

WHBX (FM)  
Tallahassee, Florida

1st Quarter, 2024  
Issues and Programming Report



**Air Date:** 01/07/2024 **Air Time:** 8:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL**

**Time:** 1:50

**Duration:** 12:59

**Synopsis:** We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor’s appointment.

**Host:** Elizabeth Westfield

**Producer:** Libby Foster

**Guests:** Dr. Talya Miron-Shatz, Visiting Researcher, University of Cambridge, Author, Your Life Depends On It

**Compliance issues:** Health Care, Medicine, Patient Safety, Social Media, Vulnerable Populations, Confirmation Bias, Medical Knowledge, Scientific Terminology, Telehealth

**Links for more info:**

[Talya Miron-Shatz](#)

[Talya Miron-Shatz, PhD. Medical decision making \(@TalyaMironShatz\) / X](#)

[Talya Miron-Shatz, PhD - Visiting Researcher - University of Cambridge | LinkedIn](#)

**SEGMENT 2: DOES A GOOD BEDSIDE MANNER SAVE LIVES?**

**Time:** 15:50

**Duration:** 7:02

**Synopsis:** Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives.

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Dr. Wes Ely, Professor of Medicine, Associate Director of Aging Research, Vanderbilt University, Author, Every Deep-Drawn Breath

**Compliance issues:** Burnout, Consumerism, Covid-19, Empathy, Health Care, Healthcare, Pandemic, Patient Safety, Public Health, Vaccination, Bedside Manner, Intensive Care Unit

**Links for more info:**

[E. Wesley Ely, MD, MPH](#)

[X: @WesElyMD](#)

[E. Wesley Ely, MD, MPH | Vanderbilt Scholars in HIV and Heart, Lung, Blood and Sleep Research](#)

[LinkedIn: Dr. Wes Ely](#)

**Air Date:** 01/14/2024 **Air Time:** 9:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: 3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE**

**Time:** 1:48

**Duration:** 11:52

**Synopsis:** Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. George Haidukewych, Director of Orthopedic Trauma & Chief of Complex Joint Replacement, Orlando Health Jewett Orthopedic Institute; Dr. Thomas Kolon, Expert in Pediatric Disorders, Chief of Urology, Children’s Hospital of Philadelphia

**Compliance issues:** 3D Printing, Artificial Intelligence, Cancer, Children At Risk, Consumerism, Medical Technology, Vulnerable Populations, Cancer Prevention, Childhood Cancers, Kidney

**Links for more info:**

[George Haidukewych - Orlando Health - One of Central Florida's Most Comprehensive Healthcare Networks](#)

[Thomas F. Kolon, MD | Children's Hospital of Philadelphia](#)

[Thomas F. Kolon \(@ThomasKolon\) / X](#)

[LinkedIn: Dr. Thomas Kolon](#)

### **SEGMENT 2: NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS**

**Time:** 14:42

**Duration:** 7:50

**Synopsis:** So many of us have experienced the compulsion to bite our nails. Even though it’s a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health.

**Host:** Greg Johnson

**Producer:** Morgan Kelly

**Guests:** Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mount Sinai Medical Center; Dr. Fred Penzel, Psychologist & Executive Director of Western Suffolk Psychological Services

**Compliance issues:** Bacteria, Consumerism, Evolution, Genetics, Public Health, Trauma, Bacterial Infection, Compulsions, Cuticles, Ecosystems, Habits, Hemorrhage, Nails, Oral Health

**Links for more info:**

[Dana K Stern - Dermatology | Mount Sinai - New York](#)

[Dr. Dana Stern](#)

[Dr.Dana Stern \(@hamptonderm\) • Instagram photos and videos](#)

[LinkedIn: Dr. Dana Stern](#)

[Fred Penzel, Ph.D.](#)

[Fred Penzel \(@DrFredPenzel\) / X](#)

**Air Date:** 01/21/2024 **Air Time:** 9:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND VENGEANCE?**

**Time:** 1:47

**Duration:** 12:28

**Synopsis:** American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternative programs to solve this crisis.

**Host:** Elizabeth Westfield

**Producer:** Reed Pence

**Guests:** Christine Montross, Associate Professor of Psychiatry and Human Behavior, Brown University

**Compliance issues:** Consumerism, Health Care, Healthcare, Incarceration, Mental Illness, Public Health, Public Policy, Public Safety, Community Care, Criminals, Health Policy, Jail, Mental Institutions, Prison, Psychosis

**Links for more info:**

[Montross, Christine | Brown University](#)

[Waiting for an Echo by Christine Montross | PenguinRandomHouse.com: Books](#)

[Christine Montross - Bio](#)

**SEGMENT 2: DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL?**

**Time:** 15:17

**Duration:** 7:43

**Synopsis:** We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Dr. Andrea Bonior explains the benefits of giving your children mental health days and how to prepare them for future obstacles.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Andrea Bonior, Licensed Clinical Psychologist, Author

**Compliance issues:** Anxiety, Children At Risk, Consumerism, Coping Strategies, Depression, Mental Health, Public Health, Vulnerable Populations, Emotions, Sick Days, Stress

**Links for more info:**

[Dr. Andrea Bonior](#)

[Andrea Bonior, Ph.D. \(@drandreabonior\) • Instagram photos and videos](#)

[Professional Speaker - Andrea Bonior, Ph.D. | LinkedIn](#)

[Youth Risk Behavior Surveillance System \(YRBSS\) | CDC](#)

**Air Date:** 01/28/2024 **Air Time:** 9:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: EATING INVASIVE SPECIES: DOES YOUR DIET HELP THE ENVIRONMENT?**

**Time:** 1:49

**Duration:** 10:53

**Synopsis:** Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Joe Roman, Conservation Biologist, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, US Geological Survey

**Compliance issues:** Agriculture, Consumerism, Diet, Disease, Environment, Infrastructure, Invasive Species, Public Health, Public Safety, Virus, Farming, Habitats, Native Animals, Population Control

**Links for more info:**

[Joe Roman | Rubenstein School of Environment and Natural Resources | The University of Vermont](#)

[Joe Roman](#)

[Eat The Invaders](#)

[US Geological Survey: Dr. Cindy Tam](#)

[LinkedIn: Dr. Cindy Tam](#)

**SEGMENT 2: MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS**

**Time:** 13:44

**Duration:** 8:39

**Synopsis:** As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Chuck Weber, Psychologist, Chief Medical Officer and Founder, Family Care Center

**Compliance issues:** Health Care, Healthcare, Mental Health, Military, PTSD, Psychology, Public Health, Public Safety, Veterans, Vulnerable Populations, Family Medicine, Military Families

**Links for more info:**

[Charles Weber | LinkedIn](#)

[Family Care Center](#)

**Air Date:** 02/11/2024 **Air Time:** 8:30 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: BIG LIARS: IS HONESTY ALWAYS THE BEST POLICY?**

**Time:** 1:48

**Duration:** 10:38

**Synopsis:** Are you good at sniffing out lies? Many people aren't. The typical 'tells,' like eye movement, won't expose a true deception artist. Luckily, Our experts explain the psychology behind why people lie and how you can avoid being duped.

**Host:** Elizabeth Westfield

**Producer:** Polly Hansen

**Guests:** Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, Big Liars; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, the Curtis Deception Lab, Co-Author, Big Liars

**Compliance issues:** Children At Risk, Psychology, Public Health, Public Safety, Vulnerable Populations, Deception, Lying, Pathological Liars

**Links for more info:**

[Christian L. Hart, Ph.D.](#)

[Big Liars](#)

[Chris Hart \(@chrishartpsych\) / X](#)

[Drew A. Curtis, Ph.D.](#)

[Dr.Curtis \(@Dr\\_CurtisPhD\) / X](#)

[Curtis Deception Lab](#)

**SEGMENT 2: NOT SO RARE: WHAT'S CAUSING THE RISE IN PEDIATRIC KIDNEY STONES?**

**Time:** 13:28

**Duration:** 9:34

**Synopsis:** While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Greg Tasian, Attending Pediatric Urologist, Children's Hospital of Philadelphia

**Compliance issues:** Chronic Disease, Infection, Patient Safety, Public Health, Surgery, Vulnerable Populations, Disease Progression, Gut Microbes, Kidney Stones, Organ Transplant, Pediatric Care

**Links for more info:**

[Gregory E. Tasian, MD, MSc, MSCE | Children's Hospital of Philadelphia](#)

[Gregory Tasian, MD, MSc, MSCE \(@GregoryTasian\) / X](#)

[ClinicalTrials.gov: Pediatric KIDney Stone \(PKIDS\) Care Improvement Network \(PKIDS\)](#)

**Air Date:** 02/18/2024 **Air Time:** 8:30 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: “EAT TO SURVIVE”: WHY AMERICANS LACK PROPER EDUCATION ABOUT NUTRITION**

**Time:** 1:48

**Duration:** 10:35

**Synopsis:** Many children in America are taught about nutrition through the USDA’s balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she’s faced during her journey towards a healthier lifestyle.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Loni Love, Comedian, Television Host, Spokesperson, Metamucil; Dr. Christopher Gardner, Rehnberg Farquhar Professor of Medicine, Stanford University

**Compliance issues:** Cancer, Chronic Disease, Diabetes, Diet, Gut Microbiome, Immunity, Nutrition, Obesity, Public Health, Supplements, Fiber, Healthy Lifestyle, Heart Disease, Illness

**Links for more info:**

[Loni Love \(@comiconilove\) • Instagram photos and videos](#)

[Loni Love \(@LoniLove\) / X](#)

[Loni Love - Facebook](#)

[Christopher Gardner | Stanford Medicine](#)

[Christopher Gardner \(@GardnerPhD\) / X](#)

**SEGMENT 2: SERVICE DOGS ARE IN HIGH DEMAND – HERE’S HOW YOU CAN HELP**

**Time:** 13:25

**Duration:** 9:30

**Synopsis:** Service dogs have been used throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD and anxiety. Our experts discuss the importance of service dogs and how you can get involved.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** James Schenck, CEO, PenFed Foundation; Kirsten Holley, US Army Veteran

**Compliance issues:** Anxiety, Depression, Family Issues, Mental Health, Neurology, PTSD, Therapy, Veterans, Nightmares, Service Animals, Service Dogs, Social Anxiety, Veteran Issues, Volunteering

**Links for more info:**

[James Schenck - PenFed Foundation](#)

[James Schenck - Pentagon Federal Credit Union | LinkedIn](#)

[Canine Companions](#)

**Air Date:** 02/25/2024 **Air Time:** 6:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: THERAPY FOR TWINS: THE MYTH OF THE 'PERFECT' TWIN CONNECTION**

**Time:** 1:48

**Duration:** 11:28

**Synopsis:** Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Joan A. Friedman, Psychotherapist & Twin Expert

**Compliance issues:** Education, Family Issues, Housing, Pregnancy, Psychology, Public Health, Public Safety, Relationships, Therapy, Individuality, Offspring, Self-esteem, Siblings, Twins

**Links for more info:**

[Joan A. Friedman](#)

[Joan A. Friedman \(@Joanafriedman\) / X](#)

[Dr. Joan Friedman \(@dr.joanfriedmantwinexpert\) • Instagram photos and videos](#)

### **SEGMENT 2: WHY SCIENCE SAYS KIDS SHOULD STILL LEARN TO WRITE IN CURSIVE**

**Time:** 14:18

**Duration:** 7:59

**Synopsis:** In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there's still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils.

**Host:** Greg Johnson

**Producer:** Libby Foster

**Guests:** Dr. Danny Oppenheimer, Professor of Decision Sciences, Carnegie Mellon University; Dr. Virginia Wise Berninger, Professor Emerita, University of Washington

**Compliance issues:** Education, Learning, Psychology, Public Health, Student Safety, Brain Imaging, Elementary School, Handwriting, Motor Movement, Productivity, Visual Stimuli

**Links for more info:**

[Virginia Wise Berninger, PhD., - Handwriting Collaborative Conference](#)

[Carnegie Mellon University: Dr. Danny Oppenheimer](#)

[Psychology: The Comic Book Introduction](#)



**Air Date:** 03/3/2024 **Air Time:** 6:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: HOW TO COMBAT MEDICAL IGNORANCE OF RARE DISEASES**

**Time:** 1:48

**Duration:** 11:12

**Synopsis:** Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor’s daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn’t believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar situations, Taylor created a document that gives patients with rare diseases a credible back-up of medical history and current treatment plans when dealing with stubborn physicians.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Christyn Taylor, CEO, Rebecca’s Wish; Lisa Morgan, Parent of Patient

**Compliance issues:** Chronic Conditions, Education, Healthcare, Patient Safety, Surgery, Vulnerable Populations, Hospitalization, Pain, Pancreatitis, Pediatric Illness, Rare Disease

**Links for more info:**

[Pediatric Pancreatitis Patient Passport](#)

[Rebecca’s Wish](#)

[Rebecca’s Wish - Facebook](#)

[Rebecca’s Wish \(@rebeccaswishus\) • Instagram photos and videos](#)

### **SEGMENT 2: THE FEMALE GENIUSES THROUGHOUT HISTORY YOU NEED TO KNOW ABOUT**

**Time:** 14:02

**Duration:** 9:04

**Synopsis:** If you’re asked to name a genius, who do you think of? Albert Einstein or Galileo may come to mind, but there’s a good chance you’re forgetting the brilliant women who deserve a spot at this table. In honor of Women’s History Month this March, our expert tells the stories of a few female geniuses whose accomplishments deserve greater recognition.

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Janice Kaplan, Author, The Genius of Women; Catherine Whitlock, Author, Ten Women Who Changed Science and the World

**Compliance issues:** Consumerism, Education, Gender Issues, History, Medical History, Politics, Public Health, Vulnerable Populations, Equality, Genius, Patriarchy, Women’s History

**Links for more info:**

[Janice Kaplan](#)

[Janice Kaplan \(@janice.kaplan\) • Instagram photos and videos](#)

[Janice Kaplan \(@JaniceKaplan2\) / X](#)

[Catherine Whitlock](#)

**Air Date:** 03/10/2024 **Air Time:** 6:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CULTURAL COMPETENCE: ADDRESSING RACIAL DISPARITIES IN HEALTHCARE**

**Time:** 1:48

**Duration:** 13:01

**Synopsis:** Racial disparities have existed in medicine throughout history. Research is finally starting to not only recognize these inequalities but create actionable plans to close the gaps. Our guests discuss sectors of healthcare and disease where racial disparities continue to block minority populations from quality care.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Ladson Hinton, Professor and Director of Geriatric Psychiatry, University of California Davis School of Medicine; Dr. Toyin Nwafor, Infectious Disease Physician, Senior Medical Director for HIV Prevention, ViiV Healthcare

**Compliance issues:** Alzheimer’s Disease, Discrimination, HIV, Infectious Disease, Patient Safety, Psychology, Public Health, Dementia, Minority Populations, Racial Disparities, Stigma

**Links for more info:**

[Ladson Hinton, M.D. for UC Davis Health](#)

[LinkedIn: Dr. Ladson Hinton](#)

[Toyin Falusi Nwafor \(she/her\) \(@TfalNwaforMD\) / X](#)

[Mapping racial and ethnic healthcare disparities for persons living with dementia: A scoping review](#)

[Toyin Falusi Nwafor, MD - ViiV Healthcare | LinkedIn](#)

[Medical Experts - ViiV Healthcare](#)

**SEGMENT 2: GOT FOOT PROBLEMS? IT MAY BE A RARE BLOOD CANCER**

**Time:** 15:51

**Duration:** 7:04

**Synopsis:** Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It’s a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Brandi Reeves, Hematologist, Assistant Professor of Medicine, University of North Carolina, Chapel Hill; Gary Lenahan, Patient

**Compliance issues:** Aging, Cancer, Chemotherapy, Consumerism, Geriatrics, Patient Safety, Public Health, Blood, Foot Health, Hiking, Medical Intervention, Skin Condition

**Links for more info:**

[Brandi Reeves, MD - Division of Hematology](#)

[Brandi Reeves \(@BrandiReeves1\) / X](#)

[Polycythemia vera - Symptoms & causes - Mayo Clinic](#)

**Air Date:** 03/17/2024 **Air Time:** 6:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: “THIS IS MEDIEVAL” – THE 24-YEAR-OLD WHO’S REINVENTING MEDICAL DEVICES**

**Time:** 1:48

**Duration:** 11:12

**Synopsis:** During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient’s skull. It’s been the standard for years – but it’s not the best option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new device and her experience as a female entrepreneur in a male-dominated space.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Matthew Potts, Neurosurgeon & Associate Professor of Neurological Surgery, Northwestern Feinberg School of Medicine; Casey Qadir, Co-Founder & CEO, Hubly Surgical

**Compliance issues:** Consumerism, Emergency Medicine, Medical Technology, Neurology, Patient Safety, Surgery, Anatomy, Cranial Drill, Drill, Female Entrepreneurship, Medical Device, Neurosurgery, Skull

**Links for more info:**

[Matthew B Potts: Faculty Profiles](#)

[Matthew Potts \(@matthewpottsmd\) • Instagram photos and videos](#)

[Matthew Potts - Program Director - Neurological Surgery Residency](#)

[Matthew Potts \(@MatthewPottsMD\) / X](#)

[Hubly Surgical](#)

[Hubly Surgical \(@hublysurgical\) • Instagram photos and videos](#)

[Casey Qadir 🧠🔪 \(@BrainDrillGirl\) / X](#)

[LinkedIn: Casey Qadir](#)

### **SEGMENT 2: KNOCKING ON DEATH’S DOOR: THE AT-HOME MEDICAL DEVICE THAT COULD SAVE LIVES**

**Time:** 14:02

**Duration:** 8:23

**Synopsis:** Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help patients be an active part of their own care team and stay on top of their health.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Mark Opauszky, CEO, Sparrow BioAcoustics

**Compliance issues:** Amputations, Infection, Medical Technology, Patient Safety, Preventive Medicine, Public Health, Technology, Trauma, Medical Applications, Medical Devices, Organ Failure, Septic Shock, Stethoscope

**Links for more info:**

[Mark Attila Opauszky | LinkedIn](#)

[Sparrow BioAcoustics](#)

[OBSTACLEson startups, struggles and stoicism](#)

[X: @Opauszky](#)

**Air Date:** 03/24/2024 **Air Time:** 6:00 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: PAIN IS NOT WOMANHOOD: EARLIER DIAGNOSING FOR ENDOMETRIOSIS**

**Time:** 1:49

**Duration:** 11:37

**Synopsis:** Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America’s current process isn’t aiding women with this disorder.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Jodie Avery, Epidemiologist, Senior Research Fellow, University of Adelaide Medical School; Asha Dickens, patient

**Compliance issues:** Consumerism, Patient Safety, Public Health, Surgery, Diagnostic Tools, Endometriosis, Female Issues, Gynecology, Medical Imaging, Reproductive System, Ultrasound, Women’s Health

**Links for more info:**

[Uterine Health Guide](#)

[LinkedIn: Asha Dickens](#)

[Endo Black](#)

[Dr Jodie Avery | Researcher Profiles](#)

[Noninvasive diagnostic imaging for endometriosis part 1 - Fertility and Sterility](#)

[LinkedIn: Dr. Jodie Avery](#)

[Dr Jodie Avery \(@Jodie\\_Avery\) / X](#)

### **SEGMENT 2: PUBLIC HEALTH AND POLITICS: A LOOK AT THE MISTAKES MADE DURING THE PANDEMIC**

**Time:** 14:28

**Duration:** 8:31

**Synopsis:** Science has long been an influence of public policy, but some argue that public health organizations became too visible during the pandemic. Dr. Sandro Galea, author of *Within Reason*, dissects the role that public health has played in recent years and asks the question: what are we willing to give up for the sake of our health?

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Sandro Galea, Dean & Robert A. Knox Professor, Boston University School of Public Health, Author, *Within Reason*

**Compliance issues:** Covid-19, Medicine, Pandemic, Patient Safety, Politics, Public Health, Public Safety, Social Media, Virus, Vulnerable Populations, Public Health Organizations, Science Policy

**Links for more info:**

[Sandro Galea | SPH](#)

[Sandro Galea](#)

[Within Reason: A Liberal Public Health for an Illiberal Time, Galea](#)

[Sandro Galea - Dean - Boston University School of Public Health | LinkedIn](#)

[Sandro Galea \(@sandrogalea\) / X](#)

[Sandro Galea \(@sandro\\_galea\) • Instagram photos and videos](#)

**Air Date:** 03/30/2024 **Air Time:** 7:30 a.m.

**“Radio Health Journal”**

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

### **SEGMENT 1: CANCER DRUG SHORTAGE: DECIDING WHO LIVES AND WHO DIES**

**Time:** 1:49

**Duration:** 11:08

**Synopsis:** When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Barbara Barnett, Cancer Patient; Dr. Julie Gralow, Chief Medical Officer & Executive Vice President, American Society of Clinical Oncology; Mark Fleury, Policy Principal, American Cancer Society Cancer Action Network

**Compliance issues:** Cancer, Manufacturing and Industry, Generic Drugs, FDA, Chemotherapy, Drug Shortages, Economics, Consumerism, Raw Materials, Breast Cancer, Supply Chain Issues, Testicular Cancer, Colon Cancer, Patient Safety

**Links for more info:**

[Julie R. Gralow, MD, FACP, FASCO | ASCO](#)

[Julie Gralow - Chief Medical Officer - American Society of Clinical Oncology \(ASCO\) | LinkedIn](#)

[Mark Fleury - Principal, Policy Development, Emerging Science - American Cancer Society Cancer Action Network \(ACS CAN\) | LinkedIn](#)

[Mark Fleury \(@ME\\_Fleury\) / X](#)

[Julie Gralow \(@jrgralow\) / X](#)

[ASCO \(@ascocancer\) • Instagram photos and videos](#)

[The American Cancer Society \(@americancancersociety\) • Instagram photos and videos](#)

### **SEGMENT 2: KETAMINE REGULATIONS -- “WE DON'T WANT TO REPRODUCE THIS OPIOID PROBLEM”**

**Time:** 13:59

**Duration:** 8:32

**Synopsis:** Ketamine is FDA-approved as an anesthetic, but it's now being used as a therapy to treat pain, depression, and addiction. However, many worry the rise of psychedelics will bring about a second iteration of the opioid crisis. Our expert shares the history of ketamine and how he believes it should be regulated to lessen the risk of addiction.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Howard Kornfeld, Pain Management & Addiction Specialist, Founder & Medical Director, Recovery Without Walls

**Compliance issues:** Ketamine, Opioids, Addiction, Patient Safety, Public Safety, Pain Management, Opioid Crisis, Psychedelics, Therapy, Hallucinations, Consumerism, Federal Drug Regulations

**Links for more info:**

[Dr. Howard Kornfeld | Pain Management & Addiction Specialist](#)

[LinkedIn: Dr. Howard Kornfeld](#)

[Recovery Without Walls \(@recoverywowalls\) • Instagram photos and videos](#)

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 2/11 9:00AM 30 minutes

Nicole Everett and featured guests Dr. Tiffany Packer and Attorney Chuck Hobbs have a conversation about Black History, the elimination of DEI funding in public education and the arts as a form of resistance in the lives of African Americans.

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 2/18 9:00AM 30 minutes

Nicole Everett and featured guests Vaughn Wilson and Terrance Barber have a conversation about Black Business, challenges, needs and their upcoming the 3rd Annual Black Business Expo and Working Class Wednesday, respectively.

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 2/25 9:00AM 30 minutes

Nicole Everett and featured guest, Godby Girls Basketball Coach and Educator, Chelsea Johnson Muir have a conversation about girls mentorship and the upcoming Godby Girls Night, a fun event for unity, respect and mentorship.

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 3/3 8:30AM 30 minutes

Nicole Everett and featured guest, Attorney Mutaqee Akbar have a conversation about the need for the NAACP, Diversity Equity and Inclusion, fatherhood and mental health.

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 3/10 8:30AM 30 minutes

Nicole Everett and featured guest, Pastor Quincy Griffin have a conversation about what brought him to Tallahassee and to ministry, the role music has played in his life, the ministry of Family Worship & Praise Center and the inaugural Jubilee Music Festival on March 22 & 23 at The Adderley Amphitheatre at Cascades Park.

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 3/17 8:30AM 30 minutes

Nicole Everett and featured guest, Pastor Judy Mandrell have a conversation about what the Sister Girl Network, the Tallahassee Citywide Intercessory Pray group as well as theme of women’s history month 2024 which celebrates “Women Who Advocate for Equity, Diversity and Inclusion”.

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 3/24 8:30AM 30 minutes

Nicole Everett and featured guest, Jasmin Richardson-Sutton have a conversation about what the 11th Anniversary of Chocolate Waisted Fitness, the importance of movement as well as the theme of women’s history month 2024 which celebrates “Women Who Advocate for Equity, Diversity and Inclusion”.

**PROGRAM: “CONVERSATIONS WITH NICOLE”**

Air Date: 3/31 8:30AM 30 minutes

Nicole Everett and featured guest, Molly Lord, the Executive Director of Big Brothers & Big Sisters of the Big Bend, have a conversation about their inaugural Big Draft event, the importance of mentorship, as well as the theme of women’s history month 2024 which celebrates “Women Who Advocate for Equity, Diversity and Inclusion”.