

RADIO HEALTH JOURNAL

The Latest In Health, Science & Technology

2017-Q2 (April – June) Radio Health Journal Quarterly Report Compliance Issues covered this quarter:

adult education	health care
aging	HIV and AIDS
alternative medicine	laws and legislation
animals	mental health
child abuse	military
college students and youth	minority affairs and discrimination
consumer safety	parenting issues
consumerism	police and law enforcement
crime and police	privacy issues
drug addiction and substance abuse	public health
drunk driving	relationships
economics	renewable energy
education and learning	smoking
elderly and senior citizens	sports and recreation
emergency response	state government
employment	technology
environment and pollution	tobacco and substance abuse
ethics	traffic and road safety
family issues	work and employment
federal government and regulation	youth at risk

Aired 6 a.m. Sundays on WRSB and WOKR, April 2-June 23, 2017.

Program 17-14 **Producers** Reed Pence and Polly Hansen
Air Week 04/02/17-04/08/17 **Production Director** Sean Waldron

2:04 SEGMENT 1: PUTTING THE BRAKES ON ENVIRONMENTAL REGULATION 13:02

Synopsis: The President's proposed 31 percent budget cut for the Environmental Protection Agency and the appointment of a prominent EPA critic as the agency's head have raised fears that the nation's air and water quality will be ignored. EPA critics say the agency needs cutting, as it's been activist in pursuing "worthless" strategies to reduce unproven global warming. Experts on each side discuss pro's and con's of EPA cuts.

Host: Reed Pence. Guests: Collin O'Mara, President & CEO, National Wildlife Federation; Diane Katz, Senior Research Fellow, Heritage Foundation

Compliance issues covered: federal government and regulation; environment and pollution; public health; state government; economics; employment; renewable energy

Links for more information: <https://www.nwf.org/News-and-Magazines/Media-Center/Faces-of-NWF/Collin-OMara.aspx>; <http://www.heritage.org/staff/diane-katz>

16:08 SEGMENT 2: PLAGUES & DREAD DISEASES 6:44

Synopsis: Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains.

Host: Nancy Benson. Guest: Jennifer Wright, author, Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them

Compliance issues covered: public health; ethics; HIV and AIDS

Links for more information: <http://us.macmillan.com/getwellsoon/jenniferwright/9781627797467/>

Program 17-15 **Producer** Reed Pence
Air Week 04/09/17-04/15/17 **Production Director** Sean Waldron

2:04 SEGMENT 1: CANCER RESEARCH RECRUITMENT 12:45

Synopsis: Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs.

Host: Reed Pence. Guests: Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women's Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer

Compliance issues covered: health care; public health; federal government; minority affairs and discrimination

Links for more information: <https://www.elsevier.com/books/oncology-informatics/hesse/978-0-12-802115-6>

15:51 SEGMENT 2: WHY TAMING SLEEP LEAVES US RESTLESS 7:07

Synopsis: Sleep used to be natural, governed by darkness, light, and fatigue. Now it's highly processed and scheduled. An author discusses his research on the ways this has led to a poorer night's sleep.

Host: Nancy Benson. Guest: Benjamin Reiss, Prof. of English, Emory Univ. and author, Wild Nights: How Taming Sleep Created Our Restless World

Compliance issues covered: public health; work and employment

Links for more information: <https://www.benjamin-reiss.com/wild-nights/>

Program 17-16 Producers Reed Pence & Polly Hansen
Air Week 04/16/17-04/22/17 Production Director Sean Waldron

2:02 SEGMENT 1: WORKPLACE GENETIC TESTING 12:45

Synopsis: Workers are currently protected from having to take genetic tests for employers. However, a bill under consideration in the US House—HR1313—would allow corporate wellness plans to ask workers for a test, and penalize them through markedly higher health insurance premiums if they refuse. The bill also provides no protections against how or to whom the information is distributed. Experts discuss.

Host: Reed Pence. Guests: Dr. Derek Scholes, Director of Science Policy, American Society of Human Genetics; Dr. Arthur Caplan, Director, Division of Medical Ethics, New York Univ.; Dr. Jon Robison, co-founder, Salveo Partners employee well being consulting firm

Compliance issues covered: health care; privacy issues; ethics; federal government and legislation; employment and workplace; economics

Links for more information: http://www.ashg.org/education/TraineeForum_FCF_Archive_Scholes.shtml;
<https://med.nyu.edu/pophealth/faculty/caplaa01>; <https://salveopartners.com/author/drjon/>;
<http://www.ethicalwellness.org>

16:04 SEGMENT 2: MODERATE EXERCISE—IT'S BETTER FOR YOU 6:48

Synopsis: Studies are showing that people who train hard and long at running have death rates similar to couch potatoes, while those who exercise moderately or even lightly are likely to live much longer. Experts discuss how much exercise is enough and how to make the most of light exercise.

Host: Nancy Benson. Guests: Dr. Carol Ewing Garber, Prof. of Movement Sciences, Teachers College, Columbia Univ.; Dr. Vijay Vad, sports medicine specialist, Hospital for Special Surgery, New York, Asst. Prof. of Rehabilitation Medicine, Weill Cornell Medical College and author, The New Rules of Running

Compliance issues covered: public health; healthcare; consumerism; sports and recreation

Links for more information: https://www.hss.edu/physicians_vad-vijay.asp ;
<http://www.parenttoolkit.com/index.cfm?objectid=464A6B20-9B09-11E3-A6F30050569A5318>

Program 17-17 Producers Polly Hansen & Reed Pence
Air Week 04/23/17-04/29/17 Production Director Sean Waldron

2:05 SEGMENT 1: PENICILLIN ALLERGY? PROBABLY NOT 11:12

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

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

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

Links for more information: <http://profiles.utsouthwestern.edu/profile/13860/david-khan.html>;
<http://www.nsent.us/meet.html>

14:19 SEGMENT 2: MULTIPLE MYELOMA—WHY IS ICELAND IMPORTANT? 8:06

Synopsis: Scientists are tapping the entire adult population of Iceland for a clinical test for treatments for multiple myeloma, a blood cancer. An expert explains the disease and how a whole country is pitching in to fight it.

Host: Nancy Benson. Guest: Dr. Brian Durie, Chairman, International Myeloma Foundation

Compliance issues covered: healthcare; consumerism

Links for more information: <https://www.myeloma.org>

Program 17-18 Producers Reed Pence & Polly Hansen
Air Week 04/30/17-05/06/17 Production Director Sean Waldron

1:59 SEGMENT 1: LATE EFFECTS OF CHILDHOOD CANCER TREATMENT 11:31

Synopsis: Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects.

Host: Reed Pence. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan Green, cancer survivor

Compliance issues covered: youth at risk; health care; technology; consumerism

Links for more information: StupidCancer.org; DanaFarberBostonChildrens.org; St.Jude.org

14:32 SEGMENT 2: DOING TOO MUCH FOR TERMINAL PATIENTS 8:23

Synopsis: Doctors often take extreme measures to save patients who are dying, and who might wish to die in peace. A critical care physician discusses how doctors are learning to resist their impulses to over-treat.

Host: Nancy Benson. Guest: Dr. Jessica Zitter, author, Extreme Measures: Finding a Better Path to the End of Life

Compliance issues covered: healthcare; consumerism

Links for more information: <http://jessiczitter.com>

Program 17-19 **Producer** Reed Pence
Air Week 05/07/17-05/13/17 **Production Director** Sean Waldron

2:02 SEGMENT 1: BARIATRIC SURGERY IN TEENAGERS 12:35

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

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

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

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

15:39 SEGMENT 2: CANCER TREATMENT AND SEX 7:12

Synopsis: Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation's top experts discusses.

Host: Nancy Benson. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com.

Compliance issues covered: health care; relationships

Links for more information: <https://www.will2love.com/about-us/>

Program 17-20 Producers Reed Pence & Polly Hansen
Air Week 05/14/17-05/20/17 Production Director Sean Waldron

2:02 SEGMENT 1: ELEPHANT DNA: THE SECRET TO CANCER SUPPRESSION? 12:52

Synopsis: DNA mutations happen all the time in the body, but the immune system usually detects and deals with them. When the system fails, cancer results. Yet some animals, such as elephants, almost never get cancer, and scientists have learned that the elephant DNA repair system is 20 times more powerful than the human system. Experts explain how they hope to tap this knowledge.

Host: Reed Pence. Guests: Dr. Joshua Schiffman, Prof. of Pediatrics, Univ. of Utah and investigator, Huntsman Cancer Institute; Dr. Vincent Lynch, Asst. Prof. of Human Genetics and Organismal Biology, Univ. of Chicago

Compliance issues covered: health care; public health; animals

Links for more information: <http://healthcare.utah.edu/huntsmancancerinstitute/research/labs/schiffman/>;
<https://lynchlab.uchicago.edu>

15:56 SEGMENT 2: INTERGENERATIONAL LIVING 7:03

Synopsis: Some retirement homes are offering local college students room and board in return for interaction with elderly residents. Students and experts involved discuss how it's a win/win for everyone.

Host: Nancy Benson. Guests: Shelby Miller, student, Northern Iowa Univ.; Carolyn Martin, Director, Volunteer Services, Western Home Communities, Cedar Falls, IA; Tom Berkshire, President, Generations of Hope.

Compliance issues covered: college students and youth; education; elderly and senior citizens

Links for more information: <http://www.westernhomecommunities.org>; <http://ghdc.generationsofhope.org>

Program 17-21 **Producer** Reed Pence
Air Week 05/21/17-05/27/17 **Production Director** Sean Waldron

2:01 SEGMENT 1: BLOOD SUBSTITUTES 12:06

Synopsis: Donated blood saves 4.5 million American lives each year, but has a short shelf life, low portability and must be available for all blood types. Researchers have sought safe and effective blood substitutes for 60 years, and a few viable alternatives are in animal testing. Experts involved in research discuss.

Guests: Dr. Allan Doctor, Prof. of Pediatrics and Biochemistry, Washington Univ. in St. Louis. School of Medicine; Dr. Jan Frayne, researcher, Univ. of Bristol (UK)

Compliancy issues covered: health care; public health; military; emergency response

Links for more information: http://research.peds.wustl.edu/Faculty/doctor_a;
<http://www.bris.ac.uk/biochemistry/people/jan-frayne/index.html>

15:09 SEGMENT 2: E-CIGARETTES AND ORAL HEALTH 7:38

Synopsis: Experts have a lot of questions still unanswered about electronic cigarettes, but evidence is starting to accumulate that the effect on the oral cavity can be as significant as tobacco cigarettes. An expert discusses.

Guest: Dr. Larry Williams, Asst. Prof. of Dental Medicine, Northwestern Univ. and West Side Branch President, Chicago Dental Society

Compliancy issues covered: smoking, tobacco and substance abuse; youth at risk

Links for more information: <https://www.northwestern.edu/larrywilliams.html>

Program 17-22 **Producers** Polly Hansen & Reed Pence
Air Week 05/28/17-06/03/17 **Production Director** Sean Waldron

2:01 SEGMENT 1: ALTERNATIVES TO OPIOIDS FOR PAIN 12:44

Synopsis: Americans consume 80 percent of the opioid painkillers prescribed worldwide, ultimately resulting in the deaths of more than 20,000 Americans each year of overdoses of these drugs. The crisis is making doctors look at alternative medicine therapies for a substitute for these drugs. Experts discuss modalities that have shown success.

Guests: Dr. Josie Briggs, Director, National Center for Complementary and Integrative Health < National Institutes of Health; Dr. Roger Chou, Prof. of Medicine, Oregon Health and Science Univ. and Director, Pacific Northwest Evidence Based Practice Center; Dr. David Miller, acupuncturist and medical doctor, East West Integrated Medicine, Chicago, and spokesperson, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Compliance issues covered: health care; public health; drug addiction and substance abuse; alternative medicine

Links for more information: <https://nccih.nih.gov/about/staff/briggs.htm>; <http://www.eastwestintmed.com>; <http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/medicine/divisions/general-internal-medicine/faculty/roger-chou-md.cfm>;

15:47 SEGMENT 2: "GIGGLING EPILEPSY" 7:06

Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a nine-year old boy with such seizures, the danger they posed, and the novel way he was treated.

Guest: Dr. Aria Fallah, Asst. Prof. of Neurosurgery, UCLA Geffen Schl of Med. and Mattel Children's Hospital

Compliance issues covered: health care; youth at risk

Links for more information: <https://www.uclahealth.org/aria-fallah>; ; <http://www.epilepsy.com/learn/types-seizures/gelastictic-and-dacrystic-seizures>

Program 17-23 **Producers** Reed Pence & Anu Kumar
Air Week 06/04/17-06/10/17 **Production Director** Sean Waldron

2:05 SEGMENT 1: THE HEALTH EFFECTS OF LONELINESS 12:28

Synopsis: Loneliness affects far more than our mental health. Studies are now showing that loneliness and social isolation also have profound effects on our physical health, and increase the risk of death substantially. Experts discuss.

Host: Reed Pence. Guests: Dr. Richard Schwartz, Associate Professor of Psychiatry, Harvard Medical School and co-author, *The Lonely American: Drifting Apart In The 21st Century*; Dr. Tim Smith, Professor of Psychiatry, Brigham Young University

Compliance issues covered: health care; public health; mental health; technology; social media

Links for more information: <http://www.thelonelyamerican.com>; <http://education.byu.edu>

15:35 SEGMENT 2: RESCUING RUNAWAYS 6:51

Synopsis: More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed.

Host: Nancy Benson. Guest: Carissa Phelps, author, *Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time*

Compliance issues covered: youth at risk; crime and police; child abuse; education

Links for more information: <http://www.publishersweekly.com/978-0-670-02372-1>

Program 17-24 **Producers** Reed Pence & Polly Hansen
Air Week 06/11/17-06/17/17 **Production Director** Sean Waldron

1:57 SEGMENT 1: ONLY CHILDREN...AND THEIR PARENTS 10:58

Synopsis: Only children have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing. Experts refute the myths about only children and discuss how parents can help children navigate life with no siblings.

Host: Reed Pence. Guests: Beth Apone Salamon, Director of Communications & Television, School of Continuing Studies, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, *One and Only: The Freedom of Having an Only Child and the Joy of Being One*; Dr. Susan Newman, psychologist, contributor to *Psychology Today* magazine and author, *Parenting an Only Child*

Compliancy issues covered: family issues; youth at risk; parenting issues

Links for more information: <https://parenting.blogs.nytimes.com/2013/02/17/still-lonely-in-a-world-with-more-onlies/>; <https://www.psychologytoday.com/blog/one-and-only>; <http://www.susannewmanphd.com>

13:57 SEGMENT 2: THE SENSE OF TOUCH 8:56

Synopsis: The sense of touch is often taken lightly, yet it conveys more emotion than any other sense because it literally has a separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it's not working as it should.

Host: Nancy Benson. Guest: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, *Touch: The Science of Hand, Heart, and Mind*

Compliancy issues covered: consumerism; youth at risk; aging

Links for more information: <http://davidlinden.org>

Program 17-25 **Producers** Reed Pence & Libby Foster
Air Week 06/18/17-06/24/17 **Production Director** Sean Waldron

2:04 SEGMENT 1: "TEXTALYZERS" TO STOP TEXTING WHILE DRIVING 13:05

Synopsis: After 40 years of declining traffic deaths, American roads have become more dangerous the past two years. Police blame texting. Now activists are seeking to put teeth into anti-texting-while-driving laws with the legalization of a device that police can use to instantly determine if a driver was texting at a given time. Experts discuss the "textalyzer," how it would work, and its pros and cons.

Host: Reed Pence. Guests: Ben Lieberman, founder, Distracted Operators Risk Casualties (DORCs) and Alliance Combatting Distracted Driving; Jim Grady, CEO Cellebrite, Inc.; Rashida Richardson, Legislative Counsel, American Civil Liberties Union of New York.

Compliance issues covered: traffic and road safety; drunk driving; laws and legislation; police and law enforcement; technology; privacy issues

Links for more information: <http://www.dorcs.org>; <http://alliancecombattingdistracteddriving.org>;
<http://www.cellebrite.com>; <https://www.aclu.org/affiliate/new-york>

16:11 SEGMENT 2: HOUSEHOLD CHEMICALS 6:44

Synopsis: The average American is exposed to more than 100 potentially toxic synthetic chemicals every day, and there is little oversight of their safety. A noted expert discusses the vast amount that we don't know about these chemicals and how tougher regulation in other countries could help keep Americans safer.

Host: Nancy Benson. Guest: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, *Chemicals Without Harm: Policies for a Sustainable World*.

Compliance issues covered: environment and pollution; consumerism; consumer safety

Links for more information: : <https://mitpress.mit.edu/authors/ken-geiser>

Program 17-26 **Producers** Reed Pence, Polly Hansen & Libby Foster
Air Week 06/25/17-07/01/17 **Production Director** Sean Waldron

2:05 SEGMENT 1: "PERFECT PITCH" 12:55

Synopsis: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning.

Host: Reed Pence. Guests: Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago

Compliance issues covered: education and learning; adult education

Links for more information: <http://deutsch.ucsd.edu/psychology/pages.php?i=101>;
<http://psychology.uchicago.edu/people/faculty/hnusbaum.shtml>

16:02 SEGMENT 2: CHILDREN AND SOCIAL ANXIETY 6:45

Synopsis: Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. An expert whose daughter was afflicted discusses social anxiety warning signs in children and how the disorder can be treated.

Host: Karen Hand. Guest: Jennifer Shannon, co-founder, Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, CA and author, The Shyness and Social Anxiety Workbook for Teens and The Anxiety Survival Guide for Teens

Compliance issues covered: youth at risk; mental health; education

Link for more information: <https://www.newharbinger.com/author/jennifer-shannon>

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Weekly Public Affairs Program

WRSB
Call Letters: WOKR

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2017

Show # 2017-14

Date aired: 4/2/17 Time Aired: 6:30 am

Henry A. Spiller, MS, D.ABAT., Director of the Central Ohio Poison Center at Nationwide Children's Hospital in Columbus, OH

Each day in the United States, Poison Control Centers receive an average of 32 calls about children exposed to prescription opioids. Dr. Spiller explained what child is most at risk, how adults can prevent children and adolescents from gaining access to these drugs, and how to properly dispose of unused prescriptions.

Issues covered:

**Poisoning Prevention
Drug Abuse**

Length: 8:22

Mark K. Claypool, founder and Chief Executive Officer of ChanceLight Behavioral Health, Therapy and Education, a provider of therapy and special education programs, author of "*How Autism is Reshaping Special Education: The Unbundling of IDEA*"

Autism diagnoses have skyrocketed in recent years. Mr. Claypool discussed some of the underlying reasons for the increase. He also explained why it is important for children with autism to receive special intervention at an early age. He said support systems for parents have improved dramatically in recent years.

Issues covered:

**Autism
Government Policies
Education**

Length: 8:56

Susanna Janssen, language expert, newspaper columnist and the author of "*Wordstruck!: The Fun and Fascination of Language*"

Roughly 20% of American citizens are fluent in a second language. Ms. Janssen talked about the less obvious benefits of learning a second language, including enhanced abilities in focus and concentration, memory, interpersonal skills and problem-solving. She also noted that several recent studies have suggested that bilingualism may be a buffer against the development of Alzheimer's disease. She said bilinguals earn on average about 20% more than those who speak a single language.

Issues covered:

**Bilingualism
Career
Mental Health**

Length: 5:00

Show # 2017-15

Date aired: 4/9/17 Time Aired: 6:30 am

Sheryl Ryan, M.D., FAAP, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse

29 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

Issues covered:

Drug Abuse
Parenting
Government Policies

Length: 9:48

James Noble, MD, MS, Assistant Professor of Neurology at Columbia University Medical Center in New York City

Dr. Noble was the co-author of a recent study that found that female athletes appear to be significantly more likely than men to suffer concussions. He noted that once concussions occur, men and women experience them in very similar ways. He also discussed why most media attention on concussions seems to focus on men, despite the greater risk to women.

Issues covered:

Concussions
Personal Health
Women

Length: 7:27

Heather Schafer, CEO for the National Volunteer Fire Council

Ms. Schafer said volunteers make up 80% of all fire services across the United States. She said the call volume in recent years has tripled, but volunteer fire departments are struggling to find younger recruits. She said younger people have less spare time to volunteer than previous generations. She outlined the many benefits of volunteering.

Issues covered:

Volunteerism
Fire Safety
Disaster Preparedness

Length: 4:53

Show # 2017-16

Date aired: 4/16/17 Time Aired: 6:30 am

David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

The use of "study drugs"-- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

Issues covered:
Substance Abuse
Education

Length: 8:09

Michael Thompson, Director of the Council of State Governments Justice Center

Mr. Thompson's organization conducted a study that examined whether juveniles who commit crimes fare better if they are sentenced to community-based supervision or state-run incarceration. The study found that youth who are locked up in state-run facilities are 21 percent more likely to be rearrested than those who remain under supervision closer to home. He said that community supervision programs are also far less expensive for taxpayers than state-secure facilities.

Issues covered:
Youth at Risk
Crime
Government Policies

Length: 8:55

Doug Goodman, PhD, MPA Director, Associate Professor of Public Affairs in the School of Economic, Political, and Policy Sciences at The University of Texas at Dallas

Dr. Goodman co-authored a study that found that family-friendly employment policies tend to increase productivity of employees in public organizations. He said it appears that these policies reduce stress, and increase job satisfaction and employee loyalty.

Issues covered:
Workplace Matters
Parenting

Length: 5:01

Show # 2017-17

Date aired: 4/23/17 Time Aired: 6:30 am

Ric Edelman, Chairman/CEO of Edelman Financial Services, LLC, author of "*The Truth About Your Future: The Money Guide You Need Now, Later, and Much Later*"

Technology and science are evolving at a blistering pace. Mr. Edelman said the traditional paradigms of how Americans live, learn, and invest are shifting under our feet. He explained how smart investors can adapt and profit from today's changing environment. He offered advice for parents who want to guide their children into careers that will thrive in the future. He said within a few years technological advances will solve many of today's environmental concerns and humans will live dramatically longer lives.

Issues covered:
Personal Finance
Parenting
Environment

Length: 8:35

Susan Peirce Thompson, PhD, food addiction and weight loss expert, author of "*Bright Line Eating: The Science of Living Happy, Thin & Free*"

Dr. Thompson discussed food addiction and the role it often plays in weight loss efforts. She explained why fewer than .01% of dieters are able to reach their goal weight and maintain it long term. She offered several suggestions for those trying to lose weight. She also recommended that those who are losing weight should take a break from working out.

Issues covered:

**Food Addiction
Personal Health**

Length: 8:40

Steve G. Jones EdD, clinical hypnotherapist, President of the American Alliance of Hypnotists, author of 22 books on hypnotherapy

Dr. Jones discussed the most common misconceptions about clinical hypnotherapy. He outlined the problems that hypnotherapy can solve, and he explained why self-hypnosis may be useful. He said everyone can be hypnotized, although some are more suggestible than others.

Issues covered:

**Hypnosis
Mental Health**

Length: 4:54

Show # 2017-18

Date aired: 4/30/17 **Time Aired:** 6:30 am

Richard Watts, personal advisor and legal counsel to the super wealthy, author of "*Entitlement: How Not to Spoil Your Kids, and What to Do if You Have*"

Mr. Watts said well-intentioned parents are creating a "me" generation of children who lack the wisdom and satisfaction of accomplishment that can only be learned through struggle and adversity. He offered examples of parental decisions that create a sense of entitlement in children in families of all income levels. He also outlined simple ways for parents to be a good example for children.

Issues covered:

**Parenting
Education**

Length: 9:53

Matt Schulz, Senior Industry Analyst at CreditCards.com

It pays for consumers to reach out to a credit card provider when faced with unwanted fees and high interest rates. Mr. Schulz said 87% of credit cardholders who asked for a late fee waiver were successful and 69% who requested a lower interest rate received one. His organization's study found that only about half of consumers have made any request at all for credit card leniency.

Issues covered:

Personal Finance

Length: 7:22

Dana King, MD, MS, Professor and Chair of the Department of Family Medicine at the West Virginia University School of Medicine

Dr. King led a study that examined whether retired, late middle-aged adults led a healthier lifestyle than those who were still in the workforce. He found that the spare time found in retirement did not translate to healthier lifestyle choices. He said that 90% of Americans of any age are not making healthy choices. He explained discussed the possible reasons why.

Issues covered:

**Senior Citizens
Personal Health
Retirement Planning**

Length: 4:38

Show # 2017-19

Date aired: 5/7/17 Time Aired: 6:30 am

Robert T. Kiyosaki, investor, entrepreneur, author of *"Rich Dad Poor Dad: What The Rich Teach Their Kids About Money That the Poor and Middle Class Do Not"*

Mr. Kiyosaki discussed the difference in how wealthy people view and use money, compared to middle and lower income Americans. He said it is not necessary to earn a high income to become rich. He explained why he thinks it is such a problem that few students receive any financial education in school. He also discussed the best job categories for young people who are ready to choose a career.

Issues covered:

**Personal Finance
Parenting
Education**

Length: 10:03

Thomas Beckman, MD, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

Issues covered:

Personal Health

Length: 7:03

Dennis C. Miller, businessman, former CEO of a New Jersey hospital, author of *"Moppin' Floors to CEO"*

Mentors often make a huge difference in a young person's career. Mr. Miller explained why older generations may be key to enhancing the career prospects of Millennials. He offered ideas for how to locate a mentor. He also explained why volunteering may be a wise career move for older members of the workforce.

Issues covered:

**Career
Senior Citizens
Volunteering**

Length: 4:40

Show # 2017-20

Date aired: 5/14/17 Time Aired: 6:30 am

Gwendolen Wilder, domestic violence survivor, author of *"It's Ok To Tell My Story!: Surviving Common Law Domestic Violence"*

Ms. Wilder shared her story of years of domestic violence and her eventual escape. She talked about the hurdles that prevent women from leaving abusive relationships. She discussed the sources of help and support available to victims, and offered advice for how to take the difficult step of leaving.

Issues covered:

**Domestic Violence
Women's Issues**

Length: 9:15

Pamela Wisniewski, PhD, Assistant Professor of Computer Science at the University of Central Florida

Dr. Wisniewski led a study at Penn State that found that teens rarely talk to their parents about potentially risky online experiences. She said that parents and children often have much different perceptions of and reactions to the same online events, such as cyberbullying, sexual exchanges and viewing inappropriate content online.

Issues covered:

**Youth at Risk
Parenting
Online Security**

Length: 7:58

Richard M. Gersberg, PhD, Professor and Head of the Division of Environmental Health in the Graduate School of Public Health

Cigarettes are the most common form of litter in the world, with more than 5.6 trillion filters finding their way into the environment every year. Dr. Gersberg led a study that found that 50% of fish died when exposed to water polluted by cigarette butts. He talked about the reasons behind the findings and the overall environmental impact.

Issues covered:

**Pollution
Environmental Issues**

Length: 4:57

Show # 2017-21

Date aired: 5/2/17 Time Aired: 6:30 am

Irwin Redlener, PhD, Director of Columbia University's National Center for Disaster Preparedness

Dr. Redlener said that a limited nuclear attack can be survivable. He said sheltering in place is the best way to avoid the radiation that would follow a nuclear detonation. He outlined emergency supplies that every household should have on hand, and he discussed the reasons that public officials are reluctant to discuss the topic.

Issues covered:

Disaster Preparedness

Length: 8:41

Olympia LePoint, mathematician, rocket scientist, author of "*Mathaphobia: How You Can Overcome Your Math Fears and Become a Rocket Scientist*"

Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

Issues covered:

**Women's Issues
Education
Career**

Length: 8:36

David M. Neyens, PhD, Assistant Professor in the Department of Industrial Engineering at Clemson University

In a future filled with self-driving cars, how quickly will human drivers be able to regain control in the event of a system failure or sudden emergency? Dr. Neyens led a study that found that driver reaction times were poor. He said car designers will need to find ways to give drivers much earlier warnings. He added that driver education programs will also need to change significantly, once driverless cars hit the mass market

Issues covered:
Automotive Safety
Driver Education

Length: 5:08

Show # 2017-22

Date aired: 5/28/17 Time Aired: 6:30 am

Mark Underwood, PhD, neuroscience researcher, expert on brain aging and cognitive function, President and co-founder of Wisconsin-based biotech company Quincy Bioscience

Dr. Underwood said most people start to experience mild memory loss by age 40. He explained the relationship of early memory problems to advanced forms of dementia as people enter their 70s and 80s. He outlined basic steps to take to keep the brain active, which may prevent or slow cognitive decline as a person ages.

Issues covered:
Personal Health
Alzheimer's Disease
Senior Citizens

Length: 8:01

Patty Osterberg, Education & Outreach Director of Sustainable Electronics Recycling International, an organization that sets standards for responsible electronics recycling

Ms. Osterberg discussed the most responsible ways to recycle unused mobile phones and other electronic gadgets. Her organization certifies recyclers with the R2 standard, which verifies that recycling companies perform their services in a responsible and ethical manner. She talked about the environmental impact of throwing a phone in the trash.

Issues covered:
Recycling
Environment
Consumer Matters

Length: 8:59

Tim Lohrentz, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

Issues covered:
Payday Loans
Poverty
Government Regulations

Length: 5:10

Show # 2017-23

Date aired: 6/4/17 Time Aired: 6:30 am

Gregory Plemmons, PhD, Associate Professor of Pediatrics at Monroe Carell Jr. Children's Hospital at Vanderbilt University

Dr. Plemmons led a study that found the percentage of younger children and teens hospitalized for suicidal thoughts or actions in the United States has doubled over the past decade. He talked about the possible reasons for such a steep increase, what ages are at the greatest risk, and how parents can recognize signs of suicidal thoughts in their children.

Issues covered:

Teen Suicide

Parenting

Length: 7:46

Jeff Stalaker, President and Co-Founder of First Orion, a provider of data and phone call transparency solutions

Mr. Stalaker's company commissioned a survey that found that Millennials are more likely than any other generation to give away personal information to scammers over the phone. He said nearly 40 percent of those surveyed have been contacted by someone impersonating the IRS. He talked about other current scams, and offered advice on how to avoid falling prey to scammers.

Issues covered:

Consumer Matters

Crime

Length: 9:17

Kara Lusk-Dudley, Public Affairs Manager, Biomedical Communications, American Red Cross

Summertime is one of the most challenging times of the year for blood donations. Ms. Lusk-Dudley explained why, and outlined the process that a new blood donor can expect. She explained how to locate a donation center or blood drive nearby. She noted that the Red Cross is also in greater need of organizations to host blood drives during the summer months.

Issues covered:

Blood Donation

Personal Health

Length: 5:10

Show # 2017-24

Date aired: 6/11/17 Time Aired: 6:30 am

Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of "*An American Sickness: How Healthcare Became Big Business and How You Can Take It Back*"

Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

Issues covered:

Personal Health

Consumer Matters

Length: 8:39

Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

Issues covered:

**Traffic Safety
Parenting
Children's Issues**

Length: 8:27

Adriana Zuniga-Teran, architect, postdoctoral research associate in the University of Arizona's Udall Center for Studies in Public Policy.

Ms. Zuniga-Teran conducted a study that examined how the design of a neighborhood can affect health and wellness. She found that those who live in traditional neighborhoods do the most walking, while those who live in suburban developments report the highest levels of mental well-being.

Issues covered:

**Mental Health
Personal Health
Community Issues**

Length: 5:02

Show # 2017-25

Date aired: 6/18/17 Time Aired: 6:30 am

Sally Erny, National Stakeholder Engagement Officer of the National Court Appointed Special Advocate Association

Ms. Erny explained how court-appointed special advocates (CASAs) look out for the interests of abused or neglected children. She discussed how CASA volunteers work with attorneys and other court officers to ensure the youngsters are in safe and healthy foster care, and eventually, permanent homes. She also outlined the training that these volunteers receive, and how someone can volunteer.

Issues covered:

**Child Abuse
Foster Care
Volunteerism**

Length: 8:26

Clint Emerson, retired Navy Seal, author of "*100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster*"

Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

Issues covered:

**Crime Prevention
Terrorism**

Length: 8:46

Tracy Mehan, Manager of Translational Research for the Center for Injury Research and Policy at the Research Institute at Nationwide Children's Hospital in Columbus, Ohio

On an average day in the US, 13 children receive emergency treatment for a lawn mower-related injury. Ms. Mehan talked about the most common injuries and how they typically vary, depending on the age of the child. She offered suggestions for parents on how to prevent lawn mower-related injuries.

Issues covered:

Child Safety
Product Safety
Parenting

Length: 5:02

Show # 2017-26

Date aired: 6/25/17 **Time Aired:** 6:30 am

Catherine Collinson, President of the Transamerica Center for Retirement Studies, a non-profit private foundation

Ms. Collinson talked about the option of "phased retirement," in which an employee begins to gradually put in shorter work weeks. She said the strategy permits workers to test out retirement to see if they enjoy it and can afford it, and allows them to avoid tapping into Social Security or savings until truly necessary. She said many employers welcome it, because it allows the senior employee to mentor younger colleagues and the organization to retain institutional knowledge.

Issues covered:

Retirement
Career

Length: 8:42

Brian Wansink, PhD, behavior economist, food psychologist, John Dyson Professor of Consumer Behavior at Cornell University, Director of the Cornell Food and Brand Lab, author of "*Slim By Design, Mindless Eating Solutions for Everyday Life*"

Dr. Wansink discussed his research at Cornell, which examines how and why we make choices about the food we eat. He said the way a kitchen or other living environment is set up can encourage weight loss naturally. He outlined innovative but inexpensive steps restaurants, grocery stores and school cafeterias can make to encourage healthier dining choices.

Issues covered:

Health and Nutrition
Consumer Matters

Length: 8:34

Cami Walker, author of "*29 Gifts: How a Month of Giving Can Change Your Life*"

At age thirty-five, Ms. Walker was diagnosed with multiple sclerosis. As she battled depression about her illness, she received an uncommon prescription from an African medicine woman: Give to others for 29 days. She shared her story of finding small ways to help others, and how it made a dramatic difference in her own health and happiness.

Issues covered:

Charitable Contributions
Volunteerism
Mental Health

Length: 4:24