

**2017-Q4 (October-December) Viewpoints Radio Quarterly Report  
Compliance Issues covered this quarter:**

Addiction  
Aging  
Agriculture  
Beauty  
Child Abuse  
Climate change  
Consumerism  
Crime/Justice System  
Developmental Disabilities  
Disease  
Discrimination  
Disorders  
Economics  
Education  
Elderly  
Emergency Preparedness  
Environmental issues  
Ethics  
Family Issues  
Federal Government  
Gender Issues  
Generational Conflict

Health Care  
Hispanic and Latino Issues  
Immigration  
Labor and Employment  
Medicine  
Mental Health  
Modern Culture  
Natural Disasters  
Nutrition/Malnutrition  
Parenting  
Pop Culture  
Poverty  
Psychology  
Public Discourse  
Public Health  
Public Policy  
Substance Abuse  
Suicide and Prevention  
Technology  
Teen Pregnancy  
Women's Issues  
Youth at Risk

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<b>Program</b>	<b>17-40</b>	<b>Producers</b>	<b>Reed Pence &amp; Libby Foster</b>
<b>Air Week</b>	<b>10/01/17-10/07/17</b>	<b>Production Director</b>	<b>Sean Waldron</b>
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>	
2:03	SEGMENT 1: A POSSIBLE TREATMENT FOR FETAL ALCOHOL SYNDROME?	12:39	
<p><b>Synopsis:</b> Fetal alcohol spectrum disorder affects around five percent of the US population with mental disabilities and behavioral problems. Researchers explain experiments on animals with a new treatment that could eliminate the disorder, perhaps even after birth.</p>			
<p><b>Host:</b> Reed Pence. <b>Guests:</b> Maggie, parent of son with fetal alcohol syndrome; Dr. Eva Redei, Prof. of Psychiatry and Behavioral Sciences, Northwestern Univ.; Dr. Joanne Rovet, Senior Scientists, Hospital for Sick Children, Toronto, and Senior Prof. of Psychology, Univ. of Toronto.</p>			
<p><b>Compliance issues covered:</b> youth at risk; parenting issues; alcohol abuse; technology; developmental disabilities</p>			
<p><b>Links for more information:</b> <a href="http://www.nuin.northwestern.edu/members-2/e-redei/">http://www.nuin.northwestern.edu/members-2/e-redei/</a>; <a href="http://www.sickkids.ca/AboutSickKids/Directory/People/R/Joanne-Rovet.html">http://www.sickkids.ca/AboutSickKids/Directory/People/R/Joanne-Rovet.html</a></p>			
15:44	SEGMENT 2: FERTILITY RATE DECLINES	7:18	
<p><b>Synopsis:</b> Birth rates in the US are at an all time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility.</p>			
<p><b>Host:</b> Nancy Benson. <b>Guests:</b> Richard Jackson, President &amp; founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception Program, Nationwide Children's Hospital, Columbus, OH</p>			
<p><b>Compliance issues covered:</b> health care; teen pregnancy; labor and employment; economics; generational conflict</p>			
<p><b>Links for more information:</b> <a href="http://www.globalaginginstitute.org/about-gai/team.html">http://www.globalaginginstitute.org/about-gai/team.html</a>; <a href="http://www.nationwidechildrens.org/elise-d-berlan">http://www.nationwidechildrens.org/elise-d-berlan</a></p>			

<b>Program</b>	<b>17-41</b>	<b>Producers</b>	<b>Reed Pence &amp; Libby Foster</b>
<b>Air Week</b>	<b>10/08/17-10/14/17</b>	<b>Production Director</b>	<b>Sean Waldron</b>

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Time	Segment	Dur.
1:57	SEGMENT 1: UNDOCUMENTED IMMIGRANTS SKIPPING HEALTHCARE	12:48
<p><b>Synopsis: With the federal government's crackdown on undocumented immigrants, many of them are skipping going to the doctor or the emergency room for fear of deportation. Experts discuss.</b></p>		
<p><b>Host: Reed Pence. Guests: Dr. Evan Ashkin, Prof. of Family Medicine, Univ. of North Carolina, Chapel Hill; Dr. Elisabeth Poorman, primary care physician, Cambridge Health Alliance, Everett, MA</b></p>		
<p><b>Compliance issues covered: immigration; health care; public health; federal government; Hispanic and Latino issues; discrimination</b></p>		
<p><b>Links for more information: <a href="http://www.med.unc.edu/fammed/news/unique-partnershipbrings-doctors-to-statesunderserved-areas">http://www.med.unc.edu/fammed/news/unique-partnershipbrings-doctors-to-statesunderserved-areas</a>; <a href="https://www.facebook.com/elisabethpoorman/">https://www.facebook.com/elisabethpoorman/</a></b></p>		
15:47	SEGMENT 2: PICA: A STRANGE "EAT ANYTHING" DISORDER	7:05
<p><b>Synopsis: Pregnancy and early childhood are the most common time for a strange disorder that prompts people to eat non-food items such as clay or ice. Experts discuss its mysterious history.</b></p>		
<p><b>Host: Nancy Benson. Guests: Dr. Sera Young, Asst. Prof. of Anthropology and Global Health, Northwestern Univ.; Dr. Richard Kreipe, Prof. of Pediatrics and Director, Child and Adolescent Eating Disorder Program, Univ. of Rochester</b></p>		
<p><b>Compliance issues covered: health care; youth at risk</b></p>		
<p><b>Links for more information: <a href="https://www.nationaleatingdisorders.org">https://www.nationaleatingdisorders.org</a>; <a href="http://www.anthropology.northwestern.edu/people/faculty/sera-young.html">http://www.anthropology.northwestern.edu/people/faculty/sera-young.html</a>; <a href="https://www.umc.rochester.edu/people/20022129-richard-e-kreipe/patients">https://www.umc.rochester.edu/people/20022129-richard-e-kreipe/patients</a></b></p>		

Program	17-42	Producers	Reed Pence & Polly Hansen
Air Week	10/15/17-10/21/17	Production Director	Sean Waldron

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Time	Segment	Dur.
2:05	SEGMENT 1: WHY THE OPPOSITION TO LATER SCHOOL START TIMES?	12:02
<p><b>Synopsis:</b> Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change.</p>		
<p><b>Host:</b> Reed Pence. <b>Guests:</b> Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Asst. Prof. of Psychiatry and Psychology, Univ. of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization</p>		
<p><b>Compliance issues covered:</b> Youth at risk; education; public policy; parenting issues; economics</p>		
<p><b>Links for more information:</b> <a href="https://www.rand.org/about/people/t/troxel_wendy_m.html">https://www.rand.org/about/people/t/troxel_wendy_m.html</a>; <a href="http://www.startschoollater.net">http://www.startschoollater.net</a></p>		
15:09	SEGMENT 2: CANCER & BEAUTY	7:39
<p><b>Synopsis:</b> Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it.</p>		
<p><b>Host:</b> Nancy Benson. <b>Guest:</b> Caitlin Keirnan, former fashion columnist &amp; beauty director, cancer survivor and author, <i>Pretty Sick: A Beauty Guide for Women With Cancer</i></p>		
<p><b>Compliance issues covered:</b> women's issues; health care</p>		
<p><b>Links for more information:</b> <a href="https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271">https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271</a></p>		

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<b>Program</b>	<b>17-43</b>	<b>Producer</b>	<b>Reed Pence</b>
<b>Air Week</b>	<b>10/22/17-10/28/17</b>	<b>Production Director</b>	<b>Sean Waldron</b>
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>	
<b>2:05</b>	<b>SEGMENT 1: THE BIOLOGY OF ADDICTION</b>	<b>12:40</b>	
<b>Synopsis: Scientists are learning the specific workings of the brain when it is addicted to a substance or behavior, and showing that all addictions are similar. This gives hope of one day developing a drug to combat many addictions. However, the stigma of addictions—that they are a moral failing—still looms over the field.</b>			
<b>Host: Reed Pence. Guests: Dr. Rita Goldstein, Prof. of Psychiatry and Neuroscience, Icahn School of Medicine at Mt. Sinai, New York; Dr. Anna Rose Childress, Research Prof. of Psychology in Psychiatry, Univ. of Pennsylvania School of Medicine</b>			
<b>Compliance issues covered: drug addiction and treatment; alcohol addiction; public health</b>			
<b>Links for more information: <a href="http://www.nationalgeographic.com/magazine/2017/09/the-addicted-brain/">http://www.nationalgeographic.com/magazine/2017/09/the-addicted-brain/</a>; <a href="http://www.mountsinai.org/profiles/rita-goldstein">http://www.mountsinai.org/profiles/rita-goldstein</a>; <a href="http://www.med.upenn.edu/csa/bios_faculty.html">http://www.med.upenn.edu/csa/bios_faculty.html</a></b>			
<b>15:47</b>	<b>SEGMENT 2: PREPARING FOR DISASTER</b>		
<b>Synopsis: Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it comes.</b>			
<b>Host: Nancy Benson. Guests: Jonathan Jones and Kylene Jones, co-authors, <i>The Provident Prepper: A Common Sense Guide to Preparing for Emergencies</i></b>			
<b>Compliance issues covered: natural disasters; emergency preparedness; public safety and public health</b>			
<b>Link for more information: <a href="http://theprovidentprepper.org">http://theprovidentprepper.org</a></b>			

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Program	<b>17-44</b>	Producer	<b>Reed Pence</b>
Air Week	<b>10/29/17-11/04/17</b>	Production Director	<b>Sean Waldron</b>
Time	Segment	Dur.	
<b>2:05</b>	<b>SEGMENT 1: INCLUDING FEMALES IN BASIC RESEARCH</b>	<b>12:00</b>	
<p><b>Synopsis:</b> Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed.</p>			
<p><b>Host:</b> Reed Pence. <b>Guests:</b> Dr. Teresa Woodruff, Director, Women's Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandburg, Director, Center for the Study of Sex Differences in Health, Aging &amp; Disease, Georgetown Univ.</p>			
<p><b>Compliance issues covered:</b> health and medicine; women's issues; gender issues; federal govt.; economics</p>			
<p><b>Links for more information:</b> <a href="https://www.womenshealth.northwestern.edu">https://www.womenshealth.northwestern.edu</a> ; <a href="http://dibelab.northwestern.edu">http://dibelab.northwestern.edu</a> ; <a href="http://csd.georgetown.edu">http://csd.georgetown.edu</a></p>			
<b>15:07</b>	<b>SEGMENT 2: "EXPLODING HEAD SYNDROME"</b>	<b>6:51</b>	
<p><b>Synopsis:</b> A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.</p>			
<p><b>Host:</b> Nancy Benson. <b>Guests:</b> Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, <i>Sleep Paralysis</i></p>			
<p><b>Compliance issues covered:</b> health care; lifestyle issues</p>			
<p><b>Links for more information:</b> <a href="http://www.briansharpless.com">http://www.briansharpless.com</a></p>			

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Program	<b>17-45</b>	Producer	<b>Reed Pence</b>
Air Week	<b>11/05/17-11/11/17</b>	Production Director	<b>Sean Waldron</b>
Time	Segment	Dur.	
<b>2:05</b>	<b>SEGMENT 1: MORE CARBON DIOXIDE, LESS NUTRITIOUS FOOD CROPS</b>	<b>12:11</b>	
<p><b>Synopsis:</b> Rising levels of carbon dioxide in the atmosphere are making crops grow bigger &amp; faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem.</p>			
<p><b>Host:</b> Reed Pence. <b>Guests:</b> Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard Univ.; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, Univ. of Washington</p>			
<p><b>Compliance issues covered:</b> environment; climate change; agriculture; malnutrition; poverty; public health</p>			
<p><b>Links for more information:</b> <a href="https://planetaryhealthalliance.org/people/sam-s-myers-md-mph">https://planetaryhealthalliance.org/people/sam-s-myers-md-mph</a>; <a href="https://globalhealth.washington.edu/faculty/kristie-ebi">https://globalhealth.washington.edu/faculty/kristie-ebi</a></p>			
<b>15:18</b>	<b>SEGMENT 2: BODY DYSMORPHIC DISORDER</b>	<b>7:28</b>	
<p><b>Synopsis:</b> Some people who seek repeated plastic surgery are afflicted with a mental illness, body dysmorphic disorder, which distorts their view of their own appearance. Experts discuss symptoms and how the disorder may be treated, though few with the disorder agree to psychological treatment.</p>			
<p><b>Host:</b> Nancy Benson. <b>Guests:</b> Dr. Elliot Hirsch, Los Angeles plastic surgeon; Dr. Angela Fang, Asst. Prof. of Psychology, Harvard Medical School and psychologist, Massachusetts General Hospital</p>			
<p><b>Compliance issues covered:</b> health and beauty; health care; mental illness; suicide and prevention</p>			
<p><b>Links for more information:</b> <a href="http://www.hirschplasticsurgery.com">http://www.hirschplasticsurgery.com</a>; <a href="https://mghocd.org/staff/angela-fang-ph-d/">https://mghocd.org/staff/angela-fang-ph-d/</a></p>			

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Program	<b>17-46</b>	Producers	<b>Polly Hansen &amp; Reed Pence</b>
Air Week	<b>11/12/17-11/18/17</b>	Production Director	<b>Sean Waldron</b>
Time	Segment		Dur.
<b>2:01</b>	<b>SEGMENT 1: HANDSHAKE BANS &amp; HAND WASHING</b>		<b>11:37</b>
<p><b>Synopsis:</b> Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be "clean."</p>			
<p><b>Host:</b> Reed Pence. <b>Guests:</b> Dr. Mark Sklansky, Prof. and Chief, Division of Pediatric Cardiology, UCLA Mattel Children's Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, "The Inspirational Nurse;" Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).</p>			
<p><b>Compliance issues covered:</b> public health; health care</p>			
<p><b>Links for more information:</b> <a href="https://www.uclahealth.org/mark-sklansky">https://www.uclahealth.org/mark-sklansky</a>; <a href="http://donnacardillo.com">http://donnacardillo.com</a>; <a href="https://www.cecocity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm">https://www.cecocity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm</a>; <a href="http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/">http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/</a></p>			
<b>14:40</b>	<b>SEGMENT 2: "BIG CHICKEN"</b>		<b>7:49</b>
<p><b>Synopsis:</b> Poultry farming has become heavily industrialized, in part through the use of antibiotics in feed. This contributes to the spread of antibiotic resistance, as an expert author describes.</p>			
<p><b>Host:</b> Nancy Benson. <b>Guest:</b> Maryn McKenna, author, <i>Big Chicken: The Incredible Story of How Antibiotics Created Modern Agriculture and Changed the Way the World Eats</i></p>			
<p><b>Compliance issues covered:</b> public health; environment; economics; agriculture</p>			

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Links for more information: <http://marynmckenna.com/big-chicken/>

Program	17-47	Producer	Reed Pence
Air Week	11/19/17-11/25/17	Production Director	Sean Waldron
Time	Segment		Dur.
	SEGMENT 1: NAVIGATING THE AGING PROCESS		12:31
<b>Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.</b>			
<b>Host: Reed Pence. Guests: Melanie Merriman, author, <i>Holding the Net: Caring For My Mother On the Tightrope of Aging</i>; Joy Loverde, author, <i>Who Will Take Care of Me When I'm Old?</i></b>			
<b>Compliance issues covered: health care; aging and elderly; family issues; housing; economics</b>			
<b>Links for more information: <a href="http://greenwriterspress.com/book/holding-the-net/">http://greenwriterspress.com/book/holding-the-net/</a>; <a href="http://www.elderindustry.com">http://www.elderindustry.com</a></b>			
15:35	SEGMENT 2: "HELPFUL LIES"		6:54
<b>Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.</b>			
<b>Host: Nancy Benson. Guests: Matthew Lupoli, social scientists, Univ. of California, San Diego; Dr. Paul Eckman, Prof. Emeritus of Psychology, Univ. of California, San Francisco.</b>			

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**Compliance issues covered: ethics; public discourse**

**Links for more information: <https://matthewlupoli.wixsite.com/ucsd>; <http://www.paulekman.com/paul-ekman/>**

<b>Program</b>	17-48	<b>Producer</b>	Reed Pence
<b>Air Week</b>	11/26/17-12/02/17	<b>Production Director</b>	Sean Waldron
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>	
2:05	<b>SEGMENT 1: ALZHEIMER'S, SPOUSES, AND "CLOSE FRIENDS"</b>	11:08	
Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.			
Host: Reed Pence. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Asst. Prof. of Psychiatry, Drexel Univ.; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, <i>Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman</i>			
Compliance issues covered: health care; public health; elderly and senior citizens; family issues; ethics; mental health			
Links for more information: <a href="https://www.doximity.com/pub/william-uffner-md">https://www.doximity.com/pub/william-uffner-md</a> ; <a href="https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92/">https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92/</a> ; <a href="http://www.tamireeves.com/bleeding-hearts.html">http://www.tamireeves.com/bleeding-hearts.html</a>			
14:15	<b>SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE</b>	8:05	
Synopsis: Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings.			
Host: Nancy Benson. Guest: Donna Jackson Nakazawa, author, <i>Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal</i>			

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Compliance issues covered: child abuse; mental health; public health
Links for more information: <a href="https://donna.jacksonakazawa.com">https://donna.jacksonakazawa.com</a>

Program	17-49	Producer	Reed Pence
Air Week	12/03/17-12/09/17	Production Director	Sean Waldron
Time	Segment	Dur.	
2:05	<b>SEGMENT 1: HUMAN TRAFFICKING: SLAVERY BY ANOTHER NAME</b>	12:16	
Synopsis: Millions of vulnerable low-wage workers are exploited and trapped, both in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor and how they might be rescued.			
Host: Reed Pence. Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago			
Compliance issues covered: youth at risk; labor and employment issues; police, crime and justice system; immigration; economics			
Links for more information: <a href="https://humantraffickinghotline.org">https://humantraffickinghotline.org</a> ; <a href="https://endslaveryandtrafficking.org">https://endslaveryandtrafficking.org</a> ; <a href="https://www.metrofamily.org/legal-aid/">https://www.metrofamily.org/legal-aid/</a>			
15:23	<b>SEGMENT 2: PANCREATIC CANCER</b>	7:41	
Synopsis: Survival rates for pancreatic cancer remain extremely low due in part to the lack of screening tests for early detection. An advocate and a genetic counselor discuss the state of pancreatic cancer screening and the few alternatives available.			
Host: Nancy Benson. Guests: Jim Rolfe, President and co-founder, Rolfe Pancreatic Cancer Foundation; Jessica Stoll, certified genetic counselor and Assistant Director, Gastrointestinal Center Risk and Prevention Clinic, Univ. of Chicago Medicine			
Compliance issues covered: health care; public health			

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Links for more information: <http://www.rolfefoundation.org>; <https://cancergenetics.uchicago.edu/directory/jessica-stoll-ms-cgc>

<b>Program</b>	17-50	<b>Producer</b>	Reed Pence
<b>Air Week</b>	12/10/17-12/16/17	<b>Production Director</b>	Sean Waldron
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>	
1:59	<b>SEGMENT 1: MENTAL HEALTH TREATMENT FOR CHILDREN</b>	12:38	
Synopsis: Thirty-five percent of children receiving treatment for mental health issues are treated only by a primary care physician, due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and efforts to be sure they're prepared.			
Host: Reed Pence. Guests: Dr. Jeanne Van Cleve, Asst Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child and adolescent psychiatrist, Pensacola, FL			
Compliancy issues covered: youth at risk; health care; mental illness; education; consumerism			
Links for more information: <a href="https://www.sharecare.com/doctor/dr-jeanne-m-vanleave">https://www.sharecare.com/doctor/dr-jeanne-m-vanleave</a> ; <a href="http://www.apa.org">http://www.apa.org</a> ; <a href="https://www.aap.org">https://www.aap.org</a>			
15:39	<b>SEGMENT 2: SEASONAL AFFECTIVE DISORDER &amp; THE HOLIDAYS</b>	7:19	
Synopsis: Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies.			
Host: Nancy Benson. Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and author, <i>Your Blood Never Lies</i> and <i>Cracking the Metabolic Code</i>			
Compliancy issues covered: consumerism; health care; mental illness			

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Links for more information: <https://wexnermedical.osu.edu/neurological-institute/researchers/nicholas-forand-phd>;  
<http://www.jimlavalley.com/bio.html>

<b>Program</b>	17-51	<b>Producer</b>	Polly Hansen and Reed Pence
<b>Air Week</b>	12/17/17-12/23/17	<b>Production Director</b>	Sean Waldron
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>	
2:03	<b>SEGMENT 1: STAYING CALM IN STRESSFUL TIMES</b>	12:03	
Synopsis: Meditation and mindfulness could be in even more demand as civility declines and stress increases. An expert explains how it works.			
Host: Shel Lustig. Guest: Dr. Richard Davidson, Prof. of Psychology and Psychiatry and founder and director, Center for Healthy Minds, Univ. of Wisconsin-Madison, and co-author, <i>Altered Traits: Science Reveals How Medication Changes Your Mind, Brain, and Body</i>			
Compliance issues covered: health care; modern culture; pop psychology			
Links for more information: <a href="https://www.penguinrandomhouse.com/books/533719/altered-traits-by-daniel-goleman-and-richard-j-davidson/9780399184383/">https://www.penguinrandomhouse.com/books/533719/altered-traits-by-daniel-goleman-and-richard-j-davidson/9780399184383/</a>			
15:08	<b>SEGMENT 2: HICCUPS</b>	7:23	
Synopsis: Hiccups are annoying and uncomfortable, and doctors don't know why we (and most other species) get them. An expert explains what hiccups are and why most home remedies actually work.			
Host: Nancy Benson. Guest: Dr. Tyler Cymet, Chief, Clinical Education, American Assn. of Colleges of Osteopathic Medicine			
Compliance issues covered: consumerism; health care; pop culture			
Links for more information: <a href="http://www.aacom.org">http://www.aacom.org</a> ; <a href="https://en.wikipedia.org/wiki/Tyler_Cymet">https://en.wikipedia.org/wiki/Tyler_Cymet</a>			

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<b>Program</b>	17-52	<b>Producer</b>	Reed Pence
<b>Air Week</b>	12/17/17-12/23/17	<b>Production Director</b>	Sean Waldron
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>	
2:03	<b>SEGMENT 1: LONG TERM PSYCHOLOGICAL DAMAGE OF NATURAL DISASTERS</b>	12:09	
Synopsis: Mega-storms such as Hurricanes Harvey, Irma and Maria disrupt uncounted lives and leave psychological scars that can last for decades and recur every hurricane season. Experts who have tracked survivors of Hurricane Katrina 12 years ago explain what survivors of new storms can expect in their lives.			
Host: Shel Lustig. Guests: Dr. Howard Osofsky, Chrmn., Dept of Psychiatry, Louisiana State Univ. Health Sciences Center; Dr. Thomas Hauth, Medical Director, Jefferson Parish Human Services Authority			
Compliance issues covered: mental health; environment and natural disasters; emergency preparedness; alcohol and drug abuse			
Links for more information: <a href="https://www.medschool.lsuhsu.edu/neuroscience/faculty_detail.aspx?name=osofsky_howard">https://www.medschool.lsuhsu.edu/neuroscience/faculty_detail.aspx?name=osofsky_howard</a> ; <a href="https://www.healthcare6.com/physician/marrero-la/thomas-a-hauth-169256.html">https://www.healthcare6.com/physician/marrero-la/thomas-a-hauth-169256.html</a>			
15:14	<b>SEGMENT 2: 'BROKEN HEART SYNDROME'</b>	7:37	
Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.			
Host: Nancy Benson. Guest: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO.			
Compliance issues covered: health care; consumerism; pop culture			

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Links for more information: [https://www.nlm.nih.gov/locallegends/Biographies/Stevens\\_Tracy.html](https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html)

Program	17-53	Producers	Reed Pence and Polly Hansen
Air Week	12/31/17-01/06/18	Production Director	Sean Waldron
Time	Segment		Dur.
2:05	SEGMENT 1: POLYCYSTIC OVARY SYNDROME		13:11
Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.			
Host: Reed Pence. Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.			
Compliance issues covered: health care; women's issues; consumerism			
Links for more information: <a href="http://integrativemgi.com/doctors/dr-felice-gersh/">http://integrativemgi.com/doctors/dr-felice-gersh/</a> ; <a href="https://intmed.vcu.edu/about/leadership/nestler.html">https://intmed.vcu.edu/about/leadership/nestler.html</a> ; <a href="https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez">https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez</a> ; <a href="https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php">https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php</a> ;			
16:18	SEGMENT 2: DREAMS VS. REALITY FOR CHILDREN IN POVERTY		6:34
Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.			
Host: Nancy Benson. Guest: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund			
Compliance issues covered: health care; public health; youth at risk; poverty			
Links for more information: <a href="https://www.mailman.columbia.edu/people/our-faculty/ir2110">https://www.mailman.columbia.edu/people/our-faculty/ir2110</a> ; <a href="https://www.childrenshealthfund.org">https://www.childrenshealthfund.org</a>			

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