

ISSUES PROGRAM LIST

Quarterly Issues Programs List

KONA-AM

KZHR-FM

July 1, 2023 through September 30, 2023

Section I. Issues

The above stations have identified the following issues as significant issues facing our community in this quarter:

- A. **Workforce Culture:** As we head into cold, flu, and COVID season, more and more people will be getting sick. During the pandemic many employers in the Tri-Cities changed their policies to allow employees to work-from-home. As a result, many residents who work from home feel pressured to work – even when sick. The stations discussed why it is important to rest and get well and to not go back to work.
- B. **Infant Safety:** Opioid use in the Tri-Cities has climbed sharply over the last five years. This has put a strain on local treatment facilities and caused rising neonatal opioid withdrawal syndrome (NOWS) among infants. The stations presented information regarding treatment and the impact opioids have had on infants since the 1970s.
- C. **Depression/Psychedelic Therapy:** Psilocybin dispensaries are now legal and just a few miles away from Tri-Cities in the State of Oregon. More and more residents are experimenting with the drug – recreationally and medically. The stations presented information regarding psychedelic therapy, the FDA approval stage, and how psilocybin can help with the treatment of depression.
- D. **Public Safety:** There were numerous cases of Lyme Disease in the Tri-Cities during the spring and summer months. Insects like ticks are common carriers of disease. The stations discussed how using over-the-counter repellants can protect residents from getting infected and how to remove a tick safely.
- E. **Vulnerable Populations:** Washington State and Tri-Cities are famous for their coffee shops and residents of all ages are partaking in the craze by consuming specialty coffee drinks. Hardcore energy drinks are also popular. Caffeine use among teens is at an all-time high. The stations presented information on the dangers of heavy caffeine use in the adolescent population and how beverage companies purposely target youth.

Section II. Responsive Programs

The responsive program is titled “Radio Health Journal”, which airs weekly on each station at the following times:

KONA-AM: 6:30AM Saturdays

KZHR-FM 11:30PM Sundays

Program	23-27	Written & Produced	Kristen Farrah, Reed Pence
Air Week	7/02/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Procter & Gamble "Prilosec" Discover "Discover Card"	OUTCUE: ...slash match	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?		12:47
	<p>Synopsis: Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient Compliancy issues covered: immunocompromised; autoimmune disease; hashimoto's disease; hormones; contraceptives; birth control; iud; thyroid; rheumatology; diabetes; multiple sclerosis; gender issues; patient safety Links for information: https://medschool.cuanschutz.edu/rheumatology/faculty2/m-kristen-demoruelle-md-phd https://www.linkedin.com/in/kristen-demoruelle-1b62bb192/ https://vivo.weill.cornell.edu/display/cwid-lis2002</p>		
14:37	SPOTBREAK 2: Macys "Macys" Procter & Gamble "Bounty"	OUTCUE: ...quicker picker upper	:30 :30
15:37	:02 PAUSE FOR LOCAL AVAIL		:02
15:39	SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?		7:11
	<p>Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk. Host: Nancy Benson. Producer: Reed Pence. Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida Compliancy issues covered: employee; infectious diseases; public health; patient safety; office culture; flu; vaccine; vulnerable populations Links for information: https://www.linkedin.com/in/richard-deosingh-56246813/ https://twitter.com/FLSurgeonGen https://www.floridahealth.gov/about/ssq/index.html</p>		
22:50	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" Pfizer Consumer Healthcare "Eliquis"	OUTCUE: ...five eliquis	:60 :60
24:50	MEDICAL NOTES: PAIN MANAGEMENT AND THE EVOLUTION OF HAIR Host: Shel Lustig		1:35
26:25	SPOTBREAK 4: O'Reilly Auto "O'Reilly" Procter & Gamble "Metamucil"	OUTCUE: ...Metamucil everyday	:30 :31
27:26	Program Conclusion		:31
27:57	TOTAL TIME		

Program	23-28	Written & Produced	Kristen Farrah, Tabor Brewster
Air Week	7/09/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Macys "Reading is Fundamental" Procter & Gamble "Febreze Car Fresh" OUTCUE: ...la la la la	:30 :30	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION?	10:08	
	Synopsis: Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s, there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach and how to fix the root cause of NOWS. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Stephen Patrick, Neonatologist, Director, Vanderbilt Center for Child health Policy, Vanderbilt University; Dr. Diana Bianchi, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development; NIH Compliance issues covered: opioid use disorder; drug use; drug addiction; neonatal opioid withdrawal syndrome; infant safety; vulnerable populations; standard care; neonatal intensive care; public health; opioid crisis Links for information: https://www.vumc.org/health-policy/person/stephen-w-patrick-md-mph-ms-faap https://twitter.com/stephenwpatrick?lang=en https://irp.nih.gov/pi/diana-bianchi https://www.genome.gov/staff/Diana-W-Bianchi-MD https://www.nejm.org/doi/full/10.1056/NEJMoa2214470#:~:text=The%20Eat%2C%20Sleep%2C%20Console%20Care%20Tool%20relies%20on%20a%20function,and%20breast%2Dfeeding)%20as%20the		
11:58	SPOTBREAK 2: O'Reilly Auto Parts "O'Reilly 2023" Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...and pfizer	:30 :30	
12:58	:02 PAUSE FOR LOCAL AVAIL	:02	
13:00	SEGMENT 2:"THERE'S NO 'NORMAL' PERSON": THE INTERSECTION OF ETHICS AND DISABILITY	10:02	
	Synopsis: Bioethicists help governments, universities, hospitals, and patients make the best possible judgement calls based on cultural and personal values. But they don't always get it right. Experts explain how the disabled community is often left behind in society, medicine, and bioethics. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, <i>Look Both Ways</i> Compliance issues covered: disability rights; bioethics; medical ethics; research ethics; consumerism; public safety; end of life care; healthcare; ethics; accessibility; medical technology; communication technology; mobility Links for information: https://www.stonybrook.edu/commcms/bioethics/people/ellison.php https://www.brookeellison.com/about https://www.linkedin.com/in/brookemellison/ https://www.slu.edu/arts-and-sciences/bioethics/faculty/bishop-jeffrey.php https://www.linkedin.com/in/effrey-bishop-4a9b1126/		
23:02	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:60 :60	
25:02	MEDICAL NOTES: DEATH RATES FROM RECURRING CANCER, STEM CELLS FIX BAD HEARTS, & EXERCISING AFTER A CONCUSSION Host: Shel Lustig	1:22	
26:24	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...prevnar twenty dot com	:60	
27:24	Program Conclusion	:31	
27:55	TOTAL TIME		

Program	23-29	Written & Produced	Kristen Farrah
Air Week	7/16/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ... four xeljanz	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?	10:49	
	Synopsis: In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, <i>Look Both Ways</i> Compliance issues covered: disability rights; bioethics; medical ethics; research ethics; consumerism; public safety; end of life care; healthcare; ethics; accessibility; medical technology; communication technology; mobility; quadriplegia Links for information: https://www.stonybrook.edu/commcms/bioethics/people/ellison.php https://www.brookeellison.com/about https://www.linkedin.com/in/brookemellison/ https://www.slu.edu/arts-and-sciences/bioethics/faculty/bishop-jeffrey.php https://www.linkedin.com/in/jeffrey-bishop-4a9b1126/		
12:39	SPOTBREAK 2: Cox "Kelley Blue Book" KFC "KFC 2023" OUTCUE: ...prices may vary	:30	
13:39	:02 PAUSE FOR LOCAL AVAIL	:02	
13:41	SEGMENT 2: IS PSYCHEDELIC THERAPY THE FUTURE OF MENTAL HEALTH TREATMENT?	9:12	
	Synopsis: Compass Pathways is leading the charge for psychedelic therapy. The research is currently in stage three trials and is expected to receive FDA approval in the next few years. An expert explains how the treatment works and if the therapy will be covered by insurance. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Steve Levine, Senior Vice President for Patient Access and Medical Affairs, Compass Pathways Compliance issues covered: mental health; psychedelics; psilocybin; depression; therapy; medical insurance; healthcare; consumerism; psychedelic therapy Links for information: https://www.linkedin.com/in/steve-levine-md-43908a12/ https://www.nimh.nih.gov/funding/clinical-research/practical/stard https://www.nejm.org/doi/full/10.1056/NEJMoa2206443 https://www.dea.gov/factsheets/psilocybin		
22:53	SPOTBREAK 3: Macys "Reading Is Fundamental" Pfizer Consumer Healthcare "Vyndamax" Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ... four xeljanz	:30 :30 :60	
24:53	MEDICAL NOTES: INCREASED PEDESTRIAN FATALITIES, HOW LAW ENFORCEMENT CONTRIBUTES TO OVERDOSE DEATHS, AND THE DANGERS OF GAS STOVES Host: Shel Lustig	1:36	
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Vyndamax" Liberty Mutual Insurance Co "Liberty Mutual" OUTCUE: ...liberty liberty	:30 :30	
27:29	Program Conclusion	:30	
27:59	TOTAL TIME		

Program	23-30	Written & Produced	Kristen Farrah, Tabor Brewster
Air Week	7/23/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ... four xeljanz	:59	
1:47	:02 PAUSE FOR LOCAL AVAIL	:02	
1:49	SEGMENT 1: "WE LIVE IN AN AGEIST SOCIETY": HOW TO ENJOY OLD AGE	12:29	
	<p>Synopsis: Everyone ages, so why are so many of us not prepared to grow old? Dr. Rosanne Leipzig, a gerontologist, says most of her patients don't know what changes to expect in their old age – and often fight against the inevitable transition. She explains what's normal, what's not, and how to enjoy your later years in life.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Rosanne Leipzig, Professor and Vice Chair, Education of the Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Author, <i>Honest Aging</i></p> <p>Compliance issues covered: aging; geriatrics; social pressure; stigma; ageism; botox; injectable fillers; bone density; bone health; public health; hearing aids; suicide; social infrastructure; public transportation</p> <p>Links for information: https://profiles.mountsinai.org/rosanne-m-leipzig https://www.rosannemd.com/ https://twitter.com/leipzig_rm?lang=en</p>		
14:18	SPOTBREAK 2: Discover Products Inc "Discover Card Brand" OUTCUE: ...detergent along Procter & Gamble "Gain Fabric ENHC"	:30 :30	
15:18	:02 PAUSE FOR LOCAL AVAIL	:02	
15:20	SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?	7:03	
	<p>Synopsis: Summer is a season of activities, but it's also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Our expert explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases.</p> <p>Host: Nancy Benson. Producer: Tabor Brewster. Guests: Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic</p> <p>Compliance issues covered: parasites; infection; pathology; public safety; autoimmune disease; tick-borne disease; deet; bug repellent; vector-borne disease; mosquitoes; picaridin; lyme disease</p> <p>Links for information: https://www.mayo.edu/research/faculty/pritt-bobbi-s-m-d/bio-00093461 https://twitter.com/ParasiteGal?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwq%5Eauthor https://parasitewonders.blogspot.com/ https://www.linkedin.com/in/bobbipritt/</p>		
22:23	SPOTBREAK 3: Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...let's ride Procter & Gamble "MC Magic Eraser" Ebay "Ebay Parts & Accessories"	:60 :30 :29	
24:22	MEDICAL NOTES: HOW AI CAN READ YOUR MIND, PROTECTING YOUR NEWBORN BABY, AND IF EXTREME WEATHER IS THREATENING OUR WHEAT PRODUCTION Host: Shel Lustig	2:04	
26:26	SPOTBREAK 4: Macys "Reading is Fundamental" OUTCUE: ...liquid detergent Procter & Gamble "Tide Laundry"	:30 :31	
27:27	Program Conclusion	:30	
27:57	TOTAL TIME		

Program	23-31	Written & Produced	Kristen Farrah, Polly Hansen
Air Week	7/30/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...five five eliquis	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS	10:51
	<p>Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children's Hospital & Harvard Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic</p> <p>Compliance issues covered: eponyms; nazi party; medical culture; ethics; gynecology; vasculitis; history; medical history; women in medicine; people of color in medicine; vulnerable populations</p> <p>Links for information: https://ghsm.hms.harvard.edu/faculty-staff/sabine-hildebrandt https://www.mayoclinicproceedings.org/content/matteson</p>	
12:41	SPOTBREAK 2: Liberty Mutual Insurance Co "Liberty Mutual" OUTCUE: ...by pfizer Pfizer Consumer Healthcare "Vyndamax"	:30 :30
13:41	:02 PAUSE FOR LOCAL AVAIL	:02
13:43	SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER	8:36
	<p>Synopsis: Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There's no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman's physical and mental health. Our experts break down the evidence and explain alternative interventions.</p> <p>Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, <i>Knocked Down</i></p> <p>Compliance issues covered: bed rest; obstetrics; patient safety; birth; pregnancy; high-risk pregnancy; vulnerable populations; public health; gestational diabetes; depression; high blood pressure; labor</p> <p>Links for information: https://www.uwo.ca/fhs/kin/about/faculty/mottola_m.html https://providers.ucsd.edu/details/1568494250/obstetrics-gynecology https://www.linkedin.com/in/cynthia-gyamfi-bannerman-md-ms-90377974/ https://www.aileenweintraub.com/ https://twitter.com/AileenWeintraub?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwq%5Eauthor</p>	
22:19	SPOTBREAK 3: Macys "Reading is Fundamental" OUTCUE: ...five five eliquis Procter & Gamble "Metamucil AA" Pfizer Consumer Healthcare "Eliquis"	:30 :30 :61
24:20	MEDICAL NOTES: MUSIC IS GOOD FOR YOUR HEALTH, NEW CANCER THERAPY, AND IS AMERICA GROUND ZERO FOR THE NEXT PANDEMIC? Host: Shel Lustig	2:06
26:26	SPOTBREAK 4: Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...slash purpose Macys "Reading is Fundamental"	:30 :30
27:26	Program Conclusion	:30
27:56	TOTAL TIME	

Program	23-32	Written & Produced	Kristen Farrah
Air Week	8/06/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:59	
1:47	:02 PAUSE FOR LOCAL AVAIL	:02	
1:49	SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE?	10:48	
	Synopsis: Bicuspid Aortic Valve is a rare heart condition that's twice as likely to affect men. While it can be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you're diagnosed with BAV. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient Compliance issues covered: cardiac surgery; congenital heart disease; genetic conditions; patient safety; open heart surgery; vulnerable populations; rare disease; stroke; stress; mental health; heart health Links for information: https://www.nm.org/doctors/1801904008/s-christopher-malaisrie-md https://twitter.com/ChrisMalaisrie https://www.linkedin.com/in/alexander-c-mckeown/		
12:37	SPOTBREAK 2: Skechers "Skechers" Procter & Gamble "Pepto Bismol" OUTCUE: ...of children	:30 :29	
13:36	:02 PAUSE FOR LOCAL AVAIL	:02	
13:38	SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?	9:19	
	Synopsis: Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener's safety and didn't find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. John Sievenpiper, Professor of Nutritional Sciences and Medicine, University of Toronto; Dr. Daniele Wikoff, Principal Scientists & Director of Health Sciences Practice, ToxStrategies Compliance issues covered: aspartame; sugar; alternative sweeteners; obesity; diabetes; cancer; carcinogens; public safety; healthy lifestyle; public health; nutrition; diet soda; consumerism; weight loss Links for information: https://toxstrategies.com/company/people/daniele-wikoff-ph-d/ https://www.linkedin.com/in/daniele-wikoff-0aa9b33/ https://nutrisci.med.utoronto.ca/faculty/john-sievenpiper https://www.linkedin.com/in/john-sievenpiper-md-phd-frcpc-4a683519/?originalSubdomain=ca		
22:57	SPOTBREAK 3: Skyrizi "Skyrizi 2023" Liberty Mutual Insurance Co "Liberty Mutual" Procter & Gamble "Metamucil" OUTCUE: ...metamucil everyday	:60 :30 :30	
24:57	MEDICAL NOTES: OVER-THE-COUNTER CONTRACEPTION, BIODEGRADABLE PLASTIC, AND HOW PSYCHEDELIC DRUGS HELP BRAIN DEVELOPMENT Host: Shel Lustig	1:31	
26:28	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:60	
27:28	Program Conclusion	:30	
27:58	TOTAL TIME		

Program	23-33	Written & Produced	Kristen Farrah
Air Week	8/13/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Liberty Mutual Insurance Co "Liberty Mutual" Pfizer Consumer Healthcare "ABRSVO" OUTCUE: ...by pfizer	:30 :30	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?	11:38	
	Synopsis: Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we've invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine Compliance issues covered: natural selection; evolution; humanity; survival; biology; DNA; genomics; genealogy; mammals; neurology; neurons; public health; genetic sequences; stem cells Links for information: https://medicine.yale.edu/profile/steven-k-reilly/ https://www.linkedin.com/in/steven-reilly-1b005490/ https://www.reilly-lab.com/ https://pubmed.ncbi.nlm.nih.gov/37104592/		
13:28	SPOTBREAK 2: Indeed "Indeed" Procter & Gamble "Tide Laundry" OUTCUE: ...liquid detergent	:30 :30	
14:28	:02 PAUSE FOR LOCAL AVAIL	:02	
14:30	SEGMENT 2: MERCURY HATS, ARSENIC DRESSES, AND POISONED SHOES: TOXIC FASHION	8:25	
	Synopsis: Clothes have always been a main form of non-verbal communication, but is this display of individuality worth the cost of our health? Alden Wicker, author of <i>To Dye For</i> , exposes the fashion industry's frequent use of harsh and toxic chemicals that are serious threats to our health. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Alden Wicker, Award-Winning Journalist & Author, <i>To Dye For</i> , Founder, EcoCult Compliance issues covered: fashion; toxic chemicals; chemical reactions; clothing industry; uniforms; mercury; BPA; allergic reactions; rash; public health; respiratory disease; consumerism; sensitive skin; chemical intolerance Links for information: https://www.aldenwicker.com/ https://ecocult.com/ https://www.linkedin.com/in/aldenwicker/ https://twitter.com/AldenWicker		
22:55	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:60 :60	
24:55	MEDICAL NOTES: HOW WE CAN HEAR SILENCE, USING A BLOOD DISEASE TO FIGHT DEMENTIA, AND THE RISE OF SNAKE BITES IN AMERICA Host: Shel Lustig	1:33	
26:28	SPOTBREAK 4: Taco Bell "TacoGen" Napa "Napa Upfront" OUTCUE: ...all cylinders	:30 :30	
27:28	Program Conclusion	:31	
27:59	TOTAL TIME		

Program	23-34	Written & Produced	Kristen Farrah
Air Week	8/20/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ... four xeljanz	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES	11:58	
	Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute for Brain Sciences, Duke University, Co-Author, <i>Healing The Traumatized Brain</i> Compliance issues covered: traumatic brain injury; neuroscience; frontal lobe; hallucinations; delusions; concussions; vulnerable populations; patient safety; mental health; depression; anxiety; cognitive behavioral therapy; neuroplasticity Links for information: https://medicine.duke.edu/profile/sandeep-vaishnavi https://www.press.jhu.edu/books/title/12359/healing-traumatized-brain?utm_source=google&utm_medium=shopping_ads&utm_campaign=f23_vaishnavi_google_shopping&qclid=Ci0KCCQjwdKmBhCCARIsAP-0rfxx9fWQ0gQ7NVrJLAN8wmWuJpdH5bff8gHHBe7hIbP5bSK2H6AFTgaAi4tEALw_wcB		
13:48	SPOTBREAK 2: Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...five eliquis	:60	
14:48	:02 PAUSE FOR LOCAL AVAIL	:02	
14:50	SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION MEDICINE	8:08	
	Synopsis: Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco Compliance issues covered: evolution; natural selection; precision medicine; heart disease; race; ancestry; healthcare; immune system; genetic sequence; genealogy; travel; virus; disease; bacteria; invention Links for information: https://www.nature.com/articles/s41576-020-00305-9 http://www.capralab.org/ https://twitter.com/capra_lab?lang=en https://bmi.ucsf.edu/people/capra		
22:58	SPOTBREAK 3: Liberty Mutual Insurance Co "Liberty Mutual" Pfizer Consumer Healthcare "Vyndamax" Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...five eliquis	:30 :30 :60	
24:58	MEDICAL NOTES: THE RISE OF LEPROSY IN AMERICA, ELIMINATING CHILD LABOR, AND A NEW ERA OF ROBOTIC PROSTHETICS Host: Shel Lustig	1:30	
26:28	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:59	
27:27	Program Conclusion	:31	
27:58	TOTAL TIME		

Program	23-35	Written & Produced	Kristen Farrah & Tabor Brewster
Air Week	8/27/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...five eliquis	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY	11:47	
	Synopsis: Sickle cell disease is the most common genetic diseases in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children's Hospital Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member, American Sickle Cell Anemia Association Compliance issues covered: sickle cell disease; sickle cell anemia; sickle cell trait; evolution; public health; sub-Saharan Africa; pharmaceuticals; vulnerable populations; infants; India; southeast Asia; genetic disorders; blood disorder Links for information: https://www.linkedin.com/in/onimoe-grace-257722107/ https://ascaa.org/ https://www.sicklecelldisease.org/ https://www.cincinnatichildrens.org/bio/w/russell-ware		
13:37	SPOTBREAK 2: Macys "Mental Health Awareness" OUTCUE: ...by pfizer	:30	
	Pfizer Consumer Healthcare "Abrysvo"	:30	
14:37	:02 PAUSE FOR LOCAL AVAIL	:02	
14:39	SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?	7:44	
	Synopsis: Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we're breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven't yet evolved to be fully protected from illness. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco Compliance issues covered: evolution; natural selection; precision medicine; race; ancestry; healthcare; immune system; genealogy; travel; virus; disease; bacteria; invention; genetics; biology Links for information: https://www.nature.com/articles/s41576-020-00305-9 http://www.capralab.org/ https://twitter.com/capra_lab?lang=en https://bmi.ucsf.edu/people/capra		
22:23	SPOTBREAK 3: Wild Hive "California Strawberry Commission" OUTCUE: ...five eliquis	:60	
	Pfizer Consumer Healthcare "Eliquis"	:60	
24:23	MEDICAL NOTES: RED MEAT ALLERGIES, MISDIAGNOSING ANTIBIOTICS, AND AN ILLNESS THAT'S DISGUISED AS PICKY EATING Host: Shel Lustig	2:02	
26:25	SPOTBREAK 4: Macys "Mental Health Awareness" OUTCUE: ...liberty liberty	:30	
	Liberty Mutual Insurance Co	:30	
27:25	Program Conclusion	:31	
27:56	TOTAL TIME		

Program	23-36	Written & Produced	Kristen Farrah & Tabor Brewster
Air Week	9/03/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Macys "Mental Health Awareness" Discover Products Inc "Discover Card Brand" OUTCUE: ...slash match	:30 :30	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: "YOU DON'T DESERVE TO BE TOLERATED": HEALING FROM TOXIC RELATIONSHIPS	11:37	
	Synopsis: Many of us have experienced a toxic relationship at one point in our lives – whether we were the aggressors or the victims. Jaime Mahler, a psychotherapist, specializes in helping people move past this relationship pattern. She explains how to notice when you're in an unhealthy situation and how to start your journey of healing. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Jaime Mahler, Licensed Psychotherapist, Author, <i>Toxic Relationship Recovery</i> Compliance issues covered: relationships; communication; coping strategies; emotional behavior; abusive relationship; vulnerable populations; therapy; psychotherapy; defense mechanisms; survival; mental health; self-image Links for information: https://www.instagram.com/recollectedself/?hl=en https://www.simonandschuster.com/books/Toxic-Relationship-Recovery/Jaime-Mahler/9781507220504 https://www.tiktok.com/@recollectedself?lang=en		
13:27	SPOTBREAK 2: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "Metamucil" OUTCUE: ...metamucil everyday	:30 :30	
14:27	:02 PAUSE FOR LOCAL AVAIL	:02	
14:29	SEGMENT 2: IS THERE SUCH THING AS A 'SAFE' AMOUNT OF CAFFEINE FOR TEENS?	8:36	
	Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like 'tropical punch' or 'blue raspberry' that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine. Host: Nancy Benson. Producer: Tabor Brewster. Guests: Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine, University of Chicago Compliance issues covered: caffeine; addiction; overdose; vulnerable populations; adolescents; diet; sugar; stimulants; mental health; public safety; patient safety; energy drinks Links for information: https://ortho.uchicago.edu/faculty/holly-j-benjamin-md https://www.linkedin.com/in/holly-benjamin-0b58b3a/ https://publications.aap.org/pediatrics/article/127/6/1182/30098/Sports-Drinks-and-Energy-Drinks-for-Children-and?autologincheck=redirected https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Caffeine_and_Children-131.aspx		
23:05	SPOTBREAK 3: Liberty Mutual Insurance Co "Liberty Mutual" Procter & Gamble "Charmin" Macys "Mental Health Awareness" McCormick "Frank's Redhot" OUTCUE: ...on everything	:30 :30 :30 :30	
25:05	MEDICAL NOTES: BREASTMILK AIDS MOTOR DEVELOPMENT, A NEW RELIEF FOR RASHES, AND EXPOSING MYTHS ABOUT HYDRATION Host: Shel Lustig	1:22	
26:27	SPOTBREAK 4: Skyrizi "Skyrizi" OUTCUE: ...to learn more	:60	
27:27	Program Conclusion	:30	
27:57	TOTAL TIME		

Program Log for Radio Health Journal

Program	23-37	Written & Produced	Kristen Farrah & Tabor Brewster
Air Week	9/10/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Macys "Mental Health Awareness" Procter & Gamble "MC Magic Eraser" OUTCUE: ...look easy	:30 :29	
1:47	:02 PAUSE FOR LOCAL AVAIL	:02	
1:49	SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?	10:05	
	Synopsis: America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide. Host: Elizabeth Westfield. Producer: Tabor Brewster. Guests: Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, <i>We've Got You Covered</i> ; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine, University of North Carolina Chapel Hill School of Medicine Compliance issues covered: medicare, universal healthcare; medicaid; public health; patient safety; public policy; health insurance; politics; consumerism; economics; deductible Links for information: https://economics.mit.edu/people/faculty/amy-finkelstein https://www.penguinrandomhouse.com/books/690632/weve-got-you-covered-by-liran-einav-and-amy-finkelstein/ https://www.med.unc.edu/socialmed/directory/jonathan-oberlander/ https://twitter.com/OberlanderUNC		
11:54	SPOTBREAK 2: SPM "RHJ VP Podcast" Procter & Gamble "Secret AA" OUTCUE: ...secret works	:30 :30	
12:54	:02 PAUSE FOR LOCAL AVAIL	:02	
12:56	SEGMENT 2: THE 'PERFECT PREGNANCY' DOESN'T EXIST: CHILDBIRTH THROUGHOUT HISTORY	9:55	
	Synopsis: Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. She explains how our mindset has changed over time and the repercussions that follow. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, <i>The Myth of the Perfect Pregnancy</i> Compliance issues covered: pregnancy; miscarriage; family; youth at risk; consumerism; marketing; contraception; parenthood; American population; technology; pregnancy loss; smart phones; pregnancy test Links for information: https://www.larafreidenfelds.com/ https://www.larafreidenfelds.com/the-myth-of-the-perfect-pregnancy https://twitter.com/larafreidenfeld?lang=en https://www.linkedin.com/in/lara-freidenfelds-22571a2/		
22:51	SPOTBREAK 3: Liberty Mutual Insurance Co "Liberty Mutual" Pfizer Consumer Healthcare "Abrysvo" SPM "RHJ VP Podcast" Macys "Mental Health Awareness" OUTCUE: ...slash purpose	:30 :30 :30 :30	
24:51	MEDICAL NOTES: TOXIC BREASTMILK, NEW COVID ANTIBODIES, AND CELLULAR TATTOOS Host: Shel Lustig	1:34	
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60	
27:25	Program Conclusion	:30	
27:56	TOTAL TIME		

Program	23-38	Written & Produced	Kristen Farrah & Tabor Brewster & Polly Hansen
Air Week	9/17/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: HOW WILL THE AFFIRMATIVE ACTION BAN AFFECT HEALTHCARE?	11:28	
	<p>Synopsis: The US Supreme Court recently voted to ban affirmative action, a topic that's been debated for decades. Our experts break down how this will affect medical school enrollment, as well as the healthcare career opportunities for minority populations.</p> <p>Host: Elizabeth Westfield. Producer: Polly Hansen. Guests: Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson, Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American Medical Colleges</p> <p>Compliance issues covered: affirmative action; healthcare; race; ethnicity; college; medical school; physicians; patient safety; diversity; college admissions; scholarships</p> <p>Links for information: https://www.uchicago.edu/healthcare/find-a-physician/physician/dayle-davenport https://twitter.com/MCHenderson4?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwq%5Eauthor https://health.ucdavis.edu/leadership/bios/henderson https://www.linkedin.com/in/geoffrey-young-35560b62/</p>		
13:18	SPOTBREAK 2: Autozone "Services Mashup" OUTCUE: ...conditions apply	:30	
	Indeed "Indeed"	:30	
14:18	:02 PAUSE FOR LOCAL AVAIL	:02	
14:20	SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION	8:04	
	<p>Synopsis: Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Bars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Nikki Bars McCullough, Respiratory protection Expert, 3M Company</p> <p>Compliance issues covered: air quality; air pollution; mask; public health; natural disasters; wildfire; smoke; lung health; vulnerable populations; stroke</p> <p>Links for information: https://www.linkedin.com/in/nicole-mccullough-a442b317/ https://www.who.int/health-topics/air-pollution#tab=tab_1 https://www.nfpa.org/News-and-Research/Publications-and-media/Blogs-Landing-Page/NFPA-Today/Blog-Posts/2023/08/12/Maui-wildfire-one-of-deadliest-in-US-history</p>		
22:24	SPOTBREAK 3: Pfizer Consumer Healthcare "Prevnar" OUTCUE: ...america n/a	:60	
	Procter & Gamble "Gain Laundry"	:30	
	Bank of America "Small Business"	:30	
24:24	MEDICAL NOTES: INADEQUATE ADDICTION TREATMENT, GENETIC EATING DISORDERS, AND THE SONG OF MOSQUITOES	2:02	
	Host: Shel Lustig		
26:26	SPOTBREAK 4: Liberty Mutual Insurance Co "Liberty Mutual" OUTCUE: ...bargain detergent	:30	
	Procter & Gamble "Gain Laundry"	:30	
27:26	Program Conclusion	:31	
27:57	TOTAL TIME		

Program	23-39	Written & Produced	Kristen Farrah & Tabor Brewster
Air Week	9/24/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Indeed "Indeed" O'Reilly Auto Parts "O'Reilly" OUTCUE: ...auto parts ow	:30 :30	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS	11:54	
	Synopsis: A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor Compliance issues covered: breast cancer; cancer; fertility; fertility preservation; reproductive issues; chemotherapy; radiation therapy; in vitro fertilization; ethics; health insurance; medical access; patient access; vulnerable populations Links for information: https://www.feinberg.northwestern.edu/sites/obgyn/faculty/profile.html?xid=43585 https://twitter.com/karagoldmanmd?lang=en https://news.nm.org/after-losing-both-ovaries-breast-cancer-survivor-gives-birth-to-identical-twins-on-her-two-year-cancer-free-anniversary/ https://jamanetwork.com/journals/jamaoncology/article-abstract/2808226		
13:44	SPOTBREAK 2: SPM "RHJ VP Podcast" Pfizer Consumer Healthcare "Comirnaty" OUTCUE: ...and biontech	:30 :30	
14:44	:02 PAUSE FOR LOCAL AVAIL	:02	
14:46	SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN	8:10	
	Synopsis: There's been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Emily Lantz, Assistant Professor in the Department of Nutrition, Metabolism, and Rehabilitation Science, University of Texas Medical Branch Compliance issues covered: dietary protein; diet; nutrition; blood test; public health; amino acids; exercise; metabolism; hormone production; muscle repair; bone health; skeletal muscle health Links for information: https://www.utmb.edu/shp/nmrs/nutr/lantz https://www.linkedin.com/in/emily-arentson-lantz-phd-6166a914/ https://www.fao.org/ag/humannutrition/35978-02317b979a686a57aa4593304ffc17f06.pdf		
22:56	SPOTBREAK 3: Liberty Mutual Insurance Co "Liberty Mutual" Pfizer Consumer Healthcare "Abrysvo" Pfizer Consumer Healthcare "Comirnaty" SPM "RHJ VP Podcast" OUTCUE: ...journal dot org	:30 :30 :30 :30	
24:56	MEDICAL NOTES: SUICIDE RATES ARE AT AN ALL-TIME HIGH, THE NEW COVID STRAIN TAKING OVER AMERICA, AND THE MUSIC GENRE YOUR INFANT SHOULD LISTEN TO Host: Shel Lustig Producer: Tabor Brewster	1:29	
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Vyndamax" AZO "Services Mashup" OUTCUE: ...restrictions apply	:30 :30	
27:25	Program Conclusion	:31	
27:55	TOTAL TIME		

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