

**KQNG- SUNDAY'S 8PM**

**Program 19-01                      Producer                      Reed Pence**  
**Air Week 01/06 - 01/12/2019                      Production Director                      Jason Dickey**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
<b>2:02</b>	<b>SEGMENT 1: PERSONALITY AND DRUG ABUSE</b>	<b>12:17</b>

**Synopsis:** Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Experts discuss.

**Host:** Reed Pence. **Guest:** Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, *Unbroken Brain: A Revolutionary New Way of Understanding Addiction*

**Compliance issues covered:** public health; drug and alcohol addiction; youth at risk; education; police and law enforcement; mental illness; mental health

**Links for more information:** <https://www.chusj.org/en/Bio?id=c6f888f1-7ef7-47e6-b349-cc74ec1cfa3a>;  
<https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8>

<b>15:21</b>	<b>SEGMENT 2: THE ADDICTION SPECTRUM</b>	<b>7:34</b>
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**Synopsis:** Does addiction affect all of us in some degree? A noted addiction specialist and author believes we are all somewhere on the addiction spectrum, from bad habits to full-blown addiction. He discusses how small triggers can push people to seek relief, producing deepening decline.

**Host:** Nancy Benson. **Guest:** Dr. Paul Thomas, author, *The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery*

**Compliance issues covered:** health care; addiction; substance use disorder; addiction treatment; societal issues

**Links for more information:** <https://www.drpaulapproved.com/the-addiction-spectrum.html>

**Program Log for Radio Health Journal**

**Program 19-02**  
**Air Week 01/13 - 01/19/2019**

**Producers**  
**Reed Pence, Polly Hansen**  
**Production Director**      **Jason Dickey**

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<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
<b>2:02</b>	<b>SEGMENT 1: AUTISM IN GIRLS</b>	
	<b>12:48</b>	

**Synopsis:** Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls' behavior as a result of brain differences. This leaves many girls with autism undiagnosed. Experts discuss how it appears in girls and the consequences of those differences.

**Host:** Reed Pence. **Guests:** Dr. Thomas Frazier, Chief Science Officer, Autism Speaks; Dr. Rachel Loftin, Adjunct Asst. Prof. of Psychiatry, Northwestern Univ.; Dr. Kevin Pelphrey, Jefferson Scholars Foundation Prof. of Neurology, Univ. of Virginia

**Compliance issues covered:** youth at risk; health care; developmental disorders; education; suicide; autism; gender issues; stereotypes

**Links for more information:** <https://www.autismspeaks.org/leadership>;  
<https://www.rachelloftin.com>;  
<https://www.jeffersonscholars.org/chaired-professorships>

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<b>15:52</b>	<b>SEGMENT 2: INVISIBLE GIRLS: VICTIMS OF INCEST</b>	<b>7:06</b>
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**Synopsis:** Experts say incest is the most common of all sexual abuse, but the least discussed openly. This can leave victims isolated and less able to reveal abuse, which can have further psychological ramifications later on. A noted expert on sexual abuse discusses how incest makes girls feel particularly responsible and unable to come forward, and a non-profit organization that seeks to help them.

**Host:** Nancy Benson. **Guest:** Dr. Patti Feuereisen, clinical psychologist and author, *Invisible Girls: Speaking the Truth About Sexual Abuse*

**Compliance issues covered:** health care; sexual abuse; youth at risk; women's issues; trauma; stigma; gender issues; psychology; public health; societal issues

**Links for more information:** <https://www.invisiblegirlsthive.com>

**Program Log for Radio Health Journal**

**Program 19-03**                      **Producer**                      **Reed Pence**  
**Air Week 01/20 - 01/26/2019**                      **Production Director**                      **Jason Dickey**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	<b>SEGMENT 1: WHEN YOU HAVE NO PRIMARY CARE DOCTOR</b>	
11:43		

**Synopsis:** Surveys show that fewer Americans have a primary care doctor, especially among younger people. Experts discuss the ramifications of this trend both medically and economically, reasons behind it, and how primary care practitioners are changing the way they work to answer objections.

**Host:** Reed Pence. **Guests:** Dr. Ana Maria Lopez, President, American College of Physicians; Dr. John Cullen, President, American Academy of Family Physicians

**Compliance issues covered:** health care; public health; economics; consumerism; societal issues

**Links for more information:** <https://www.acponline.org/membership/medical-students/acp-impact/archive/may-2018/officer-profiles-ana-maria-lopez-md-facp-and-andrew-dunn-md-facp>;  
<https://www.aafp.org/about/governance/board-directors/cullen.html>

14:47	<b>SEGMENT 2: DUPUYTREN DISEASE: CRIPPLER OF HANDS</b>	7:55
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**Synopsis:** Dupuytren disease (pronounced DOO-pah-tren) is the most common disorder crippling hands that most people have never heard of. It is a genetic condition of the fascia beneath the skin of the palms, and it stubbornly resists treatment. An expert and a patient discuss the disorder.

**Host:** Nancy Benson. **Guests:** Tom Knapp, Dupuytren patient and board member, Dupuytren Foundation; Dr. Charles Eaton, hand surgeon and Executive Director, Dupuytren Foundation

**Compliance issues covered:** health care; disabilities; chronic disease; genetics

**Links for more information:** [www.4dup.com](http://www.4dup.com)

**Program Log for Radio Health Journal**

**Program 19-04**  
**Air Week 01/27 - 02/02/2019**

**Producers**  
**Reed Pence, Polly Hansen**  
**Production Director**  
**Jason Dickey**

**Time Segment** \_\_\_\_\_ **Dur.**

**2:02 SEGMENT 1: RETHINKING ANTIBIOTICS**  
**12:19**

**Synopsis:** Since the introduction of antibiotics in World War II, doctors have prescribed courses of treatment that typically ran longer than necessary. Bacterial resistance is forcing a reevaluation, shortening courses sometimes to just a few days and even prompting doctors to advise not using all pills if patients feel better.

**Host:** Reed Pence. **Guests:** Dr. Brad Spellberg, Chief Medical Officer, Los Angeles County-Univ. of Southern California Medical Center; Dr. William Schaffner, infectious disease specialist, Vanderbilt Univ. Medical Center; Dr. Louis Rice, Chairman, Dept. of Medicine, Warren Alpert Medical School, Brown Univ.

**Compliance issues covered:** health care; public health; technology; infectious disease; societal issues

**Links for more information:** <http://keck.usc.edu/faculty/brad-spellberg/>;  
<https://news.brown.edu/articles/2010/06/rice>;  
<https://medschool.vanderbilt.edu/health-policy/person/william-schaffner-md>

**15:23 SEGMENT 2: THE EARLY DAYS OF HORMONES** **7:39**

**Synopsis:** Hormones were unknown until a little more than 100 years ago, and experts admit we still have a lot to learn. An expert author details the discovery of hormones and how our growing knowledge has shaped treatment of many diseases and conditions.

**Host:** Karen Hand. **Guest:** Dr. Randi Hutter Epstein, Yale Univ., Columbia Univ., and author, *Aroused: The History of Hormones and How They Control Just About Everything*

**Compliance issues covered:** health care; public health; technology; hormones

**Link for more information:** <http://randihutterepstein.com>

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**Program Log for Radio Health Journal**

**Program 19-05**                      **Producer**                      **Reed Pence**  
**Air Week 02/03 - 02/09/2019**                      **Production Director**                      **Jason Dickey**

**Time Segment** \_\_\_\_\_ **Dur.**

**2:02 SEGMENT 1: TALKING TO YOUR BABY**  
**11:25**

**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 parents should hold "conversations" with their babies.

**Host:** Reed Pence. **Guests:** Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.

**Compliance issues covered:** youth at risk; education; family and parenting issues; economics

**Links for more information:** <https://web.stanford.edu/group/langlearninglab/cgi-bin/>;  
<http://www.columbia.edu/cu/needlab/>

**14:29 SEGMENT 2: SUPERSTITIONS IN SPORTS** **7:39**

**Synopsis:** Professional athletes are among the most superstitious of all people. While we may be tempted to think these rituals have no effect on performance, psychologists say that if an athlete believes it helps, then it actually does. Experts explain how superstitions work in sports and in life.

**Host:** Karen Hand. **Guests:** Dr. Stuart Vyse, author, *Believing In Magic: The Psychology of Superstition*; Dr. Alex Lickerman, author, *The Undefeated Mind*

**Compliance issues covered:** sports and society; psychology

**Links for more information:** <https://stuartvyse.com>;  
<http://alexlickerman.com/bio/>

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**Program Log for Radio Health Journal**

**Program 19-06**  
**Air Week 02/10 - 02/16/2019**

**Producers**  
**Reed Pence, Polly Hansen**  
**Production Director**      **Jason Dickey**

**Time Segment** \_\_\_\_\_ **Dur.**

**2:02 SEGMENT 1: XENOTRANSPLANTATION—ORGANS FROM OTHER SPECIES**  
**13:07**

**Synopsis:** After attempts to use non-human primates as a source of scarce organs for transplant, doctors have turned to pigs for a variety of reasons. They're now making great progress against the largest hurdle—rejection. One of the world's foremost xenotransplantation experts discusses how the process might work and what the future might look like for millions of potential organ and tissue recipients.

**Host:** Reed Pence. **Guest:** Dr. David Cooper, Prof. of Surgery, Univ. of Alabama at Birmingham and Co-Director, UAB Xenotransplantation Program

**Compliance issues covered:** technology; organ shortages; health care; medical ethics; youth at risk; surgery

**Links for more information:** <https://www.uab.edu/medicine/surgery/transplantation/faculty/cooper>

**16:11 SEGMENT 2: WHAT DETERMINES OUR FOOD PREFERENCES?** **6:53**

**Synopsis:** Scientists are discovering that our food preferences are much more than a matter of taste, and that taste itself is more complicated than we thought. Psychology also plays a role. An expert discusses what determines preferences, such as why some people like jalapeno peppers & black coffee, and some don't.

**Host:** Karen Hand. **Guest:** Dr. Rachel Herz, Adjunct Asst. Prof. of Psychiatry and Human Behavior, Brown Univ., and author, *Why You Eat What You Eat: The Science Behind Our Relationship With Food*

**Compliance issues covered:** food and nutrition; technology

**Links for more information:** <https://www.rachelherz.com>

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**Program Log for Radio Health Journal**

**Program 19-07**  
**Air Week 02/17 - 02/23/2019**

**Producers**  
**Reed Pence, Polly Hansen**  
**Production Director**      **Jason Dickey**

**Time Segment** \_\_\_\_\_ **Dur.**

**2:03 SEGMENT 1: WHEN LAW ENFORCEMENT AND TRAUMA CARE COLLIDE**  
**12:44**

**Synopsis:** Many patients arrive in the emergency room as a result of violence or car crashes—events in which police have an investigative interest. Sometimes, police needs clash with trauma care, and priorities are hashed out case by case. Experts discuss which priorities come first and when, and the procedures needed to smooth out sometimes contentious interaction.

**Host:** Reed Pence. **Guests:** Dr. Sara Jacoby, Asst. Prof. of Family and Community Health, Univ. of Pennsylvania School of Nursing; Dr. Michael Gerardi, emergency physician and Past President, American College of Emergency Physicians.

**Compliance issues covered:** police, law enforcement, criminal justice; medical ethics; public health and safety; trauma; stigma

**Links for more information:** <https://www.nursing.upenn.edu/live/profiles/15175-sara-f-jacoby>;  
<http://www.ema.net/michael-gerardi.html>

**15:49 SEGMENT 2: WHEN DOES GENETIC ENGINEERING GO TOO FAR?** **7:10**

**Synopsis:** Advancements in genetic science are often clouded in ethical controversy. Often, scientists are accused of “playing God.” Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated.

**Host:** Nancy Benson. **Guest:** Dr. Ting Wu, Prof. of Genetics, Harvard Medical School

**Compliance issues covered:** health care; technology; medical/research ethics; education; religion; genetics; genetic engineering; history of science/medicine; societal issues

**Links for more information:** <http://pged.org>

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