

ISSUES AND ANSWERS WZFC (AM) WINCHESTER, VA

SECOND QUARTER 2022

VARIOUS CATEGORIES

Public Affairs Program

WZFC aired "InfoTrak." This is a weekly half hour public affairs program that aired every Sunday morning between 5:00am and 5:30am. Three different issues are dealt with each week. Among the topics typically covered are: consumer matters, parenting issues, seniors and retirement, police and crime, women's issues, aging, poverty, and minority concerns. A complete listing of the topics covered in each InfoTrak program that aired during second quarter 2022 is included at the back of this report.

VARIOUS CATEGORIES

Public Affairs Program

WZFC aired "Radio Health Journal" every Sunday morning between 5:30am and 6:00am. Hosted by Reed Pence, Nancy Benson and Shel Lustig, Radio Health Journal is an award-winning, contemporary radio magazine focusing on the latest in health, science, and technology. RHJ, features interviews with renowned medical experts, doctors, scientists, and professors.

Public Affairs Program

WZFC aired "Frontlines of Freedom" every Saturday morning between 7:00am and 8:00am focusing on Military news and veterans affairs. The show is hosted by retired U.S. Army, Lt. Col. Denny Gillem. Denny graduated from the US Military Academy at West Point in June 1964 and was commissioned in the infantry. After military schooling he was assigned to Fort Carson, Colorado Springs, CO, where he served with the 5th Infantry Division, met and proposed to his wife, Marilyn, and volunteered for duty in Vietnam.

GOVERNMENT

PUBLIC SAFETY, HEALTH, AND WELFARE

Local Weather Coverage— Winchester's Official Forecast

WZFC aired a thirty second weather report twice hourly (24 hours a day) every day in second quarter 2022.

PUBLIC SAFETY, HEALTH, WELFARE AND RECREATION

Local News Coverage

WZFC aired a one minute newscast twice an hour from 6 a.m. – 6 p.m. every weekday in during second quarter 2022. These local newscasts were written, produced, and anchored by the WZFC news staff covering news of interest to Winchester residents.

Public Service Announcements

WZFC provided numerous PSA's during second quarter 2022 to local non-profit organizations in the Winchester region.

Todd Bartley

July 6, 2022



Frontlines of Freedom

Denny Gillem

HOST

Lt. Col., US Army, Ret.

Frontlines of Freedom

Military Talk Radio

P.O. Box 88272
Grand Rapids, MI 49518

(616) 813-8436

denny@frontlinesoffreedom.com

Show Guests/Subjects, 2nd Quarter 2022

Date	Guest	The total content time is: 39:50 per show hour
2 Apr	Host comment: The senior leadership in our military Gen Chris Petty on CRT and Diversity Judd Dunning, book, The Putin Problem Alex Kershaw, book on 4 MoH recipients from WWII	
9 Apr	Host comment: History we must remember for the war in Ukraine Sean Sorbie, Veterans for Smart Power Elliott Chodoff, IDF, on the situation in Israel Valerie Lefler from Feonix; rides for vets	
16 Apr	Host comment: How the war in Ukraine might end Maj Gen Mark Lott, book, And Justice for All Army vets John Berry Sr & Jr from Berry Law on standing up for vets Army vet Ian Newell, Big Bear AI, on soldiers moving to civilian jobs	
23 Apr	Host comment: The invasion across our southern border Gen Paul Mock on our National Guard helping foreign nations Navy Capt Thom Burke on when we should fight Vet China Batista from 10 Can on helping hurting vets	
30 Apr	Host comment: Masks and supporting Ukraine Gen Robt Spalding, book, War without Rules: China Gen Arnold Punaro on our nation's challenges Diane Raver from the Garden State Film Festival on the Movie of the Month	
7 May	Host comment: Religious freedom in our nation Army vet John Hughes, MD, on the problems at West Point Marine vet Joe Geeter on Monford Point Marines Capt Lawton Collins, Freedom1 Coffee	
14 May	Host comment: Economic consequences of Russia in Ukraine Gen & former police officer Paul Mock on Nat'l Peace Officer Memorial Day Gen Chris Petty discussed our nation's military history Peter Ruppert discussed Armed Forces Thanksgiving in Grand Rapids	

- 21 May Host comment: What's going on in Russia
Army vet and atty Davis Younts on our military and Freedom of Religion
Am Legion Nat'l Commander Paul Dillard on the Legion
Cohost Roland Ashby & Chris Henry on the rescue of a downed Corsair pilot
- 28 May Host comment: Memorial Day
Memorial MoH recipient Jim McCloughan on America is still great
Day Vet Bob Green on Honor Flights
Diane Raver from the Garden State Film Festival on the Movie of the Month
- 4 June Host comment: Our need for a real foreign policy
FoF 15th Former DNI Ric Grenell on our nation's challenges and California
Anniv Board members interview host, Denny Gillem
Host, Denny Gillem, Josh Breimayer & Phil Tower on founding FoF
- 11 June Host comment: Gun control
Lt Gen Rod Bishop on Standing Together Against Racism & Radicalism in the
Services (STARRS)
Mark Hager on D-Day and WWII vet Harold Franks story on D-Day
AF vet Mark Lamonica on the Combat Control Foundation
- 18 June Host comment: The Sovietization of our nation
Ross Schwalm on the role of Hessians in our nation's and our military's history
Army vet Shad Meshad, pres & founder: Nat'l Veterans Foundation
Gen Chris Petty on the Battle of the Month
- 25 June Host comment: Some of the really dumb things our nation is doing
Vet John Byrne from Concerned Veterans for America on NATO
Gen and Congressman Jack Bergman on our nation's budget & borders
Diane Raver from the Garden State Film Festival on the Movie of the Month



Call Letters: WZFL-AM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2022

Show # 2022-14

Date aired: 4-3-22 Time Aired: 5 AM

Gary L. Freed, MD, MPH, pediatrician, co-director of the University of Michigan Health C.S. Mott Children's Hospital National Poll on Children's Health

Dr. Freed led a nationwide poll that found that more than a quarter of parents say their adolescent-aged child has seen a mental health specialist, with nearly 60% of those reporting a visit within the past year. He said even before the pandemic, mental health disorders in adolescents, such as depression and anxiety, were prevalent. He added that lockdowns, school closings and isolation exacerbated these problems. He talked about common obstacles encountered by parents who seek mental health treatment for their children.

Issues covered:

Length: 8:09

**Adolescent Mental Health
Parenting**

Emma J. Hudgins, PhD, FRQNT Postdoctoral fellow, Bennett Lab in the Department of Biology at Carleton University

Dr. Hudgins was the lead author of a study that estimates that over the next 30 years, 1.4 million street trees on public land will be killed by invasive insects, primarily the emerald ash borer, costing over \$900 million to replace. She projects that an additional 87 million urban trees on private property will also die. She talked about potential strategies in urban planning to reduce the likelihood of such huge tree losses in the future.

Issues covered:

Length: 8:55

**Emerald Ash Bore
Environment
Government Spending**

Matthew Harding, PhD, Professor of Economics and Statistics, University of California, Irvine, UCI Faculty Innovation Fellow

Dr. Harding led research that found that a person's credit score can predict when they will die. He said having a low credit score doesn't mean someone is more likely to die young. He explained the two major connections between mortality and credit scores,

Issues covered:

Length: 5:10

**Longevity
Personal Finance**

Show # 2022-15

Date aired: 4-10-22 Time Aired: 5AM

Tom McParland, car buying expert and consumer advocate, founder of the car buying service Auto Match Consulting

In recent months, prices for new and used cars have skyrocketed to historic levels. Mr. McParland explained the factors contributing to the inflation. He discussed unusual and creative fees that many dealers are adding to car prices, and how consumers can deal with them. He also offered money-saving suggestions for buyers in the used car market.

Issues covered:
Consumer Matters
Economy

Length: 8:09

Rebecca Knight, senior correspondent for Insider

Many job seekers are accepting offers, only to find that the job and work environment are vastly different than the recruiter portrayed them. Ms. Knight said a recent survey found that 72% of new hires felt immediate regret because they believed that they had been deceived by a recruiter. She outlined the questions that savvy job seekers should ask in the interview process.

Issues covered:
Employment
Career

Length: 8:55

Christina Abdel-Shaheed, PhD, Early Career Development Fellow at the School of Public Health at University of Sydney

Virtually every medicine is known to cause at least a few unintended side effects. Dr. Abdel-Shaheed led a study that examined immune responses linked to acetaminophen (Tylenol), non-steroidal anti-inflammatory drugs like ibuprofen, and opioid analgesics. The results were mixed, and she explained the varying effects and the implications in combating various infectious conditions – including COVID-19.

Issues covered:
Personal Health

Length: 5:10

Show # 2022-16

Date aired: 4-17-22 Time Aired: 5AM

Minda Harts, author of "*You Are More Than Magic: The Black and Brown Girls' Guide to Finding Your Voice*"

Ms. Harts offered advice to girls of color looking to find their voice and claim space as they prepare for high school, college, and the job market. She explained how young women can create boundaries as teenagers, why locating a mentor is critical to success, and how girls can find the courage to speak up in difficult conversations and negotiations.

Issues covered:
Minority Concerns
Women's Issues

Length: 8:09

Loretta L. Worters, Vice President of Media Relations, Insurance Information Institute

The cost of home construction is skyrocketing due to inflation, and this could spell trouble for homeowners. Ms. Worters said homeowners may discover they are underinsured if they need to rebuild in a covered insurance claim. She outlined what consumers need to know to assess whether they are appropriately covered for homeowners, car and umbrella policies in times of high inflation.

Issues covered:
Consumer Matters
Insurance

Length: 8:55

Whitney Goodman, licensed psychotherapist, owner of the Collaborative Counseling Center, a private therapy practice in Miami, author of "*Toxic Positivity: Keeping It Real in a World Obsessed With Being Happy*"

Ms. Goodman explained the concept of "toxic positivity," in which society constantly tells people that the key to happiness is silencing negativity. She outlined simple ways to experience and work through difficult emotions, leading to more authenticity, connection, and personal growth.

Issues covered:
Mental Health

Length: 5:10

Show # 2022-17

Date aired: 4-24-22 **Time Aired:** 5AM

Annie Grace, author of "*This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life*"

Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. Ms. Grace shared her personal struggles with alcohol addiction and how she quit. She debunked myths connected to social drinking. She also discussed societal pressures, psychological factors, and other reasons people drink.

Issues covered:
Substance Abuse
Mental Health

Length: 8:25

John Brown Miller, PhD, global expert on public infrastructure, former Professor of Construction Management and Civil And Environmental Engineering at the Massachusetts Institute of Technology

Dr. Brown discussed why government costs so much and why public infrastructure projects are frequently delayed or over budget. He offered examples to illustrate how other countries' public works projects are often completed in more cost-effective and efficient ways than in the U.S.

Issues covered:
Public Infrastructure
Government Spending

Length: 8:50

Jodie Plumert, PhD, Professor and Starch Faculty Fellow at the University of Iowa

For adults, crossing the street by foot seems easy. Dr. Plumert led a study that found that most kids' perceptual judgment and motor skills aren't developed enough to safely cross a street until age 14. She discussed the precautions that parents should take for younger children.

Issues covered:
Traffic Safety
Child Safety

Length: 4:54

Show # 2022-18

Date aired: 5-1-22 **Time Aired:** 5AM

Sadé Lindsay, PhD, sociologist in the Cornell Brooks School of Public Policy at Cornell University

Many prisons offer vocational training and other educational opportunities for inmates. However, Dr. Lindsay led a study that found that the formerly incarcerated face a "prison credential dilemma" when deciding whether to use credentials from prison when seeking employment. Her study found that just 2 of 50 former inmates were successful in using their prison education credentials to find a job. She talked about the most common programs offered in prisons.

Issues covered:
Criminal Justice
Education
Employment

Length: 8:35

Heather Turgeon, MFT, co-author of "*Generation Sleepless: Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them*"

Ms. Turgeon said today's teenagers are caught in a perfect storm of omnipresent screens, academic overload, night owl biology and early school start times. She said today's teens are operating in a constant state of sleep debt while struggling to meet the demands of adolescence. She offered suggestions for parents who want to help their kids develop healthy sleep habits.

Issues covered:
Adolescent Health

Length: 8:43

Kritee Gujral, PhD, Research Health Economist in the Health Economics Resource Center of the Veterans Administration Palo Alto Health Care System

Dr. Gujral led a Veterans Administration study that found that rural veterans with mental-health issues were likelier to get online treatment after receiving iPads from the Department of Veteran Affairs, reducing their risk of suicide during the COVID-19 pandemic. She said the results were very promising, and the initiative will continue in the future.

Issues covered:
Veterans' Concerns
Mental Health

Length: 5:03

Show # 2022-19

Date aired: 5-8-22 Time Aired: 5AM

Steven H. Woolf, MD, MPH, Director Emeritus and Senior Advisor in the Center on Society and Health, Professor in the Department of Family Medicine and Population Health at the Virginia Commonwealth University School of Medicine

Dr. Woolf found that average life expectancy in the United States is expected to drop by 2.26 years from 2019 to 2021, worse than any of the other 21 high-income nations in his study. He said the trend is related to both the pandemic and to deeply rooted problems such as drug overdoses, obesity, diabetes and other chronic diseases that have been increasing for decades. He said the life expectancy declines were the worst among both Hispanic and African Americans.

Issues covered:

Length: 8:44

Longevity
Personal Health
COVID 19

Nick Maggiulli, personal finance blogger, Chief Operating Officer and Data Scientist at Ritholtz Wealth Management, author of *Just Keep Buying: Proven Ways to Save Money and Build Your Wealth*

Mr. Maggiulli talked about ways to accumulate wealth. He said there are many ways to get rich, including real estate, stock index funds or owning a business, but the overarching key is to buy income-producing assets. He offered suggestions for younger people to get a start in saving and investing.

Issues covered:

Length: 8:40

Personal Finance

Camilla Hodge, PhD, Professor in the Brigham Young University Marriott School of Business

Prof. Hodge led a recent study of a US National Parks program called "Every Kid Outdoors," which gives families with fourth graders free access to national parks for one year. She found that the program has led to an increased frequency of hiking with children. She noted that the program was not very effective for lower income families, and offered recommendations to remedy that.

Issues covered:

Length: 4:52

National Parks
Physical Fitness
Poverty

Show # 2022-20

Date aired: 5-14-22 Time Aired: 5AM

Matt Paxton, decluttering and downsizing expert, host of the Emmy-nominated PBS series "Legacy List with Matt Paxton," author of *Keep the Memories, Lose the Stuff: Declutter, Downsize, and Move Forward with Your Life*

Mr. Paxton discussed the difficulties everyone faces when downsizing or trying to declutter their home or workplace. He said most of the emotional obstacles are connected to memories that are attached to physical objects. He offered suggestions on how to begin a reorganizing project and to persevere to the end.

Issues covered:
Personal Productivity
Workplace Matters
Mental Health

Length: 9:19

Michelle Johnson-Motoyama, PhD, Associate Professor at Ohio State University's College of Social Work

A first-of-its-kind national study at Ohio State University found that a special program designed to help some families at risk of child maltreatment has been surprisingly successful. Prof. Johnson-Motoyama was the lead author and she found the program resulted in a 17% reduction in foster care use. She said "differential response" was developed as an alternative pathway for CPS workers to help families who came to their attention but were at lower risk of child maltreatment.

Issues covered:
Foster Care
Child Abuse and Neglect

Length: 7:56

John Dattilo, PhD, Professor of Recreation, Park, and Tourism Management at Penn State University

Prof. Dattilo authored a study that demonstrated that engaging in meaningful, challenging activities during free time can reduce people's loneliness and increase their positive feelings. He said the activity may vary from person to person, but it includes artistic endeavors like playing the piano or painting, physical activities like skiing or chopping wood, and mental tasks like writing or storytelling. He said the activities are effective in reducing loneliness even when done alone.

Issues covered:
Mental Health
Senior Citizens

Length: 5:05

Show # 2022-21

Date aired: 5-22-22 **Time Aired:** 5AM

Leonie Segal, PhD, expert in child abuse and neglect, Foundation Chair of Health Economics and Social Policy at the School of Health Sciences at the University of South Australia

Prof. Segal led a study that found that reading aloud can triple a child's resilience at school, particularly for children who have suffered maltreatment or neglect. She noted that there is an acute need to support these children and their families, especially before the children start school, and that reading is a key factor for success. She also discussed her research into the inter-generational effects of child abuse.

Issues covered:
Child Abuse
Literacy & Education
Parenting

Length: 9:53

Abel E. Moreyra, MD, Professor of Medicine in the Division of Cardiovascular Disease and Hypertension at the Rutgers University-Robert Wood Johnson Medical School

Living in a noisy environment can be annoying, but it might also harm a person's health. Dr. Moreyra's research has found that people experiencing high levels of noise from cars, trains or planes were more likely to suffer a heart attack than people living in quieter areas. He said policy interventions like better enforcement of noise ordinances, infrastructure to block road noise, rules for air traffic, and low-noise tires for vehicles might help.

Issues covered:

Length: 7:20

Personal Health

Government Policies

Nancy Altman, co-director of Social Security Works and co-chair of the Strengthen Social Security coalition, co-author of "*Social Security Works for Everyone: Protecting and Expanding America's Most Popular Social Program*"

Although the Social Security trust fund is projected to run short of funds beginning in 2034, Ms. Altman is confident in the program's future. She said Congress will have no choice but to take significant action to save the program. She also explained why she believes Social Security should be expanded even more, with an increase in monthly benefits, national paid family leave, sick leave, and long-term care protections.

Issues covered:

Length: 5:07

Social Security

Senior Citizens

Show # 2022-22

Date aired: 5:00 PM **Time Aired:** 5 AM

Susan Robinson, Senior Public Affairs Director of Waste Management

Ms. Robinson outlined the biggest myths surrounding recycling. She talked about the most common items that consumers place in recycling bins that don't belong there, and what items should be recycled that often are not. She also discussed whether communities lose money on recycling programs.

Issues covered:

Length: 9:29

Recycling

Environment

Government Programs

Cheryl Richardson, motivational speaker and life coach, author of "*Waking Up in Winter: In Search of What Really Matters at Midlife*"

Ms. Richardson discussed thought-provoking questions about what matters at mid-life. She shared her personal story of being dissatisfied with a successful career once she reached her fifties. She talked about the value of journaling and how it helped her reexamine everything – her marriage, her work, her friendships, and her priorities.

Issues covered:

Length: 7:37

Aging

Mental Health

Maria Fitzpatrick, PhD, Associate Professor in the Department of Policy and Management at Cornell University, Research Associate at the National Bureau of Economic Research

About a third of all Americans retire and start claiming Social Security when they turn 62. Dr. Fitzpatrick co-authored a study that found that men who retire at 62 experience a 20 percent higher likelihood of early death, compared to those who delay retirement. She talked about the possible factors behind this phenomenon and what retirees can do to stay physically and mentally healthy.

Issues covered:
Retirement Planning
Senior Citizens
Personal Health

Length: 4:58

Show # 2022-23

Date aired: 6-5-22 **Time Aired:** 5AM

Les Winston, expert in philanthropic financial planning, founder of SocialSecharity.org

Mr. Winston explained the important distinctions between giving, charity and philanthropy. He said philanthropy is not just for the ultra-rich. He believes that non-profit and non-governmental organizations should not be dependent on government funding, but should receive the bulk of their resources from middle-class Americans through charitable and philanthropic planning.

Issues covered:
Philanthropy
Volunteerism

Length: 8:11

Martha Khlopin, Medicare expert, nationally syndicated radio host, founder of Get2insurance.com

Medicare, the federally-funded health insurance program for people age 65 or older, is a complex program and it can be overwhelming for those approaching retirement age. Ms. Khlopin outlined the basics of what Americans need to know about the program, what it covers, when to enroll and how to enroll. She said the average person needs at least some guidance, but finding a knowledgeable and non-biased advisor is difficult.

Issues covered:
Medicare
Senior Citizens

Length: 9:10

Tessa West, Social Psychology Professor at New York University, author of "*Jerks at Work: Toxic Coworkers and What to Do About Them*"

From open floor plans and Zoom calls to Slack channels, the workplace has changed a lot over the years. But one thing that never changes is the existence of difficult co-workers at virtually every job. Prof. West offered practical suggestions to deal with jerks at work.

Issues covered:
Workplace Matters
Productivity

Length: 5:13

Show # 2022-24

Date aired: 6-12-22 Time Aired: 5AM

Greg Brannon, Director of Automotive Engineering and Industry Relations at AAA National

Mr. Brannon discussed a recent AAA survey that asked consumers about their attitudes towards self-driving cars. Drivers overwhelmingly said they want automakers to improve the performance of existing driver support features rather than develop self-driving cars. He also discussed the latest round of AAA testing that revealed that inconsistent performance remains a problem with active driving assistance systems used in the newest cars, resulting in crashes. The failures occurred regardless of vehicle make and model.

Issues covered:

**Traffic Safety
Consumer Matters**

Length: 8:11

Seth M. Noar, PhD, Professor in the University of North Carolina Hussman School of Journalism and Media, where he directs the Communicating for Health Impact Lab

Prof. Noar led a study that examined the most effective anti-vaping messages for teens. He found that anti-vaping advertisements geared to teens have the greatest impact when they emphasize the adverse consequences and harms of vaping e-cigarettes, use negative imagery, and avoid memes, hashtags and other "teen-centric" communication styles,

Issues covered:

**Personal Health
Youth at Risk**

Length: 9:10

Morgan Levine, PhD, Assistant Professor of Pathology and Director of the Laboratory for Aging in Living Systems at Yale University School of Medicine, author of "*True Age: Cutting-Edge Research to Help Turn Back the Clock*"

Experts have debated for many years why some people die young, while others live much longer lives. Prof. Levine said *biological* age, rather than chronological age, is the primary risk factor behind diseases like cancer, heart disease, diabetes, strokes, even Alzheimer's. She said genetics only play about a 10% role in health outcomes, and that choices in lifestyle, behaviors and environment play a much greater role in how quickly people age.

Issues covered:

**Aging
Personal Health**

Length: 5:13

Show # 2022-25

Date aired: 6-19-22 Time Aired: 5AM

Valter Longo, PhD, Director of the Longevity Institute at USC in Los Angeles, author of "*The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight*"

Dr. Vongo discussed his 25 years of research on aging, nutrition, disease and longevity. He believes, in addition to exercise and a healthy overall diet, that periodic fasting may be the key to a longer and healthier life. He outlined fasting-mimicking techniques that result in the same benefits as an absolute fast.

Issues covered:

**Personal Health
Aging
Nutrition**

Length: 9:19

Kathleen Martin Ginis, PhD, Professor in the School of Health and Exercise Sciences at the University of British Columbia

Dr. Ginis led a study that found that just a half-hour of exercise can have a profound effect on a woman's body image, making her feel both stronger and thinner. She noted that women, in general, have a tendency to feel negative about their bodies and, she explained how that poor body image can have negative implications for a woman's psychological and physical health.

Issues covered:

**Women's Issues
Mental Health
Physical Fitness**

Length: 7:48

Corinne Peek-Asa, PhD, Professor of Occupational and Environmental Health in the College of Public Health at the University of Iowa

The number of suicides among farmers and farm workers in the United States has remained stubbornly high since the end of the 1980s farm crisis, much higher than workers in many other industries, according to Dr. Peek-Asa's research. She outlined the cultural and occupational factors that may contribute to this issue. She believes the solution may lie in existing resources in farming and rural communities, empowering them to more actively respond to citizens who are struggling.

Issues covered:

**Suicide
Agriculture
Mental Health**

Length: 5:02

Show # 2022-26

Date aired: 6-22-22 **Time Aired:** 5AM

Geoffrey Tofler, Professor of Preventative Cardiology, University of Sydney (Australia), Senior Staff Specialist in Cardiology, Royal North Shore Hospital

Prof. Tofler led a study that found that about one in five amateur athletes over age 35 had one or more possible cardiac symptom during a soccer game in the prior year, but only a quarter of them sought medical attention. He talked about the potential symptoms and risks, and explained why immediate treatment is vital.

Issues covered:

Personal Health

Length: 7:35

Sarah Foster, analyst at Bankrate.com

A recent Bankrate.com survey found that 46% of women say that money issues negatively affect their mental health, compared to 38% of men. Ms. Foster outlined the reasons for this trend. She advised women to track their saving progress over time and to find ways to earn more money via side gigs from existing hobbies.

Issues covered:

Length: 9:45

**Women's Issues
Personal Finance
Mental Health**

Bill Guerin, CEO of RoomRocket, 20-year travel industry executive

The cost of airfare and hotels have hit record highs this summer. Mr. Guerin offered advice on the most effective strategies to save money on hotel reservations and other travel, to help consumers to get the most bang out of their summer vacation buck.

Issues covered:

Length: 5:08

**Consumer Matters
Travel**

Quarterly Report of Compliancy Issues & Programs List 2022-Q2 (April - June) Radio Health Journal

- 911
- Abuse
- Addiction
- Aging & Senior Citizens
- Animal Safety
- Animal Testing
- Bereavement
- Biochemistry
- Biology
- Biomedical Technology
- Botox
- Brain Disorder
- Breast Cancer
- Breast Surgery
- Breastfeeding
- Cardiology
- Child Abuse
- Child Trafficking
- Children & Youth at Risk
- Chronic Pain
- Commercial Gestational Surrogacy
- Community Support
- Consumerism
- Counterfeit Medication
- Covid-19 Pandemic
- Criminal Justice System
- Death & Grief
- Death of a Child
- Depression
- Diagnoses
- Digital Programs
- Disabilities
- Discrimination
- Domestic Violence
- Drug Overdose
- Economic Security
- Education
- Emergency Services
- Environment
- Ethics
- Evolution
- Exploitation
- Family & Parenting
- Family Issues
- FDA Regulations
- Federal Drug Regulations
- Football
- Formula Shortage
- Gender Issues
- Grief Counseling
- Head Trauma
- Health Care
- Heart Defects
- Illegal Pharmacies
- Immunization
- Incarceration
- Inmate Safety
- Insurance
- Interpersonal Relationships
- Intervention & Harm Reduction
- Invasive Treatment
- Jails & Prisons
- Legislation & Policy
- Maltreatment
- Medical Debt
- Medical Innovation
- Medical Mysteries
- Medical Technology
- Mental Health
- Mental Health Diagnoses
- Mental Illness
- Mental Wellness Applications
- Mining
- Minority Issues
- Mother Safety
- Mouse Studies
- Natural Resources
- Neurology & Neuroscience
- Nicotine Use
- Non-invasive Treatment
- Overactive Bladder
- Pain Management
- Parenting & Parenting Issues
- Patient Safety
- Personal Information
- Pharmaceutical Companies & Pharmaceutical Research
- Pollution
- Pregnancy & Expecting Mothers
- Pregnancy Complications
- Prevention
- Prison Reform
- Private & Public Prisons
- Prolonged Grief
- Psychology
- Public Health
- Public Safety
- Racism & Discrimination
- Rare Conditions
- Rehabilitation
- Reproduction
- Research and Research Models & Methods
- Safety in Sports
- Skin Cancer
- Skin Damage
- Skin Safety
- State & Federal Regulations
- State Government & Legislation
- Substance & Drug Abuse
- Suicide
- Sun Exposure
- Systemic Racism
- Technology
- Therapy
- Traumatic Loss
- Vaginal Rejuvenation
- Vaping
- Venomous Animals & Venomics
- Virtual Reality
- Virtual Therapeutics
- Vulnerable populations
- Women at Risk

Program 22-14

Air Week: 4/3/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAVE PRIVATE PRISONS BECOME THE SCAPEGOAT FOR A LARGER ISSUE?

Time: 1:50

Duration: 12:33

Synopsis: Private prisons seemed to be the answer to America's overpopulated prisons in the 1980s. It's since become a controversial topic of debate. Experts discuss if the problem is with private prisons, or with our country's incarceration system as a whole.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Sharon Dolovich, Professor of Law, UCLA, Director of the Prison Law and Policy Program, UCLA, Director of Covid-19 Behind Bars Project, UCLA; Sen. Robert Peters, State Senator, 13th District in Illinois; Alexandra Wilkes, National Spokeswoman, Day One Alliance; Rep. Jack McFarland, State Representative, 13th District in Louisiana

Compliance issues: State Government and Legislation, Inmate Safety, Criminal Justice System, Prison Reform, Public Safety, Mental Health, Private and Public Prisons, Prison and Criminal Justice, Incarceration, Legislation and Policy, Jails and Prisons, Rehabilitation, Ethics

Links for more info:

[Sharon Dolovich \(@SharonDolovich\)](#) / Twitter

[Sharon Dolovich](#) | Media Guide to UCLA Experts

[COVID Behind Bars Data Project](#) | UCLA Law

[Illinois State Senator Robert Peters](#)

[State Senator Robert Peters \(@senpetersil\)](#) / Twitter

[Alex Wilkes \(@AlexandraWilkes\)](#) / Twitter

[Day 1 Alliance](#)

[Jack G. McFarland](#) – Louisiana House of Representative

[Jack McFarland \(@RepMcFarland\)](#) / Twitter

SEGMENT 2: A LOOK AT THE NEW, NON-INVASIVE TREATMENT FOR ESSENTIAL TREMOR

Time: 15:25

Duration: 7:42

Synopsis: Essential Tremor has always been treated by medication that's not guaranteed to work, or brain surgery. A doctor explains the new, non-invasive treatment that can help those suffering with ET.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Rees Cosgrove, Director of Epilepsy and Functional Neurosurgery, Brigham and Women's Hospital; Jack Weingart, suffers from Essential Tremor

Compliance issues: Public Health, Medical Technology, Brain Disorder, Non-invasive Treatment, Consumerism

Links for more info:

Garth Rees Cosgrove, MD – Brigham and Women's Hospital

Program 22-15

Air Week: 4/10/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ARE YOU ADDICTED TO LOVE?

Time: 1:50

Duration: 11:40

Synopsis: Researchers have discovered that love is a natural addiction. It lights up the same part of our brain that substance addiction does. We need to eat, we need to sleep, and we need to love. Experts discuss how love affects our brain and why we need it for our survival.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Helen Fisher, Biological Anthropologist, Senior Research Fellow, The Kinsey Institute; Dr. Lucy Brown, Clinical Professor in Neurology, Albert Einstein College of Medicine; Dr. Bianca Acevedo, Researcher, University of California, Santa Barbara

Compliance issues: Biology, Neurology, Interpersonal Relationships, Mental Health, Evolution, Education, Addiction and Substance Abuse, Neuroscience, Psychology, Reproduction

Links for more info:

[Bianca Acevedo, PhD Author – Speaker – Scientist](#)

[Helen Fisher, PhD](#)

[The Anatomy of Love](#)

[Amazon.com: Helen E. Fisher: Books, Biography, Blog, Audiobooks, Kindle](#)

[Lucy L. Brown, Ph.D. | Faculty Directory | Albert Einstein College of Medicine](#)

SEGMENT 2: THE LASER TREATMENT THAT HARMS BREAST CANCER PATIENTS

Time: 14:32

Duration: 8:25

Synopsis: Just because it's FDA-approved, doesn't mean it's necessarily safe. A vaginal rejuvenation laser treatment has been accused of targeting breast cancer patients and not upholding its promises. An expert reveals how this treatment can cause worse harm and chronic pain to breast cancer patients.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Kristin Rojas, Board-Certified Gynecologist, Breast Cancer Surgeon, Sylvester Comprehensive Cancer Center at the University of Miami; Nancy, Breast Cancer Survivor, Victim of Vaginal Rejuvenation Treatment

Compliance issues: Public Health, Vulnerable populations, Women at Risk, FDA Regulations, Invasive Treatment, Breast Cancer, Vaginal Rejuvenation, Consumerism, Chronic Pain, Patient Safety

Links for more info:

[Kristin Rojas MD](#)

[Kristin E. Rojas MD, FACS, FACOG \(@kristinrojasmd\) / Twitter](#)

[Kristin E. Rojas MD, FACS \(@kristinrojasmd\) • Instagram photos and videos](#)

[Kristin E. Rojas, MD | University of Miami Health System](#)

Program 22-16

Air Week: 4/17/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW HARM REDUCTION SERVICES HELP REDUCE RATES OF DRUG OVERDOSE

Time: 1:51

Duration: 12:11

Synopsis: The CDC reports May 2020 through April 2021 saw the most drug overdose deaths ever recorded in a single year. These deaths put into question how effective America's efforts to reduce drug use have been. Experts discuss the use of harm reduction services and why drug addiction is a mental health issue.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Regina LaBelle, Initiative Director, The Addiction and Public Policy Initiative at Georgetown University; Dr. Trent Hall, Assistant Professor of Addiction Medicine, The Ohio State University

Compliance issues: Mental Health, Public Health, Addiction and Substance Abuse, Substance and Drug Abuse, Rehabilitation, Drug Overdose, Children and Youth at Risk, Intervention and Harm Reduction, Health Care, Vulnerable populations

Links for more info:

[Regina LaBelle – O'Neill](#)

[Regina LaBelle \(@ReginaLabelle\) / Twitter](#)

[Assessment of Excess Mortality Associated With Drug Overdose in Ohio From 2009 to 2018 | Toxicology](#)

[JAMA Network Open](#)

[Orman Trent Hall DO | Ohio State University Wexner Medical Center](#)

SEGMENT 2: HOW SYSTEMIC RACISM FEEDS INTO LOW QUALITY HEALTH CARE

Time: 15:04

Duration: 7:55

Synopsis: As a black mother, Taylor Harris worries her child will be treated differently by medical professionals. A recent study reveals that some medical students believe pain thresholds vary by race. Dr. Ana Pujols McKee speaks on how proper education can help fix systemic racism in health care.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Taylor Harris, Mother and Author; Dr. Ana Pujols McKee, Executive Vice President, The Joint Commission, Chief Medical Officer, The Joint Commission; Chief Diversity Equity and Inclusion Officer, The Joint Commission

Compliance issues: Health Care, Systemic Racism, Discrimination, Minority Issues, Patient Safety, Racism and Discrimination

Links for more info:

[TAYLOR HARRIS](#)

[Taylor Harris \(@tharris\) / Twitter](#)

[Taylor Harris \(@writingforicecreamduh\) • Instagram photos and videos](#)

[Ana Pujols McKee | The Joint Commission](#)

Program 22-17

Air Week: 4/24/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW DID THE PANDEMIC AFFECT CHILD ABUSE?

Time: 1:51

Duration: 11:16

Synopsis: History has shown that financial stress increases rates of child abuse. As millions lost their jobs in 2020, experts feared for the worst. This week on RHJ - two medical experts who specialize in studying and uncovering child abuse discuss the contradicting evidence of how the pandemic affected rates of child maltreatment.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Robert Sege, Director of the Center for Community-Engaged Medicine, Tufts Medical Center, Child Abuse Pediatrician, Tufts Medical Children's Hospital; Ashley Rapp, Epidemiologist, Henry Ford Health System

Compliance issues: Maltreatment, Public Safety, Parenting Issues, Economic Security, Children and Youth at Risk, Parenting, Vulnerable populations, Public Health, Family and Parenting, Family Issues, Child Abuse

Links for more info:

[Robert Sege, MD, PhD](#)

[Dr. Bob Sege \(@BobSegeMD\) / Twitter](#)

[ashley rapp \(@ashleyrappmph\) / Twitter](#)

[Ashley Rapp – LinkedIn Page](#)

SEGMENT 2: REDUCING THE HARMFUL EFFECTS OF LITHIUM MINING

Time: 14:09

Duration: 8:23

Synopsis: Traditional lithium mining can ruin the surrounding environment, posing a risk to the health of local communities and wildlife. As production for a new mine in Nevada gears up, the company behind the project reveals how they're reducing the public health threats of lithium mining. A mining critic talks about how the new mine will operate and why he believes its construction is essential.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Glenn Miller, Semi-Retired Professor and Co-Chair of the Department of Natural Resources and Environmental Science, University of Nevada-Reno; Marko Paunović, former Serbian citizen

Compliance issues: Ethics, Consumerism, Environment, Natural Resources, Public Health, Mining

Links for more info:

[Glenn Miller | Dept. of Natural Resources & Environmental Science | University of Nevada, Reno
Thacker Pass](#)

Program 22-18

Air Week: 5/1/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHEN DOES GRIEF BECOME A DISORDER?

Time: 1:50

Duration: 11:40

Synopsis: Everyone grieves differently, but some can become completely debilitated by their sorrow for years. The American Psychiatric Association recently recognized this type of grief as a diagnosis called prolonged grief disorder. One doctor behind the decision talks about how this will help people find a way out of that cycle of grieving.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Paul Appelbaum, Professor of Psychiatry, Columbia University, Chair of the Steering Committee, Diagnostic and Statistical Manual of Mental Disorders; Dr. Holly Prigerson, Professor of Geriatrics, Cornell University; Dr. Joanne Cacciatore, Associate Professor in the School of Social Work, Arizona State University, Traumatic Loss Expert

Compliance issues: Death and Grief, Mental Health Diagnoses, Vulnerable populations, Public Health, Mental Health, Traumatic Loss, Prolonged Grief

Links for more info:

[Paul S. Appelbaum, MD | Columbia University Department of Psychiatry](#)

[Paul Appelbaum \(@appelbap\) / Twitter](#)

[Holly G. Prigerson | Cornell Research](#)

[Joanne Cacciatore \(@dr_cacciatore\) / Twitter](#)

[Selah Carefarm | Animal Grief Therapy for Bereaved Families](#)

[Joanne Cacciatore | School of Social Work](#)

SEGMENT 2: CTE: THE MYSTERIOUS BRAIN DISORDER THAT'S TAKEN OVER THE NFL

Time: 14:32

Duration: 8:27

Synopsis: Chronic Traumatic Encephalopathy is a progressive brain disorder that can only be diagnosed after death. The condition is caused by repeated head trauma, but much of CTE is still a mystery. Dr. Michael Alosco discusses who he thinks is most at risk and the various obstacles researchers face while studying CTE.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Michael Alosco, Associate Professor of Neurology at Boston University School of Medicine, Lead Investigator at Boston University's CTE Center

Compliance issues: Safety in Sports, Football, Neuroscience, Head Trauma, Vulnerable populations, Brain Disorder, Public Health, Mental Health

Links for more info:

[Michael Alosco | CTE Center](#)

[Clinicopathological Evaluation of Chronic Traumatic Encephalopathy in Players of American Football | JAMA](#)

[Evaluation of Chronic Traumatic Encephalopathy in Football Players | Neurology | JN Learning | AMA Ed Hub](#)

Program 22-19

Air Week: 5/8/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: TETRALOGY OF FALLOT AND THE INCREDIBLE STORY OF A LIFE-SAVING SURGERY

Time: 1:50

Duration: 11:27

Synopsis: Tetralogy of Fallot is a rare heart condition that usually requires at least one open-heart surgery. However, two new self-expanding valves give up to 80 percent of patients the option of a catheterization procedure instead of surgery. Dr. Jeff Zampi explains how important this advancement is for patients with TOF.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jeff Zampi, Associate Professor of Pediatric Cardiology, University of Michigan, Director of Interventional Pediatric Cardiology, C.S. Mott Children's Hospital; Dr. Danielle Gottlieb Sen, Pediatric Cardiac Surgeon and Assistant Professor of Surgery, Johns Hopkins University; Latisha Wilborne, mother of TOF patient

Compliance issues: Medical Innovation, Rare Conditions, Children and Youth at Risk, Heart Defects, Cardiology

Links for more info:

[Jeffrey Dominick Zampi MD | CS Mott Children's Hospital | Michigan Medicine](#)

[Danielle Gottlieb Sen, MD, MPH, MS, Assistant Professor of Surgery | Johns Hopkins Medicine](#)

[A Heart Like Bella's Paperback – Wilborne, Latisha M](#)

SEGMENT 2: CAN YOU TRUST YOUR ONLINE PHARMACY?

Time: 14:19

Duration: 8:42

Synopsis: Experts estimate that only four percent of online pharmacies are legitimate. The rest are counterfeit operations that prey on customers by selling falsified medications. A scientist reveals a new technology that puts the power back into consumers' hands.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dan Burke, Chief of Cyber Operations in the Office of Criminal Investigations, FDA; Dr. Young Kim, Associate Professor of Biomedical Engineering, Purdue University

Compliance issues: Criminal Justice System, Public Health, Counterfeit Medication, Consumerism, Biomedical Technology, Federal Drug Regulations, Illegal Pharmacies, Public Safety

Links for more info:

[Young Kim – Biomedical Engineering – Purdue University](#)

[Kim, Young L | Purdue OTC](#)

[Cyber Physical Watermarking with Inkjet Edible Bioprinting – Advanced Functional Materials – Wiley](#)

[I Am ORA Profile: Dan Burke | FDA](#)

Program 22-20

Air Week: 5/15/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SHOULD YOU ALWAYS TRUST YOUR MENTAL HEALTH DIAGNOSIS?

Time: 1:50

Duration: 13:22

Synopsis: Sarah Fay was misdiagnosed six times throughout her life. Starting at age 12, Fay has battled with inaccurate and inadequate diagnoses that unfortunately shaped how she viewed herself. Fay details her journey and extensive research into mental health diagnoses in her new book Pathological.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Sarah Fay, author of Pathological: The True Story of Six Misdiagnoses and Mental Health Advocate, Pathological: The Movement

Compliance issues: Mental Illness, Pharmaceutical Companies, Public Health, Diagnoses, Consumerism, Psychology, Mental Health

Links for more info:

[Sarah Fay](#)

[Pathological: The Movement](#)

[Sarah Fay \(@sarahfayauthor\) / Twitter](#)

SEGMENT 2: WHAT CAN WE ACTUALLY LEARN FROM ANIMAL STUDIES?

Time: 16:14

Duration: 6:53

Synopsis: In research, scientists aim to create an environment that reflects humans as closely as possible. Many times, these models are found in mice. But how accurate are mice at showing what will happen in humans? Dr. Donna Arnett discusses what we should keep in mind when reading about mice studies.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Donna Arnett, Dean of the College of Public Health, University of Kentucky; Dr. Loren Wold, Professor of Nursing and Medicine, The Ohio State University, Associate Dean for Research Operations and Compliance, The Ohio State University; Dr. Neal Benowitz, Professor of Medicine Emeritus, University of California, San Francisco

Compliance issues: Nicotine Use, Children and Youth at Risk, Vulnerable populations, Animal Testing, Vaping, Research Methods, Research, Mouse Studies, Research Models

Links for more info:

[Donna K. Arnett | UK College of Public Health](#)

[Donna K. Arnett, Dean \(@Donnakarnett\) / Twitter](#)

[Loren E. Wold | The Ohio State University College of Nursing](#)

[The Wold Lab \(@TheWoldLab\) / Twitter](#)

[Neal Benowitz | UCSF Profile](#)

Program 22-21

Air Week: 5/22/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DOMESTIC VIOLENCE: THE TRAGIC SIDE-EFFECT OF STAY-AT-HOME ORDERS

Time: 1:50

Duration: 12:22

Synopsis: While stay-at-home orders were great for slowing the spread of Covid, they essentially trapped victims with their abusers. As numbers of domestic violence reports rose, women's shelters were overwhelmed with people in need of safe housing. One shelter employee discusses the challenges in helping the growing number of victims.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Alex Henke, Assistant Professor of Economics, Howard University; Melanie Asher, Children's Program Coordinator, Saint Martha's Hall

Compliance issues: Vulnerable populations, State and Federal Regulations, Women at Risk, Children and Youth at Risk, Covid-19 Pandemic, Domestic Violence, Public Safety, Abuse

Links for more info:

[COVID-19, staying at home, and domestic violence | SpringerLink](#)

[Alex Henke \(@Henkenomics\) / Twitter](#)

[Alex Henke](#)

[St. Martha's Hall](#)

SEGMENT 2: NO SURPRISES ACT: NEW LAW PROTECTS PATIENTS FROM SURPRISE MEDICAL BILLS

Time: 15:14

Duration: 7:26

Synopsis: Surprise medical bills are payments you believe are covered by insurance, but ultimately land back on you. The No Surprises Act protects patients from having to pay for emergency services at out-of-network facilities and other similar situations. Katie Keith describes why this law is necessary to protect patients.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Katie Keith, Associate Research Professor, Center on Health Insurance Reforms at Georgetown University

Compliance issues: Public Health, Vulnerable populations, Health Care, Insurance, Emergency Services, Patient Safety, Medical Debt

Links for more info:

[Katie Keith, JD, MPH | Center on Health Insurance Reforms | Georgetown University](#)

[Katie Keith \(@Katie_Keith\) / Twitter](#)

[No Surprises: Understand your rights against surprise medical bills | CMS](#)

Program 22-22

Air Week: 5/29/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: EMPTY NOSE SYNDROME: WHEN A ROUTINE NOSE SURGERY GOES WRONG

Time: 1:50

Duration: 12:43

Synopsis: Empty Nose Syndrome is a rare condition that can develop after some of the most common nose procedures. Those affected are left in a constant feeling of suffocation – and there’s no cure. An ENS sufferer describes his experience living with the condition.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Brent Senior, Chief of Rhinology, Allergy, and Endoscopic Skull Base Surgery, University of North Carolina – Chapel Hill; James R. Skinner, ENS patient

Compliance issues: Consumerism, Rare Conditions, Mental Health, Medical Mysteries, Prevention, Patient Safety, Disabilities, Vulnerable populations, Public Health

Links for more info:

[Brent A. Senior, MD, FACS, FARS | UNC Otolaryngology/Head and Neck Surgery](#)

[Brent Senior \(@ProfBrentSenior\) / Twitter](#)

[@jskinner / Twitter](#)

[James R. Skinner’s Empty Nose Syndrome Story | Nasal Cripple](#)

[Nasal Damage \(ENS\) Investigated – James R. Skinner](#)

SEGMENT 2: WHY DO ELDERLY MEN HAVE THE HIGHEST RATE OF SUICIDE?

Time: 15:35

Duration: 6:57

Synopsis: It's long been the case that men over 70 have the highest rate of suicide. This demographic is more likely to complete their first attempt than any other age group. Dr. Carrie Ditzel discusses some possible reasons as to what's driving elderly men to take their own lives.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Carrie Ditzel, Clinical Psychologist, Baker Street Behavioral Health

Compliance issues: Gender Issues, Suicide, Aging and Senior Citizens, Mental Health, Depression, Prevention, Public Safety, Vulnerable populations, Public Health

Links for more info:

[Baker Street Behavioral Health | About](#)

[Disparities in Suicide | CDC](#)

Program 22-23

Air Week: 6/5/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW TO PROVIDE SUPPORT IN THE WAKE OF A TRAUMATIC LOSS

Time: 1:50

Duration: 12:54

Synopsis: It can be difficult to figure out how to comfort someone dealing with a traumatic loss. Often, there's a fear of not knowing what to say, which can leave the grieving person feeling more alone. Two bereaved mothers recount their experiences of losing their children, and detail what good support looks like.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Joanne Cacciatore, Traumatic Loss Expert, The MISS Foundation; Liz Castleman, bereaved mother; Jesse Zilberstein, bereaved mother

Compliance issues: Bereavement, Grief Counseling, Death and Grief, Traumatic Loss, Death of a Child, Community Support

Links for more info:

[Center for Loss and Trauma](#)

[MISS Foundation](#)

[Gidi's Kindness Project](#)

[Gidi's Kindness Project – Facebook Page](#)

[Selah Carefarm | Animal Grief Therapy for Bereaved Families](#)

SEGMENT 2: NOT JUST FOR WRINKLES: HOW BOTOX CAN TREAT YOUR OVERACTIVE BLADDER

Time: 15:46

Duration: 6:40

Synopsis: Though now known for its anti-aging effects, Botox was first used to manage medical conditions like hyperhidrosis and migraines. Today, doctors are also using Botox to treat overactive bladder symptoms, a condition that plagues over 30 million Americans according to the National Association for Continence. A specialist discusses the benefits of the procedure.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Karyn Eilber, Professor of Urology, Associate Professor of Obstetrics and Gynecology, Cedars-Sinai Medical Center

Compliance issues: Consumerism, Botox, Patient Safety, Public Health, Overactive Bladder

Links for more info:

[Karyn S. Eilber, MD – Cedars-Sinai Medical Center Directory](#)

[BOTOX® treatment for OAB](#)

Program 22-24

Air Week: 6/12/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WOMBS FOR RENT: THE LEGALIZATION OF COMMERCIAL SURROGACY

Time: 1:50

Duration: 12:36

Synopsis: Commercial gestational surrogacy allows parents to have a biological child that's carried and birthed by another woman who receives a salary. Though many countries have outlawed commercial surrogacy, states in America are beginning to legalize it. Experts weigh in on the ethical implications of commercialized surrogacy.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Taina Bien-Aimé, Executive Director, Coalition Against Trafficking in Women; Dr. Linda Kahn, Assistant Professor, NYU Grossman School of Medicine; Ashley Mareko, Surrogate Program Director, Surrogate First, Surrogate Mother

Compliance issues: Exploitation, Pregnancy and Expecting Mothers, Public Health, Pregnancy Complications, Child Trafficking, Public Safety, Commercial Gestational Surrogacy, Children and Youth at Risk, Surrogacy, Family Issues, Women at Risk

Links for more info:

[Our Surrogacy Team – Why Choose SurrogateFirst](#)

[Coalition Against Trafficking in Women](#)

[Taina Bien-Aimé – Executive Director – Coalition Against Trafficking in Women \(CATW\) | LinkedIn](#)

[Linda G. Kahn, MPH, PhD](#)

[The Child-Parent Security Act: Gestational Surrogacy](#)

[Weareggdonors.com](#)

SEGMENT 2: BREASTFEEDING MAY BE NATURAL, BUT THAT DOESN'T MEAN IT'S EASY

Time: 15:28

Duration: 7:00

Synopsis: Mothers across the nation panicked when a major recall and supply chain issues caused a baby formula shortage. One response to the shortage told women to 'just start breastfeeding again,' but Dr. Karen Federici explains why that's not as simple as it sounds.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Karen Federici, Breastfeeding Medicine Specialist, Northwestern Medicine Kishwaukee Hospital; Dr. Susan Landers, Retired Neonatologist; Lesley Mondeaux, Executive Director, Northwest Mothers Milk Bank

Compliance issues: Breastfeeding, Public Health, Breast Surgery, Vulnerable populations, Formula Shortage, Mother Safety, Children and Youth at Risk

Links for more info:

[Family First – Women & Children's Healthcare](#)

[Karen M. Federici, MD | Northwestern Medicine](#)

[Health & Wellness | A Healthier You by Dr Karen Federici](#)

[Susan Landers, MD](#)

[Susan Landers, MD \(@susanlandersmd\) / Twitter](#)

[Our Mission - donatemilk.org](#)

[Human Milk Banking Association of North America](#)

Program 22-25

Air Week: 6/19/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHAT HAPPENS WHEN MEDICINE MEETS THE METAVERSE?

Time: 1:50

Duration: 11:10

Synopsis: Doctors can now treat chronic pain with the technology of virtual reality. Patient Tom Norris joins us to share his experience using a VR headset in place of sedatives when doctors removed three tumors from his bladder. Dr. Brennan Spiegel at Cedars-Sinai Medical Center reveals how VR treatment works and how virtual therapeutics will revolutionize medicine.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Brennan Spiegel, Director of Health Services Research, Cedars-Sinai Medical Center, author; Tom Norris, VR Therapy Patient

Compliance issues: Virtual Therapeutics, Mental Health, Psychology, Virtual Reality, Health Care, Medical Technology, Pain Management, Technology, Chronic Pain, Consumerism, Public Health

Links for more info:

[Brennan M. Spiegel, MD, MSHS – Cedars-Sinai Medical Center Directory](#)

[Brennan Spiegel, MD, MSHS \(@BrennanSpiegel\) / Twitter](#)

[VRx by Brennan Spiegel | Basic Books](#)

[Tom Norris \(@itomnorris\) / Twitter](#)

SEGMENT 2: WHY DOCTORS SAY A "HEALTHY TAN" DOESN'T EXIST

Time: 14:02

Duration: 8:38

Synopsis: Summer's finally here, which means enjoying popsicles and pool days. But if you've been waiting all year for a summer tan, you may want to rethink that plan. Even a 'healthy glow' means our cells have already been damaged, and the sun isn't the only problem. Dr. Shadi Kourosh discusses how factors like air pollution and digital screens can also harm our skin.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Shadi Kourosh, Director of Community Health for Dermatology, Mass General Brigham

Compliance issues: Public Health, Patient Safety, Skin Safety, Pollution, Sun Exposure, Skin Damage, Technology, Skin Cancer

Links for more info:

[Shadi Kourosh, MD, MPH](#)

[Ariane Shadi Kourosh, MD, MPH \(@dr.shadi_derm\) • Instagram photos and videos](#)

[A. Shadi Kourosh, MD, MPH \(@DrShadi\) / Twitter](#)

Program 22-26

Air Week: 6/26/22

Executive Producer: Amirah Zaveri

Producers: Kristen Farrah, Grace Galante

Production Manager: Jason Dickey

SEGMENT 1: VENOM: A LETHAL WEAPON OR MEDICAL MIRACLE?

Time: 1:50

Duration: 12:37

Synopsis: Researchers have discovered how to use evolution's deadliest and oldest weapon for good. But how can scientists create medicine from lethal venom? Dr. Leslie Boyer reveals the entire process and explains why horses are so valuable to the research.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Leslie Boyer, Professor Emerita of Pathology, University of Arizona

Compliance issues: Biochemistry, Pharmaceutical Research, Public Safety, Venomics, Public Health, Venomous Animals, Venom, Immunization, Research Methods, Animal Safety

Links for more info:

[Leslie V Boyer | BIO5 Institute](#)

[LeslieBoyerMD](#)

[Leslie Boyer MD \(@lvboyer_md\) / Twitter](#)

SEGMENT 2: CAN WELLNESS APPS ACTUALLY IMPROVE YOUR HEALTH?

Time: 15:29

Duration: 7:26

Synopsis: The World Health Organization reports a 25% global increase in anxiety and depression throughout the pandemic. During the same time, the mental health app industry skyrocketed. But how helpful are these programs? Dr. Stephanie Collier discusses the dangers of using these apps, many of which have no scientific evidence of successfully treating mental health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Stephanie Collier, Director of Education in the Division of Geriatric Psychiatry, McLean Hospital

Compliance issues: Digital Programs, Public Safety, Therapy, Public Health, Mental Wellness Applications, Mental Health, Health Care, Personal Information, Psychology

Links for more info:

[Stephanie Collier, MD, MPH | McLean Hospital](#)