

# RADIO HEALTH JOURNAL

The Latest In Health, Science & Technology

2017-Q1 (January – March) Radio Health Journal Quarterly Log

## Compliance Issues Covered:

agriculture and farm issues	laws and the criminal justice system
alcohol abuse	local government
auto and road safety	mental health
business and industry	parenting issues
consumerism	police
crime	pop culture
death and dying	poverty
deregulation	prison and justice system
developmental disorders	productivity
disabilities	psychology
drug addiction	public health
drug treatment	relationship issues
drunk driving	science and engineering
economics	sports and recreation
education	substance abuse and treatment
ethics	suicide
family issues	technology
federal government and regulation	women's issues
food and drug safety	workplace and employment issues
health care	youth at risk
impaired driving	

Program 17-01  
Air Week 01/01/17-01/07/17

Producer Reed Pence  
Production Director Sean Waldron

2:02 SEGMENT 1: ICU INEFFICIENCY

12:25

Synopsis: With monitors surveying every part of patients' bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU's are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU's could be improved to save lives.

Host: Reed Pence. Guests: Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN

Compliance issues covered: health care; technology; science and engineering; economics; business and industry

Links for more information: [http://www.hopkinsmedicine.org/armstrong\\_institute/about/peter\\_pronovost.html](http://www.hopkinsmedicine.org/armstrong_institute/about/peter_pronovost.html);  
<http://www.mayo.edu/research/faculty/pickering-brian-w-m-b-b-ch/bio-00096469>

15:29 SEGMENT 2: REVERSING THE SHORTAGE IN PRIMARY CARE DOCS

7:36

Synopsis: Most people rely on their primary care doctors first when they need health care. But a shortage in primary care doctors is only getting worse. Some medical schools have been successful in keeping their grads in primary care. We talk to an expert from one of them to see how it's done and if other schools can replicate their success.

Host: Nancy Benson. Guest: Dr. Elizabeth Baxley, Sr. Assoc. Dean for Academic Affairs and Prof. of Family Medicine, Brody School of Medicine, East Carolina Univ.

Compliance issues covered: health care; public health; economics; education

Links for more information: <http://www.ecu.edu/cs-admin/news/Family-Tradition.cfm>;  
<https://www.aamc.org/download/434506/data/baxleybio.pdf>;

Program 17-02 Producer Reed Pence  
Air Week 01/08/17-01/14/17 Production Director Sean Waldron

2:02 SEGMENT 1: EATING DISORDERS: NOT JUST FOR ADOLESCENTS 11:42

Synopsis: Over the last decade, the number of women over age 30 seeking treatment for anorexia, bulimia and binge eating disorder has skyrocketed. Experts discuss the factors triggering eating disorders in midlife and the factors that bring women in for treatment for long standing disorders.

Host: Reed Pence. Guests: Denise Folcik, eating disorder survivor; Lori Ciotti, Site Director, Renfrew Center of Massachusetts; Dr. Margo Maine, psychologist, co-founder, National Eating Disorders Assn. and author, *The Body Myth: Women and the Pressure to be Perfect*; Dr. Cynthia Bulik, founding Director, Univ. of North Carolina Center of Excellence for Eating Disorders and author, *Midlife Eating Disorders: Your Journey to Recovery*

Compliance issues covered: women's issues; mental health; health care; consumerism; family issues

Links for more information: <http://renfrewcenter.com/locations/all-locations/renfrew-boston-ma-eating-disorder-treatment-center>; <https://www.nationaleatingdisorders.org/find-help-support>; <http://www.mwsg.org/bodymyth.htm>; <http://www.cynthiabulik.com/books/midlife-eating-disorders/>

14:46 SEGMENT 2: DUPUYTREN DISEASE & DISABLED HANDS 8:05

Synopsis: Dupuytren disease (pronounced DOO-pah-tren) is the most common disorder crippling hands that most people have never heard of. It is a genetic condition of the fascia beneath the skin of the palms, and it stubbornly resists treatment. An expert and a patient discuss the disorder.

Host: Nancy Benson. Guests: Tom Knapp, Dupuytren patient and board member, Dupuytren Foundation; Dr. Charles Eaton, hand surgeon and Executive Director, Dupuytren Foundation

Compliance issues covered: health care; disabilities

Links for more information: [www.4dup.com](http://www.4dup.com)

Program 17-03 Producer Reed Pence  
Air Week 01/15/17-01/21/17 Production Director Sean Waldron

2:02 SEGMENT 1: STONED DRIVING: HOW CAN POLICE TELL? 12:15

Synopsis: With recreational marijuana use legal in eight states and 29 permitting medical pot use, there will be more drivers on the road who are potentially under the influence of marijuana. However, police have no way to determine who is dangerous and who is not, as blood levels of marijuana's active ingredient are often meaningless. Experts discuss the problem and new scientific discoveries about marijuana impairment.

Host: Reed Pence. Guests: Dr. Marilyn Huestis, Prof. of Toxicology, Univ. of Maryland School of Medicine; Dr. Tom Marcotte, Assoc. Prof. of Psychiatry and Co-Director, Center for Medicinal Cannabis, Univ. of California, San Diego.

Compliancy issues covered: auto and road safety; drunk driving; impaired driving; drug and alcohol abuse; police; laws and criminal justice system

Links for more information: <https://irp.drugabuse.gov/Huestis.php>; <http://www.cmcr.ucsd.edu>

15:19 SEGMENT 2: POOR HEALTH AND PRISON 7:07

Synopsis: Researchers have found that poor health and disabilities can be factors leading to prison. An expert discusses the life cycles that can make this occur.

Host: Nancy Benson. Guest: Dr. Susan Sered, Prof. of Sociology, Suffolk Univ. & co-author, Can't Catch a Break: Gender, Jail, Drugs and the Limits of Personal Responsibility

Compliancy issues covered: prison and justice system; crime; drugs and drug treatment; public health; disabilities

Links for more information: <http://susan.sered.name/cant-catch-a-break/>

Program 17-04 Producers Polly Hansen & Reed Pence  
Air Week 01/22/17-01/28/17 Production Director Sean Waldron

2:02 SEGMENT 1: EXOSKELETONS: ENABLING PARAPLEGICS TO WALK AGAIN 11:17

Synopsis: Motorized, computer-controlled braces and frames are making the concept of the bionic human into reality. Experts discuss how these exoskeletons work and how they may be used in the future.

Host: Reed Pence. Guests: Dr. Alberto Esquenazi, Chief Medical Officer, Moss Rehab; Dr. Peter Gorman, Chief, Div. of Rehabilitation Medicine, Univ. of Maryland Rehabilitation and Orthopedic Institute and attending physician, Baltimore VA Medical Center; Dr. Homayoon Kazerooni, Prof. of Mechanical Engineering, Univ. of California Berkeley, Director, Berkeley Robotics and Human Engineering Laboratory and founder and Chief Scientist, Berkeley Bionics.

Compliance issues covered: disabilities; health care; technology

Links for more information: <https://www.mossrehab.com/physicians/albertoesquenazimd>;  
<http://www.medschool.umaryland.edu/profiles/Gorman-Peter/>;  
<http://www.me.berkeley.edu/people/faculty/homayoon-kazerooni>

14:21 SEGMENT 2: PUBLIC HOSPITALS: REPUTATION VS. REALITY 8:33

Synopsis: Public hospitals have a poor reputation, but in some fields, especially trauma, they are often among the best hospitals in the US. Two experts discuss reputation vs. reality and the threats public hospitals face.

Host: Nancy Benson. Guests: Mike King, author, A Spirit of Charity: Restoring the Bond Between America and Its Public Hospitals; Dr. David Oshinsky, Director, Div. of Medical Humanities, New York Univ. Langone Medical Center and author, Bellevue: Three Centuries of Medicine and Mayhem at America's Most Storied Hospital

Compliance issues covered: health care; poverty; local government; public health care

Links for more information: <http://www.authormikeking.com>;  
<http://www.med.nyu.edu/medicine/medhumanities/david-oshinsky-named-director-nyu-division-medical-humanities>

Program 17-05 Producer Reed Pence  
Air Week 01/29/17-02/04/17 Production Director Sean Waldron

2:03 SEGMENT 1: AUTISM IN GIRLS: IT'S DIFFERENT 12:45

Synopsis: Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls' behavior as a result of brain differences. This leaves many girls with autism undiagnosed.

Host: Reed Pence. Guests: Dr. Thomas Frazier, Director, Center for Autism, Cleveland Clinic, Children's; Dr. Rachel Loftin, Clinical Director, Autism Center, Rush Univ. Medical Center; Dr. Kevin Pelphrey, Carbonnel Prof. of Autism and Neurodevelopmental Disorders, George Washington Univ.

Compliance issues covered: youth at risk; health care; developmental disorders; education; suicide

Links for more information: <http://my.clevelandclinic.org/staff/7668-thomas-frazier-ii>;  
<https://www.rushu.rush.edu/faculty/rachel-l-loftin-phd>; <https://autism.gwu.edu/meet-director>

15:50 SEGMENT 2: POWER NAPS 7:12

Synopsis: Most employers believe the workplace is no place to nap, but research increasingly shows that a short nap in the middle of the day carries many benefits in increased productivity.

Host: Nancy Benson. Guest: Dr. Michael Grandner, Director, Sleep and Health Research Program, Univ. of Arizona

Compliance issues covered: public health; workplace and employment issues; productivity

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

Program 17-06 Producer Reed Pence  
Air Week 02/05/17-02/11/17 Production Director Sean Waldron

2:02 SEGMENT 1: THE PSYCHOLOGY OF ONLINE DATING 11:33

Synopsis: Today more than half of American adults are single. Many are still looking for love--more than 40 million are members of online dating sites, which have their busiest time of the year between now and Valentine's Day. A noted psychologist explains research showing most users take the wrong approach when seeking a good match online, and discusses how they can better their odds of finding true love.

Host: Reed Pence. Guest Ken Page, psychotherapist in private practice, blogger on *Psychology Today* and author, *Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy*:

Compliance issues covered: technology; pop culture; relationship issues; consumerism

Links for more information : <http://www.kenpagelcsw.com>; DeeperDatingGifts.com

14:37 SEGMENT 2: NFL TEAM DOCTORS: IN WHOSE INTEREST? 8:33

Synopsis: Injured NFL players are treated by doctors employed by teams, but a Harvard study claims there is an inherent conflict of interest in that arrangement, which might mean putting players on the field before they're recovered. One of the study's co-authors discusses.

Host: Nancy Benson. Guest: Glenn Cohen, Prof. of Law, Harvard Univ

Compliance issues covered: sports and recreation; ethics; economics

Links for more information: [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=2879441](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2879441)

Program 17-07 Producers Reed Pence & Polly Hansen  
Air Week 02/12/17-02/18/17 Production Director Sean Waldron

2:02 SEGMENT 1: PEANUT ALLERGIES AND KIDS: CHANGING THE RULES 12:58

Synopsis: Peanut allergies in children have skyrocketed to the point that many schools ban foods containing them. Now studies show previous advice is wrong. Rather than keeping kids away from peanuts to protect them, parents should give most infants peanuts from an early age. An allergy expert who is co-author of new guidelines explains.

Host: Reed Pence. Guest: Dr. Matthew Greenhawt, Asst. Prof. of Pediatrics, Allergy and Immunology Section, Children's Hospital, Colorado and Univ. of Colorado School of Medicine, and Chair, Food Allergy Committee, American College of Allergy, Asthma and Immunology

Compliance issues covered: consumerism; youth at risk; education; parenting issues; public health

Links for more information: <http://acaai.org/news/acaai-says-children-asthma-do-not-need-be-routinely-tested-peanut-allergy>

16:02 SEGMENT 2: MUSIC FOR THE DYING AND GRIEVING 6:49

Synopsis: Music thanatology is a specialized practice of playing harp music for the dying. A practitioner of the art explains how there is also science to it as well, and a woman whose family has used it describes her experience.

Host: Nancy Benson. Guests: Betsy Haraf, family member who witnessed thanatology vigil; Tony Pederson, certified music thanatologist, Journeycare, Northbrook, IL and President, Music Thanatology Association International

Compliance issues covered: health care; psychology; death and dying

Links for more information: <http://www.mtai.org>; <http://chaliceofrepose.org>



Program 17-08 Producer Reed Pence  
Air Week 02/19/17-02/25/17 Production Director Sean Waldron

2:01 SEGMENT 1: ANTIBIOTICS AND FARM ANIMALS: NEW RULES 12:18

Synopsis: Antibiotic resistance may mean some infections are untreatable in the future. To combat this bacterial evolution, new federal rules went into effect on January 1 that restrict use of antibiotics in food animals, where the majority of US antibiotics are consumed. Critics worry the rules don't go far enough. Experts on both sides of the issue discuss.

Host: Reed Pence. Guests: Dr. David Wallinga, Senior Health Officer, Natural Resources Defense Council; Dr. Ramanan Laxminarayan, Director, Center for Disease Dynamics, Economics and Policy and former member, White House antibiotics panel; Dr. Liz Wagstrom, Chief Veterinarian, National Pork Producers Assn; Katie Roth, dairy farmer, Platteville, WI

Compliance issues covered: consumerism; public health; agriculture and farm issues; federal government and regulation; food safety

Links for more information: <https://www.nrdc.org/experts/david-wallinga-md>;  
[http://www.cddep.org/profile/ramanan\\_laxminarayan#sthash.ynWEiuYK.dpbs](http://www.cddep.org/profile/ramanan_laxminarayan#sthash.ynWEiuYK.dpbs); <http://www.swinecast.com/dr-liz-wagstrom-the-future-antibiotic-use-pork-production>

15:21 SEGMENT 2: THE DECREASE IN HEARING LOSS 7:27

Synopsis: A major new study shows hearing loss is decreasing in the US. This has surprised some experts who've feared greater use of ear buds would lead to greater hearing loss in young people. Experts discuss why hearing loss is declining and caution against complacency.

Host: Nancy Benson. Guests: Howard Hoffman, Program Director, Epidemiology and Statistics, National Inst on Deafness & Other Communication Disorders; Barbara Kelley, Exec. Dir, Hearing Loss Assn. of America

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

Links for more information: <https://www.nidcd.nih.gov/research/extramural/epidemiology-biostatistics-program>;  
<http://www.hearingloss.org>

Program 17-09 Producers Reed Pence and Polly Hansen  
Air Week 02/26/17-03/04/17 Production Director Sean Waldron

3:03 SEGMENT 1: CAN PRIMARY CARE DOCTORS END THE OPIOID EPIDEMIC? 12:51

Synopsis: Primary care doctors such as family physicians and internists can treat opioid addiction in their offices using drug substitution therapy. This could potentially erase the stigma of getting treatment. However, few doctors have been trained in this therapy. Experts discuss opioid addiction, & potential treatments.

Host: Reed Pence. Guests: Dr. John Tanner, Medical Director, Florida Intervention Project for Nurses; Dr. Alan Schwartzstein, family practitioner and Vice Speaker, American Academy of Family Physicians

Compliance issues covered: drug addiction, substance abuse and treatment; consumerism; education

Links for more information: Cited physician finder: <https://www.samhsa.gov>; <http://www.asam.org/about-us/leadership/board-of-directors/biography-john-c-tanner>; <http://www.aafp.org/about/governance/board-directors/alan-schwartzstein.html>

16:56 SEGMENT 2: EYE TRANSPLANTS: A FUTURE REALITY 6:04

Synopsis: Eye transplants have long been attempted unsuccessfully. Doctors are taking what they've learned in hand transplants, especially in nerve regeneration, and applying it to eye transplant development. Experts discuss what need to be accomplished to make transplants a reality.

Host: Nancy Benson. Guests: Dr. Joel Schuman, Chairman and Prof. of Ophthalmology, Neuroscience and Physiology, New York Univ. School of Medicine and Langone Medical Center and Director, Langone Eye Center; Dr. Kia Washington, Asst. Prof. & Assoc. Director, Hand Transplantation Program, Univ. of Pittsburgh

Compliance issues covered: health care; disabilities; technology

Links for more information: <http://nyulangone.org/doctors/1932184777/joel-s-schuman>; <http://www.plasticsurgery.pitt.edu/person/kia-m-washington>

Program	17-10	Producer	Reed Pence
Air Week	03/05/17-03/11/17	Production Director	Sean Waldron

2:03    SEGMENT 1: REMAKING THE FDA 12:31

Synopsis: The Trump Administration has signaled it intends to revamp the Food and Drug Administration to speed the approval of drugs. Some FDA commissioner candidates have proposed radical reform, including an end to the requirement that drugs must be effective to be approved. Experts discuss what reform might look like and what the FDA needs to better succeed.

Host: Reed Pence. Guests: Peter Pitts, President, Center for Medicine in the Public Interest and former Food and Drug Administration Associate Commissioner; Dr. [David Gortler](#), professor of pharmacology, Georgetown Univ. and a former Food and Drug Administration senior medical officer, now a [Pharmacology expert](#) and FDA expert with [FormerFDA.com](#). He was also the former FDA/health care policy and Obamacare/ACA repeal and replacement advisor for the 2016 Ted Cruz presidential campaign.

Compliance issues covered: consumerism; public health; federal government and regulation; deregulation; food and drug safety

Links for more information: <http://50.63.91.31>; <http://cmpi.org/about-us/founders/peter-pitts/>

15:36    SEGMENT 2: MISCONSTRUED BODY BASICS 6:58

Synopsis: Many people have questions about their bodies that seem so silly, they never bring them up with their doctors. While the answers are sometimes humorous, often they are more complicated and important than we imagine. An expert physician/writer discusses.

Host: Nancy Benson. Guest: Dr. James Hamblin, Senior Editor, Atlantic Magazine and author, *If Our Bodies Could Talk: A Guide to Operating and Maintaining A Human Body*

Compliance issues covered: consumerism; education

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

Program 17-11 Producer Reed Pence  
Air Week 03/12/17-03/18/17 Production Director Sean Waldron

2:03 SEGMENT 1: TONE DEAFNESS

12:13

Synopsis: Many people sing badly and think they're tone deaf, but a surprisingly low proportion of them truly can't tell one note from another. They not only can't sing, they also can't enjoy music, may have trouble with certain forms of language, and may be unable to communicate emotion in their speech. Experts discuss.

Host: Reed Pence. Guests: Dr. Psyche Loui, Asst. Prof. of Psychology and Neuroscience, Wesleyan Univ.; Dr. Dominique Vuvan, researcher, International Laboratory for Brain, Music and Sound Research

Compliance issues covered: culture; communication; education

Links for more information: <http://www.psycheloui.com>; <http://www.brams.org/en/membres/dominique-vuvan-phd/>

15:18 SEGMENT 2: HANGOVERS

7:28

Synopsis: As St. Patrick's Day approaches—one of the biggest drinking holidays of the year—an expert discusses why hangovers occur and what might work to prevent them and recover from them.

Host: Nancy Benson. Guest: Dr. Laura Veach, licensed clinical addiction specialist and Assoc. Prof. of Surgery, Wake Forest Univ. School of Medicine

Compliance issues covered: consumerism; substance and alcohol abuse

Links for more information: <http://www.wakehealth.edu/Faculty/Veach-Laura-J.htm>

Program 17-12 Producers Reed Pence and Polly Hansen  
Air Week 03/19/17-03/25/17 Production Director Sean Waldron

2:04 SEGMENT 1: SHORTENING THE COURSE OF ANTIBIOTICS 12:18

Synopsis: Since the introduction of antibiotics in World War II, doctors have prescribed courses of treatment that typically ran longer than necessary. Bacterial resistance is forcing a reevaluation, shortening courses sometimes to just a few days and even prompting doctors to advise not using all pills if patients feel better.

Host: Reed Pence. Guests: Dr. Brad Spellberg, Chief Medical Officer, Los Angeles County-Univ. of Southern California Medical Center; Dr. William Schaffner, infectious disease specialist, Vanderbilt Univ. Medical Center; Dr. Louis Rice, Chairman, Dept. of Medicine, Warren Alpert Medical School, Brown Univ.

Compliancy issues covered: health care; public health; technology

Links for more information: <http://keck.usc.edu/faculty/brad-spellberg/>; <https://news.brown.edu/articles/2010/06/rice>; <https://medschool.vanderbilt.edu/health-policy/person/william-schaffner-md>;

15:24 SEGMENT 2: CRIPPLING ANXIETY 7:41

Synopsis: Anxiety is normal, but too much can be crippling. An author and anxiety sufferer discusses the nature of crippling anxiety and what people can do about it.

Host: Nancy Benson. Guest: Scott Stossel, editor, Atlantic magazine and author, My Age of Anxiety: Fear, Hope, Dread and the Search for Peace of Mind

Compliancy issues covered: public health; health care; mental health

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

Program 17-13  
Air Week 03/26/17-04/01/17

Producers Polly Hansen and Reed Pence  
Production Director Sean Waldron

2:04 SEGMENT 1: DIFFICULT PATIENTS

10:58

Synopsis: Patients used to accept doctors' orders without question. Today, more are asking questions and challenging their doctors' opinions. However, even those who do it politely are likely to be labeled "difficult." A doctor whose late wife nearly made a career of being a difficult patient discusses how patients can do it respectfully and fruitfully.

Host: Reed Pence. Guest: Dr. William Steinbach, Prof., Chief of Pediatrics & Infectious Diseases, Duke Univ.

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

Links for more information: <http://content.healthaffairs.org/content/27/5/1416.full>;  
<https://pediatrics.duke.edu/faculty/william-j-steinbach-md>

14:04 SEGMENT 2: RUDENESS

7:41

Synopsis: Studies show a rudeness epidemic in the US, and that people are profoundly affected when they experience or even witness it occurring to someone else. Two experts discuss.

Host: Nancy Benson. Guests: Dr. Amir Erez, Prof. of Management, Warrington College of Business, Univ. of Florida; Dr. Christine Porath, Assoc. Prof. of Management, McDonald School of Business, Georgetown Univ. and author, *Mastering Civility: A Manifesto for the Workplace*

Compliance issues covered: business and industry; psychology; consumerism

Links for more information: <http://warrington.ufl.edu/contact/profile.asp?WEBID=2057>;  
<http://www.christineporath.com>

