

**KRTT
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ISSUE Health

04 08 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. Guests today were public health specialists Dr. Paul Carson and Dr. Paul Cieslak. They explain how to evaluate medical claims we may hear about from friends, family or media. They share how to understand scientific studies, which provide the most reliable information, control groups and teach how to recognize and avoid confirmation bias.

04 15 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. Dr. David Usher, a family physician who specializes in weight loss and healthy eating is the guest today to share his best weight loss tips proven by science. Dr. Usher covers the science of how our bodies use carbohydrates, what is wrong with past diet advice, like glycemic index and whole grains, and tackles the real keys to losing fat and more. The three takeaways are to eat less carbs is better for everyone, not just weight loss. Second, there is no healthier carb for weight loss. Third, Dr. Usher encourages listeners to read the labels and look for hidden carbs.

04 22 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. The guest today is John DiCamillo from the National Bioethics Center. He talked about the ethical considerations of cosmetic surgery.

05 06 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. Pediatrician and physiatrist Dr. Mary Keen Kirchoff is the guest today. She talks about the causes, symptoms and treatment advancements for people with cerebral palsy. She said there is a spectrum of conditions that are all cerebral palsy, but they can look different. She said early intervention can lead to improvements and increase in potential for patients. She also said that new therapies offer lots of hope for families with a cerebral palsy diagnosis.

05 13 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. Dr. David Hilger, a diagnostic radiologist, is the guest today. He talks about which screening tests we really need, which ones to skip and how we can be more proactive in taking charge of our own health. Dr. Hilger said not all screening tests are created equal as some are good and some are bad. Pre test probability matters. Dr. Hilger said people should not be getting tests that have low to no probability of finding something. He also advised to know what tests are appropriate for one's gender and age by checking the USPSTF and American Cancer Society.

05 20 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. Mother and pediatrician, Dr. Gwyneth Spaeder is the guest today. Dr. Spaeder talks about the most important things parents should be doing with their children to make the biggest difference in their lives. She covers how to spend quality time with them at different ages, discipline, screentime, friendships, when and how to talk about sexuality and more. The three big takeaways are parents do not have to be their childrens best friend, The world of parenting has changed, especially with the internet, and social media is not essential.

05 27 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body

and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. Pediatrician and ethics professor, Dr. William Stigall is the guest today. Dr. Stigall talks about the science and moral considerations behind in vitro fertilization. The three takeaways are that humans created in the IVF are persons, not property and must be treated with dignity. Secondly, as humans we can repair and assist in the process of conception, but not replace it as we are not God. Thirdly, children born of IVF are children of God with infinite value, the same dignity as children conceived naturally.

06 03 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. Dr. McGovern is the resident dermatologist and he shares everything you need to know about the sun, your skin, including skin types, when to wear sunscreen, how to avoid sunburn and dark spots. He talks about how to prevent skin damage that causes cancer and aging and much more. The three takeaways are: UVA ages the skin, UVB burns and causes skin cancer. Sunscreen mainly blocks UVB and only some UVA. If you want to look younger when you are older, protect your skin from sun exposure. Secondly, there is hope for people with sun damage. They need to look into antioxidant sunscreen and tinted sunscreen. Thirdly, we are made in the image and likeness of God, so leave that likeness alone. You are beautiful as God created you, so there is no need to change that.

06 10 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. All three co hosts are together for this fascinating episode about common diseases in the Bible, what modern illnesses they might have been, how they were treated then, and how we could treat them now. They cover leprosy, hemorrhage and epilepsy and paralysis.

06 17 2022 at 1900 Doctor Doctor 60 minutes Doctor Doctor brings you engaging often humorous and sometimes serious discussions of practical and current medical topics with a focus on the dignity of the human person body and soul with hosts Dr. Tom McGovern, Dr. Chris Stroud and Dr. Andrew Mullally. The guest today is physician and lawyer, Dr. Barbara Golder. She explains the malpractice system in the United States for both physicians and patients. Dr. Golder covers what legally constitutes damage by a provider, what determines standard of care, how patients can advocate for themselves, and what providers can do to avoid misunderstandings that lead to lawsuits.