

Quarterly Report of Compliancy Issues & Programs List
2020-Q2 (April-June) Radio Health Journal

Alcoholism	Human Development
Business & Industry	Media
Charitable & Volunteer Organizations	Medical System
Consumerism	Mental Health
Coronavirus Pandemic	Mental Illness & Treatment
Crime	Minority Issues
Criminal Justice System	Parenting
Culture & Fine Arts	Police & Law Enforcement
Diet & exercise	Poverty
Disabilities	Privacy
Discrimination	Public Health
Domestic Violence	Public Policy
Economics	Public Safety
Education	Racism & Discrimination
Elderly & Senior Citizens	Recreation & Performing Arts
Employment & Unemployment	Science
Ethics	Social Change
Exercise & Fitness	Stress Management
Federal Government	Technology
Food Insecurity & Hunger	Vaccine Development
Gender Issues	Women's Issues
Genetics	Youth at Risk
Health care	

Program 20-14	Writers/Producers: Reed Pence
Air Week: 4/5/2020	Studio Production: Jason Dickey

SEGMENT 1: MISINTERPRETING PERINATAL DEPRESSION	Time	Duration
<p>Synopsis: Perinatal depression (previously known as postpartum depression) is seldom brought up by a new mother, so healthcare providers must screen for it carefully. However, sometimes they err on the side of caution in efforts to prevent the mother from harming herself or her baby. Experts discuss the balancing act.</p> <p>Host & Producer: Reed Pence</p> <p>Guests: Jessica Porten, new mother diagnosed with depression; Dr. Darby Saxbe, Assoc. Prof. of Psychology, Univ. of Southern California; Dr. Tiffany Moore Simas, Prof. of Obstetrics and Gynecology, Univ. of Massachusetts Medical School & former co-chair, Maternal Mental Health Expert Work Group, Amer. College of Obstetrics and Gynecology</p> <p>Compliancy issues covered: health care; women’s issues; youth at risk; public health and safety</p> <p>Links for more information: https://dornsife.usc.edu/cf/psyc/psyc_faculty_display.cfm?person_id=1032709 https://www.umassmed.edu/news/news-archives/2019/08/tiffany-moore-simas-named-fellow-of-premier-leadership-program-for-women-in-medicine/</p>	2:21	12:32

SEGMENT 2: EASING CORONAVIRUS STRESS	Time	Duration
<p>Synopsis: Virtually no one in the US has been unaffected by the coronavirus pandemic, and stress is at high levels. A public health and brain expert discusses why “sheltering in place” is so important in spite of the stress it generates, and a few simple steps to ease the stress.</p> <p>Host: Nancy Benson Producer: Reed Pence Guests: Dr. Michael Lewis, President, Brain Health Research and Education Institute and former officer, Walter Reed Army Institute of Research</p> <p>Compliancy issues covered: health care; public health; mental health; consumerism; stress management</p> <p>Links for more information: http://www.brainhealtheducation.org/about-us/leadership/</p>	15:25	6:53

Program 20-15	Writers/Producers: Reed Pence
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Air Week:
4/12/2020

Studio Production: Jason Dickey

SEGMENT 1: DOMESTIC ABUSE AND THE PANDEMIC

Time

Duration

Synopsis: With hundreds of millions of Americans sheltering at home due to the COVID-19 pandemic, the odds and fear of domestic abuse are rising. The leader of a noted shelter and counseling program discusses the increase, the difficulty of counteracting it during a national lockdown, and what people can do to cope.

1:51

12:03

Host & Producer: Reed Pence

Guests: Irene Lindsey Brantley, Program Director, Women In Transition, Philadelphia

Compliancy issues covered: women's issues; youth at risk; public health and safety; charitable and volunteer organizations

Links for more information: Women in Transition - 215-751-1111

<https://www.helpwomen.org>

National Domestic Violence Hotline, 800-799-7233

SEGMENT 2: FOREIGN ACCENT SYNDROME

Time

Duration

Synopsis: People who suddenly speak with what sounds like a foreign accent often have a brain injury due to a stroke or other trauma. Experts discuss the syndrome and chances of recovery.

14:56

7:10

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Sheila Blumstein, Prof. Emerita of Cognitive Linguistics and Psychological Sciences, Brown Univ.; Dr. Jack Ryalls, Prof. of Communication Sciences and Disorders, Univ. of Central Florida

Compliancy issues covered: health care; disabilities

Links for more information: <https://www.brown.edu/Departments/CLPS/people/sheila-blumstein>

<https://www.cohpa.ucf.edu/directory/john-ryalls/>

Program 20-16		Writers/Producers:	Reed Pence
Air Week: 4/19/2020		Studio Production:	Jason Dickey
SEGMENT 1: WILL COVID-19 BANKRUPT THE HEALTHCARE SYSTEM?		Time	Duration
<p>Synopsis: Hospitals are scrambling to get extra equipment and outfit more beds and ICU units for COVID-19 patients. Their treatment is time-consuming and expensive. At the same time, hospitals' lucrative elective procedure business has largely been eliminated. Will the combination bankrupt hospitals? Two experts who have studied the crisis discuss.</p> <p>Host & Producer: Reed Pence</p> <p>Guests: Dr. Vivian Ho, Chair, Health Economics, and Director, Center for Health and Biosciences, Rice Univ. and Prof. of Medicine, Baylor College of Medicine; Dr. Heidi Russell, Assoc. Prof., Baylor College of Medicine</p> <p>Compliancy issues covered: health care system; public health; economics; public safety; federal government</p> <p>Links for more information: https://www.sharecare.com/doctor/dr-heidi-v-russell https://www.bakerinstitute.org/experts/vivian-ho/</p>		1:50	12:25
SEGMENT 2: STAYING FIT WHILE STAYING HOME		Time	Duration
<p>Synopsis: The national effort to shelter in place has closed gyms and led many people to complain of weight gain. Two exercise experts discuss how people can maintain fitness at home with no equipment.</p> <p>Host: Nancy Benson Producer: Polly Hansen Guests: Sabrina Wescott, nutrition health coach and Director of Marketing, Maxpro Fitness; Erin Sampson, yoga instructor on YouTube "Five Parks Yoga" channel</p> <p>Compliancy issues covered: health and fitness</p> <p>Links for more information: https://www.youtube.com/watch?v=kNDpnNsoCwU https://maxprofitfitness.com</p>		15:17	7:42

Program 20-17		Writers/Producers:	Reed Pence
Air Week: 4/26/2020		Studio Production:	Jason Dickey
SEGMENT 1: OPENING AMERICA AGAIN: WHEN IS IT SAFE?		Time	Duration
Synopsis: Many Americans are impatient with social distancing as a result of COVID-19 despite the success of the tactic. However, reopening the country too quickly could allow the virus to come roaring back, resulting in thousands more deaths and even more economic damage. Two experts explain how the rollout should happen to get us back to work safely.		1:50	12:23
Host & Producer: Reed Pence			
Guests: Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. School of Medicine; Dr. Gary Slutkin, CEO, Cure Violence Global			
Compliancy issues covered: public health; public safety; health care; economics; education			
Links for more information: https://www.vumc.org/health-policy/person/william-schaffner-md https://www.who.int/violenceprevention/about/participants/cure_violence/en/			
SEGMENT 2: RULES WHO LIVES, WHO DIES IN THE PANDEMIC		Time	Duration
Synopsis: A lack of ventilators potentially puts doctors in the position of deciding which of their COVID-19 patients get a ventilator and live, and which ones don't get one and die. New rules for making such decisions have been released which are designed to be fair and independent. The designer of the rules explains.		15:15	7:44
Host: Nancy Benson			
Producer: Reed Pence			
Guests: Dr. Douglas White, Prof. of Critical Care Medicine and Director, Program on Ethics and Decision Making In Critical Illness, Univ. of Pittsburgh			
Compliancy issues covered: health care; public health; ethics; minority issues			
Links for more information: https://ccm.pitt.edu/node/454			

Program 20-18		Writers/Producers:	Reed Pence
Air Week: 5/3/2020		Studio Production:	Jason Dickey
SEGMENT 1: MAINTAINING MENTAL HEALTH DURING THE LOCKDOWN		Time	Duration
Synopsis: Mental health is difficult to maintain when people are required to stay inside at home. In fact, we're asked to engage in activities that normally would indicate mental distress. A noted psychologist with the NIH discusses ways to stay mentally healthy during the pandemic lockdown.		1:50	12:11
Host : Reed Pence			
Producer: Polly Hansen			
Guests: Dr. Krystal Lewis, clinical psychologist, National Institute of Mental Health			
Compliancy issues covered: public health; health care; mental health; media			
Links for more information: https://potomacpsychiatry.com/krystal-m-lewis			
SEGMENT 2: NURSING HOMES TRY TO FEND OFF COVID-19		Time	Duration
Synopsis: Nursing homes have been a hotbed of fatal COVID-19 infections. The virus was loose in many of them before they could even know it. An industry expert discusses what nursing homes are doing now to keep the virus out and their patients safe.		15:03	8:06
Host: Nancy Benson			
Producer: Reed Pence			
Guests: Dan Stockdale, certified nursing home administrator and consultant			
Compliancy issues covered: health care; public health and public safety; elderly and senior citizens			
Links for more information: https://danstockdale.com/about-dan/			

Program 20-19		Writers/Producers:	Reed Pence
Air Week: 5/10/2020		Studio Production:	Jason Dickey
SEGMENT 1: THE ECONOMY AFTER THE PANDEMIC		Time	Duration
Synopsis: The COVID-19 pandemic has caused a quicker economic crash than we've ever seen. Opening the nation too fast will likely trigger a "W" shaped recovery with wide swings of growth then decline. Either way, the effects will last for years. Experts discuss likely scenarios.		1:53	11:35
Host & Producer: Reed Pence			
Guests: : Dr. Martin Andersen, Asst. Prof. of Economics, Bryan School of Business and Economics, Univ. of North Carolina at Greensboro; Dr. Mark Muro, Senior Fellow, Metropolitan Policy Program, Brookings Institution			
Compliancy issues covered: public health; economics; employment and unemployment; business and industry; federal government			
Links for more information: https://www.brookings.edu/experts/mark-muro/ https://bryan.uncg.edu/faculty-and-staff/andersen-martin-s/			
SEGMENT 2: TELEMEDICINE FINALLY GETS ITS CHANCE		Time	Duration
Synopsis: Doctor's appointments via smartphone have been available for some time but were little used except in remote areas due to insurance reluctance. Now telemedicine has been forced on us and on insurers by COVID-19 restrictions, and many providers swear by them. Three experts discuss.		14:30	7:54
Host: Nancy Benson			
Producer: Reed Pence			
Guests: Dr. Franziska Ringpfeil, Asst. Prof. of Dermatology, Thomas Jefferson Univ.; Dr. Brian Cole, Prof. of Orthopedic Surgery, Rush Univ. & Managing Partner, Midwest Orthopedics at Rush; Brian Slusser, CEO, Health In Motion Network			
Compliancy issues covered: health care; public health; technology			
Links for more Information: https://hospitals.jefferson.edu/find-a-doctor/r/ringpfeil-franziska.html			

Program 20-20 **Writers/Producers:** Reed Pence

Air Week:
5/17/2020

Studio Production: Jason Dickey

SEGMENT 1: WOMEN, ALCOHOL, AND ISOLATION

Time

Duration

Synopsis: The COVID-19 lockdown has triggered increased alcohol use in many people, and an alcohol use disorder in some. Help can be difficult to access, as face-to-face counseling and group sessions have been halted. For women, it can be even more difficult, as they are much more comfortable in more rare single-sex sharing situations. Two experts discuss today’s dangerous alcohol triggers and how to seek help.

1:47

12:32

Host & Producer: Reed Pence

Guests: Jessica Foody, certified professional recovery coach; Dr. Kathleen Brady, Distinguished University Prof. of Psychiatry, Medical Univ. of South Carolina

Compliancy issues covered: public health; alcoholism, substance abuse and treatment; women’s issues

Links for more information: <https://muschealth.org/MUSCApps/ProviderDirectory/Brady-Kathleen>

<https://www.jessicafoody.com>

SEGMENT 2: THE LOSS OF RITUAL

Time

Duration

Synopsis: Spring is the season of rituals—prom, graduation, commencement and weddings. Social distancing has taken most of these rituals away. An expert discusses the importance of rituals in our mental health and why it’s OK to grieve their loss. She also discusses how changing rituals can be successful save for the tragic loss of funerals.

15:21

7:13

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Maribel Alvarez, Assoc. Research Prof. of Anthropology, Univ. of Arizona

Compliancy issues covered: mental health; consumerism; public health

Links for more information: <https://anthropology.arizona.edu/user/maribel-alvarez>

Program 20-21		Writers/Producers:	Reed Pence
Air Week: 5/24/2020		Studio Production:	Jason Dickey
SEGMENT 1: THE SHRINKING HUMAN JAW		Time	Duration
Synopsis: Over the last 8,000 years, the human jaw has been getting smaller due to an increasingly soft diet and a lack of jaw exercise. The result is an epidemic of crooked teeth and serious health consequences, as two experts explain.		1:50	12:08
Host & Producer: Reed Pence			
Guests: Dr. Paul Erlich, Prof. Emeritus of Population Studies, Stanford Univ. and co-author, Jaws: The Story of a Hidden Epidemic; Dr. Sandra Kahn, orthodontist and co-author, Jaws: The Story of a Hidden Epidemic			
Compliancy issues covered: youth at risk; human development; public health; diet and exercise			
Links for more information: https://www.sup.org/books/title/?id=29626			
SEGMENT 2: ANDROGENS AND COVID-19		Time	Duration
Synopsis: For people under about age 70, covid-19 is much harder on men than on women, especially those with strong male characteristics like scalp balding and plentiful body hair. A group of researchers has a theory as to why—that male hormones provide the virus with an entry into the cell. One of the researchers discusses what that could mean in terms of treatment.		15:00	7:26
Host: Nancy Benson			
Producer: Reed Pence			
Guests: Dr. Carlos Wambier, Asst. Prof. of Dermatology, Brown Univ. Warren Alpert Medical School			
Compliancy issues covered: consumerism; public health			
Links for more information: https://brownderm.org/doctor/carlos-gustavo-wambier-md-phd/			

Program 20-22	Writers/Producers: Reed Pence
Air Week:	Studio Production: Jason Dickey

SEGMENT 1: COVID AND CHOIRS	Time	Duration
Synopsis: Scientists have discovered that singing is an exceptionally effective way to spread viruses through the aerosolized particles it expels, which may travel much farther than the six foot safety zone many people follow. This means choruses and choirs may not get back to “normal” after the covid-19 pandemic until much later than most activities, and only with rapid, effective testing or a vaccine. Experts explain.	1:50	11:47

Host & Producer: Reed Pence

Guests: Dr. Robert Russell, Music Director, CHORALART, Portland, ME and Prof. Emeritus of Music, Univ. of Southern Maine; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institute for Voice and Swallowing, Univ. of South Carolina and President, Performing Arts Medicine Assn.

Compliancy issues covered: health care; public health and safety; culture and fine arts; recreation and performing arts; economics

Links for more information: <https://www.choralart.org/music-director/>

<https://www.rider.edu/faculty/lucinda-halstead>

SEGMENT 2: WHY WOMEN ARE GENETICALLY STRONGER	Time	Duration
Synopsis: Women may have been known through the centuries as the weaker sex, but researchers have learned that they are anything but weak. Their 2 X chromosomes are both active and cooperate with each other, especially in immune response. An expert discusses new findings on their genetic superiority.	14:39	7:38

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Sharon Moalem, author, The Better Half: On the Genetic Superiority of Women

Compliancy issues covered: women’s issues; gender issues; health

Links for more Information: <http://sharonmoalem.com>

Program 20-23 **Writers/Producers:** Reed Pence

Air Week: 6/7/2020 **Studio Production:** Jason Dickey

SEGMENT 1: GENETIC TESTING AND LIFE INSURANCE **Time** **Duration**

Synopsis: It's illegal for health insurers to use genetic testing to discriminate against policyholders. However, life insurers can and do discriminate on that basis if the test is in your medical file. Private testing lets patients know their risk for many diseases without landing in health files. Advocates want to make it illegal for life insurers to also discriminate on this basis, but it may end up with higher costs for everyone. Experts explain. 1:49
12:03

Host: Reed Pence

Producer: Polly Hansen

Guests: Anya Prince, Assoc. Prof. of Law, Univ. of Iowa; Dr. Patricia Born, Prof. and Payne H. and Charlotte Hodges Midyette Eminent Scholar in Risk Management and Insurance, Florida State Univ.; Lisa Schlager, Vice President of Public Policy, Facing Our Risk of Cancer Empowered (FORCE)

Compliancy issues covered: health care; insurance; economics; ethics; privacy

Links for more information: <https://law.uiowa.edu/anya-prince>

<https://business.fsu.edu/person/patricia-born>

<https://www.facingourrisk.org/about-us/about/staff.php>

SEGMENT 2: WHAT EVERY PARENT SHOULD KNOW: "IT DOESN'T LOOK LIKE DROWNING" **Time** **Duration**

Synopsis: Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult. Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble. 14:54
7:25

Host: Nancy Benson

Guests: Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, US Coast Guard

Compliancy issues covered: public health; public safety; youth at risk; water safety; consumerism

Links for more information: <http://poolsafely.gov>

<https://www.youtube.com/watch?v=-dmYka7jLiA>

Program 20-24		Writers/Producers:	Reed Pence
Air Week: 6/14/2020		Studio Production:	Jason Dickey
SEGMENT 1: MISUNDERSTANDING STUTTERING		Time	Duration
<p>Synopsis: Stuttering is an extremely misunderstood disability. Many stutters go to great lengths to avoid the words or phrases that trip them up, and are often successful in keeping their disability hidden. Yet then it may be mistaken for other problems. Experts explain, using former Vice President Joe Biden as an example.</p> <p>Host & Producer: Reed Pence.</p> <p>Guests: Jane Fraser, President, Stuttering Foundation of America; Dr. Eric Jackson, Asst. Prof. of Communicative Sciences and Disorders, New York Univ.</p> <p>Compliancy issues covered: healthcare; public safety; consumerism</p> <p>Links for more information: https://www.stutteringhelp.org; https://steinhardt.nyu.edu/people/eric-s-jackson</p>		1:43	11:39
SEGMENT 2: DISEASE RISK AND INHERITANCE		Time	Duration
<p>Synopsis: Scientists have learned that the habits and environments of our parents and grandparents can have a strong effect on our health and longevity as a result of imprinting on egg and sperm cells. An expert explains.</p> <p>Host: Nancy Benson</p> <p>Guests: Judith Finlayson, author, You Are What Your Grandparents Ate: What You Need to Know About Nutrition, Experience, Epigenetics, and the Origins of Chronic Disease</p> <p>Compliancy issues covered: public health; health care; poverty and hunger</p> <p>Links for more Information: https://youarewhatyourgrandparentsate.com/#bios</p>		14:24	7:31

Program 20-25 **Writers/Producers:** Reed Pence

Air Week:
6/21/2020

Studio Production: Jason Dickey

SEGMENT 1: PROTESTS AND THE PANDEMIC

Time **Duration**

Synopsis: With thousands of people demonstrating in the streets after the death of George Floyd, health experts are concerned that the crowds, shouting, and lack of masks may contribute to a spike in COVID-19 cases. However, with many locations also “opening up,” they say a spike is inevitable, to be made worse by protests, but teasing out what’s responsible becomes more difficult. Experts discuss.

1:50

12:37

Host & Producer: Reed Pence

Guests: Dr. Julie Swann, Dept. Head and Allison Distinguished Prof., Fitts Dept. of Industrial and Systems Engineering, North Carolina State Univ; Dr. Pinar Keskinocak, Prof. of Industrial and Systems Engineering and Director, Center for Health and Humanitarian Systems, Georgia Tech Univ.

Compliancy issues covered: public health; racism and discrimination; crime and police; public safety

Links for more information: <https://www.vumc.org/health-policy/person/william-schaffner-md>

SEGMENT 2: PROTECTING YOUR EYES FROM SUMMER UV RAYS

Time **Duration**

Synopsis: Summer is when people want to spend as much time outdoors as possible. Skin protection and sunscreen are something most of us consider, but overexposure to UV rays is extremely dangerous to the eyes as well. An expert discusses.

15:29

7:17

Host: Nancy Benson

Producer: Hannah Swarm

Guests: Dr. Rachel Bishop, ophthalmologist, National Eye Institute

Compliancy issues covered: public health; consumerism

Links for more information: <https://nei.nih.gov/pressroom/bishop>

Program 20-26 **Writers/Producers:** Reed Pence

Air Week:
6/28/2020

Studio Production: Jason Dickey

SEGMENT 1: LONG-SUFFERING COVID SURVIVORS

Time

Duration

Synopsis: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.

1:50

12:27

Host & Producer: Reed Pence

Guests: Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on Distributed Teams

Compliancy issues covered: employment & workplace issues; family issues; economics; public health

Links for more information: <https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333>

SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE

Time

Duration

Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.

15:34

7:27

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases

Compliancy issues covered: healthcare; public health; consumerism

Links for more information: <https://www.niddk.nih.gov/about-niddk/meet-director>