

# *Radio Health Journal*®

## **Quarterly Issues Report – Q3 Third Quarter, July 6-September 28, 2014 Radio Health Journal Programs 14-27 through 14-39**

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

|                                   |                            |
|-----------------------------------|----------------------------|
| Agriculture                       | Mental health              |
| Business and industry             | Mental illness;            |
| Community activism                | Parenting issues           |
| Consumer safety                   | Pets and people            |
| Consumerism                       | Police                     |
| Diet & Nutrition                  | Police brutality           |
| Disabilities                      | Pollution                  |
| Economy                           | Poverty                    |
| Education                         | Prevention                 |
| Elderly and senior citizens       | Prisons                    |
| Environment                       | Psychology                 |
| Family issues                     | Public health              |
| Federal government and regulation | Public safety              |
| Health care                       | Rehabilitation             |
| Homelessness                      | School truancy             |
| Interpersonal relationships       | Technology                 |
| Laws and the legal system         | Traffic and highway safety |
| Medicine & Medical Technology     | Youth at risk              |

| Description of | Program/Segment | Date | Time | Duration | Description of Segment |
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| Issue  |                                     |                |         |       |  |
| education; youth at risk; school truancy; parenting issues; mental health issues   | <b>Program # 14-27</b><br>Segment 1 | <b>7-6-14</b>  | 6:00am  | 11:36 | <p>SEGMENT 1: Cued speech for deaf children</p> <p>Synopsis: The average deaf high school graduate reads at about a 4th grade level. Some schools are teaching a technique called cued speech to make phonics accessible to deaf people. Many educators say this helps with literacy. Experts explain and discuss.</p> <p>Host: Reed Pence. Guests: Sarina Roffe, Executive Director, National Cued Speech Assn.; Angela Kuhn, Principal, Prek-K-8th Grade, Illinois School for the Deaf</p>   |
| health care; disabilities  | <b>Program # 14-27</b><br>Segment 2 | <b>7-6-14</b>  | 6:15 am | 8:13  | <p>SEGMENT 2: Locked-In Syndrome</p> <p>Synopsis: Some people who have a stroke in the brain stem suffer from a condition where they are fully conscious and aware, yet appear to be in a coma because they cannot move a muscle, except for sometimes the eyes. They may remain in this "locked-in" state for years.</p> <p>Host: Nancy Benson. Guests: Allison O'Reilly, Locked-In Syndrome survivor and author, <u>Out Of the Darkness</u>; Dr. Ralph Sacco, Chairman of Neurology, Univ. of Miami Miller School of Medicine and former President, American Heart Assn.</p> |
| technology; consumerism; business and industry; economy; health care; environment; | <b>Program #14-28</b><br>Segment 1  | <b>7-13-14</b> | 6:00 am | 11:36 | SEGMENT 1: Antibacterial Silver Nanoparticles  |

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| <p>consumer safety;<br/>federal<br/>government and<br/>regulation</p>    |  |                |                    |              | <p>Synopsis: Silver nanoparticles provide germ resistant characteristics to anything containing them, so silver nano is being added to all kinds of consumer products, from teddy bears to computer hard drives. However, scientists aren't sure what the effects of silver nano is in the environment or on the human body.</p> <p>Host: Reed Pence. Guests: Dr. Samuel Luoma, Research Ecologist, John Muir Institute of the Environment, Rosalind Volpe, Exec. Director, Silver Nanotechnology Working Group; Marina Quadros, Research Scientist, Virginia Tech Univ.</p> |
| <p>youth at risk;<br/>education;<br/>parenting issues;<br/>economics</p> | <p><b>Program #14-28</b><br/>SEGMENT 2</p> | <p>7-13-14</p> | <p>6:15<br/>am</p> | <p>7:07</p>  | <p>SEGMENT 2: Back pain</p> <p>Synopsis: Back pain hits 80 percent of Americans at some point in their lives. An expert discusses why it can be so hard to diagnose and treat.</p> <p>Host: Nancy Benson. Guest: Dr. Steven Stanos, Director, Center for Pain Management, Rehabilitation Institute of Chicago</p>  |
| <p>youth at risk;<br/>education;<br/>parenting issues;<br/>economics</p> | <p><b>Program #14-29</b><br/>SEGMENT 1</p> | <p>7-20-14</p> | <p>6:00<br/>am</p> | <p>11:49</p> | <p>SEGMENT 1: Talking to your baby</p> <p>Synopsis: Scientists have discovered that the way parents talk to their infants has a huge effect on their intellectual development and later success. Experts discuss why and how</p>   |

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|  |                                    |                |         |       | <p>parents should hold "conversations" with their babies.</p> <p>Host: Reed Pence. Guests: Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.</p>   |
| youth at risk; parenting issues; public safety | <b>Program #14-29</b><br>SEGMENT 2 | <b>7-20-14</b> | 6:15 am | 7:23  | <p>SEGMENT 2: Near drowning and secondary drowning</p> <p>Synopsis: Some 700 American children under age 14 die of drowning each year. But when a child is pulled out of the water and revived, they may face lifethreatening peril hours or days later as the body reacts. Experts discuss.</p> <p>Host: Nancy Benson. Guests: Dr. Christopher Michos, emergency physician, St. Vincent's Medical Center, Bridgeport, CT; Dr. Luis Torero, Division Chief, Pediatric Critical Care, Advocate Children's Hospital, Oak Lawn, IL</p> |
| health care; public health; consumerism        | <b>Program #14-30</b><br>SEGMENT 1 | <b>7-27-14</b> | 6:00 am | 11:14 | <p>SEGMENT 1: Fecal transplants</p> <p>Synopsis: Doctors have discovered that a transplant of fecal material from a healthy person into a sick one can cure sometimes fatal c. difficile infections more than 90 percent of the time. In the past, the "ick factor" has contributed to the technique being seldom used. That is finally starting to change, and researchers are looking for</p>   |

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|   |                                    |                |            |       | <p>ways to clean up the procedure.</p> <p>Host: Reed Pence. Guests: Catherine Duff, founder and President, Fecal Transplant Foundation; Dr. Elizabeth Hohmann, Assoc. Prof. of Medicine, Harvard Medical School and Massachusetts General Hospital; Dr. Robert Orenstein, Chair of Infectious Diseases, Mayo Clinic--Arizona</p>  |
| health care; consumerism                | <b>Program #14-30</b><br>SEGMENT 2 | <b>7-27-14</b> | 6:15<br>am | 8:31  | <p>SEGMENT 2: The psychology of weight loss surgery</p> <p>Synopsis: People who get bariatric surgery often face drastically changed relationships with spouses, children, and friends. Their self image also often needs repair, all while they've lost their most reliable old coping mechanism--food.</p> <p>Host: Nancy Benson. Guests: Dr. Adam Crane, psychologist, Kane Center for Advanced Surgical Weight Solutions and Suburban Surgical Care Specialists, Hoffmann Estates, IL; Dr. Nick Nicholson, Medical Director, Nicholson Clinic for Weight Loss Surgery, Plano, TX.</p>                                 |
| health care; public health; consumerism | <b>Program #14-31</b><br>SEGMENT 1 | <b>8-3-14</b>  | 6:00<br>am | 12:18 | <p>SEGMENT 1: Are saturated fats as bad as we think?</p> <p>Synopsis: Most Americans know that saturated fats are bad for their health. But some experts now say saturated fat has been unfairly villified, the victim of bad science in the 1950's. Many of these scientists say the real culprit is carbohydrates in combination with fats. Other experts say the truth is much more complicated. Experts on both sides discuss the evidence.</p> <p>Host: Reed Pence. Guests: Nina Teicholz, author, <u>Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet</u>; Dr. Eric Westman, Assoc. Prof.</p> |

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|  |                                    |                |         |       | of Medicine, Duke Univ. Medical Center; Dr. Penny Kris-Etherton, Prof. of Nutrition, Penn State Univ.; Dr. Walter Willett, Chair, Dept. of Nutrition, Harvard School of Public Health  |
| disabilities; mental health; education   | <b>Program #14-31</b><br>SEGMENT 2 | <b>8-3-14</b>  | 6:15 am | 7:31  | <p>SEGMENT 2: Asperger's Syndrome from inside</p> <p>Synopsis: Most people don't understand Asperger's Syndrome, which affects high functioning people with autism. Most of those with the syndrome can't express what their lives are like, but here, one person with the syndrome articulates his unusual world.</p> <p>Host: Nancy Benson. Guest: Aaron Likens, author, <a href="#">Finding Kansas: Living and Decoding Asperger's Syndrome</a></p>   |
| public safety; mental illness; police and criminal justice; police brutality; education; community activism; prisons | <b>Program #14-32</b><br>SEGMENT 1 | <b>8-10-14</b> | 6:00 am | 11:48 | <p>SEGMENT 1: Police crisis intervention teams</p> <p>Synopsis: Police confrontations with mentally ill subjects can quickly turn tragic, as neither side often understands the other. Specially trained crisis intervention teams have spread around the country to prevent deaths, injuries, and unnecessary incarceration. Experts discuss how CIT works.</p> <p>Host: Reed Pence. Guests: Laura Usher, Crisis Intervention Team Program Manager, National Alliance on Mental Illness (NAMI); Mary Neal, Director and co-founder, Assistance to the Incarcerated Mentally Ill; Dr. Randolph DuPont, clinical psychologist and Prof. of Criminal Justice, Univ. of Memphis; Sam Cochran, Major, Memphis Police Dept. (retired) and Project Coordinator, Univ. of Memphis CIT Center.</p> |

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| pets and people;<br>psychology  | <b>Program #14-32</b><br>SEGMENT 2 | <b>8-10-14</b> | 6:15<br>am | 8:11  | <p>Zoobiquity: diseases and disorders we share with animals</p> <p>Synopsis: Humans and animals share many diseases, and surprisingly, many behavioral disorders as well.</p> <p>Host: Nancy Benson. Guests: Dr. Barbara Natterson-Horowitz, cardiologist, UCLA Medical Center and co-author, <u>Zoobiquity: What Animals Can Teach Us About Health and the Science of Healing</u>; Kathryn Bowers, co-author, <u>Zoobiquity</u></p>  |
| health care; public health;<br>consumerism;<br>family issues;<br>elderly and senior citizens;<br>disabilities | <b>Program #14-33</b><br>SEGMENT 1 | <b>8-17-14</b> | 6:00<br>am | 12:42 | <p>SEGMENT 1: Alzheimer's from inside</p> <p>Synopsis: Millions of Americans will experience the slow loss of memory due to Alzheimer's disease. But what is it like for those going through it. A journalist describes how he hopes to provide the most detailed look yet as he progresses through early-onset Alzheimers.</p> <p>Host: Reed Pence. Guest: Greg O'Brien, author, <u>On Pluto: Inside the Mind of Alzheimer's</u></p> |
| Consumerism;<br>agriculture;<br>environment and pollution;<br>public health                                   | <b>Program #14-33</b><br>SEGMENT 2 | <b>8-17-14</b> | 6:15<br>am | 8:08  | <p>SEGMENT 2: Seasonal eating</p> <p>Synopsis: Eating fruits and vegetables that are locally in season has many health benefits,</p>  |

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|   |  |                       |                    |              | <p>but consumers also need to be careful of pesticides. Experts discuss.</p> <p>Host: Nancy Benson. Guests: Jolene Hart, author, <u><a href="#">Eat Pretty: Nutrition for Beauty Inside and Out</a></u>; Dr. Alex Lu, Assoc. Prof. of Environmental Exposure Biology, Harvard Univ. School of Public Health; Joan Dye Gussow, Prof. Emeritus and former Chair, Columbia Teachers College Nutrition Education Program and author, <u><a href="#">This Organic Life: Confessions of a Suburban Homesteader</a></u></p>   |
| <p>traffic and highway safety; public safety; police, laws and legal system</p> | <p><b>Program #14-34</b><br/>SEGMENT 1</p> | <p><b>8-24-14</b></p> |                    | <p>11:28</p> | <p>SEGMENT 1: Setting speed limits</p> <p>Synopsis: Auto crashes kill more than 35,000 people in the US each year, but that toll is down dramatically even as speed limits have been going up. Engineers now realize that artificially slow speed limits can be more dangerous than high speeds.</p> <p>Host: Reed Pence. Guests: John Bowman, Communications Director, National Motorists Assn.; Lt. Garry Megge, Traffic Services Division, Michigan State Police; Dr. David Noyce, Prof. of Civil and Environmental Engineering and Director, Traffic Operations and Safety Laboratory, Univ. of Wisconsin-Madison.</p> |
| <p>health care; youth at risk; technology</p>                                   | <p><b>Program#14-34</b><br/>SEGMENT 2</p>  | <p><b>8-24-14</b></p> | <p>6:15<br/>am</p> | <p>12:31</p> | <p>SEGMENT 2: When summer bites</p> <p>Synopsis: Summer vacation can be marred by mosquito and tick bites and by the rash of poison ivy. Home remedies abound on the internet, but do any of them work? What does? Experts discuss the best ways to avoid these problems and get relief.</p>   |



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|  |   |                       |                    |              | <p>Host: Nancy Benson. Guests: Joseph Conlon, Technical Advisor, American Mosquito Control Association; Dr. Phillip Baker, Exec. Dir., American Lyme Disease Foundation; Dr. Jamie Weisman, scholar, American Academy of Dermatology and physician, Peachtree Dermatology Associates, Atlanta.</p>   |
| <p>consumerism; health care; youth at risk</p> | <p><b>Program#14-35</b><br/>SEGMENT 1</p> | <p><b>8-31-14</b></p> | <p>6:00<br/>am</p> | <p>12:28</p> | <p>SEGMENT 2: Cystic fibrosis nutrition</p> <p>Synopsis: Most people know cystic fibrosis as a disease that clogs the lungs with mucous, but the same sort of mucous also clogs ducts for digestive secretions, making it very difficult for CF patients to digest food and get adequate nutrition. Two experts discuss the results of this problem and ways patients get around them.</p> <p>Host: Nancy Benson. Guests: Sue Landgraf, mother of CF patient and Executive Director, Cystic Fibrosis Research, Inc.; Suzanne Michel, registered dietitian and Clinical Asst. Prof, Medical Univ. of South Carolina Cystic Fibrosis Center.</p> |
| <p>consumerism; health care; youth at risk</p> | <p><b>Program#14-35</b><br/>SEGMENT 2</p> | <p><b>8-31-14</b></p> | <p>6:15<br/>am</p> | <p>7:49</p>  | <p>SEGMENT 2: Cystic fibrosis nutrition</p> <p>Synopsis: Most people know cystic fibrosis as a disease that clogs the lungs with mucous, but the same sort of mucous also clogs ducts for digestive secretions, making it very difficult for CF patients to digest food and get adequate nutrition.</p> <p>Host: Nancy Benson. Guests: Sue Landgraf, mother of CF patient</p>  |

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|  |                                    |               |            |       | and Executive Director, Cystic Fibrosis Research, Inc.; Suzanne Michel, registered dietitian and Clinical Asst. Prof, Medical Univ. of South Carolina Cystic Fibrosis Center   |
| family relationships; interpersonal relationships; education   | <b>Program #14-36</b><br>SEGMENT 1 | <b>9-7-14</b> | 6:00<br>am | 7:54  | "Marriage 101"<br><br>Synopsis: Nearly half of marriages end in divorce in the US. A college course at Northwestern Univ. seeks to give students tools to build relationships that last, with lessons for all of us. The course's teacher and a student who recently took the course explain.<br><br>Host: Reed Pence. Guests: Dr. Alexandra Solomon, Asst. Clinical Prof. of Psychology, Northwestern Univ.; Denise Zou, student, Northwestern Univ.  |
| homelessness; poverty; health care; rehabilitation; prevention | <b>Program #14-36</b><br>SEGMENT 1 | <b>9-7-14</b> | 6:00<br>am | 11:24 | SEGMENT 2: TBI's and homelessness<br><br>Synopsis: New research is showing that a remarkably high proportion of homeless men have suffered a traumatic brain injury in the past, raising the possibility that TBIs may cause behaviors directly leading to homelessness.<br><br>Host: Nancy Benson. Guests: Dr. Jane Topolovec-Vranic, Associate Scientist, St. Michael's Hospital, Toronto, and Asst. Prof. of Occupational Science, Univ. of Toronto; Dr. Steven Hwang, Research Scientist, St. Michael's Hospital, Toronto, and Prof. of Medicine, Univ. of Toronto |

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| health care;<br>consumerism;<br>technology  | <b>Program #14-37</b><br>SEGMENT 1  | 9-14-14 | 6:00<br>am | 9:23  | <p>SEGMENT 1: Discoid lupus</p> <p>Synopsis: Lupus results when the immune system turns on the body, producing inflammatory attacks on virtually any organ. A minority of patients have lupus only on the skin, and while this is not life threatening, it can still be psychologically devastating.</p> <p>Host: Reed Pence. Guests: Dr. Christopher Hansen, Asst. Prof. of Dermatology, Univ. of Utah; Dr. Victoria Werth, Prof. of Dermatology, Univ. of Pennsylvania &amp; Chief, Dermatology Section, Philadelphia VA Medical Center; Dr. Betty Diamond, Investigator, Finestein Institute for Medical Research</p> |
| health care; public health; women's issues  | <b>Program#14-37</b><br>SEGMENT 2   | 9-14-14 | 6:15<br>am | 12:14 | <p>SEGMENT 1: SCAD: spontaneous coronary artery dissection</p> <p>Synopsis: A form of heart attack that strikes young, seemingly healthy people--most of them women, often near childbirth--is increasing. Experts discuss heart attacks caused by arteries that split open rather than blockages.</p> <p>Host: Reed Pence. Guests: Shelley Simonton, SCAD patient; Dr. Sharonne Hayes, Founder, Women's Heart Clinic, Mayo Clinic; Carol Vich, SCAD patient</p>   |
| public health; economics; poverty; youth at risk; employment; worker safety; health care; consumerism | <b>Program # 14-38</b><br>SEGMENT 1 | 9-21-14 | 6:00<br>am | 12:06 | <p>SEGMENT 1: Income and life expectancy</p> <p>Synopsis: Average life expectancy in the US is increasing, but among lower</p>   |

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|   |                                     |         |            |      | <p>income people it is not, and the lifespan gap between rich and poor is increasing. Even middle class people have shorter lifespans than the rich. Experts discuss how a large income buys extra years of life, and why a lower income produces barriers to a longer life.</p> <p>Host: Reed Pence. Guests: Dr. David Kindig, Emeritus Prof. of Population Health Sciences, Univ. of Wisconsin-Madison; Dr. Michael Reisch, Daniel Thursz Distinguished Prof. of Social Justice, Univ. of Maryland</p> |
| disabilities;<br>consumerism                  | <b>Program # 14-38</b><br>SEGMENT 2 | 9-21-14 | 6:15<br>am | 8:19 | <p>SEGMENT 2: Traveling with a disability<br/>8:19</p> <p>Synopsis: Leisure travel is possible for people with disabilities if they plan well in advance and communicate their needs ahead of time. A travel writer with a disability discusses.</p> <p>Host: Nancy Benson. Guest: Kendra Williams, Executive Editor, MStravels.org.</p>   |
| public health;<br>education; youth<br>at risk | <b>Program # 14-39</b><br>SEGMENT 1 | 9/28/14 | 6:00<br>am | 7:21 | <p>SEGMENT #1 High School Starting Times</p> <p>Synopsis: Research is piling up showing that high school age students have a natural circadian rhythm that calls for them to sleep from about 11:00pm to 8:00am. Most schools start class before 8:00, leaving most students with a severe and detrimental sleep deficit.</p>  |

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|             |                                     |  |            |      | <p>Experts discuss how a growing number of schools are pushing classes to later in the day for student benefit.</p> <p>Host: Reed Pence. Guests: Dr. Kyla Wahlstrom, Director, Center for Applied Research and Educational Improvement, Univ. of Minnesota; Dr. Terra Ziporyn Snider, Co-Founder &amp; Exec. Director, Start School Later.</p>   |
| consumerism | <b>Program # 14-39</b><br>SEGMENT 2 |  | 6:15<br>am | 6:59 | <p>SEGMENT 2: The search for why we yawn</p> <p>Synopsis: Virtually all vertebrates yawn, but no one really knows why we do it. Experts discuss theories and the evidence behind them.</p> <p>Host: Nancy Benson. Guests: Dr. Robert R. Provine, Prof. of Psychology, Univ. of Maryland-Baltimore County; Dr. Andrew Gallup, Asst. Prof. of Psychology, State Univ. of New York at Oneonta</p> |

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