

ISSUES PROGRAM LIST

Quarterly Issues Programs List

KONA-AM

KZHR-FM

January 1, 2024 through March 31, 2024

Section I. Issues

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

- A. **Medical Knowledge:** The Mid-Columbia has a shortage of healthcare professionals. This makes it challenging to see a physician in a timely manner. And, when residents have the attention of their doctor it is important to present symptoms correctly, ask the right questions, and to feel empowered to advocate for themselves. The stations presented tips on how best to accomplish these factors.
- B. **AI and Vulnerable Populations:** Physicians are using artificial intelligence to assist with surgery and cancer treatments. The stations presented views from a wide-range of physicians on how medical procedures will transform for the better using AI in the future.
- C. **Childhood Depression:** Like other communities, parents in the Tri-Cities struggle to make a decision on whether to pick up their child from school for mental health breaks. Psychologists say not to ignore the impact stress and anxiety can have on a child's mental health. Taking a break from their normal routine can be just what they need. Three licensed psychologists presented the issue on the stations.
- D. **Public Health & Nutrition:** Proper nutrition is an issue facing many local families and most aren't familiar with basic healthy nutrition practices. The stations presented the obstacles many face when trying to change eating habits and consuming the right kinds of foods.
- E. **Pandemics & Politics:** Many residents in the Tri-Cities area feel they were misled by the CDC and the WHO in regards to the COVID pandemic and treatments. The stations aired information from both sides and how public health and the support organizations influenced policy and decisions that later appeared not to be necessary.

Section II. Responsive Programs

The responsive program is titled "Radio Health Journal", which airs weekly on each station at the following times:

KONA-AM: 6:30AM Saturdays

KZHR-FM 11:30PM Sundays

Program	24-01	Written & Produced	Kristen Farrah, Polly Hansen, Libby Foster
Air Week	1/07/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Abrysvo"	OUTCUE: ...by pfizer	:60
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL		12:59
	<p>Synopsis: We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor's appointment.</p> <p>Host: Elizabeth Westfield. Producer: Libby Foster. Guests: Dr. Talya Miron-Shatz, Visiting Researcher, University of Cambridge, Author, <i>Your Life Depends On It</i></p> <p>Compliance issues covered: medicine; patient safety; health care; vulnerable populations; medical knowledge; telehealth; scientific terminology; social media; confirmation bias</p> <p>Links for information: https://talyamironshatz.com/ https://twitter.com/talyamironshatz https://www.linkedin.com/in/talya-miron-shatz/</p>		
14:49	SPOTBREAK 2: Procter & Gamble "Vicks Quilts"		:30
	Procter & Gamble "Puffs Personal Tissue"	OUTCUE: ...puffs indeed	:29
15:48	:02 PAUSE FOR LOCAL AVAIL		:02
15:50	SEGMENT 2: DOES A GOOD BEDSIDE MANNER SAVE LIVES?		7:02
	<p>Synopsis: Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives.</p> <p>Host: Greg Johnson. Producer: Polly Hansen. Guests: Dr. Wes Ely, Professor of Medicine, Associate Director of Agine Research, Vanderbilt University, Author, <i>Every Deep-Drawn Breath</i></p> <p>Compliance issues covered: vaccination; intensive care unit; patient safety; public health; pandemic; COVID-19; burnout; empathy; bedside manner; healthcare; consumerism</p> <p>Links for information: https://www.icudelirium.org/team/e-wesley-ely-md-mph https://twitter.com/WesElyMD https://www.vumc.org/v-scholars/person/e-wesley-ely-md-mph https://www.linkedin.com/in/weselymd/</p>		
22:52	SPOTBREAK 3: Pfizer Consumer Healthcare "Prevnar"		:60
	Procter & Gamble "MC Magic Eraser"		:30
	Progressive Insurance Co "Progressive 2024"	OUTCUE: ...in all states	:30
24:52	MEDICAL NOTES: IS YOUR BRAIN SHRINKING? WHY ARE SUICIDES AT AN ALL-TIME HIGH? AND WHY YOUR FUTURE WRISTWATCH MAY BE PRESCRIBED BY A DOCTOR		1:34
	Host: Shel Lustig Producer: Kristen Farrah		
26:26	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo"	OUTCUE: ...by pfizer	:60
27:26	Program Conclusion		:30
27:56	TOTAL TIME		

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

Program	24-02	Written & Produced	Kristen Farrah, Morgan Kelly
Air Week	1/14/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:46
:46	SPOTBREAK 1: Verizon "Straight Talk" SPM "RHJ VP Podcast"	:30
	OUTCUE: ...dot org	:30
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	SEGMENT 1: 3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE	11:52
	Synopsis: Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. George Haidukewych, Director of Orthopedic Trauma & Chief of Complex Joint Replacement, Orlando Health Jewett Orthopedic Institute; Dr. Thomas Kolon, Expert in Pediatric Disorders, Chief of Urology, Children's Hospital of Philadelphia Compliance issues covered: kidney; children at risk; childhood cancers; medical technology; cancer; artificial intelligence; 3d printing; cancer prevention; consumerism; vulnerable populations Links for information: https://www.orlandohealth.com/medical-professionals/graduate-medical-education/residency-programs/orthopedic-residency/people/leadership-and-faculty/george-haidukewych https://www.chop.edu/doctors/kolon-thomas-f https://twitter.com/thomaskolon?lang=en https://www.linkedin.com/in/thomas-kolon-78334313/	
13:40	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar"	:60
	OUTCUE: ...dot com	
14:40	:02 PAUSE FOR LOCAL AVAIL	:02
14:42	SEGMENT 2: NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS	7:50
	Synopsis: So many of us have experienced the compulsion to bite our nails. Even though it's a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health. Host: Greg Johnson. Producer: Morgan Kelly. Guests: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mount Sinai Medical Center; Dr. Fred Penzel, Psychologist & Executive Director of Western Suffolk Psychological Services Compliance issues covered: nails; cuticles; bacterial infection; compulsions; oral health; ecosystems; consumerism; habits; public health; bacteria; hemorrhage; trauma; evolution; genetics Links for information: https://profiles.mountsinai.org/dana-k-stern https://www.drdanastern.com/ https://www.instagram.com/hamptonderm/?hl=en https://www.linkedin.com/in/dana-stern-m-d-059869133/ https://www.wsps.info/fred-penzel-phd https://twitter.com/drfredpenzel?lang=en	
22:32	SPOTBREAK 3: Pfizer Consumer Healthcare "Abrysvo" SPM "RHJ VP Podcast" Verizon "Straight Talk"	:60 :30 :31
	OUTCUE: ...terms apply	
24:33	MEDICAL NOTES: HOW TO FIX A BROKEN HEART, A NEW HOPE FOR AMPUTEE VICTIMS, AND HOW VR CAN HELP PEOPLE WITH AUTISM BE COMFORTABLE IN THE REAL WORLD Host: Shel Lustig Producer: Kristen Farrah	1:57
26:30	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo"	:60
	OUTCUE: ...by pfizer	
27:30	Program Conclusion	:30
27:58	TOTAL TIME	

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Program	24-03	Written & Produced	Kristen Farrah, Reed Pence
Air Week	1/21/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...by pfizer	:60
1:45	:02 PAUSE FOR LOCAL AVAIL	:02
1:47	SEGMENT 1: MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND VENGEANCE?	12:28
	Synopsis: American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternatives programs to solve this crisis. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Christine Montross, Associate Professor of Psychiatry and Human Behavior, Brown University Compliance issues covered: incarceration; mental illness; mental institutions; jail; prison; criminals; psychosis; community care; public health; public safety; healthcare; consumerism; public policy; health policy Links for information: https://vivo.brown.edu/display/cmontos https://www.penguinrandomhouse.com/books/315949/waiting-for-an-echo-by-christine-montross-md/ https://christinemontross.com/bio.html	
14:15	SPOTBREAK 2: Verizon "Straight Talk" OUTCUE: ...puffs indeed	:30
	Procter & Gamble "Puffs Personal Tissue"	:30
15:15	:02 PAUSE FOR LOCAL AVAIL	:02
15:17	SEGMENT 2: DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL?	7:43
	Synopsis: We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Our expert explains the benefits of giving your children mental health days and how to prepare them for future obstacles. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Andrea Bonior, Licensed Clinical Psychologist, Author Compliance issues covered: mental health; depression; anxiety; children at risk; sick days; emotions; coping strategies; stress; consumerism; public health; vulnerable populations Links for information: https://drandreabonior.com/ https://www.instagram.com/drandreabonior/?hl=en https://www.linkedin.com/in/andrea-bonior-45281b34/ https://www.cdc.gov/healthyyouth/data/yrbs/index.htm	
23:00	SPOTBREAK 3: Pfizer Consumer Healthcare "Prevnar" OUTCUE: ...any disease	:60
	Verizon "Straight Talk"	:30
	Procter & Gamble "Metamucil"	:30
25:00	MEDICAL NOTES: FIGHT AGAINST DRY SKIN, THE HEALTH EFFECTS OF EXTREME FLOODING, AND HOW PROBIOTICS MAY DELAY COVID EFFECTS	1:31
	Host: Shel Lustig Producer: Kristen Farrah	
26:31	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...by pfizer	:60
27:31	Program Conclusion	:28
27:59	TOTAL TIME	

Program	24-04	Written & Produced	Kristen Farrah
Air Week	1/28/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:47
:47	SPOTBREAK 1: SPM "RHJ VP Podcast" Verizon "Straight Talk"	OUTCUE: ...talk dot com	:30 :30
1:47	:02 PAUSE FOR LOCAL AVAIL		:02
1:49	SEGMENT 1: EATING INVASIVE SPECIES: DOES YOUR DIET HELP THE ENVIRONMENT?		10:53
	<p>Synopsis: Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Joe Roman, Conservation Biologist, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, US Geological Survey Compliancy issues covered: invasive species; population control; habitats; disease; virus; diet; consumerism; native animals; environment; public health; public safety; infrastructure; farming; agriculture Links for information: https://www.uvm.edu/rsenr/profiles/joe_roman https://joeroman.com/ http://eattheinvaders.org/ https://www.usgs.gov/staff-profiles/cynthia-tam https://www.linkedin.com/in/cindy-kolar-tam-89a6b87/</p>		
12:42	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar"	OUTCUE: ...twenty dot com	:60
13:42	:02 PAUSE FOR LOCAL AVAIL		:02
13:44	SEGMENT 2: MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS		8:39
	<p>Synopsis: As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Chuck Weber, Psychologist, Chief Medical Officer and Founder, Family Care Center Compliancy issues covered: military; mental health; veterans; military families; ptsd; vulnerable populations; psychology; family medicine; healthcare; public health; public safety Links for information: https://www.linkedin.com/in/charles-weber-b674542/ https://fccwellbeing.com/</p>		
22:23	SPOTBREAK 3: Pfizer Consumer Healthcare "Abrysvo" Wild Hive "California Strawberry Commission"	OUTCUE: ...strawberries dot com	:60 :60
24:23	MEDICAL NOTES: HOW CHILDHOOD TRAUMA LEADS TO CHRONIC PAIN, THE GUT BACTERIA THAT'S HARMING YOUR BONES, AND DETECTING CANCER FASTER THAN EVER BEFORE Host: Shel Lustig Producer: Kristen Farrah		2:03
26:26	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo"	OUTCUE: ...by pfizer	:60
27:26	Program Conclusion		:30
27:56	TOTAL TIME		

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Program	24-05	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	2/04/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:46	
:46	SPOTBREAK 1: Verizon "Straight Talk" Capital One "Venture X"	:30 :30	OUTCUE: ...for details
1:46	:02 PAUSE FOR LOCAL AVAIL	:02	
1:48	SEGMENT 1: WHAT IS A WOMAN WORTH? NEEDLESS DEATHS FROM A PREVENTABLE CANCER	12:10	
	Synopsis: Cervical cancer is almost completely preventable, so why does it continue to kill thousands of women each year? Dr. Linda Eckert, an expert in cervical cancer prevention, believes the answer involves gender inequalities and sexual stigmas. She discusses these issues and offers life-saving prevention methods for women. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Linda Eckert, Professor of Obstetrics and Gynecology, University of Washington's Department of Obstetrics and Gynecology and Global Health, Author, <i>Enough</i> Compliance issues covered: sexually transmitted infections; vulnerable populations; cervical cancer; cancer; prevention; vaccination; consumerism; gender issues; women's issues; pre-cancer Links for information: https://globalhealth.washington.edu/faculty/linda-eckert https://drlindaeckert.com/ https://www.instagram.com/drlindaeckert/ https://twitter.com/drlindaeckert		
13:58	SPOTBREAK 2: Indeed "Indeed Q1" Procter & Gamble "Charmin"	:30 :30	OUTCUE: ...with charmin
14:58	:02 PAUSE FOR LOCAL AVAIL	:02	
15:00	SEGMENT 2: BLACK ANGELS: THE BLACK NURSES INVOLVED IN THE FIGHT AGAINST TUBERCULOSIS	7:59	
	Synopsis: Dr. Herbert Fox helped discover a cure for tuberculosis, but his work wouldn't have been possible without the help of the black nurses who monitored and cared for each patient. When all of the white nurses refused to work, these women stepped up. Our expert details their bravery that's gone largely unrecognized in society. Host: Greg Johnson. Producer: Polly Hansen. Guests: Maria Smilios, Author, <i>The Black Angels</i> Compliance issues covered: African American issues; black history month; infectious disease; vaccine; medical history; healthcare; mental health; consumerism; patient safety; public health Links for information: https://www.mariasmilios.com/ https://www.instagram.com/mariasmilios/ https://twitter.com/MariaSmilios?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor		
22:59	SPOTBREAK 3: Pfizer Consumer Healthcare "Eliquis" Verizon "Straight Talk" Procter & Gamble "Olay Body"	:60 :30 :30	OUTCUE: ...body lotion
24:59	MEDICAL NOTES: TRAUMA SHRINKS YOUR BRAIN, RESTORING MOVEMENT TO PARALYZED LIMBS, AND WHY RATES OF POVERTY HAVE DECLINED Host: Shel Lustig Producer: Kristen Farrah	1:27	
26:26	SPOTBREAK 4: Ford "Ford F150" Procter & Gamble "Downy Unstoppables"	:30 :30	OUTCUE: ...scent beads
27:26	Program Conclusion	:29	
27:55	TOTAL TIME		

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Program	24-06	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	2/11/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:46	
:46	SPOTBREAK 1: Verizon "Straight Talk" Pfizer Consumer Healthcare "Prevnar" OUTCUE: ...by Pfizer	:30 :30	
1:46	:02 PAUSE FOR LOCAL AVAIL	:02	
1:48	SEGMENT 1: BIG LIARS: IS HONESTY ALWAYS THE BEST POLICY?	10:38	
	Synopsis: Are you good at sniffing out lies? Many people aren't. The typical 'tells,' like eye movement, won't expose a true deception artist. Luckily, our experts explain the psychology behind why people lie and how you can avoid being duped. Host: Elizabeth Westfield. Producer: Polly Hansen. Guests: Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, <i>Big Liars</i> ; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, the Curtis Deception Lab, Co-Author, <i>Big Liars</i> Compliance issues covered: lying; pathological liars; public safety; psychology; public health; deception; vulnerable populations; children at risk Links for information: https://christianhart.com/ https://www.apa.org/pubs/books/big-liars https://twitter.com/chrisartpsych?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwq%5Eauthor https://www.angelo.edu/live/profiles/1356-drew-curtis https://twitter.com/dr_curtisphd?lang=en https://www.angelo.edu/departments/psychology/deception-lab/		
12:26	SPOTBREAK 2: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...by Pfizer	:60	
13:26	:02 PAUSE FOR LOCAL AVAIL	:02	
13:28	SEGMENT 2: NOT SO RARE: WHAT'S CAUSING THE RISE IN PEDIATRIC KIDNEY STONES?	9:34	
	Synopsis: While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Greg Tasian, Attending Pediatric Urologist, Children's Hospital of Philadelphia Compliance issues covered: kidney stones; public health; patient safety; pediatric care; chronic disease; disease progression; vulnerable populations; organ transplant; surgery; gut microbes; infection Links for information: https://www.chop.edu/doctors/tasian-gregory https://twitter.com/gregorytasian?lang=en https://clinicaltrials.gov/study/NCT04285658		
23:02	SPOTBREAK 3: Pfizer Consumer Healthcare "Eliquis" Verizon "Straight Talk" Pfizer Consumer Healthcare "Prevnar" OUTCUE: ...by Pfizer	:60 :30 :31	
25:03	MEDICAL NOTES: WHY GROCERY TAXES MAY BE GOOD FOR US, THE WORLD'S FIRST PARTIAL HEART TRANSPLANT, AND A NEW TREATMENT FOR CANCER Host: Shel Lustig Producer: Kristen Farrah	1:27	
26:30	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...by Pfizer	:60	
27:30	Program Conclusion	:30	
28:00	TOTAL TIME		

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Program	24-07	Written & Produced	Kristen Farrah
Air Week	2/18/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:46	
:46	SPOTBREAK 1: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...breath matters	:60	
1:46	:02 PAUSE FOR LOCAL AVAIL	:02	
1:48	SEGMENT 1: "EAT TO SURVIVE": WHY AMERICANS LACK PROPER EDUCATION ABOUT NUTRITION	10:35	
	<p>Synopsis: Many children in America are taught about nutrition through the USDA's balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she's faced during her journey towards a healthier lifestyle.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Loni Love, Comedian, Television Host, Spokesperson, Metamucil; Dr. Christopher Gardner, Rehnberg Farquhar Professor of Medicine, Stanford University</p> <p>Compliance issues covered: nutrition; diet; public health; fiber; healthy lifestyle; gut microbiome; illness; immunity; cancer; chronic disease; obesity; diabetes; heart disease; supplements</p> <p>Links for information: https://www.instagram.com/comiclonilove/?hl=en https://twitter.com/LoniLove?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.facebook.com/LoniLoveComedy/ https://med.stanford.edu/profiles/christopher-gardner https://twitter.com/GardnerPhD?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</p>		
12:23	SPOTBREAK 2: Verizon "Straight Talk" OUTCUE: ...by Pfizer	:30	
	Pfizer Consumer Healthcare "Prevnar"	:30	
13:23	:02 PAUSE FOR LOCAL AVAIL	:02	
13:25	SEGMENT 2: SERVICE DOGS ARE IN HIGH DEMAND – HERE'S HOW YOU CAN HELP	9:30	
	<p>Synopsis: Service dogs have been used throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD and anxiety. Our experts discuss the importance of service dogs and how you can get involved.</p> <p>Host: Greg Johnson. Producer: Kristen Farrah. Guests: James Schenck, CEO, PenFed Foundation; Kirsten Holley, US Army Veteran</p> <p>Compliance issues covered: PTSD; mental health; veterans; service animals; volunteering; service dogs; anxiety; social anxiety; depression; nightmares; neurology; therapy; family issues; veteran issues</p> <p>Links for information: https://penfedfoundation.org/team/james-schenck/ https://www.linkedin.com/in/james-schenck-b41b9a1/ https://canine.org/</p>		
22:55	SPOTBREAK 3: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...by Pfizer	:60	
	Verizon "Straight Talk"	:30	
	Pfizer Consumer Healthcare "Prevnar"	:30	
24:55	MEDICAL NOTES: 2024 IS THE YEAR OF CANCER, IBS MAY BE A SYMPTOM OF SOMETHING WORSE, AND PARKINSON'S DISEASE IS GETTING A MARKETING MAKEOVER	1:35	
	Host: Shel Lustig Producer: Kristen Farrah		
26:30	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...breath matters	:60	
27:30	Program Conclusion	:29	
27:59	TOTAL TIME		

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Program	24-08	Written & Produced	Kristen Farrah & Libby Foster
Air Week	2/25/24	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:46	
:46	SPOTBREAK 1: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...breath matters	:60	
1:46	:02 PAUSE FOR LOCAL AVAIL	:02	
1:48	SEGMENT 1: THERAPY FOR TWINS: THE MYTH OF THE 'PERFECT' TWIN CONNECTION	11:28	
	Synopsis: Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Joan A. Friedman, Psychotherapist & Twin Expert Compliance issues covered: twins; psychology; siblings; family issues; individuality; self-esteem; housing; education; pregnancy; therapy; relationships; offspring; public health; public safety Links for information: https://www.joanafriedmanphd.com/ https://twitter.com/Joanafriedman https://www.instagram.com/dr.joanfriedmantwinexpert/?hl=en		
13:16	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar" OUTCUE: ...dot com	:60	
14:16	:02 PAUSE FOR LOCAL AVAIL	:02	
14:18	SEGMENT 2: WHY SCIENCE SAYS KIDS SHOULD STILL LEARN TO WRITE IN CURSIVE	7:59	
	Synopsis: In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there's still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils. Host: Greg Johnson. Producer: Libby Foster. Guests: Dr. Danny Oppenheimer, Professor of Decision Sciences, Carnegie Mellon University; Dr. Virginia Wise Berninger, Professor Emerita, University of Washington Compliance issues covered: education; motor movement; psychology; public health; student safety; brain imaging; elementary school; handwriting; learning; productivity; visual stimuli Links for information: https://conference.handwritingcollaborative.org/etn-speaker/virginia-wise-berninger-phd/ https://www.cmu.edu/dietrich/sds/people/faculty/daniel-oppenheimer.html https://www.norton.com/books/9780393351958		
22:17	SPOTBREAK 3: Pfizer Consumer Healthcare "Abrysvo" Macys "Black History Month" Verizon "Straight Talk" OUTCUE:fees apply	:60 :30 :30	
24:17	MEDICAL NOTES: YOUR ANCESTORS ARE MAKING YOU SICK, DRINKING WATER MAY BE CAUSING EARLY MENOPAUSE, AND HOW MOVEMENT IMPROVES MEMORY Host: Shel Lustig Producer: Kristen Farrah	2:08	
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...breath matters	:60	
27:25	Program Conclusion	:30	
27:55	TOTAL TIME		

Program	24-09	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	3/03/24	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:46
:46	SPOTBREAK 1: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...breath matters	:60
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	SEGMENT 1: HOW TO COMBAT MEDICAL IGNORANCE OF RARE DISEASES	11:12
	<p>Synopsis: Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor's daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn't believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar situations, Taylor created a document that gives patients with rare diseases a credible back-up of medical history and current treatment plans when dealing with stubborn physicians.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Christyn Taylor, CEO, Rebecca's Wish; Lisa Morgan, Parent of Patient</p> <p>Compliance issues covered: patient safety; rare disease; pancreatitis; pediatric illness; vulnerable populations; healthcare; education; pain; chronic conditions; surgery; hospitalization</p> <p>Links for information: https://naspgghan.org/professional-resources/medical-professional-resources/pancreatic-disorders/pediatric-pancreatitis-patient-passport/#:~:text=What%20is%20the%20Passport%3F,treatment%20suggestions%20for%20each%20patient https://rebeccaswish.org/ https://www.facebook.com/RebeccasWishUS/ https://www.instagram.com/rebeccaswishus/</p>	
13:00	SPOTBREAK 2: Verizon "Straight Talk" OUTCUE: ...any disease	:30
	Procter & Gamble "Metamucil"	:30
14:00	:02 PAUSE FOR LOCAL AVAIL	:02
14:02	SEGMENT 2: THE FEMALE GENIUSES THROUGHOUT HISTORY YOU NEED TO KNOW ABOUT	9:04
	<p>Synopsis: If you're asked to name a genius, who do you think of? Albert Einstein or Galileo may come to mind, but there's a good chance you're forgetting the brilliant women who deserve a spot at this table. In honor of Women's History Month this March, our expert tells the stories of a few female geniuses whose accomplishments deserve greater recognition.</p> <p>Host: Greg Johnson. Producer: Polly Hansen. Guests: Janice Kaplan, Author, <i>The Genius of Women</i>; Catherine Whitlock, Author, <i>Ten Women Who Changed Science and the World</i></p> <p>Compliance issues covered: women's history; history; genius; public health; education; equality; gender issues; patriarchy; politics; vulnerable populations; consumerism; medical history</p> <p>Links for information: https://www.janicekaplan.com/ https://www.instagram.com/janice.kaplan/ https://twitter.com/janicekaplan2?lang=en https://www.catherinewhitlock.co.uk/</p>	
23:06	SPOTBREAK 3: Pfizer Consumer Healthcare "Prevnar" OUTCUE:with Charmin	:60
	Verizon "Straight Talk"	:30
	Procter & Gamble "Charmin"	:30
25:06	MEDICAL NOTES: HOW VIAGRA CAN HELP NEWBORNS, A FUTURE PILL FOR STRESS, AND THE RISKS OF GETTING TOO MUCH SLEEP	1:24
	Host: Shel Lustig Producer: Kristen Farrah	
26:30	SPOTBREAK 4: Pfizer Consumer Healthcare "Abrysvo" OUTCUE: ...breath matters	:60
27:30	Program Conclusion	:29
27:59	TOTAL TIME	

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Program	24-10	Written & Produced	Kristen Farrah
Air Week	3/10/24	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:46
:46	SPOTBREAK 1: SPM "RHJ VP Podcast" Verizon "Value Brands" OUTCUE: ...management practices	:30 :30
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	SEGMENT 1: CULTURAL COMPETENCE: ADDRESSING RACIAL DISPARITIES IN HEALTHCARE	13:01
	Synopsis: Racial disparities have existed in medicine throughout history. Research is finally starting to not only recognize these inequalities but create actionable plans to close the gaps. Our guests discuss sectors of healthcare and disease where racial disparities continue to block minority populations from quality care. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Ladson Hinton, Professor and Director of Geriatric Psychiatry, University of California Davis School of Medicine; Dr. Toyin Nwafor, Infectious Disease Physician, Senior Medical Director for HIV Prevention, VIIV Healthcare Compliance issues covered: HIV; infectious disease; psychology; discrimination; minority populations; patient safety; stigma; racial disparities; Alzheimer's disease; dementia; public health Links for information: https://health.ucdavis.edu/psychiatry/team/551/ladson-hinton---psychiatry-mcclellan-park/ https://www.linkedin.com/in/ladson-hinton-5b2a2915/ https://twitter.com/TfalNwaforMD https://www.researchgate.net/publication/377663074 Mapping racial and ethnic healthcare disparities for persons living with dementia A scoping review https://www.linkedin.com/in/toyin-falusi-nwafor-md-08b04323/ https://viivhcmeginfo.com/contact/medical-experts/	
14:49	SPOTBREAK 2: Verizon "Value Brands" Verizon "Straight Talk" OUTCUE: ...fees apply	:30 :30
15:49	:02 PAUSE FOR LOCAL AVAIL	:02
15:51	SEGMENT 2: GOT FOOT PROBLEMS? IT MAY BE A RARE BLOOD CANCER	7:04
	Synopsis: Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It's a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Brandi Reeves, Hematologist, Assistant Professor of Medicine, University of North Carolina, Chapel Hill; Gary Lenahan, Patient Compliance issues covered: cancer; chemotherapy; medical intervention; patient safety; consumerism; hiking; public health; aging; geriatrics; blood; foot health; skin condition Links for information: https://www.med.unc.edu/medicine/hematology/people/brandi-reeves-md/ https://twitter.com/brandireeves1 https://www.mayoclinic.org/diseases-conditions/polycythemia-vera/symptoms-causes/syc-20355850	
22:55	SPOTBREAK 3: Verizon "Straight Talk" Macys "Women History Month" Verizon "Value Brands" Verizon "Straight Talk" OUTCUE: ...fees apply	:30 :30 :30 :30
24:55	MEDICAL NOTES: HOW SOCIAL MEDIA IS GIVING YOU INFLAMMATION, GENDER DIFFERENCES IN STROKE RISK, AND EYEGLASSES OF THE FUTURE Host: Shel Lustig Producer: Kristen Farrah	1:35
26:30	SPOTBREAK 4: SPM "RHJ VP Podcast" Verizon "Value Brands" OUTCUE: ...management practices	:30 :30
27:30	Program Conclusion	:30
28:00	TOTAL TIME	

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Program	24-11	Written & Produced	Kristen Farrah
Air Week	3/17/24	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:46
:46	SPOTBREAK 1: Verizon "Value Brands" Macy's "Women History Month"	:30
	OUTCUE: ... slash purpose	:30
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	SEGMENT 1: "THIS IS MEDIEVAL" – THE 24-YEAR-OLD WHO'S REINVENTING MEDICAL DEVICES	11:12
	Synopsis: During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient's skull. It's been the standard for years – but it's not the <i>best</i> option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new device and her experience as a female entrepreneur in a male-dominated space. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Matthew Potts, Neurosurgeon & Associate Professor of Neurological Surgery, Northwestern Feinberg School of Medicine; Casey Qadir, Co-Founder & CEO, Hubly Surgical Compliance issues covered: surgery; medical device; drill; cranial drill; skull; anatomy; neurology; neurosurgery; female entrepreneurship; medical technology; emergency medicine; consumerism; patient safety Links for information: https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=33716 https://www.instagram.com/matthewpottsmid/ https://www.linkedin.com/in/matthew-potts-9373595/ https://twitter.com/matthewpottsmid?lang=en https://hublysurgical.com/ https://www.instagram.com/hublysurgical/ https://twitter.com/BrainDrillGirl https://www.linkedin.com/in/caseyqadir/	
13:00	SPOTBREAK 2: Verizon "Straight Talk" Procter & Gamble "Febreze Air Effects"	:30
	OUTCUE: ...la la la la la	:30
14:00	:02 PAUSE FOR LOCAL AVAIL	:02
14:02	SEGMENT 2: KNOCKING ON DEATH'S DOOR: THE AT-HOME MEDICAL DEVICE THAT COULD SAVE LIVES	8:23
	Synopsis: Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help patients be an active part of their own care team and stay on top of their health. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Mark Opauszky, CEO, Sparrow Bioacoustics Compliance issues covered: stethoscope; medical applications; medical devices; amputations; trauma; infection; preventive medicine; organ failure; septic shock; patient safety; public health; technology; medical technology Links for information: https://www.linkedin.com/in/opauszky/?originalSubdomain=ca https://stethophone.com/ https://opauszky.com/ https://twitter.com/opauszky?lang=en	
22:25	SPOTBREAK 3: Pfizer Consumer Healthcare "Prevnar" Verizon "Straight Talk" Macy's "Women History Month"	:60 :30 :30
	OUTCUE: slash purpose	:30
24:25	MEDICAL NOTES: DIAGNOSING CANCER ON THE GO, BRAIN WAVES CAN PREDICT A STUTTER, AND THE SCIENTIFIC WAY TO FEEL LESS STRESSED Host: Shel Lustig Producer: Kristen Farrah	2:03
26:28	SPOTBREAK 4: Verizon "Value Brands" Procter & Gamble "Olay Body"	:30 :29
27:27	Program Conclusion	:30
27:57	TOTAL TIME	

Program	24-12	Written & Produced	Kristen Farrah
Air Week	3/24/24	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:46
:46	SPOTBREAK 1: Verizon "Value Brands" SPM "RHJ VP Podcast" OUTCUE: ...dot org	:30 :31
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: PAIN IS NOT WOMANHOOD: EARLIER DIAGNOSING FOR ENDOMETRIOSIS	11:37
	Synopsis: Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America's current process isn't aiding women with this disorder. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jodie Avery, Epidemiologist, Senior Research Fellow, University of Adelaide Medical School; Asha Dickens, patient Compliance issues covered: endometriosis; patient safety; public health; medical imaging; diagnostic tools; ultrasound; women's health; female issues; gynecology; consumerism; surgery; reproductive system Links for information: https://www.uterinehealthguide.com/ https://www.linkedin.com/in/ashadickens/ https://www.endoblack.org/ https://researchers.adelaide.edu.au/profile/jodie.avery https://www.fertstert.org/article/S0015-0282(23)02075-7/abstract https://www.linkedin.com/in/dr-jodie-avery-phd-8394029/ https://twitter.com/Jodie_Avery?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor	
13:26	SPOTBREAK 2: Verizon "Straight Talk" Macy's "Women History Month" OUTCUE: ...slash purpose	:30 :30
14:26	:02 PAUSE FOR LOCAL AVAIL	:02
14:28	SEGMENT 2: PUBLIC HEALTH AND POLITICS: A LOOK AT THE MISTAKES MADE DURING THE PANDEMIC	8:31
	Synopsis: Science has long been an influence of public policy, but some argue that public health organizations became too visible during the pandemic. Dr. Sandro Galea, author of <i>Within Reason</i> , dissects the role that public health has played in recent years and asks the question: what are we willing to give up for the sake of our health? Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Sandro Galea, Dean & Robert A. Knox Professor, Boston University School of Public Health, Author, <i>Within Reason</i> Compliance issues covered: public health; public safety; patient safety; pandemic; politics; medicine; virus; COVID-19; social media; vulnerable populations; public health organizations; science policy Links for information: https://www.bu.edu/sph/profile/sandro-galea/ https://www.sandrogalea.org/ https://press.uchicago.edu/ucp/books/book/chicago/W/bo205394268.html https://www.linkedin.com/in/sandrogalea/ https://twitter.com/sandrogalea?lang=en https://www.instagram.com/sandro_galea/?hl=en	
22:59	SPOTBREAK 3: Verizon "Value Brands" Verizon "Straight Talk" Pfizer Consumer Healthcare "Prevnar" OUTCUE:fees apply	:30 :30 :60
24:59	MEDICAL NOTES: BIRTH CONTROL CAN WORSEN YOUR INFECTION, YOU DON'T NEED 10K STEPS EACH DAY, AND IS 'SUGAR FREE' MAKING YOU SICK? Host: Shel Lustig Producer: Kristen Farrah	1:30
26:29	SPOTBREAK 4: Verizon "Straight Talk" Verizon "Value Brands" OUTCUE: ...management practices	:30 :30
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

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Program	24-13	Written & Produced	Kristen Farrah
Air Week	3/31/24	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:47	
:47	SPOTBREAK 1: Verizon "Straight Talk" Verizon "Value Brands"	:30 :30	OUTCUE: ...management practices
1:47	:02 PAUSE FOR LOCAL AVAIL	:02	
1:49	SEGMENT 1: CANCER DRUG SHORTAGE: DECIDING WHO LIVES AND WHO DIES	11:08	
	Synopsis: When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Barbara Barnett, Cancer Patient; Dr. Julie Gralow, Chief Medical Officer & Executive Vice President, American Society of Clinical Oncology; Mark Fleury, Policy Principal, American Cancer Society Cancer Action Network Compliance issues covered: cancer; manufacturing; generic drugs; FDA; chemotherapy; drug shortages; economics; consumerism; raw materials; breast cancer; supply chain issues; testicular cancer; colon cancer; patient safety Links for information: https://society.asco.org/people/julie-gralow-md-fasco https://www.linkedin.com/in/julie-gralow-8837856a/ https://www.linkedin.com/in/mark-fleury-7ab1479/ https://twitter.com/ME_Fleury https://twitter.com/jrgralow?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.instagram.com/ascocancer/?hl=en https://www.instagram.com/americancancersociety/?hl=en		
12:57	SPOTBREAK 2: Macy's "Women History Month" Verizon "Value Brands"	:30 :30	OUTCUE: ...management practices
13:57	:02 PAUSE FOR LOCAL AVAIL	:02	
13:59	SEGMENT 2: KETAMINE REGULATIONS -- "WE DON'T WANT TO REPRODUCE THIS OPIOID PROBLEM"	8:32	
	Synopsis: Ketamine is FDA-approved as an anesthetic, but it's now being used as a therapy to treat pain, depression, and addiction. However, many worry the rise of psychedelics will bring about a second iteration of the opioid crisis. Our expert shares the history of ketamine and how he believes it should be regulated to lessen the risk of addiction. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Howard Kornfeld, Pain Management & Addiction Specialist, Founder & Medical Director, Recovery Without Walls Compliance issues covered: ketamine; opioid; addiction; patient safety; public safety; pain management; opioid crisis; psychedelics; therapy; hallucinations; consumerism; addictive substances; drug regulations Links for information: https://recoverywithoutwalls.com/dr-kornfeld-addiction-medicine/ https://www.linkedin.com/in/howard-kornfeld-md-9156823/ https://www.instagram.com/recoverywowalls/?img_index=1		
22:31	SPOTBREAK 3: Verizon "Value Brands" Pfizer Consumer Healthcare "Prevnar" Verizon "Straight Talk"	:60 :30 :31	OUTCUE: ...fees apply
24:32	MEDICAL NOTES: REVERSING BLINDNESS, HOW BULLS ARE HELPING MALE INFERTILITY RESEARCH AND WHY HEADPHONES MAY POSE A DANGER TO KIDS Host: Shel Lustig Producer: Kristen Farrah	1:58	
26:30	SPOTBREAK 4: Verizon "Value Brands" Verizon "Straight Talk"	:30 :30	OUTCUE: ...fees apply
27:30	Program Conclusion	:29	
25:59	TOTAL TIME		

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