

**2018-Q1 (January-March) Radio Health Journal Quarterly Report
Compliance Issues covered this quarter:**

dent	Acci	Fede	ic Health	Pop	Spor
hol Abuse	Alco	Fire	ic Safety	Prev	ts and Recreation
ness	Busi	Foo	ol Safety	Publ	nology
dren	Chil	Gen	al Assault	Publ	ia
sumerism	Con	Heal	al Harassment	Sexu	Men's Issues
me	Cri	Indu	al Media	Sexu	Workplace Safety
elopmental Disorders	Dev	Injur		Soci	Workplace Violence
bilities	Diet	Inter			h at Risk
nk Driving	Disa	Lega			
nomics	Edu	Nutr			
oyment	Emp	Pare			
ily Issues	Fam	Poli			

Program	18-01	Producers	Evan Rook, Molly Nagle, & R
Air Week	1/7/2018	Production Director	Sean Waldron
Time	Segment		Dur.

2:05 SEGMENT 1: HEART ATTACKS IN YOUNG WOMEN

Synopsis: Young women are at a relatively low risk of heart attacks, but when they have one a much greater proportion die than among men of the same age. Surveys show young women are often unaware of their risk and are much less likely to go to the emergency room when a heart attack occurs. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Judith Lichtman, Assoc. Prof. and Chair of Epidemiology, Yale School of Public Health; Dr. Holly Andersen, attending cardiologist and Director of Education and Outreach, Perelman Heart Institute, New York Presbyterian Hospital.

Compliance issues covered: public health; health care; women's issues; education

Links for more information: <https://www.goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease/practice-research/research>

14:22 SEGMENT 2: ODD MEDICAL TREATMENTS OF THE PAST

Synopsis: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude that doctors in ancient Greece provided better care than those in the US 150 years ago.

Host: Nancy Benson. **Guests:** Nathan Belofsky, author, *Strange Medicine: A Shocking History of Real Medical Practices Through the Ages*.

Compliance issues covered: education; consumerism; health care

Links for more information: <http://strangemedicine.com>

family members, and most often in the emergency department. Experts discuss how health care workers can do a better job preventing them.

Host: Reed Pence. **Guests:** Lisa Wolf, Director, Institute for Emergency Nursing; Christopher Michos, Connecticut emergency medicine physician; Dr. Ronald M. Wachter, The Joint Commission.

Compliance issues covered: health care; workplace violence; employment and labor

Links for more information: <https://www.goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease/practice-research/research>

15:29 SEGMENT 2: EGG DONATION FOR FAMILY AND FRIENDS

Synopsis: Egg donation can solve infertility, but it can be a minefield of emotional and financial issues. An author/journalist who has donated twice with vasty different results shares her experience and offers advice on what to look out for when approaching egg donation.

Host: Lynn Holley. **Guest:** Alicia Young, author, *Two Eggs, Two Kids: An Emotional Journey*.

Compliance issues covered: healthcare; family issues; technology

Links for more information: <http://www.twoeggstwokids.com>

Program	18-02	Producers	Reed Pence
Air Week	1/14/2018	Production Director	Sean Waldron

Time	Segment
2:03	SEGMENT 1: VIOLENCE AGAINST HEALTHCARE WORKERS

Synopsis: Healthcare workers are about four times more likely than other workers to be stalked on the job, according to a new study.

Program	18-03	Producers	Reed Pence
Air Week	1/14/2018	Production Director	Sean Waldron

Time	Segment
2:02	SEGMENT 1: WHEN SHOULD KIDS GET A PHONE?
Synopsis: Smartphones have become ubiquitous among those in their teens and older, but there is no consensus on when children should first get a phone. Experts discuss dangers and cautions, and how parents can decide when the time is right for their kids to "get connected."	
Host: Reed Pence. Guests: Dr. Yalda Uhls, Asst. Prof. of Psychology, U of Michigan and author, <i>Wired Child: Reclaiming Childhood in a Digital Age</i> ; Richard Freed, child and adolescent psychologist and author, <i>Wait Until 8th</i> ; Dr. Scott Campbell, Prof. of Telecommunications, Univ. of Michigan	
Compliance issues covered: youth at risk; technology and media; parenting issues; education; social media	
Links for more information: http://www.yaldatuhls.com ; http://richardfreed.com ; https://lsa.umich.edu/comm/people/regular-faculty/swcamp.html	
15:56	SEGMENT 2: SILENT REFLUX
Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses the symptoms and how to address the condition.	
Host: Nancy Benson. Guest: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, <i>The Chronic Cough Enigma</i> .	
Compliance issues covered: health care; consumerism; federal government	
Links for more information: http://www.voiceinstituteofnewyork.com	

Program	18-04	Producer	Polly Hansen, 1
18-04	1/28/2018	Production Director	Sean Waldron
Time	Segment		
2:02	SEGMENT 1: ANXIETY & DEPRESSION—NOT A BRAIN CH		
Synopsis: For the last several decades, doctors have believed many mental i brain. However, a journalist's investigation shows that lost human connecti of depression and anxiety. He explains.			
Host: Reed Pence. Guests: Johann Hari, author, <i>Lost Connections: Uncover Solutions</i>			
Compliance issues covered: health care; public health; technology; mental			
Links for more information: https://thelostconnections.com			
15:56	SEGMENT 2: THIS ISN'T PERSONALITY CHANGE		
Synopsis: Traumatic brain injuries, even mild ones, may produce cognitive on the head" has been forgotten. An expert explains these injuries and how			
Host: Nancy Benson. Guests: Dr. Sandeep Vaishnavi, neuroscientist, Duke Carolina Partners; co-author, <i>The Traumatized Brain: A Family Guide to U</i>			
Compliance issues covered: health care; consumerism; accident and injury			
Link for more information: https://jhupbooks.press.jhu.edu/content/traum			

Program	18-05	Producer	Reed Pence
Air Week	2/4/2018	Production Director	Sean Waldron

Time	Segment
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2:05 SEGMENT 1: ADULT BULLIES—MORE COMMON THAN WE THINK

Synopsis: Some bullies never grow up, and just keep on bullying. Experts describe where and how it most often occurs, what workplace bullies are seeking, who they target, why it continues, and what needs to be done to stop it.

Host: Reed Pence. Guests: Dr. Ron Riggio, Prof. of Psychology and Leadership, Claremont Graduate Univ. and author, *The Myth of Matriarchal Prehistory*; Dr. Cary Sherman, CEO of the Center for Women's Workplaces, and author, *Women Who Have Suffered Sexual Assault and Rape: Why They Don't Report It*.

Compliance issues covered: youth at risk; workplace issues; employment and workplace issue

Links for more information: https://www.cmc.edu/academic/faculty/profiles/rodrigo_riggio; <http://www.workplacebullying.org>

15:16 SEGMENT 2: FIBER AND THE GUT

Synopsis: Scientists are discovering why dietary fiber is so good for us—it feeds beneficial bacteria living in our intestines. Experts discuss how far fiber can go to keep us healthy, and what happens when we ignore fiber in the diet.

Host: Nancy Benson. Guests: Dr. Hannah Holscher, Asst. Prof. of Nutrition, Univ. of Illinois Urbana-Champaign; Dr. Andrew Gewirtz, Prof. of Biomedical Sciences, Georgia State Univ.

Compliance issues covered: health care; diet and nutrition; public health

Links for more information: <https://fshn.illinois.edu/directory/hholsche>

Program	18-06	Producer	Polly Hansen, Sean Waldron
Air Week	2/11/2018	Production Director	Sean Waldron

Time Segment

2:03 SEGMENT 1: SPEAKING OUT ON SEXUAL HARASSMENT

Synopsis: Women who have suffered sexual assault and harassment are speaking out, but they often face confusion and doubt as well. Experts describe where and how it most often occurs, what workplace bullies are seeking, who they target, why it continues, and what needs to be done to stop it.

Host: Reed Pence. Guests: Dr. Ashton Lofgreen, Asst. Prof. of Psychiatry, IUPUI; Dr. Cary Sherman, CEO of the Center for Women's Workplaces, and author, *Women Who Have Suffered Sexual Assault and Rape: Why They Don't Report It*; Emily Grijalva, Asst. Prof. of Organization and Human Resources, Univ. of Illinois Urbana-Champaign; and author, *The Myth of Matriarchal Prehistory*.

Compliance issues covered: women's issues; crime; legal system; sexual harassment; safety; employment and workplace issue

Synopsis: Scientists are discovering why dietary fiber is so good for us—it feeds beneficial bacteria living in our intestines. Experts discuss how far fiber can go to keep us healthy, and what happens when we ignore fiber in the diet.

Host: Nancy Benson. Guests: Dr. Hannah Holscher, Asst. Prof. of Nutrition, Univ. of Illinois Urbana-Champaign; Dr. Andrew Gewirtz, Prof. of Biomedical Sciences, Georgia State Univ.

15:06 SEGMENT 2: THE HIGH HEALTH COST OF SUGAR

Synopsis: Many experts disagree over the roots of the obesity crisis some 40% of Americans are obese. Some believe sugar is to blame, and the changes in the market and government action are needed to address it.

Host: Nancy Benson. Guests: Dr. Robert Lustig, pediatric endocrinologist, University of Michigan, and author, *Fat Chance: Beating the Odds Against Sugar in Life*.

Compliance issues covered: health care; public health; consumerism; economic issues

Links for more information: <http://www.responsiblefoods.org>

Links for more information: <http://sonjaljubomirsky.com>; <http://alexkorb>

Program	18-07	Producers	Reed Pence
Air Week	2/18/2018	Production Director	Sean Waldron
Time	Segment		
2:05	SEGMENT 1: DASHING OLD STUTTERING MYTHS		
Synopsis: Stuttering has been blamed even fairly recently on parenting, but new research has several new findings: a structural deficiency in the brain's wiring in stutters; an inability to perceive rhythms, and a much more successful way to treat stuttering. Experts discuss the new advances.			
Host: Reed Pence. Guests: Dr. Roger Ingham, Prof. of Speech and Hearing Sciences, Univ. of California, Santa Barbara, Dr. Scott Grafton, Prof. of Psychological and Brain Sciences, Univ. of California, Santa Barbara; Dr. Devin McAuley, Prof. of Psychology and Neuroscience, Michigan State Univ.			
Compliance issues covered: youth at risk; developmental disorders; education			
Links for more information: http://www.speech.ucsb.edu/clinic/ ; https://www.nri.ucsb.edu/people/researchers/graffon ; http://taplab.psy.msu.edu			
14:46	SEGMENT 2: MANUFACTURING HAPPINESS		
Synopsis: Surveys show that most Americans are less than happy, and naturally glum people can manufacture joy.			
Host: Nancy Benson. Guest: Dr. Sonja Lyubomirsky, Prof. of Psychology, Univ. of California-Riverside and author, <i>Happiness and Myths of Happiness: What Should Make You Happy But Doesn't, What Shouldn't Make You Happy But Does</i>			
Compliance issues covered: consumerism; family issues; mental illness			

Program	18-08	Producer	Reed Pence
Air Week	2/25/2018	Production Director	Sean Waldron
Time	Segment		
7:03	SEGMENT 1: ADHD AND SLEEP DISORDERS		
Synopsis: New research shows that most people with ADHD have a disorder of circadian rhythm, and a worsening of ADHD symptoms. Experts discuss how fixating on sleep can worsen ADHD symptoms, and physical diseases that result from poor sleep.			
Host: Reed Pence. Guests: Dr. Sandra Kooij, Assoc. Prof. of Psychiatry, Fudan Univ. School of Medicine, Shanghai, China; Dr. Thakkar, Clinical Asst. Prof. of Psychiatry, New York Univ. School of Medicine			
Compliance issues covered: youth at risk; developmental disorders; education			
Links for more information: https://www.eunetworkadultadhd.com/author/sonja-lyubomirsky/			
15:16	SEGMENT 2: A REAL-LIFE STAR TREK TRICORDER		
Synopsis: A real-life version of the Star Trek Tricorder, a non-invasive remote sensing device, has been approved for use after passing multiple tests. Now it faces FDA scrutiny to go onto the market and be used.			

Host: Nancy Benson. Guests: Dr. Basil Harris, Emergency Physician, Lankenau Medical Center and founder, Final Frontier Medical Devices
Compliance issues covered: consumerism; technology; pop culture; health care
Links for more information: https://tricorder.xprize.org/teams/final-frontier-medical-devices

Synopsis: Children suffering from a rare disorder called cyclic vomiting syndrome describe how the disorder is often misdiagnosed and remains difficult to treat. The disorder as it transitions into migraine headaches.
Host: Nancy Benson. Guest: Kathleen Adams, mother of cyclic vomiting syndrome; Cyclic Vomiting Syndrome Assn.; Dr. B Li, Prof. of Pediatrics and Director of Pediatric Gastroenterology, Children's Hospital of Wisconsin; Dr. Katja Kovacic, pediatric gastroenterologist, Children's Hospital of Wisconsin
Compliance issues covered: health care; youth at risk
Links for more information: http://cvsonline.org ; http://www.mcw.edu ; http://www.finalfrontiermedical.com

Program	18-09	Producer	Reed Pence, Production Director
Air Week	3/4/2018		Sean Waldron
Time	Segment		
2:05	SEGMENT 1: MISUNDERSTANDING AUTISM		
Synopsis: Autism has been misunderstood ever since its first description in the 1940's. Experts describe how this misunderstanding has drastically affected treatment of people with autism, and how schools are changing their understanding to improve treatment.			
Host: Reed Pence. Guests: Steve Silberman, author, <i>Neurotribes: The Legacy of Autism and the Future of Neurodiversity</i> and author, <i>Prizant, Pro., Artists & Scientists As Partners Group, Brown Univ. and author</i>			
Compliance issues covered: youth at risk; disabilities; education; pop culture			
Links for more information: http://stevesilberman.com ; http://barryprizant.com			
15:44	SEGMENT 2: CYCLIC VOMITING SYNDROME		

Program	18-10	Producer	Reed Pence, Production Director
Air Week	3/11/18		Sean Waldron
Time	Segment		
2:04	SEGMENT 1: OVERDOING SCHOOL LOCKDOWN DRILLS		
Synopsis: The rise of school shootings has made lockdown drills an everyday best way to carry out these drills, some schools may make them too realistic for an intruder. A noted expert discusses how schools go wrong and what can be done to improve them.			
Host: Reed Pence. Guests: Dr. David Schonfeld, Director, National Center for School Safety, Southern California			
Compliance issues covered: youth at risk; children; public safety; school safety			
Links for more information: https://www.schoolcrisiscenter.org			

15:45	SEGMENT 2: THE MYSTERY OF ANESTHESIA
<p>Synopsis: Anesthesia is a bedrock of medical practice, yet doctors admit we don't know exactly how it works. An expert discusses anesthesia's back story and recent improvements.</p>	
<p>Host: Nancy Benson. Guests: Dr. Henry Jay Przybylo, Assoc. Prof. of author, <i>Counting Backwards: A Doctor's Notes on Anesthesiology</i></p>	
<p>Compliance issues covered: health care; technology; patient safety</p>	
<p>Links for more information: https://www.henryjaymd.com</p>	

Host: Reed Pence. **Guests:** Dr. Dipali Rinker, Research Asst. Prof., Univ. of Health Labs; Dr. Petros Levounis, Prof. and Chrmn., Psychiatry, Rutgers N Promotion Coordinator, Univ. of Texas-Austin

Synopsis: Anesthesia is a bedrock of medical practice, yet doctors admit we don't know exactly how it works. An expert discusses

Compliance issues covered: youth at risk; alcohol abuse; education; public

Host: Nancy Benson. **Guests:** Dr. Henry Jay Przybylo, Assoc. Prof. of Anesthesiology, Northwestern Univ. School of Medicine and

Links for more information: <http://www.uh.edu/class/psychology/about/peo>
<https://www.asam.org/about-us/leadership>
<https://www.healthyhorns.utexas.edu/healthpromotion.html>

14:52 SEGMENT 2: BIG DATA AND HEALTHCARE

Synopsis: Big data is changing the world, but it's been slow in coming to he changing and what it could mean to treatment.

Host: Nancy Benson. **Guests:** Paddy Padmanabhan, CEO, Damo Consulting *Growing Digital Health Businesses in a Value Based Healthcare Era*

Compliance issues covered: health care; technology

Links for more information: <https://www.cio.com/author/Paddy-Padmanabhan>

Program	18-11	Producer	Reed Pence
Air Week	3/18/18	Production Director	Sean Waldron

Time Segment

2:03 SEGMENT 1: DRUNKOREXIA

Synopsis: Studies show that a large proportion of college students are know they'll be drinking later in order to get a better buzz or to keep and methods colleges are using to limit the damage.

Program	18-12	Producer	Reed Pence
Air Week	3/25/18	Production Director	Sean Waldron
<p>at least occasionally "drunkorexic," avoiding food when they from gaining weight. Experts discuss dangers of drunkorexia</p>			
Time	Segment		

2:05 SEGMENT 1: HOSPITALS AND HOUSING

Synopsis: A number of hospitals, particularly in large cities, are beginning to develop or operate housing units for the homeless, finding they markedly reduce healthcare costs for this population. Experts discuss their “housing first” approach that does not require people to get off addictions before they get an apartment.

Host: Reed Pence. **Guests:** Stephen Brown, Director, Preventive Emergency Medicine, Univ. of Illinois Hospital and Health Sciences, Chicago; Shannon Nazworth, Pre./CEO, Ability Housing, Jacksonville, FL

Compliance issues covered: homeless; housing; public health; substance abuse & addictions; economics; Medicaid; economics; non-profit organizations

Links for more information: <https://chicago.medicine.uic.edu/departments/academic-departments/emergency-medicine/about/directory/sbrown/>; <https://abilityhousing.org/our-people/>

16:55 SEGMENT 2: STEM CELLS FOR COPD

Synopsis: Lung diseases such as COPD are difficult to treat, but a new method taking a patient’s own stem cells, concentrating them, and reinfusing them is showing success. An expert explains.

Host: Nancy Benson. **Guest:** Dr. Jack Coleman, Medical Director, Lung Health Institute

Compliance issues covered: health care; technology

Links for more information: <http://www.thelunghealthinstitute.com>