

Quarterly Report of Compliancy Issues & Programs List 2020-Q3 (July - September) – Radio Health Journal

- Aging
- Animal Health
- Alcohol and Substance Abuse & Treatment
- Autism
- Business & Industry
- Climate Change
- Communications
- Consumerism & Consumer Safety
- Disabilities
- Disasters & Preparedness
- Discrimination
- Eating Disorders
- Economics
- Education
- Elderly & Senior Citizens
- Elected Officials
- Employment & Workplace Issues
- Environment & Outdoors
- Ethics
- Family & Parenting Issues
- Federal Government
- Flooding
- Health Care
- Infectious Disease
- Individual Rights
- Interpersonal Relations
- Labor Issues
- Mental Health Issues
- Minority Issues
- National Defense
- Obesity
- Organ Donors
- Pets & People
- Pollution
- Poverty
- Public Health
- Public Safety
- Sports & Recreation
- Technology
- Terrorism
- Vaccination
- Violence & Threats
- Youth at Risk

Program: 20-29
Air Week: 7/19/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
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1:49	SEGMENT 1: DEALING WITH THE RISE IN OSTEOPOROSIS	12:33
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Synopsis: Osteoporosis is increasing as America ages. However, fewer people are being tested for bone density and are agreeing to treatment because of side effects of osteoporosis medications. Experts discuss the devastating effects of increased broken bones and what can now be done to prevent them.

Host & Producer: Reed Pence.

Guests:

- Dr. Sundeep Khosla, Professor of Medicine, Mayo Clinic College of Medicine
- Dr. Ether Siris, Director, Toni Stabile Osteoporosis Center, New York Presbyterian Hospital and Columbia University Medical Center

Compliance issues covered: health care; public health; aging; elderly and senior citizens; consumerism

Links for more information:

- <https://www.mayo.edu/research/faculty/khosla-sundeep-m-d/bio-00078126>
- <https://www.nyp.org/physician/essiris/>

15:24	SEGMENT 2: DOCTOR BURNOUT: IT STARTS EARLY	7:19
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Synopsis: Doctors already say they're burned out, but the COVID-19 pandemic is making it worse. A noted physician educator discusses how burnout starts with the way future doctors are taught.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Saul Weiner, Professor of Medicine, Pediatrics and Medical Education, University of Illinois at Chicago; Director, Center of Innovation for Complex Chronic Health Care, US Dept of Veterans Affairs and author, *On Becoming A Healer: The Journey From Patient Care to Caring About Your Patients*

Compliance issues covered: health care; public health; education; infectious disease

Links for more information:

- <https://chicago.medicine.uic.edu/departments/academic-departments/medicine/academic-internal-medicine-and-geriatrics/people/name/saul-weiner/>

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Program: 20-30
Air Week: 7/26/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:46	SEGMENT 1: PUBLIC HEALTH OFFICIALS RESIGNING UNDER PRESSURE	12:31

Synopsis: State and local public health officials have been under pressure like never before in the COVID-19 pandemic, as citizens and elected officials push back against tough restrictions designed to curb the virus. Some officials have even been threatened. Feeling their bosses don't have their backs, a higher proportion of officials are quitting than normal, and these essential jobs will be hard to fill with qualified health experts.

Host & Producer: Reed Pence.

Guests:

- Dr. Marcus Plescia, Chief Medical Officer, Association of State and Territorial Health Officials
- Lori Freeman, CEO, National Association of County and City Health Officials; Theresa Anselmo, Executive Director, Colorado Association of Local Public Health Officials

Compliance issues covered: health care; public health; public safety; violence and threats; elected officials; infectious disease

Links for more information:

- <https://www.astho.org/StatePublicHealth/ASTHOs-New-CMO-Brings-Clinical-Perspective-to-Public-Health/01-04-18/>
- <https://www.naccho.org/about/chief-executive-officer-lori-tremmel-freeman-mba>

15:19	SEGMENT 2: PTSD IN CHILDREN	7:09
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Synopsis: Mental health experts once believed that children were too young to remember traumas well enough to suffer much from post-traumatic stress disorder. Now they know that children as young as 2 or 3 can be affected, often for the rest of their lives. An expert discusses PTSD in children and its treatment.

Host: Nancy Benson.

Producer: Ariana Kraft.

Guests:

- Dr. Michael Scheeringa, Professor of Child Psychiatry and Associate Professor of Clinical Pediatrics, Tulane University School of Medicine

Compliance issues covered: youth at risk; mental health; family and parenting issues

Links for more information:

- <http://www.infant institute.org/faculty-member/michael-s-scheeringa/>

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Program: 20-31
Air Week: 8/2/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: PUBLIC HEALTH OFFICIALS RESIGNING UNDER PRESSURE	12:07

Synopsis: Electroconvulsive therapy still has a stigma, with the reputation of being a painful, disturbing procedure that wipes out memories and, if movies are to be believed, even creates zombies. Experts explain the reality—that ECT is a quiet procedure that provokes a short brain seizure, releasing huge amounts of neurotransmitters to reset the brain in what is the quickest and most dependable treatment for severe and often suicidal depression.

Host: Reed Pence.

Producer: Ariana Kraft.

Guests:

- Dr. Sarah Lisanby, Director, Translation Research, National Institute of Mental Health and Director, NIMH Non-Invasive Neuro-Modulation Unit
- Dr. Dan Maixner, Associate Professor of Psychiatry, University of Michigan

Compliance issues covered: mental illness; health care; public health; technology

Links for more information:

- <https://www.nimh.nih.gov/news/science-news/2015/lisanby-chosen-to-lead-nimh-division-of-translational-research.shtml>
- https://www.mlive.com/news/ann-arbor/index.ssf/2016/07/u-m_hospital_finds_new_home_fo.html

14:56	SEGMENT 2: LUNG TRANSPLANTS: THE LEAST-TRANSPLANTED MAJOR ORGAN	8:03
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Synopsis: Lung transplants are the least done of all major organ transplants because the lungs are so easily damaged in the death process. A lung transplant surgeon explains, using one particularly difficult case as an example.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Abbas Ardehali, Professor of Surgery and Medicine and Director, Heart, Lung, and Heart and Lung Transplantation, UCLA David Geffen School of Medicine

Compliance issues covered: organ donors; health care; public health

Links for more information:

- <https://www.uclahealth.org/abbas-ardehali>

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Program: 20-32
Air Week: 8/9/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: BACK TO SCHOOL 2020: CAN KIDS ATTEND, OR WILL REMOTE LEARNING RULE?	13:03

Synopsis: Many school districts are delaying decisions on whether students will attend in person or will be taught remotely once again to reduce the risk of COVID-19 to children and staff. Experts discuss the methods under consideration to lower risks and whether that will be enough to open for classes.

Host & Producer: Reed Pence.

Guests:

- Dr. Nathaniel Beers, President HSC Health Care System and pediatrician, Children’s National Hospital
- Keith Gambill, President, Indiana State Teachers Association

Compliancy issues covered: public health; children & youth at risk; education; labor issues; parenting issues; education

Links for more information:

- <https://hschealth.org/about/leadership/board/nathaniel-beers>
- <https://www.ista-in.org/get-to-know-keith-gambill-ista-president>

15:52	SEGMENT 2: WORK-AT-HOME BURNOUT AND "ZOOM FATIGUE"	6:59
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Synopsis: People working at home may have no commute and can work in their pajamas, but they may find themselves more exhausted than when they worked at the office. Two experts discuss reasons for this fatigue—patterns of working at home and the surprising stress of virtual meetings.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Greg Hammer, Professor of Pediatrics and Anesthesiology, Stanford University Medical School and author, *Gain Without Pain: The Happiness Handbook for Healthcare Professionals*
- Dr. Priti Shah, Professor of Psychology, University of Michigan

Compliancy issues covered: employment; workplace issues; technology

Links for more information:

- <https://profiles.stanford.edu/gregory-hammer>
- <https://sites.lsa.umich.edu/shah-lab/people/>

Program: 20-35
Air Week: 8/23/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: PLANNING FOR THE NEXT PANDEMIC	13:03

Synopsis: The next pandemic is only a matter of “when and what,” according to health security experts, who here discuss what’s needed to be ready for a variety of possible pandemics and infectious threats, both natural and terror.

Host & Producer: Reed Pence.

Guests:

- Dr. Dennis Hruby, Chief Scientific Officer, SIGA Technologies
- Dr. Phil Gomez, CEO, SIRI Technologies

Compliancy issues covered: public health; public safety; federal government; disasters and preparedness; health care; terrorism; national defense; infectious disease

Links for more information:

- <https://www.siga.com/about-siga/>

15:52	SEGMENT 2: THIRD WORLD MEDICINE	6:54
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Synopsis: Medicine in the Third World is vastly different than in the US, and American doctors sometimes run into unexpected hurdles when they try to bring modern medicine to impoverished nations. One such doctor describes his efforts.

Host: Nancy Benson.

Producer: Polly Hansen.

Guests:

- Dr. Aaron Berkowitz, Director of Global Health, Kaiser Permanente School of Medicine and author, *One By One By One: Making a Small Difference Amid a Billion Problems*

Compliancy issues covered: health care; public health; poverty

Links for more information:

- <https://naturemicrobiologycommunity.nature.com/posts/changing-lives-one-by-one-by-one>

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Program: 20-36 **Writers/Producers:** Reed Pence
Air Week: 9/6/2020 **Studio Production:** Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: THE LOOMING “HOTHOUSE EARTH”	12:48

Synopsis: Rising global temperatures have produced extreme weather and a rising sea level. Climate scientists fear we may soon reach the point of no return, resulting in a hothouse with large portions of the planet uninhabitable. Authors of a major report on this phenomenon explain.

Host & Producer: Reed Pence.

Guests:

- Dr. Diana Liverman, Professor of Geography and Development, University of Arizona
- Dr. Katherine Richardson, Professor of Biological Oceanography and leader, Sustainability Science Center, University of Copenhagen
- Dr. Kristina Dahl, Senior Climate Scientists, Union of Concerned Scientists

Compliance issues covered: environment; pollution; climate change; flooding; federal government; economics

Links for more information:

- <https://www.environment.arizona.edu/diana-liverman>
- <https://www.ecsj2017.com/profile/katherine-richardson>
- <https://www.ucsusa.org/bio/kristina-dahl-.W5Khv1KZPOY>

15:37	SEGMENT 2: IMPOSTER SYNDROME	7:05
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Synopsis: Many people who are smart, talented and successful still believe they are incompetent on the inside and that others will eventually find out. This “imposter syndrome” can undermine careers and lead to psychological distress. Two noted experts in the field discuss origins and how to deal with the phenomenon.

Host: Nancy Benson.

Producer: Ariana Kraft.

Guests:

- Dr. Valerie Young, founder, impostersyndrome.com and author, *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Imposter Syndrome and How to Thrive In Spite of It*
- Dr. Pauline Rose Clance, Professor Emeritus, Georgia State University

Compliance issues covered: mental health; business and industry; education; parenting issues

Links for more information:

- <https://impostorsyndrome.com/valerie-young/>
- http://paulineroseclance.com/prc_biography.html

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Program: 20-37
Air Week: 9/13/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:43	SEGMENT 1: OVERWORKED PHARMACISTS: MISTAKES WAITING TO HAPPEN?	11:15

Synopsis: Pharmacists are often asked to do more work in less time than they need, and some experts worry it's causing medication mistakes. A pharmacist specializing in medication safety discusses pressures on pharmacists and what consumers can do to protect themselves.

Host & Producer: Reed Pence.

Guests:

- Michael Gaunt, Medication Safety Analyst and Editor, Institute for Safe Medication Practices

Compliancy issues covered: consumer safety and consumerism; health care; economics; business and industry

Links for more information:

- <https://www.ismp.org/staff/michael-j-gaunt-pharmd>

14:00	SEGMENT 2: THE ANGER EPIDEMIC	7:54
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Synopsis: Many people who are smart, talented and successful still believe they are incompetent on the inside and that others will eventually find out. This “imposter syndrome” can undermine careers and lead to psychological distress. Two noted experts in the field discuss origins and how to deal with the phenomenon.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Jean Kim, Assistant Professor of Psychiatry, George Washington University
- Dr. Ray Novaco, Professor of Psychological Sciences, University of California at Irvine

Compliancy issues covered: mental health; interpersonal relations

Links for more information:

- <https://www.psychologytoday.com/us/experts/jean-kim-md>
- <https://faculty.sites.uci.edu/novaco/>

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Program: 20-39
Air Week: 9/27/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:49	SEGMENT 1: OBESITY BIAS IN MEDICINE	13:15

Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.

Host & Producer: Reed Pence.

Guests:

- Dr. Rebecca Puhl, Professor of Human Development and Family Studies, University of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity
- Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale University and Founder, True Health Initiative
- Kathy Kater, psychotherapist specializing in body image, eating and weight issues

Compliance issues covered: health care; public health; discrimination; obesity; education

Links for more information:

- <http://www.uconnruddcenter.org/faulty-and-staff-rebecca-puhl>
- <https://davidkatzmd.com/>
- <http://bodyimagehealth.org/about-the-author>

16:06	SEGMENT 2: RHEUMATOID DISEASES	6:52
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Synopsis: Rheumatoid diseases number around 100, though arthritis is the most well known. They can be crippling and sometimes even fatal, but good treatments exist. The key is early detection, as an expert explains.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Kanika Monga, rheumatologist, University of Texas-Health Science Center, Houston

Compliance issues covered: health care; public health

Links for more information:

- <https://www.doximity.com/pub/kanika-monga-md>

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