.	15:57	6:49
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Host: Nancy Benson

Producer: Reed Pence

Guests: Kurt Eichenwald, author, *A Mind Unraveled*

Compliance issues: health care; disabilities; discrimination

Links: <https://www.nytimes.com/2018/10/15/books/review/kurt-eichenwald-mind-unraveled.html>

Program 21-12	Writers/Producers:	Reed Pence
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Air Week: 3/21/21
Studio Production: Jason Dickey

SEGMENT 1: WHY KNEE REPLACEMENTS MAY GO WRONG

Time Duration

Synopsis: Knee replacements are successful for 80 percent of recipients, yet many assume the success rate should be higher. Those who are not successful often are bitterly disappointed. However, patients and physicians can take steps to avoid a bad result. New techniques also offer much faster recovery. Experts discuss. **1:49 12:27**

Host & Producer: Reed Pence

Guests: Dr. Dan Riddle, Professor of Physical Therapy, Orthopedic Surgery and Rheumatology, Virginia Commonwealth University; Dr. James Rickert, President, Society for Patient Centered Orthopedics; Dr. Richard Berger, Assistant Professor of Orthopedics, Rush University

Compliance issues: health care; public health; economics; technology

Links: <https://pt.chp.vcu.edu/facultystaff/daniel-riddle-pt-phd-fapta.html>
<https://www.thepatientfirst.org/who-we-are.html>
<https://outpatienthipandknee.com/>

SEGMENT 2: PIONEERING WOMEN DOCTORS

Time Duration

Synopsis: Today, women outnumber men in medical school. But 175 years ago, women were unheard of in medicine. An author discusses the ingenuity it took for two sisters to break barriers in medicine for women. **15:18 7:44**

Host: Nancy Benson

Producer: Reed Pence

Guests: Janice Nimura, author, *The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine*

Compliance issues: health care; discrimination; women's issues; education

Links: <https://www.janicenimura.com>

Program 21-13 **Writers/Producers:** Reed Pence

Air Week:

Studio Production:

Jason Dickey

3/28/21

SEGMENT 1: THE UNMEASURABLE PRESENCE OF PAIN

Time **Duration**

Synopsis: Pain varies from person to person and is totally subjective. It can't be truly measured. This makes pain management one of the greatest challenges in healthcare. An expert discusses how pain works and how doctors struggle to contain it.

1:49 13:55

Host: Reed Pence

Producer: Polly Hansen

Guests: Dr. Abdul Lalkhen, consultant in anesthesia and pain medicine, Salford Royal NHS Foundation, Manchester, UK, and author, *An Anatomy of Pain: How the Body and the Mind Experience and Endure Physical Suffering*

Compliance issues: health care; public health; technology; opioid epidemic; chronic pain

Links: <https://www.simonandschuster.com/books/An-Anatomy-of-Pain/Abdul-Ghaaliq-Lalkhen/9781982160982>

SEGMENT 2: OUR DISASTROUS PANDEMIC DIETS

Time **Duration**

Synopsis: During the pandemic, millions of people have adopted diets full of comfort food, and have wrecked their heart health in the process. Now as the world begins to return to a semblance of normal, they will face wildly conflicting dietary advice. An expert cardiologist discusses how people can cut through the confusion.

16:46 6:21

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Elisabeth Klodas, cardiologist, founder and Chief Medical Officer, Step One Foods, and author, *Slay the Giant: The Power of Prevention In Defeating Heart Disease*

Compliance issues: health care; prevention; diet & nutrition; consumerism

Links: <https://www.steponefoods.com/blogs/news/meet-dr-elizabeth-klodas>