

Radio Health Journal[®]

**Quarterly Issues Report – Q4 Fourth Quarter, 2013 10/6/13 through 12/29/13
Radio Health Journal Programs 13-40 through 13-52**

During the fourth quarter of 2013 the following compliancy issues were covered:

Healthcare	State Government
Consumerism	Referenda
Mental illness	Marketing and Advertising
Psychology	Agriculture
Homelessness	Food Security and Food Supply
Alcohol and Substance Abuse Treatment	Energy
Economics	Environment and Pollution
Youth at Risk	Animal Welfare
Parenting Issues	Consumer Safety
Public Health	Education
Crime	Drug and Alcohol Abuse
Police	Sexual Abuse
Courts and Criminal Justice System	Infants
Public Policy	Education
Law	Family Issues
Interpersonal Communication	Public Safety
Technology and Society	Government and Legislation
Social Media	Business and Industry
Media and Society	Weather and Health
Drugs and Illicit Drug Use	Prevention
Justice System	

Air week: 10-6-13

2:02 **SEGMENT 1:** ICU PTSD

12:54

Synopsis: A surprisingly high percentage of people who've been treated in intensive care units later suffer from post-traumatic stress disorder, often including hallucinations recalling horrible ICU incidents. This has led to coining a new syndrome--PICS, or post intensive care syndrome. Experts discuss why the syndrome appears to occur and what's being done to treat and prevent it.

Host: Reed Pence. Guests: Dr. Dr. Joe Bienvu, Assoc. Prof. of Psychiatry, Johns Hopkins Univ.; Dr. James Jackson, Asst. Prof. of Medicine, Vanderbilt Univ.

COMPLIANCY ISSUES COVERED: health care; consumerism; mental illness

15:59 **SEGMENT 2:** The science of success

7:36

Synopsis: "Success gurus" have wildly varying prescriptions for how to win in life, but how scientifically valid are their ideas? Two brain scientists discuss what research shows is important to success.

Host: Nancy Benson. Guests: Dr. Mark Fenske, Asst. Prof. of Psychology, Univ. of Guelph and Dr. Jeff Brown, psychologist, Harvard Medical School, co-authors, [The Winner's Brain: Eight Strategies Great Minds Use to Achieve Success](#).

COMPLIANCY ISSUES COVERED: consumerism; psychology

Program # 13-41

Air week: 10-13-13

2:03 **SEGMENT 1:** "Wet houses"

13:23

Synopsis: Many shelter organizations require that homeless alcoholics be sober before they qualify for housing. However, many homeless alcoholics are not ready to stop drinking, yet need help. Experts discuss the pro's and con's of a new form of housing that allows residents to continue drinking while reducing the harm of homelessness and alcoholism.

Host: Reed Pence. Guests: Bill Hobson, Executive Director, DESC of Seattle; Dr. Jeff Turnbull, Medical Director, Ottawa, ON, Inner City Health Program; William Moyers, Vice President of Public Affairs and Community Relations, Hazelden Foundation

COMPLIANCY ISSUES COVERED: homelessness; alcohol and substance abuse and treatment

16:30 **SEGMENT 2:** Cancer prehabilitation

7:33

Synopsis: Rehabilitation has been a staple of recovery for many illnesses, but often not after cancer treatment. Similarly, sometimes people about to undergo orthopedic surgery may be given exercises, or prehabilitation, to prepare them. A nationally known rehab specialist discusses using prehabilitation techniques for newly diagnosed cancer patients.

Host: Nancy Benson. Guest: Dr. Julie Silver, Assoc. Prof. of Physical Medicine and Rehabilitation, Harvard Medical School

COMPLIANCY ISSUES COVERED: consumerism; health care; economics

Program # 13-42

Air week: 10-20-13

2:00 **SEGMENT 1:** Kids' bitter medicine

11:50

Synopsis: Children's medicines are so notoriously bad-tasting that it can impact the effectiveness of treatment for serious illness. Experts discuss the problem, how taste works, some of the misconceptions about taste, and new ways to address the problem.

Host: Reed Pence. Guests: Dr. Bill Greene, Chief Pharmaceutical Officer, St. Jude Children's Research Hospital, Memphis; Jackie Toia, oncology nurse practitioner, Lurie Children's Hospital, Chicago; Dr. Julie Menella, research scientists, Monell Chemical Senses Center, Philadelphia; Polly Hansen, Producer, Radio Health Journal.

COMPLIANCY ISSUES COVERED: youth at risk; parenting issues; health care; public health; consumerism

14:54 **SEGMENT 2:** Your therapist's brain

8:12

Synopsis: Many people have no idea how or why psychotherapy works. A well-known psychotherapist describes what therapists are thinking about while the patient is on the couch and how these thoughts guide treatment.

Host: Nancy Benson. Guest: Dr. Drew Permut, Clinical Professor of Psychology, George Washington Univ. and author, Inside Your Therapist's Mind: How a Psychotherapist Thinks and Why It Works

COMPLIANCY ISSUES COVERED: consumerism; health care

Program # 13-43

Air week: 10-27-13

2:03 **SEGMENT 1:** False confessions

13:48

Synopsis: Confessing to a crime that a person did not commit is a major reason for wrongful convictions. Scientists have found that the psychology of innocent people is a major reason for false confessions. Experts discuss the chain of events and psychology that allow them to occur, and public policy changes that could make them much more rare.

Host: Reed Pence. Guests: Dr. Max Gyll, Asst. Prof. of Psychology, Iowa State Univ.; Rob Warden, Executive Director, Center on Wrongful Convictions, Northwestern Univ. School of Law

COMPLIANCY ISSUES COVERED: crime; police; courts and criminal justice system; public policy; law

16:51 **SEGMENT 2:** Health effects of "springing ahead and falling back"

6:34

Synopsis: Many people dismiss the body disruption of the time change as we enter and leave daylight saving time. However, each season, car crashes increase for a few days. Is that proof? Experts discuss our internal body clocks and how people can make time transitions easier.

Host: Nancy Benson. Guests: Dr. Sidney Speisel, Clinical Prof. of Medicine, Yale Univ., and contributor, Slate magazine; Dr. Charmane Eastman, Prof. of Behavioral Sciences and Director, Biological Rhythms Research Lab, Rush Univ. Medical Center.

COMPLIANCY ISSUES COVERED: consumerism; public health

Program # 13-44

Air week: 11-3-13

2:03 **SEGMENT 1:** The psychology and emotions of social networks

13:04

Synopsis: Facebook has revolutionized our relationships and interpersonal communications in less than 10 years. Studies are beginning to reveal how people use social media and the differing psychological effects of these styles of use. Experts discuss.

Host: Reed Pence. Guests: Dr. Cliff Lampe, Assoc. Prof., Univ. of Michigan School of Information; Dr. Chris Carpenter, Asst. Prof. of Communication, Western Illinois Univ.

COMPLIANCY ISSUES COVERED: psychology; interpersonal communication; technology and society; social media; media and society

16:08 **SEGMENT 2:** Flu season 2013

7:49

Synopsis: Thousands of Americans die each year as a result of the flu, prompting a major effort by public health officials to get people vaccinated for the flu. A nationally known expert discusses this year's flu season and changes in the vaccine to fight it.

Host: Nancy Benson. Guest: Dr. Dr. William Schaffner, Prof. of Preventive Medicine, Vanderbilt Univ. School of Medicine.

COMPLIANCY ISSUES COVERED: consumerism; public health; youth at risk; technology

Program # 13-45

Air week: 11-10-13

2:05 **SEGMENT 1:** Marijuana: how much like alcohol?

12:08

Synopsis: With the legalization of recreational marijuana use in Colorado and Washington, experts and other states will be watching closely to see whether the cannabis experience is similar to alcohol. Some experts fear that marijuana will be heavily marketed like alcohol. But marijuana supporters welcome the comparison, claiming that pot will show itself as a safer alternative. Experts and advocates discuss.

Host: Reed Pence. Guests: Dr. David Nutt, Prof. of Neuropsychopharmacology, Imperial College, London, Chairman, Independent Scientific Committee on Drugs and former UK Government advisor on drugs; Dr. Kevin Sabet, Director, Project SAM (Smart Approaches to Marijuana), author, [Reefer Sanity: Seven Great Myths About Marijuana](#), and former Senior Advisor, White House Office of National Drug Control Policy; Steve Fox, Principal, Marijuana Strategies and co-author, [Marijuana Is Safer, So Why Are We Driving People to Drink?](#); Paul Armentano, Deputy Director, National Organization for the Reform of Marijuana Laws and co-author, [Marijuana Is Safer, So Why Are We Driving People to Drink?](#)

COMPLIANCY ISSUES COVERED: Drugs and illicit drug use; public policy; laws, crime and justice system; state government; referenda; alcohol; marketing and advertising; youth at risk

15:15 **SEGMENT 2:** Inside your medicine cabinet

7:37

Synopsis: Most people's medicine cabinet is a disorganized mess with problems that could prevent healing and even threaten health. A pharmacist advised what should be in your medicine cabinet and how to keep those medicines safe and effective.

Host: Nancy Benson. Guest: Sherry Torkos, pharmacist and author, [The Canadian Encyclopedia of Natural Medicine and Saving Women's Hearts](#)

COMPLIANCY ISSUES COVERED: consumerism; youth at risk; drug safety

Program # 13-46
Air week: 11-17-13

2:04 **SEGMENT 1:** Meat from a test tube: the future of dinner?

12:49

Synopsis: Laboratory-grown beef has reached the taste-test stage, and scientists hope to use it to eventually replace the current means of livestock agriculture. If successful, cultured meat could save huge amounts of land and energy, reduce pollution and improve animal welfare. But will consumers accept it? The world's foremost cultured meat scientist and a food futurist discuss.

Host: Reed Pence. Guests: Josh Schonwald, author, [The Taste of Tomorrow: Dispatches from the Future of Food](#); Dr. Mark Post, Prof. of Physiology, Maastricht Univ., Netherlands and leader of cultured meat project.

COMPLIANCY ISSUES COVERED: agriculture; technology; food security and food supply; energy; environment and pollution; animal welfare; consumerism; economics

15:55 **SEGMENT 2:** Food poisoning apps

7:10

Synopsis: Food poisoning claims thousands of lives each year in the US and makes millions more sick. A food safety expert and FDA authority discuss ways to keep food safe, including new smartphone apps with a variety of functions.

Host: Nancy Benson. Guests: Linda Larson, editor, Food Poisoning Bulletin; Michael Taylor, Deputy Commissioner for Foods and Veterinary Medicine, US Food and Drug Administration.

COMPLIANCY ISSUES COVERED: consumerism; technology; consumer safety; public health

Program # 13-47
Air week: 11-24-13

2:03 **SEGMENT 1:** Why college students drink

11:51

Synopsis: An expert explains one of the first thorough studies into how and why college students binge drink. The results suggest that bingeing will be hard to curb, but that colleges can tap into student habits to reduce the harm that comes from binge drinking.

Host: Reed Pence. Guest: Dr. Thomas Vander Ven, Prof. of Sociology and Anthropology, Ohio Univ. and author, [Getting Wasted: Why College Students Drink Too Much and Party So Hard](#).

COMPLIANCY ISSUES COVERED: youth at risk; education; drug and alcohol abuse; sexual abuse

14:56 **SEGMENT 2:** Ankle replacement 7:58

Synopsis: Hip and knee replacements are common, and doctors now say ankle replacements have become technically good enough to make fusion obsolete for arthritis patients in severe pain. A doctor and patient discuss.

Host: Nancy Benson. Guests: Dr. Simon Lee, foot and ankle surgery specialists, Rush Univ. Medical Center and Midwest Orthopedics, Chicago; Robert Corwin, ankle replacement patient and judo instructor, Yorkville, IL.

COMPLIANCY ISSUES COVERED: consumerism; technology

Program # 13-48
Air week: 12-1-13

2:04 **SEGMENT 1:** Breastmilk sharing 13:19

Synopsis: Thousands of new mothers who are unable to make enough milk for their babies have turned to web site matching with women who produce more than enough and are willing to share it or sell it. Experts discuss the risks of sharing with unknown donors and alternatives that might reduce the risks.

Host: Reed Pence. Guest: Dr. Sarah Keim, Principal Investigator, Nationwide Children's Hospital, Columbus, OH and Asst. Prof. of Pediatrics, Ohio State Univ.; Dr. Amy Tuteur, obstetrician-gynecologist and author, [SkepticalOB.com](#); Emma Kwasnica, founder, Human Milk 4 human Babies Global Network.

COMPLIANCY ISSUES COVERED: infants and youth at risk; health care; public health; consumerism and consumer safety

16:25 **SEGMENT 2:** Keeping secrets from your doctor 7:32

Synopsis: Patients often keep lifestyle secrets from their physicians even though it may be harmful to their health. Experts discuss the most common reasons for secret-keeping and the consequences that may result.

Host: Nancy Benson. Guests: Dr. Daphne Miller, family physician, San Francisco; Karen Giblin, President, Red Hot Mamas menopause management program

COMPLIANCY ISSUES COVERED: health care; public health; consumerism; youth at risk

Program # 13-49
Air week: 12-8-13

2:04 **SEGMENT 1:** Backlash against overparenting 13:06

Synopsis: "Helicopter parents" are common, hovering over and intervening in everything their children do. New research is showing that overparented children often fail when they go to college and have to survive on their own. Experts discuss how overparenting creates dependence in children and how parents can start backing off.

Host: Reed Pence. Guests: Lenore Skenazy, author, [Free Range Kids](#) book and blog ([FreeRangeKids.com](#)); Dr. Neil Montgomery, Prof. of Psychology, Keene State College; Carl Honore, author, [Under Pressure: Rescuing Our Children From the Culture of Hyper-Parenting](#) and [In Praise of Slowness: How a Worldwide Movement is Challenging the Cult of Speed](#)

COMPLIANCY ISSUES COVERED: Youth at risk; education; parenting and family issues; public safety

16:12 **SEGMENT 2:** Accentuating the positive 7:47

Synopsis: As a survival mechanism, the human brain is wired to remember negative events more strongly than positive ones. An expert neurologist discusses changes in thinking that can create more positive physical brain pathways, making us happier.

Host: Nancy Benson. Guest: Dr. Rick Hanson, author, [Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence](#)

COMPLIANCY ISSUES COVERED: technology; psychology

Program # 13-50
Air week: 12-15-13

2:04 **SEGMENT 1:** Orphan drugs

12:21

Synopsis: The Orphan Drug Act of 1983 gave incentives to drugmakers to develop medicines for rare diseases. Far more orphan drugs have been created, but the Act has also had unintended consequences. Without competition, some orphan drugs are priced so high that insurers balk at paying fully for them. Profits on orphan drugs can be so great that drugmakers ignore normal drugs. Yet orphan drug science often ends up helping people with other diseases. Experts discuss.

Host: Reed Pence. Guests: Dr. Ian Phillips, Prof. of Applied Life Sciences and Director, Center for Rare Disease Therapies, Keck Graduate Institute; Tim Cote, CEO, Cote Orphan Consulting and former Director, FDA Office of Orphan Products; Dr. Joshua Cohen, Senior Research Fellow, Tufts Center for the Study of Drug Development

COMPLIANCY ISSUES COVERED: government and legislation; economics; business and industry; consumerism

15:27 **SEGMENT 2:** Children's food allergies

7:39

Synopsis: One of every 12 children now has a food allergy, and when two kids in every average classroom are affected, all their classmates' families need to know about them, too. Experts discuss why allergies occur, how they differ from sensitivities, and how a new law could save lives of children hit with an allergic reaction.

Host: Nancy Benson. Guests: Rachel Brandeis, registered dietitian; Dr. James Sublett, Managing Partner, Family Allergy & Asthma, Louisville, KY and President-Elect, American College of Allergy, Asthma and Immunology

COMPLIANCY ISSUES COVERED: children at risk; education; school safety; public health; government and legislation; parenting issues; consumerism

Program # 13-51
Air week: 12-22-13

2:04 **SEGMENT 1:** Holidays in the ER

12:28

Synopsis: The holidays are like no other time in your local hospital's emergency department. Having family in from out of town results in pickup football injuries, carving knife gashes, and maladies that should have been addressed long ago. It also creates a spike in dead-on-arrival cases greater than any other days of the year. Experts discuss why these occur and how to prevent them.

Host: Reed Pence. Guests: Dr. Christopher Michos, Connecticut ER physician; Dr. Robert Kloner, Director of Research, Heart Institute, Good Samaritan Hospital, Los Angeles and Prof. of Medicine, Keck School of Medicine, Univ. of Southern California; Dr. David Phillips, Prof. of Sociology, Univ. of California at San Diego.

COMPLIANCY ISSUES COVERED: health care; public health; weather and health; prevention; family issues

15:34 **SEGMENT 2:** Pharmacists and diabetes treatment

8:30

Synopsis: A demonstration project has shown that involving community pharmacists in diabetes care can markedly improve medication adherence and health results for people in virtually any walk of life. An expert involved in the project discusses how it works and how the idea could be used for other chronic diseases.

Host: Nancy Benson. Guests: Ben Bluml, Senior Vice President for Research and Innovation, American Pharmacists Assn. Foundation

COMPLIANCY ISSUES COVERED: health care; public health; prevention; economics

Program # 13-52
Air week: 12-29-13

2:04 **SEGMENT 1:** Fertility and the poor

12:01

Synopsis: Low income women have a much higher rate of unintentional pregnancy than those with higher incomes. Experts explain some of the reasons and the serious consequences, both for families and for the nation, in its poverty rate and workforce composition.

Host: Reed Pence. Guests: Dr. Lawrence Finer, Director of Domestic Research, Guttmacher Institute; Dr. Victoria Jennings, Prof. of Obstetrics & Gynecology and Director, Institute for Reproductive Health, Georgetown University.

COMPLIANCY ISSUES COVERED: women's issues; poverty; abortion and family planning; youth at risk; employment; education; federal government and welfare.

15:07 **SEGMENT 2:** Seriously ill teens will still be teens

7:11

Synopsis: Seriously ill teenagers still act like teens in the hospital, sometimes aided and abetted by staff. A novelist discusses her observations from years on the hospital floor with her sick child as the basis for her new book.

Host: Nancy Benson. Guest: Hollis Seamon, Prof. of English, College of St. Rose, faculty, MFA in Creative Writing program, Fairfield Univ. and author, Somebody Up There Hates You.

COMPLIANCY ISSUES COVERED: youth at risk; parenting and family issues

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