

Women's issues

Youth at risk

Workforce

**2019-Q2 (April - June) Radio Health Journal
Quarterly Report – Compliancy Issues &
Programs List:**

Animals	Infant and maternal
Bullying	mortality
Child labor	Insurance
Consumerism	Malnutrition
Consumer safety	Medicare and
Contraception and	Medicaid
family planning	Mental health
Drug enforcement	Moral values
Economics	Parenting issues
Education	Patient safety
Elderly and senior	Public health
citizens	Rehabilitation
Emergency response	Science and
EMS and emergency	technology
response	Senior citizens
Federal government	Social isolation
and regulation	Taxes
Food and nutrition	Technology and
Fraud	health
Gender roles	Teen pregnancy
Government and	Vaccination
federal regulation	Volunteer
Health care	organizations
Individual rights	War

Radio Health Journal is a registered trademark of MediaTracks, Inc.

Contents copyright 2019 by MediaTracks, Inc. 2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018847-299-9500

Affiliate downloads are available at <ftp://mediatracksdownloads.com> and www.mediatracks.com

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

Program	19-14	Producer	Reed Pence
Air Week	04/07 – 04/13/2019	Studio Production	Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: EXAMINING “MEDICARE FOR ALL”	

Synopsis: Two Congressional plans, one from each side of the political spectrum, are competing to blow up the current healthcare system. Here experts examine one of them—the left’s bid to replace private insurers with a government-run single-payer plan labeled “Medicare for All.” Alternatives may include bolstering the Affordable Care Act, or getting rid of it completely.

Host: Reed Pence. **Guests:** Dr. Paul Ginsburg, Director, USC-Brookings Schaeffer Initiative for Health Policy; Deborah Burger, RN, President, National Nurses United; Dr. Ken Thorpe, Prof. of Health Policy, Emory Univ.; Lauren Crawford Shaver, Exec. Dir., Partnership for America’s Health Care Future

Compliance issues covered: health care; public health; federal government, legislation, and politics; consumerism; economics; taxes; Medicare and Medicaid; insurance

Links for more information:

<https://www.centerforhealthjournalism.org/resources/sources/deborah-burger>

<https://www.brookings.edu/experts/paul-ginsburg/>

<https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8>

15:51 SEGMENT 2: SYMPTOM SEARCHING ON THE INTERNET

Synopsis: One of the most popular searches on Google is for symptoms and what they mean. It’s created a much more well informed patient population, but one that may panic at the least pain or discomfort. Two experts discuss how to think of symptoms and how to search for them.

Host: Nancy Benson. **Guests:** Dr. Paul Thomas, author, *The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery*; Dr. Christopher Kelly, Senior Clinical Fellow, Columbia Univ. Medical Center, co-authors, *Am I Dying: A Complete Guide to Your Symptoms and What to Do Next*

Compliance issues covered: health care; technology and health

Links for more information:

<https://amiding.com>

Program Log for *Radio Health Journal*

Program	19-15	Producers	Polly I
Air Week	04/14 – 04/20/2019	Studio Production	Jason Dickey

Time Segment

2:03 SEGMENT 1: THE MIRACLE OF TRANSPLANTS

Synopsis: Organ transplantation has dramatically changed lives and is raising hopes it could do even more for millions of people. But getting where we are has not been easy. A transplant surgeon traces the history of transplant research and notes the courage to fail among pioneering researchers and patients.

Host: Reed Pence. **Guests:** Dr. Josh Mezrich, Assoc. Prof. of Surgery, Univ. of Wisconsin School of Medicine and Public Health and author, *When Death Becomes Life: Notes From a Transplant Surgeon*

Compliance issues covered: health care; public health; technology

Links for more information:

<https://www.surgery.wisc.edu/2019/01/07/a-qa-with-dr-josh-mezrich-author-of-when-death-becomes-life/>

14:55 SEGMENT 2: FRIENDS—THE MOST POWERFUL INFLUENCE OF OUR LIVES

Synopsis: Research shows that friends are the most powerful people in our lives, influencing our behavior, attitudes and health even more than our parents or spouses. An expert discusses the many ways friends determine our destinies.

Host: Nancy Benson. **Guest:** Carlin Flora, author, *Friendfluence: The Surprising Ways Friends Make Us Who We Are*

Compliance issues covered: interpersonal relationships; family issues; technology

Links for more information:

<http://www.amazon.com/Friendfluence-Surprising-Ways-Friends-Make-ebook/dp/B009UBQU04>

Program	19-16	Producer	Reed Pence
Air Week	04/21 – 04/27/2019	Studio Production	Jason Dickey

Time	Segment
------	---------

2:01	SEGMENT 1: MENTAL HEALTH IN THE ER
------	------------------------------------

Synopsis: Many people having a mental health crisis go to the emergency room. However, ER's are not well equipped to handle them, and many patients are boarded there for hours or even days without treatment. Experts discuss the reasons for the failure, the outcomes it produces, and solutions that have been successful in limited trials.

Host: Reed Pence. **Guests:** Dr. Scott Zeller, Vice President of Acute Psychiatry, Vituity; Dr. Anne Zink, Medical Director for Emergency Medicine, Mat-Su Regional Medical Center, Palmer, AK

Compliance issues covered: health care; public health; mental health; emergency response

Links for more information:

<https://www.psychiatryadvisor.com/author/scott-zeller-md/>;
<https://www.aliem.com/2017/08/anne-zink-healthy-in-em/>

15:49	SEGMENT 2: HEART DISEASE MISINFORMATION
-------	---

Synopsis: Heart disease is often preventable, but how people look at it often keeps them from doing as much about it as they could. Often this is a result of myth and misinformation. An expert physician discusses some of the most harmful of these myths.

Host: Nancy Benson. **Guest:** Dr. Andrea Klemes, Chief Medical Officer, MD-VIP

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

Links for more information:

<https://www.mdvip.com/heart-attack-iq-quiz>

Program Log for *Radio Health Journal*

Program	19-17	Producers	Reed I
Air Week	04/28 – 05/04/2019	Studio Production	Jason Dickey

Time	Segment
------	---------

2:01	SEGMENT 1: PENICILLIN ALLERGY: NOT REALLY, MOST OF THE TIME
------	---

Synopsis: Millions of Americans believe they are allergic to penicillin. However, most of them are wrong. Experts discuss how these misdiagnoses happen and what results when so many of us avoid the most effective, yet cheapest antibiotic.

Host: Reed Pence. **Guests:** Dr. David Khan, Prof. of Medicine, Univ. of Texas Southwestern Medical Center; Dr. Alan Frient and Dr. Jodi Zuckerman, otolaryngologists, North Shore Ear, Nose and Throat Associates, Highland Park IL

Compliance issues covered: health care; economics; youth at risk

Links for more information:

<http://profiles.utsouthwestern.edu/profile/13860/david-khan.html>

<http://www.nsent.us/meet.html>

14:28	SEGMENT 2: UNRAVELING THE MYSTERY OF THE FLU
-------	--

Synopsis: The flu's unique ability to mutate makes it one of the toughest diseases to solve, as it evades vaccines and treatment. It also has a deadly history, which prompts fears each flu season. A noted expert discusses all about the flu and its myths.

Host: Karen Hand. **Guest:** Dr. Jeremy Brown, Director of Emergency Care Research, National Institutes of Health and author, *The Hundred-Year Hunt to Cure the Deadliest Disease in History*

Compliance issues covered: health care; public health; vaccination

Link for more information:

<https://www.nih.gov/news-events/news-releases/dr-jeremy-brown-direct-nih-office-emergency-care-research>

Program	19-18	Producer	Reed Pence
Air Week	05/05 – 05/11/2019	Studio Production	Jason Dickey

Time	Segment
1:57	SEGMENT 1: HIGH DRUG PRICES LEAD TO DRUG MISUSE

Synopsis: Millions of Americans cannot afford the medications they've been prescribed. Many skip doses, split pills or don't fill prescriptions at all as a result, with sometimes even fatal consequences. But doctors are often unable to consider cost very well in prescribing, as the same drug often costs patients vastly different amounts due to insurance differences. Experts discuss the problem and what patients can do to save.

Host: Reed Pence. **Guests:** David Mitchell, cancer patient, founder and President, Patients for Affordable Drugs; Dr. Stacie Dusetzina, Assoc. Prof. of Health Policy, Vanderbilt Univ.

Compliance issues covered: health care; economics; insurance; federal government and regulation

Links for more information:

<https://www.patientsforaffordabledrugs.org/about/our-team/>
<https://www.vumc.org/health-policy/person/stacie-b-dusetzina-phd>

15:47 SEGMENT 2: BRAIN ANEURYSM THROUGH THE EYES OF A SURVIVOR

Synopsis: Brain aneurysms—bulging in a brain blood vessel, like an inflated balloon—affect 1 in 50 people and are generally without symptoms until they burst. This occurs in about 30,000 people per year in the US, accounting for 3-5 percent of all new strokes. Here is the story of one survivor in her own words.

Host: Karen Hand. **Guest:** Janet Sutherland-Madden, brain aneurysm rupture survivor and author,

Compliance issues covered: health care; public health; EMS and emergency response; rehabilitation

Links for more information:

<https://eckhartzpress.com/author/janet-sutherland-madden/>
<https://bafound.org>

Program	19-19	Producers	Reed Pence
Air Week	05/12 – 05/18/2019	Studio Production	Jason Dickey
Time	Segment		
2:05	SEGMENT 1: CANCER SUPPRESSION: LESSONS FROM PACHYDERMS		
<p>Synopsis: DNA mutations happen all the time in the body, but the immune system usually detects and deals with them. When the system fails, cancer results. Yet some animals, such as elephants, almost never get cancer, and scientists have learned that the elephant DNA repair system is 20 times more powerful than the human system. Experts explain how they hope to tap this knowledge.</p>			
<p>Host: Reed Pence. Guests: Dr. Joshua Schiffman, Prof. of Pediatrics, Univ. of Utah and investigator, Huntsman Cancer Institute; Dr. Vincent Lynch, Asst. Prof. of Human Genetics and Organismal Biology, Univ. of Chicago</p>			
<p>Compliance issues covered: health care; public health; animals</p>			
<p>Links for more information: http://healthcare.utah.edu/huntsmancancerinstitute/research/labs/schiffman/ https://lynchlab.uchicago.edu</p>			
15:02	SEGMENT 2: RETHINKING DEMENTIA		
<p>Synopsis: Dementia has a much wider range than most people think, and people with dementia are usually functional for years. An expert discusses the course of the disease and how life can still be positive for years before it reaches the late, debilitating stage most people think of when they hear the word “dementia.”</p>			
<p>Host: Karen Hand. Guest: Dr. Tia Powell, Prof. of Psychiatry and Bioethics, Albert Einstein College of Medicine and author, <i>Reimagined: Building a Life of Joy and Dignity From Beginning to End</i></p>			
<p>Compliance issues covered: health care; public health; aging and senior citizens</p>			
<p>Links for more information: https://www.tiapowellmd.com</p>			

Program	19-20	Writer/Producers	Reed Pence
Air Week	05/19 – 05/25/2019	Studio Production	Jason Dickey
Time	Segment		
1:57	SEGMENT 1: CAN IUD'S AND OTHER CONTRACEPTIVES TRIGGER AUTOIMMUNE DISEASE		
<p>Synopsis: Autoimmune diseases such as rheumatoid arthritis and lupus carry a genetic predisposition, but need an environmental trigger to take hold. Triggers are poorly understood, but some women claim their disease is a result of contraceptives, including birth control pills and IUD's. Experts and one woman suffering from autoimmune disease discuss the issue.</p>			
<p>Host: Reed Pence. Guests: Dr. Lisa Sammaritano, Assoc. Prof. of Clinical Medicine, Hospital for Special Surgery and Weill-Cornell Medical College; Dr. Kristen Demoruelle, Asst. Prof. of Medicine, Univ. of Colorado-Denver; Kristy Griffin, Hashimoto and Sjogren's disease sufferer</p>			
<p>Compliance issues covered: health care; public health; women's issues; contraception and family planning</p>			
<p>Links for more information: https://www.hss.edu/physicians_sammaritano-lisa.asp http://www.ucdenver.edu/academics/colleges/medicalschooll/departments/medicine/Rheumatology/Pages/Faculty_Pages/KristenDemoruelleMD.aspx</p>			
16:46	SEGMENT 2: PREECLAMPSIA AND A NEW TEST FOR IT		
<p>Synopsis: Preeclampsia, an irregularity in the placenta during pregnancy, is the leading cause of premature delivery worldwide, and causes nearly 20 percent of maternal deaths in the US. Little is known about its cause and how it can be treated, but an inexpensive new test could help flag those suffering from it and lessen complications. The test's inventor discusses it and the disorder.</p>			
<p>Host: Nancy Benson. Guest: Dr. Kara Rood, maternal and fetal medicine specialist, Ohio State Univ. Wexner Medical Center.</p>			
<p>Compliance issues covered: health care; public health; women's issues; infant and maternal mortality</p>			
<p>Links for more information: https://wexnermedical.osu.edu/find-a-doctor/kara-rood-md-49419</p>			

Program	19-21	Producer	Reed Pence
Air Week	05/26 – 06/01/2019	Studio Production	Jason Dickey

Time	Segment
1:57	SEGMENT 1: WEIGHT LOSS SURGERY FOR TEENAGERS

Synopsis: The proportion of severely obese teenagers continues to rise. Doctors increasingly understand that only weight loss surgery is likely to help them lose weight and avoid health consequences of obesity. But teens are often held back until they're so heavy that even bariatric surgery isn't enough to return them to normal weight. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Thomas Inge, Chief of Pediatric Surgery, Children's Hospital Colorado and Prof. of Surgery, Univ. of Colorado Denver; Dr. Fatima Cody Stanford, obesity medicine physician, Massachusetts General Hospital and Harvard Medical School; Dr. Meg Zeller, Prof. of Pediatrics, Cincinnati Children's Hospital Medical Center

Compliance issues covered: health care; public health; youth at risk; parenting issues; bullying

Links for more information:

<http://www.massgeneral.org/doctors/doctor.aspx?id=19693>;
<https://www.childrenscolorado.org/doctors-and-departments/physicians/i/thomas-inge/>
<https://www.cincinnatichildrens.org/bio/z/margaret-zeller>

14:34	SEGMENT 2: THE WORKINGS OF THE IMMUNE SYSTEM
-------	---

Synopsis: Many people may picture the immune system as the ruthless blaster of all foreign invaders, but a Pulitzer Prize-winning science writer says his research shows it prefers to get along with friendly invaders, saving its power for the truly dangerous ones. How does it know the difference? The writer discusses.

Host: Nancy Benson. **Guest:** Matt Richtel, author, *An Elegant Defense: The Extraordinary New Science of the Immune System*

Compliance issues covered: health care; science and technology; public health

Links for more information: <https://www.nytimes.com/by/matt-richtel>

Program	19-22	Producer	Reed Pence
Air Week	06/02 – 06/08/2019	Studio Production	Reed Pence

Time	Segment
------	---------

2:02	SEGMENT 1: WHY PARENTS DON'T VACCINATE
------	--

Synopsis: Measles had been declared eliminated in 2000, but has come roaring back because of the increasing number of people who have not been vaccinated. Parents may have legitimate fears of side effects, but claims vaccines are unsafe are not true. Experts discuss the complicated psychological reasons vaccine refusal exists despite this, and what may help change minds to promote public health.

Host: Reed Pence. **Guests:** Dr. Julie Bettinger, Assoc. Prof. of Pediatrics, Vaccine Evaluation Center, Univ. of British Columbia; Dr. Mark Navin, Assoc. Prof. of Philosophy, Oakland Univ.; Kristen O'Meara, parent and former vaccine opponent; Avnika Amin, Rollins School of Public Health, Emory Univ.

Compliance issues covered: health and medicine; public health; youth at risk; parenting issues; moral values

Links for more information:

<https://www.spph.ubc.ca/person/julie-bettinger/>

<https://oakland.edu/cas/archive-temp/featured-faculty-profile/mark-navin>

<https://www.scientificamerican.com/article/how-to-understand-and-help-the-vaccine-doubters/?redirect=1>

16:10	SEGMENT 2: EXCEPTIONAL BREASTFEEDING
-------	--------------------------------------

Synopsis: Most infants are breastfed in the US today, but breastfeeding often doesn't look the way most of us think of it, as a result of adoption, same sex marriage, and other changes in parenting. An expert discusses some of the hurdles and challenges to getting infants the best nutrition possible.

Host: Nancy Benson. **Guest:** Dr. Kristin Wilson, Chair, Anthropology Dept., Cabrillo College and author, *Exceptional Breastfeeding*

Compliance issues covered: health care; public health; youth at risk; parenting issues; gender roles

Links for more information:

<https://www.cabrillo.edu/salsa/listing.php?staffId=876>

Program Log for *Radio Health Journal*

Program	19-23	Producer	Reed Pence
Air Week	06/09 – 06/15/2019	Studio Production	Jason Dickey

Time Segment

2:04 SEGMENT 1: LONELINESS IN THE ELDERLY

Synopsis: Loneliness is increasing across all ages, but it's especially noteworthy among seniors, and it can dramatically affect health. An expert geriatrician who has studied the effects of loneliness and the leader of an organization that provides friendly visitors to the isolated elderly discuss causes of increasing loneliness, its impact, and the effectiveness of visitor programs.

Host: Reed Pence. **Guests:** Dr. Carla Perissinotto, Assoc. Chief for Clinical Programs in Geriatrics, Univ. of California, San Francisco; Janet Seckel-Cerrotti, Exec. Director, FriendshipWorks, Boston

Compliance issues covered: health care; elderly and senior citizens; social isolation, volunteer organizations

Links for more information:

<https://profiles.ucsf.edu/carla.perissinotto>

<http://www.fw4elders.org>

<https://mahealthyagingcollaborative.org/member-spotlight-janet-seckel-cerrotti/>

16:03 SEGMENT 2: WHY GOOD HEALTH CARE DOESN'T EQUAL GOOD HEALTH

Synopsis: Many Americans believe if they have good health care, they'll have good health. But many factors beyond medicine contribute to our level of health. A noted public health expert explains these factors, and why our own health is much more than an individual concern.

Host: Nancy Benson. **Guest:** Dr. Sandro Galea, Dean, Boston Univ. School of Public Health and author, *When We Talk About Health*

Compliance issues covered: health care; public health; economics; individual rights

Links for more information:

<https://www.bu.edu/sph/profile/sandro-galea/>

<https://www.sandrogalea.org/about-meet>

Program	19-24	Producer	Reed Pence
Air Week	06/16 – 06/22/2019	Studio Production	Jason Dickey

Time	Segment
-------------	----------------

2:04	SEGMENT 1: LUNG CANCER AND ITS STIGMA
-------------	--

Synopsis: Most forms of cancer have a built-in constituency of patients, loved ones, and concerned others. Lung cancer patients, instead, are often blamed for their own disease because of its frequent connection with smoking. Patients are often isolated, and research dollars lag behind other, less common cancer killers.

Host: Reed Pence. **Guests:** Donna Fernandez, lung cancer patient; Carly Ornstein, National Director of Lung Cancer Education, American Lung Assn.

Compliance issues covered: health care; public health; discrimination

Links for more information:

<http://www.curetoday.com/articles/the-american-lung-association-seeks-to-end-stigma>

<http://www.lung.org>

15:04	SEGMENT 2: TASTY FOOD VS. HEALTHY FOOD: FINDING A BALANCE
--------------	--

Synopsis: Many Americans believe that healthy food doesn't taste good, and tasty food isn't healthy. A chef who is also a cardiologist discusses how to find a balance by seeking out healthy ingredients rather than whole categories of foods.

Host: Nancy Benson. **Guest:** Dr. Michael Fenster, Prof. of Health Professions and Biomedical Sciences, Univ. of Montana and author, *Shaman: The Art of Quantum Food*

Compliance issues covered: health care; public health; consumerism

Links for more information:

<https://chefdrmike.com/home-page-tvdesign/about/>

Program	19-25	Producer	Reed Pence
Air Week	06/23 – 06/29/2019	Studio Production	Jason Dickey
Time	Segment		
2:01	SEGMENT 1: GENERIC DRUG SAFETY		
<p>Synopsis: Since the 1980's, almost all production of generic drugs has moved overseas, where FDA inspectors have a much tougher time making sure they're following rules for safety. An investigative journalist describes the ways she's found that many drug makers cut corners, putting safety at risk, and details what consumers can do to protect themselves.</p>			
<p>Host: Reed Pence. Guest: Katherine Eban, author, <i>Bottle of Lies: The Inside Story of the Generic Drug Boom</i></p>			
<p>Compliance issues covered: health care; public health; fraud; government and federal regulation; patient safety; consumer safety</p>			
<p>Links for more information: https://www.katherineeban.com/about</p>			
16:00	SEGMENT 2: THE STATE OF THE WORLD'S CHILDREN		
<p>Synopsis: Each year, the humanitarian organization Save the Children develops a nation-by-nation scorecard on how likely children are to grow up healthy, educated, and safe. The organization's CEO discusses how most nations have improved the ways children are treated over the past generation, and why the US ranks 36th.</p>			
<p>Host: Nancy Benson. Guest: Carolyn Miles, CEO, Save the Children</p>			
<p>Compliance issues covered: health care; public health; youth at risk; education; teen pregnancy; malnutrition; war; workforce; child labor</p>			
<p>Links for more information: https://savethechildren.org</p>			

Program	19-26	Producers	Reed Pence
Air Week	06/30 – 07/06/2019	Studio Production	Jason Dickey

Time	Segment
------	---------

2:04 SEGMENT 1: CBD—THE TRUTH ABOUT THE LATEST HEALTH CRAZE

Synopsis: Suddenly, cannabis-related, hemp-derived CBD is almost everywhere. CBD's FDA status is murky, and we know very little about its benefits, thanks in part to its former place on DEA Schedule 1. How much has been proven about its supposed health qualities? What are the risks? Experts discuss in depth.

Host: Reed Pence. **Guests:** Joanne, Florida RN and CBD user; Dr. Yasmin Hurd, Director, Addiction Institute, Icahn School of Medicine at Mt. Sinai, New York; Don Ballou, founder and CEO, CBD Essence Products; Dr. Tim Welty, Director, Research, Innovation and International Programs, College of Pharmacy and Health Sciences, Drake Univ.

Compliance issues covered: health care; public health; government and regulation; patient safety; consumerism; consumer safety; drug enforcement

Links for more information:

<https://icahn.mssm.edu/profiles/yasmin-hurd>

<https://cbdessence.net/about/>

<https://theconversation.com/profiles/timothy-welty-463851>

15:57 SEGMENT 2: GENETIC AND GENOMIC TESTING

Synopsis: When most of us think of genetic testing for health, we imagine tests to detect whether we've inherited genes that predispose us for cancer or other serious disease. But another kind of gene testing—genomic testing of tumor cells for their susceptibility to targeted treatments—is giving thousands of people hope of survival they've never had before. Experts discuss both genetic and genomic testing.

Host: Nancy Benson. **Guests:** Jhulianna Centron, Senior Product Specialist, 23andMe; Dr. Marcia Brose, Assoc. Prof. of Head & Neck Surgery, Univ. of Pennsylvania School of Medicine & Abramson Cancer Center

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

Links for more information:

<https://blog.23andme.com/health-traits/people-want-to-know-about-potential-health-risks/>

<https://www.med.upenn.edu/apps/faculty/index.php/g275/p3096>

Radio Health Journal is a registered trademark of MediaTracks, Inc.

Contents copyright 2019 by MediaTracks, Inc. 2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018847-299-9500

Affiliate downloads are available at <http://mediatracksdownloads.com> and www.mediatracks.com

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