

# ***Radio Health Journal®***

## **Quarterly Issues Report – Q4 2014 through Radio Health Journal Programs 14-40 through 14-52**

**During the second quarter of 2014 the following compliancy issues were covered:**

Addiction	Infectious Disease
Child Abuse	Legal System
Children At Risk	Medicaid And Medicare
Consumerism	Men's Issues
Consumer Safety	Mental Health
Crime	Pets And People
Criminal Justice System	Police
Disabilities	Police And Fire
Discrimination	Pop Culture
Drugs And Drug Treatment	Pop Psychology
Economics	Prison And Justice System
Federal Government	Public Health
Education	Public Policy
Emergency Response	Public Safety
Employment	Recreation
Workplace Issues	Roads And Highways
Environment And Pollution	Substance Abuse And Treatment
Family And Parenting Issues	Technology
Family Issues	Travel And Transportation
Federal Government And Regulation	Urban Planning
Federal Law	Violence
Gender Issues	Women's Issues
Health & Fitness	Youth At Risk
Health Care	

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
employment; discrimination; economics; women's issues; family issues; federal law	<b>Program # 14-40 Segment 1 6:00am</b>	<b>10-5-14</b>	11:57	<p>SEGMENT 1: Pregnant? You're fired</p> <p>Synopsis: Discrimination due to pregnancy has been illegal since the 1970's, yet it's still a common occurrence. Experts discuss the many pretexts employers use to fire pregnant women and the steps women need to take to combat it.</p> <p>Host: Reed Pence. Guests: Sarah Crawford, Director, Workplace Fairness, National Partnership for Women and Families; Jamie Dolkas, Director of Women's Leadership, Center for Worklife Law, Hastings College of the Law, Univ. of California; Joan Williams, Distinguished Prof. of Law, Hastings Foundation Chair and Founding Director, Center for Worklife Law, Hastings College of the Law, Univ. of California</p>
pets and people; family issues	<b>Program # 14-40 Segment 2 6:15 am</b>	<b>10-5-14</b>	7:28	<p>SEGMENT 2: The emotional attachment of pets</p> <p>Synopsis: Some people, particularly childless couples, insist they love their pets as much as anyone could love their children. Is the emotional attachment really the same? Experts discuss the evidence.</p> <p>Host: Nancy Benson. Guests: Marilyn Putz, pet loss counselor at Lincolnshire Animal Hospital. Laura S. Scott, founder and director, Childless By Choice documentary/research project; Froma Walsh, Emeritus Prof. of Clinical Psychology, Univ. of Chicago</p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
education; health care; legal system	<b>Program #14-41 Segment 1 6:00 am</b>	<b>10-12-14</b>	12:15	<p>SEGMENT 1: Restoring doctors' compassion</p> <p>Synopsis: Doctors have often been advised to avoid emotions regarding patients in order to keep their decisions objective. However, this has led many patients to believe doctors don't care about them. A new movement in medicine seeks to reverse the trend and put compassion back in medicine, led by a "Healer's Art" class in many medical schools. Experts who teach the class explain.</p> <p>Host: Reed Pence. Guests: Dr. Joseph O'Donnell, Prof. of Medicine and Psychiatry, Senior Advising Dean and Director of Community Programs, Geisel School of Medicine, Dartmouth College; Dr. Dean Parmelee, Associate Dean for Academic Affairs, Wright State Univ. Boomshoft School of Medicine.</p>
mental health; environment and pollution	<b>Program #14-41 SEGMENT 2 6:15 am</b>	<b>10-12-14</b>	7:34	<p>SEGMENT 2: Water and healing</p> <p>Synopsis: Water is almost synonymous with relaxation and mental cleansing. A researcher explains the mind science behind it.</p> <p>Host: Nancy Benson. Guest: Wallace J. Nichols, Research Associate, California Academy of Sciences and author, <u><a href="#">Blue Mind: The Surprising Science that Shows How Being Near, In, On or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do.</a></u></p>

Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
health care; public health; infectious disease; consumerism; health & fitness	<b>Program #14-42</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>10-19-14</b>	11:41	<p>SEGMENT 1: The "obesity virus"</p> <p>Researchers are collecting evidence that a virus is to blame for at least some cases of obesity, making it literally as easy to catch as a cold, and explaining in part why obesity has grown so quickly all over the world. Experts discuss the virus, how it takes over fat cells of the body, and its implications.</p> <p>Host: Reed Pence. Guests: Dr. Nikhil Dhurandhar, Prof. of Health Promotion, Pennington Biomedical Research Center, Louisiana State Univ.; Dr. Richard Atkinson, Emeritus Prof. of Medicine &amp; Nutritional Sciences, Univ. of Wisconsin-Madison.</p>
family and parenting issues; children at risk; education	<b>Program #14-42</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>10-19-14</b>	7:59	<p>SEGMENT 2: Twinless twins</p> <p>Synopsis: Twins whose "other half" dies unexpectedly may face challenging issues of grief and identity. A well-known psychotherapist, herself a twin, explains these issues through the lens of her own life.</p> <p>Host: Nancy Benson. Guest: Mary R. Morgan, New York psychotherapist and author, <u>Beginning With the End: A Memoir of Twin Loss and Healing</u></p>

Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
health care; public health; infectious disease; public safety	<b>Program #14-43</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>10-26-14</b>	12:05	<p>SEGMENT 1: The reality of ebola</p> <p>Synopsis: The ebola virus, which has killed thousands in West Africa, has made it to the US. Experts describe the characteristics of the virus and its transmission, whether there really is a risk to Americans, and the odds of success of new safety measures.</p> <p>Host: Reed Pence. Guests: Dr. Dr. William Schaffner, Prof. of Preventive Medicine, Vanderbilt Univ. Medical Center; Dr. Robert Murphy, Prof. of Medicine &amp; Biomedical Engineering and Director, Center for Global Health, Northwestern Univ</p>
health care; women's issues; technology	<b>Program #14-43</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>10-26-14</b>	7:47	<p>SEGMENT 2: Breast cancer treatment</p> <p>Synopsis: Breast cancer treatment has made great strides since doctors have determined several types and subtypes of cancers and the treatments that are optimum for each. An expert explains where breast cancer treatment is today.</p> <p>Host: Nancy Benson. Guest: Dr. Denise Yardley, Senior Investigator, Sarah Cannon Breast Cancer Research Program, Nashville.</p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
police and fire; public safety; emergency response; education	<b>Program #14-44</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>11-2-14</b>	12:27	<p>SEGMENT 1: Emergency responder stress</p> <p>Synopsis: Police officers, firefighters, paramedics and emergency dispatchers experience events that most people couldn't stand, and they pay for it with high levels of stress-related outcomes and PTSD. Experts describe the training received by first responders, the additional training they need, and the police/fire culture that makes it difficult to get help.</p> <p>Host: Reed Pence. Guests: Dr. Joel Fay, former police officer and President, First Responder Support Network and West Coast Post Trauma Retreat; Rodger Ruge, former police officer and founder, HeroTalk; Dr. Michelle Lilly, Asst. Prof. of Psychology, Northern Illinois Univ.</p>
pop culture; consumerism; public health	<b>Program #14-44</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>11-2-14</b>	8:33	<p>SEGMENT 2: Fighting fear and phobias</p> <p>Synopsis: Halloween is the season for fright, but people with phobias may not have been in the mood to enjoy it. Research shows an effective way to combat phobias—admit out loud what you're afraid of. Most people are advised to pretend they're not afraid. The lead researcher of this study explains why pretending doesn't work and why this approach has promise</p> <p>Host: Nancy Benson. Guest: Dr. Katharina Kircanski, post-doctoral fellow in psychology, Stanford Univ.</p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
health care; public health; economics	<b>Program #14-45</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>11-9-14</b>	12:38	<p><b>SEGMENT 1: Post-hospital syndrome</b></p> <p>Synopsis: Many people who've recently been in the hospital quickly make a return trip, often with a different illness. Researchers are finding that hospital stays themselves can make people sick, or at least susceptible to getting sick. Experts discuss post-hospital syndrome and simple ways it might be fixed.</p> <p>Host: Reed Pence. Guests: Dr. David Newman, Director of Research, Dept. of Emergency Medicine, Icahn School of Medicine at Mt. Sinai; Dr. Harlan Krumholz, Prof. of Medicine, Yale School of Medicine and Director, Yale-New Haven Hospital Center for Outcomes Research and Evaluation</p>
youth at risk; crime and police; child abuse; education	<b>Program #14-45</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>11-9-14</b>	7:50	<p><b>SEGMENT 2: Rescuing runaways</b></p> <p>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.</p> <p>Host: Nancy Benson. Guest: Carissa Phelps, author, <u>Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time</u></p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
health care; public health; federal government and regulation; consumerism and consumer safety	<b>Program #14-46</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>11-16-14</b>	12:19	<p><b>SEGMENT 1: Questions on lasik safety</b></p> <p>Synopsis: Sixteen million Americans have had lasik surgery for vision correction, and some have complained of severe visual artifacts and eye pain. The former chief of the FDA branch that approved lasik has now petitioned the FDA to remove lasik devices from the market for these safety reasons. He and experts on both sides of the issue discuss safety of this common surgery.</p> <p>Host: Reed Pence. Guests: Dr. Morris Waxler, founder, Waxler Regulatory Consultancy and former Chief of Ophthalmic Devices, FDA Center for Devices and Radiological Health; Dr. Eric Donnenfeld, Clinical Prof. of Ophthalmology, New York Univ. and Trustee, Dartmouth Medical School; Dr. Perry Rosenthal, Asst. Clinical Prof. of Ophthalmology, Harvard Medical School</p>
public health; recreation; travel and transportation; roads and highways; urban planning	<b>Program #14-46</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>11-16-14</b>	8:37	<p><b>SEGMENT 2: Biking as transportation</b></p> <p>Synopsis: More and more Americans are turning to their bicycles for everyday transportation, not just recreation..</p> <p>Host: Nancy Benson. Guests: Jim Merrell, Campaign Director, Active Transportation Alliance, Chicago; Mark Fenton, public health planning and transportation consultant, Boston and Adjunct Prof., Tufts Univ.</p>



# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
men's issues; employment and workplace issues; legal issues; discrimination; gender issues	<b>Program #14-47</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>11-23-14</b>	12:16	<p>SEGMENT 1: Sexual harassment of men</p> <p>Synopsis: Some people believe it's not possible for men to be sexually harassed at work. But new studies show that not only is it possible, but men can be much more disturbed by it than most people think, and may react in some ways even more than women. Experts discuss psychological and legal ramifications of sexual harassment of men.</p> <p>Host: Reed Pence. Guests: Keith Fink, Los Angeles Attorney and lecturer, UCLA law school; Dr. NiCole Buchanan, Assoc. Prof. of Sociology, Michigan State Univ</p>
addiction, substance abuse and treatment	<b>Program#14-47</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>11-23-14</b>	7:34	<p>SEGMENT 2: "Almost alcoholic"</p> <p>Synopsis: Most people who have a drinking problem are not alcoholics, so they may slip through the cracks and not receive the help then need. Experts discuss warning signs and ways to break through denial.</p> <p>Host: Nancy Benson. Guests: Dr. Robert Doyle, clinical psychiatrist, Massachusetts General Hospital and Harvard Medical School; Dr. Joe Nowinski, clinical psychologist and co-author, <u>Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem</u></p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
women's issues; mental health; health care; consumerism; family issues	<b>Program#14-48</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>11-30-14</b>	12:52	<p>SEGMENT 1: Midlife eating disorders</p> <p>Synopsis: The last decade, the number of women over 30 seeking treatment for anorexia, bulimia and binge eating disorder has skyrocketed. Experts discuss the factors triggering eating disorders in midlife or bringing women in for treatment for long standing disorders.</p> <p>Host: Reed Pence. Guests: Denise Folcik, eating disorder survivor; Lori Ciotti, Site Director, Renfrew Center of Massachusetts; Dr. Margo Maine, psychologist, co-founder, National Eating Disorders Assn. and author, <u>The Body Myth: Women and the Pressure to be Perfect</u>; Dr. Cynthia Bulik, founding Director, Univ. of North Carolina Center of Excellence for Eating Disorders</p>
prison and justice system; crime; drugs and drug treatment; public health; disabilities	<b>Program#14-48</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>11-30-14</b>	7:07	<p>SEGMENT 2: Bad health and incarceration</p> <p>Synopsis: Researchers have found that poor health and disabilities can be factors leading to prison. An expert discusses the life cycles that can make this occur.</p> <p>Host: Nancy Benson. Guest: Dr. Susan Sered, Prof. of Sociology, Suffolk Univ. &amp; co-author, <u>Can't Catch a Break: Gender, Jail, Drugs and the Limits of Personal Responsibility</u></p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
mental health; health care; family issues; youth at risk; violence; criminal justice system	<b>Program #14-49</b> <b>SEGMENT 1</b> <b>6:00 am</b>	<b>12-7-14</b>	11:49	<p>SEGMENT 1: Mental illness in adolescents and children</p> <p>Synopsis: Two years ago, when mentally ill 20-year old Adam Lanza killed 20 grade school children and six staff members at Sandy Hook Elementary School, some in the public blamed Lanza's mother (also a victim) for not getting him treatment. A writer with a mentally ill son explains the many reasons why it's not as easy to get treatment as many people think.</p> <p>Host: Reed Pence. Guest: Liza Long, author, <u>The Price of Silence: A Mom's Perspective on Mental Illness</u>.</p>
health care; technology; consumerism	<b>Program #14-49</b> <b>SEGMENT 2</b> <b>6:15 am</b>	<b>12-7-14</b>	8:19	<p>SEGMENT 2: Digital eyestrain</p> <p>Synopsis: Increased use of computer screens and smartphones has brought an epidemic of eye complaints. Experts discuss why digital devices produce extra eyestrain and how people can avoid it.</p> <p>Host: Nancy Benson. Guests: Dr. Michael Rosenblatt, optometrist, Washington DC; Jakob Nielsen, Principal, Meilsen Norman Group user experience research firm.</p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
health care; federal government; public policy; public health; Medicaid and Medicare; economics; consumerism	<b>Program #14-50</b> <b>SEGMENT 1</b> <b>6:00 am</b>	12-14-14	12:27	<p>SEGMENT 1: The Affordable Care Act and access to care</p> <p>Synopsis: As "Obamacare" health insurance exchanges enter their second year, some insured people are finding that getting access to care is extremely difficult due to meager provider networks and low doctors' payments. Many insured are also being surprised by high deductibles and co-payments. Experts discuss the extent of the problems and ways they might be resolved.</p> <p>Host: Reed Pence. Guests: Dr. Andrew Kleinman, President, Medical Society of the State of New York; Merrill Matthews, Resident Scholar, Institute for Policy Innovation; Dr. Paul Ginsburg, Norman Topping Chair in Medicine and Public Policy, Univ. of Southern California</p>
addiction; economics; consumerism; mental health	<b>Program#14-50</b> <b>SEGMENT 2</b> <b>6:15 am</b>	12-14-14	7:26	<p>SEGMENT 2: Christmas Overshopping</p> <p>Synopsis: Compulsive overshoppers often are seeking to compensate for some unfilled internal need. An expert discusses these reasons and how people can learn to overcome compulsive shopping.</p> <p>Host: Nancy Benson. Guest: Dr. April Lane Benson, psychologist, founder, <a href="#">StoppingOvershopping.com</a> and author, <a href="#">To Buy Or Not To Buy: Why We Overshop and How To Stop.</a></p>

# Radio Health Journal Q4 2014

Description of Issue	Program/Segment	Date	Duration	Description of Segment
education; children at risk; disabilities; mental health	<b>Program # 14-51</b> <b>SEGMENT 1</b> <b>6:00 am</b>	12-21-14	12:20	<p><b>SEGMENT 1: I Twice exceptional" children</b></p> <p>Synopsis: Many people feel that gifted children don't need any help because they're so talented. But many gifted kids are so bored in school they become disruptive and do poorly, so they're not identified and their need for a challenge isn't met. Some gifted children also have disabilities, such as learning disabilities, that are not identified because they are masked by their gifts.</p> <p>Host: Reed Pence. Guests: Dr. James Webb, clinical psychologist, President, Great Potential Press and founder, Supporting Emotional Needs of the Gifted; Megan Foley Nicpon, Assoc. Prof of Counseling Psychology, University of Iowa and Assoc. Director for Research and Clinic, Belin-Blank Center</p>
disabilities; pop psychology	<b>Program # 14-51</b> <b>SEGMENT 2</b> <b>6:15 am</b>	12-21-14	7:30	<p><b>SEGMENT 2: Beat deafness</b></p> <p>Synopsis: Some people simply have no rhythm. A small percentage may be "beat deaf," the rhythmic equivalent of tone deafness, and have a biological deficit in their body's timing mechanism. Experts discuss the problem and other body timekeeping clocks that may be affected.</p> <p>Host: Nancy Benson. Guests: Mathieu Dion, Montreal TV reporter who suffers from beat deafness; Dr. Caroline Palmer, Prof. of Psychology, McGill Univ., Montreal.</p>

Description of	Program/Segment	Date	Duration	Description of Segment
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# Radio Health Journal Q4 2014

Issue				
health care; public health; economics	<b>Program # 14-52</b> <b>SEGMENT 1</b> <b>6:00 am</b>	12-28-14	12:19	<p>Synopsis: More than 400,000 Americans are on kidney dialysis, a number that may grow to 2 million by 2030 due to obesity-related diseases. Experts discuss the advantages and shortfalls of dialysis and new transplant waiting list rules that will give the best organs to recipients who will be able to use them the longest.</p> <p>Host: Reed Pence. Guests: Dr. David Law, Asst. Chief of Nephrology, Kaiser Permanente Oakland Medical Center &amp; Medical Director, Satellite Healthcare dialysis, Oakland; Dr. Les Spry, nephrologist, Lincoln, NE, and spokesperson, National Kidney Foundation</p>
health care; disabilities	<b>Program # 14-52</b> <b>SEGMENT 2</b>	12-28-14	7:27	

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