



Quarterly Issues Report – Q1 First Quarter, 2013 1/1/13 through 3/31/13 Radio Health Journal Programs 13-01 through 13-13

Program # 13-01

Air Week: 1-6-13

2:06 **SEGMENT 1:** Music education and the brain 13:07

Synopsis: Many schools are slashing music education as "a costly frill" so students can concentrate on the 3 R's. But new research shows that music education changes the brain. Students who learn a musical instrument are much better learners in all subjects. Experts explain.

Host: Reed Pence. Guests: Chris Woodside, Assistant Executive Director for Advocacy and Public Affairs, National Association of Music Education; Dr. Nine Krauss, Director, Auditory Neuroscience Laboratory, Northwestern Univ.; Dr. Aniruddh Patel, Assoc. Prof. of Psychology, Tufts Univ.

COMPLIANCY ISSUES COVERED: the arts; education; youth at risk; school funding

16:16 **SEGMENT 2:** Making cheerleading safer 7:49

Synopsis: Cheerleading, with its pyramids and throws, is the most dangerous school activity that a high school girl can pursue. An expert and study co-author explains changes advocated by the nation's pediatricians that would reduce catastrophic injuries.

Host: Nancy Benson. Guest: Dr. Jeff Mjaanes, Asst. Prof. of Orthopedic Surgery and Pediatrics and Director, Chicago Sports Concussion Clinic, Rush Univ. Medical Center

COMPLIANCY ISSUES COVERED: youth at risk; sports and recreation; education

Program # 13-02

Air Week: 1-13-13

2:04 **SEGMENT 1:** Compounding pharmacy safety 14:22

Synopsis: Drug contamination from a compounding pharmacy led to dozens of deaths and hundreds of illnesses this fall, calling into question the lack of regulation that could allow such an incident to happen. Experts discuss how compounding is regulated in pharmacies, loopholes that allow drug manufacture in the guise of compounding, and how consumers can protect themselves.

Host: Reed Pence. Guests: Joe Graedon, pharmacologist, and Dr. Teresa Graedon, medical anthropologist, co-founders and co-directors, The People's Pharmacy and co-authors, Top Screwups Doctors Make and How to Avoid Them; David Ball, spokesman, international Academy of Compounding Pharmacists; Dr. Sarah Sellers, former FDA regulator and President, Q-Vigilance drug safety consultants

COMPLIANCY ISSUES COVERED: consumer protection and consumer safety; federal government regulation; state government regulation; business and industry; health care

17:31 **SEGMENT 2:** Premonitions: evidence of reality 6:42

Synopsis: Research is showing that premonitions may be real, and explainable through quantum physics. A noted expert discusses the research and how premonitions could be exploited to people's benefit.

Host: Nancy Benson. Guest: Dr. Larry Dossey, author, The Power of Premonitions: How Knowing the Future Can Shape Our Lives.

COMPLIANCY ISSUES COVERED: public health

Program # 13-03

Air Week: 1-20-13

2:04 **SEGMENT 1:** Flu and flu vaccines 13:25

Synopsis: This flu season is shaping up to longer and worse than usual. Experts discuss influenza and impediments to the development of a "universal" flu vaccine that would protect against all forms of flu for years at a time.

Host: Reed Pence. Guests: Dr. Anthony Fauci, Director, National Institute of Allergy and Infectious Diseases, National Institutes of Health; Dr. William Schaffner, chair, Department of Preventive Medicine, Vanderbilt Univ. Medical Center.

COMPLIANCY ISSUES COVERED: health care; public health; science and technology; prevention; consumerism

16:34 **SEGMENT 2:** Inside your eye exam 7:02

Synopsis: Eye exams are looking for a lot more than just eye diseases or how well you see. The eye is the window to the rest of our body's health, and many diseases can be spotted there first. An ophthalmologist explains.

Host: Lynn Holley. Guest: Dr. Christopher Starr, Asst. Prof. of Ophthalmology, Weill-Cornell Medical Center, New York.

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

Program # 13-04

Air Week: 1-27-13

2:06 **SEGMENT 1:** Reducing hospital readmissions 13:26

Synopsis: All too often, people who've been released from the hospital quickly get sick again and need to be readmitted, resulting in wasteful spending. Medicare now financially penalizes hospitals whose readmission rates are above average, so hospitals are embarking on measures to check up on released patients and keep them well. Experts discuss.

Host: Reed Pence. Guests: Joel Wright, Vice President, Health System Operations, Walgreen Co.; Dr. Amy Boutwell, President, Collaborative Healthcare Strategies and practicing physician, Newton-Wellesley and Massachusetts General Hospitals.

COMPLIANCY ISSUES COVERED: health care; federal government; Medicare; public health; consumerism and consumer safety; economics

16:35 **SEGMENT 2:** Reality TV: The new freak show? 7:31

Synopsis: Societies have attempted to stamp out carnival freak shows, but they always return. Many experts believe reality TV shows are this generation's incarnation of this phenomenon. Experts discuss the purposes they may serve society, efforts to legitimize such shows and the seemingly irresistible pull they have on many of us.

Host: Nancy Benson. Guests: Robert Bogdan, Distinguished Prof. Emeritus of Sociology and Special Education, Syracuse Univ.; Andy Denhart, Asst. Prof. of Journalism, Stetson Univ., and editor, RealityBlurred.com; Nadia Durbach, Assoc. Prof. of History, Univ. of Utah and author, Spectacle of Deformity: Freak Shows and Modern British Culture; Mark Andrejevic, Assoc. Prof. of Communication Studies, Univ. of Iowa.

COMPLIANCY ISSUES COVERED: media and society; disabilities

Program # 13-05

Air Week: 2-3-13

1:56 **SEGMENT 1:** What makes a happy relationship and marriage? 12:41

Synopsis: Once the domain of pop psychologists, science has now tackled romantic relationships to show the secrets of success. Experts discuss what research shows couples need to know to maintain their relationship.

Host: Reed Pence. Guests: Alisa Bowman, author, Project: Happily Ever After and editor, ProjectHappilyEverAfter.com; Dr. Howard Markman, Prof. of Psychology, Univ. of Denver and author, Fighting for Your Marriage; Dr. Gary Lewandowski, Prof. of Psychology, Monmouth Univ.

COMPLIANCY ISSUES COVERED: interpersonal relationships; family issues

15:41 **SEGMENT 2:** Superstitions 7:53

Synopsis: Research shows that about half of Americans are superstitious. Studies also show that superstitious rituals may improve performance by boosting confidence. Experts discuss the psychology of superstitions.

Host: Lynn Holley. Guests: Dr. Stuart Vyse, Prof. of Psychology, Connecticut College and author, Believing in Magic: the Psychology of Superstition; Dr. Alex Lickerman, author, The Undefeated Mind.

COMPLIANCY ISSUES COVERED: pop culture; consumerism; sports and recreation

Program # 13-06

Air Week: 2-10-13

1:56 **SEGMENT 1:** Normal pressure hydrocephalus 11:49

Synopsis: As many as five percent of people diagnosed with Parkinson's or Alzheimer's diseases may in reality have a treatable disorder caused by "water on the brain." An expert and patient discuss.

Host: Reed Pence. Guests: J.D. and Donna Cain, normal pressure hydrocephalus patient and his wife/caregiver; Dr. Marvin Bergsneider, Prof. of Neurosurgery and chief, Adult Hydrocephalus and ICP Disorders Program, UCLA

COMPLIANCY ISSUES COVERED: health care; elderly and senior citizens

14:50 **SEGMENT 2:** How personality affects longevity 8:40

Synopsis: A unique 90-year study has uncovered how personality is one of the most important factors determining lifespan. One of the researchers involved in the study explains their groundbreaking findings.

Host: Nancy Benson. Guest: Dr. Leslie Martin, Prof. of Psychology, La Sierra Univ. and co-author, The Longevity Project.

COMPLIANCY ISSUES COVERED: public health; pop psychology

Program # 13-07

Air Week: 2-17-13

2:05 **SEGMENT 1:** Preventing surgical "never events" 14:44

Synopsis: A new study finds that about 80 times per week in the US, errors occur in surgery that experts agree should never happen: operating on the wrong body part or the wrong person, or leaving an instrument or sponge behind in the patient. Experts discuss how these egregious mistakes happen and new efforts to prevent them.

Host: Reed Pence. Guests: Dr. Marty Makary, Assoc. Prof. of Health Policy, Johns Hopkins Univ. and author, Unaccountable: What Hospitals Don't Tell You and How Transparency Can Revolutionize Healthcare; Dr. Verna Gibbs, Prof. of Surgery, Univ. of California-San Francisco, staff surgeon, San Francisco VA Medical Center and Director, No Thing Left Behind; Coleen Smith, High Reliability Initiatives Director, Center for Transforming Healthcare, The Joint Commission

COMPLIANCY ISSUES COVERED: health care; public health; consumerism and consumer safety

17:50 **SEGMENT 2:** Eavesdropping 6:02

Synopsis: Most people consider eavesdropping to be rude, but one expert explains that the behavior has been vital to survival. Our psychological need to eavesdrop is so pronounced that today we outsource the practice.

Host: Lynn Holley. Guest: Dr. John Locke, Prof. of Linguistics, City University of New York and author, Eavesdropping: An Intimate History

COMPLIANCY ISSUES COVERED: interpersonal relations; public safety; entertainment; technology and society.

Program # 13-08
Air Week: 2-24-13

2:05 **SEGMENT 1:** Postpartum depression in men 11:56

Synopsis: Doctors are on the lookout for postpartum depression in new mothers. However, around 10 percent of new fathers may also experience depression in the first six months after their child's birth. Experts discuss differences in symptoms, warning signs, and preventive strategies.

Host: Reed Pence. Guests: Dr. Shoshanna Bennett, clinical psychologist, author, Postpartum Depression for Dummies and founder, DrShosh.com; Dr. Paul Ramchandani, Dept. of child and Adolescent Psychiatry, Imperial College, London; Dr. Will Courtenay, founding editor, International Journal of Men's Health, founder, MensDoc.com and PostPartumMen.com.

COMPLIANCY ISSUES COVERED: women's issues; men's issues; children at risk; mental health

15:03 **SEGMENT 2:** Learning from traditional societies 8:48

Synopsis: An expert discusses his study of traditional native societies, which shows how human genetics have not adapted to change.

Host: Nancy Benson. Guest: Jared Diamond, author, The World Until Yesterday: What Can We Learn from Traditional Societies?

COMPLIANCY ISSUES COVERED: evolution; population growth; youth at risk; public health

Program # 13-09
Air Week: 3-3-13

2:05 **SEGMENT 1:** Immune cell therapy 13:55

Synopsis: Researchers have succeeded in treating a small number of leukemia patients using their own immune systems. The patient's T-cells are altered to recognize and destroy cancer cells while affecting very few healthy cells, similar to the way T-cells kill a virus. It could mark a breakthrough in cancer treatment if further trials are successful.

Host: Reed Pence. Guests: Dr. Rebecca Gardner, University of Washington Seattle Children's Research Institute; Dr. Stephen Grupp, Director, Translational Research, Children's Hospital of Philadelphia

COMPLIANCY ISSUES COVERED: technology, research and development; youth at risk; health care; cancer; HIV

17:04 **SEGMENT 2:** Primal fear in the modern world 6:53

Synopsis: Fear keeps many people from doing what they want, even when fear isn't reasonable or justified. A journalist who investigated the brain's fear pathways and roots discusses how this most ancient instinct often doesn't work in the modern world.

Host: Nancy Benson. Guest: Jamail Yogis, author, [The Fear Project](#)

COMPLIANCY ISSUES COVERED: evolution; consumerism

Program # 13-10

Air Week: 3-10-13

2:05 **SEGMENT 1:** Workplace bullies and mean girls 12:10

Synopsis: Studies estimate that at some point in their careers, 35 percent of workers will be bullied badly enough to affect their health. Experts discuss the reasons for workplace bullying, the outcomes, and some of the few ways to prevent it.

Host: Reed Pence. Guests: Dr. Gary Namie, Director, Workplace Bullying Institute; Meredith Fuller, psychologist and author, [Working With Bitches: Identifying Eight Types of Office Mean Girls and How to Deal With Them](#)

COMPLIANCY ISSUES COVERED: workplace, employment and unemployment; economics; public health; legal issues; discrimination

15:17 **SEGMENT 2:** A new way to deal with tinnitus 8:43

Synopsis: Tinnitus, or ringing in the ears, affects millions of Americans, though many of them do nothing about it. Some who seek treatment cannot be helped with common masking solutions. An audiologist and inventor of a new technology for tinnitus symptoms discusses the issue.

Host: Lynn Holley. Guest: Dr. Jeff Carroll, Director, Clinical Services and Engineering, Soundcure Inc.

COMPLIANCY ISSUES COVERED: public health; consumerism; disabilities

Program # 13-11

Air Week: 3-17-13

2:05 **SEGMENT 1:** Teen dating abuse 13:34

Synopsis: New studies show dating abuse among teenagers may be twice as prevalent as previously thought, and that it has bad effects on behavior years later. Experts discuss this new research, why such behavior may be so common, and resources for teens who may find themselves in abusive relationships.

Host: Reed Pence. Guests: Katie Ray-Jones, President, National Dating Abuse Helpline; Dr. Amy Bonomi, Assoc. Prof. of Human Development and Family Science, The Ohio State Univ. and author of new study; Deineria Exner-Cortens, doctoral candidate in human development, Cornell Univ. and author of new study

COMPLIANCY ISSUES COVERED: youth at risk; education and schools; interpersonal relationships; violence and abuse; technology

16:40 **SEGMENT 2:** Treating depression with Botox 7:20

Synopsis: A few studies have shown that treatment of frown muscles can effectively treat many cases of depression. The developer of the technique discusses how brain-muscular "feedback loops" affect mood.

Host: Nancy Benson. Guest: Dr. Eric Finzi, Dermatologic Surgeon and author, [The Face of Emotion: How Botox Affects Mood and Relationships](#)

COMPLIANCY ISSUES COVERED: consumerism; public health

Program # 13-12

Guest information, segment podcasts and the latest health news are available at www.radiohealthjournal.net

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