Quarterly Issues Program List

Fourth Quarter

October 1st, 2022 through December 31st, 2022

WJZN(AM), WMME-FM, WTVL(AM), WEBB(FM)

Section 1 - Issues

The stations have identified the following topics as significant issues facing our community in this quarter:

- A. **Local Pharmacies Closing** Locally owned pharmacies are closing at an alarming rate. This is true in Central Maine. Most of our larger towns have chain pharmacies, but the smaller towns are in "pharmacy desserts".
- B. **Dissecting The ER** Central Maine is home to MaineGeneral, one of the largest hospitals / ERs in Maine.
- C. **Male Infertility** According to the National Institute of Health, there are 2.6 million infertile couples in the United States, and male infertility is involved approximately 40% of the time. The urology services at MaineHealth include evaluation and the latest treatments for infertility.
- D. **Doctor Shortage** Due to a shortage of doctors, the average doctor needs nearly 27 hours in a day in order to care for patients. While MaineGeneral is a great hospital, it has suffered from a shortage of staff since opening.
- E. Has Healthcare Let Down Service Men and Service Women? As our area is home to the first VA hospital in the country (TOGUS) this topic is often at the forefront.

Section 2 - Programming

Radio stations WJZN(AM), WMME-FM, WTVL(AM), and WEBB(FM) each airs Radio Health Journal Sunday mornings at 6 AM

See attached program log.



Program	22-40	Written & Produced	Kristen Farrah
Air Week	10/02/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Macys "Hispanic Heritage Month"	:30
	Autozone "Services Mashup" OUTCUE:group 2021	:30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: PHARMACY DESERTS: THE SHRINKING ACCESS TO HEALTHCARE	12:21
	Synopsis: Neighborhood pharmacies are closing across the nation, leaving their communities without close access to medication and other healthcare needs. Dr. Walter Mathis has researched pharmacy deserts and how they're affecting local communities. He explains possible solutions to this growing issue. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine; Justin Macy PharmD, Digital Health Senior Manager, National Association of Boards of Pharmacy Compliancy issues covered: pharmacy deserts; pharmacy; healthcare; public health; medical access; food deserts; vulnerable populations; consumerism; corporatization; public transportation; public policy Links for information: https://medicine.yale.edu/profile/walter_mathis/ https://pubmed.ncbi.nlm.nih.gov/35953379/	
	https://www.linkedin.com/in/justinmacy/ https://safe.pharmacy/	
14.11	SPOTBREAK 2: Procter & Gamble "Tide"	:30
	Progressive Insurance Co "Progressive" OUTCUE:states or situations	:30
15:11	:02 PAUSE FOR LOCAL AVAIL	:02
15:13	SEGMENT 2: AN ILLNESS AFFECTING MILLIONS OF UNSUSPECTING PEOPLE - POSSIBLY YOU	7:51
	Synopsis: Peripheral Artery Disease may not be a household name like stroke or heart attack, but it's just as common. Unfortunately, the lack of awareness means that many patients with PAD catch it too late and end up needing an amputation. Dr. Nick West discusses why public awareness is crucial to saving lives and limbs. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Nick West, Chief Medical Officer, Abbott Laboratories Compliancy issues covered: global health emergency; public safety; amputations; excersize; physical health; patient safety; public awareness; disease awareness Links for information: https://www.cardiovascular.abbott/us/en/patients/treatments-therapies/peripheral-artery-disease.html https://www.cardiovascular.abbott/us/en/pc/disease-management/peripheral-artery-disease/clear.html	
23:04	SPOTBREAK 3: Procter & Gamble "Downy" Indeed "Indeed 2022 Upfront" Macys "Hispanic Heritage Month" KFC "Window 6 Campaign" OUTCUE:tax extra	:30 :30 :30 :30
25:04	Medical Notes & News. Host: Shel Lustig	1:22
26:26	SPOTBREAK 4: Pfizer Consumer Healthcare "Eliquis" Procter & Gamble "King C Gillette" OUTCUE:c gillette	:30 :31
27:27	Program Conclusion	:31
27:58	TOTAL TIME	



Program	22-41	Written & Produced	Kristen Farrah
Air Week	10/09/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Macys "Hispanic Heritage Month"	:30
	Wendy's "Breakfast" OUTCUE:breakfast hours	:30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: DISSECTING THE EMERGENCY ROOM: EVERY PATIENT HAS A STORY	12:05
	Synopsis: As an ER doctor, Jay Baruch wears many hats. He's a healer, listener, traffic director, and so	
	much more during each shift. But in such a chaotic space, how can doctors maximize their time with	
	patients? Baruch explains his beliefs on medicine's moral center and changes that need to be implemented	
	to give patients the best outcomes.	
	Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Jay Baruch, Emergency Physician, Professor of Emergency Medicine, Warren Alpert Medical School at Brown University, Author	
	Compliancy issues covered: emergency medicine; patient safety; healthcare; pandemic; hospital;	
	consumerism; insurance companies; medical records; creativity; medicine; public health	
	Links for information:	
	https://twitter.com/JBaruchMD?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor	
40.55	https://www.jaybaruch.com/ https://vivo.brown.edu/display/jbaruchm	00
13:55	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE:loss of appetite	:60
14:55 14:57	:02 PAUSE FOR LOCAL AVAIL SEGMENT 2: A NEW HOPE FOR MEN WITH ADVANCED PROSTATE CANCER	:02 7:28
14.57		7.28
	Synopsis: Treatments for metastatic hormone-sensitive prostate cancer have remained the same for seventy years – until now. Scientists have created a medication, called Nubeqa, that pairs with the original treatments	
	and helps lengthen the lifespan of patients. An expert discusses why this is an optimistic time for MHSPC	
	patients.	
	Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Neal Shore, Medical Director, Carolina Urologic	
	Research Center, Chief Medical Officer of Urology and Surgical Oncology, Genisis Care US	
	Compliancy issues covered: patient safety; prostate cancer; novel treatments; cancer; oncology; gender	
	issues; vulnerable population; radiation; chemotherapy	
	Links for information: https://www.genesiscare.com/us/our-doctors/dr-neal-d-shore	
	https://atlanticurologyclinics.com/physicians/neal-shore/ https://www.nubeqa-us.com/	
22:25	SPOTBREAK 3: Progressive Insurance Co "Progressive"	:30
	Procter & Gamble "Swiffer"	:30
	Pfizer Consumer Healthcare "Ibrance" OUTCUE:loss of appetite	:60
24:25	Medical Notes & News. Host: Shel Lustig	2:00
26:25	SPOTBREAK 4: Macys "Hispanic Heritage Month"	:30
	KFC "Window 6 Campaign" OUTCUE:tax extra	:31
27.26	Program Conclusion	:31
27:57	TOTAL TIME	



Program	22-42	Written & Produced	Kristen Farrah
Air Week	10/16/22	Production Manager	Jason Dickey

:00 INTRO	
	:48
:48 SPOTBREAK 1: Pfizer Consumer Healthcare "Orgovyx" OUTCUE:the facts dot of	om :59
1:47 :02 PAUSE FOR LOCAL AVAIL	:02
1:49 SEGMENT 1: THE CONDITION THAT EXPERTS SAY IS SEVERELY UNDERDIAGNOSED	10:52
Synopsis: Our upper and lower body movements are connected by two small joints called the SI joint. Any changes in this joint can cause severe pain and restricted mobility. Unfortunately, SI Joint Dysfunction is extremely hard to diagnose. An expert explains the difficulties in diagnosing and how the dysfunction can fixed using regenerative medicine. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Niteesh Bharara, Director of Regenerative Medicine, Virginia Spine Institute; Kathryn Butterfield, Diagnosed with SI Joint Dysfunction Compliancy issues covered: regenerative medicine; back pain; stem cell therapy; chronic condition; patier safety; consumerism; vulnerable populations; public health; chronic pain; joint dysfunction Links for information: https://www.spinemd.com/our-team/physicians/dr-niteesh-bharara	be
https://www.instagram.com/doctor_bharara/?hl=en	
12:41 SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE:loss of appe	tite :60
13:41 :02 PAUSE FOR LOCAL AVAIL	:02
13:43 SEGMENT 2: WHY WE NEED TO HAVE BETTER DISCUSSIONS AROUND MALE INFERTILITY	9:14
Synopsis: Did you know that men are just as affected by infertility as women? Yet, society tends to focus of female infertility more commonly. Because of the lack of discussion, many men wait too long to seek help fertility issues. Dr. Scott Lundy, a urologist at the Cleveland Clinic, discusses different causes of male infertility and common treatment options men may not know about. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Scott Lundy, Urologist, Glickman Urological at Kidney Institute at the Cleveland Clinic Compliancy issues covered: fertility; male infertility; men's health; reproduction; assisted reproduction; lifestyle changes; public awareness; public health; reproductive technology Links for information: https://my.clevelandclinic.org/staff/28398-scott-lundy https://www.urologyhealth.org/urology-a-z/m/male-infertility	for
22:57 SPOTBREAK 3: Discover Products Inc "Discover Card Brand" KFC "Window 6 Campaign"	:30 :30
Pfizer Consumer Healthcare "Ibrance" OUTCUE:loss of appe	
24:57 Medical Notes & News. Host: Shel Lustig	1:28
26:25 SPOTBREAK 4: Ebay "Ebay Parts & Accessories" Procter & Gamble "Oral B" OUTCUE:come and get	
27:25 Program Conclusion	:31



Progra	am 22-43	Written & Produced	Kristen Farrah	
Air We	eek 10/23/22	Production Manager	Jason Dickey	
Time	Segment			Dur.

Time	Segment	Dur.		
:00	INTRO	:48		
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE:loss of appetite	:60		
1:48	:02 PAUSE FOR LOCAL AVAIL	:02		
1:50	SEGMENT 1: "FIELD IN CRISIS": DOCTORS NEED 26.7 HOURS IN A DAY TO CARE FOR PATIENTS	11:12		
	Synopsis: Primary care physicians have been experiencing a shortage in recent years. Couple that with a			
	demanding patient load and it's no surprise that both doctors and patients are feeling slighted. Experts			
	discuss the systemic changes needed to turn the field around.			
	Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Russ Phillips, Primary Care Physician, Director,			
	Harvard Medical School Center for Primary Care; Dr. Justin Porter, Primary Care Physician, Assistant			
	Professor of Medicine, University of Chicago			
	Compliancy issues covered: primary care; physician shortage; multidisciplinary care; fee-for-service; value-			
	based care; patient health; public health; consumerism; education			
	Links for information: https://www.uchicagomedicine.org/find-a-physician/physician/justin-porter			
	https://link.springer.com/article/10.1007/s11606-022-07707-x https://primarycare.hms.harvard.edu/faculty-			
	staff/russ-phillips			
13:02	SPOTBREAK 2: Pfizer Consumer Healthcare "Orgovyx" OUTCUE:facts dot com	:60		
14:02	:02 PAUSE FOR LOCAL AVAIL	:02		
14:04	SEGMENT 2: CAN DREAMS DEEPEN OUR UNDERSTANDING OF MENTAL ILLNESS?	8:28		
	Synopsis: Even with a growing awareness of mental health, researchers say our compassion for those with			
	mental illness hasn't improved. Dr. Melanie Rosen, an assistant professor of philosophy, thinks the lack of			
	societal empathy could be fixed in our sleep. She explains how the delusional nature of dreams could help			
	us better understand the daily lives of those with mental illnesses, such as schizophrenia.			
	Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Melanie Rosen, Assistant Professor of			
	Philosophy, Trent University			
	Compliancy issues covered: dreams; sleep; mental health; mental illness; virtual reality; delusions; public			
	health; mental health awareness; empathy; neuroscience			
	Links for information: https://www.trentu.ca/philosophy/faculty-research/melanie-rosen			
	https://www.youtube.com/watch?v=i40-x3Tp8Z0 https://journals.ub.uni-			
	heidelberg.de/index.php/IJoDR/article/view/83147			
22:32	SPOTBREAK 3: Macy's "Breast Cancer Awareness"	:30		
	Procter & Gamble "Gain"	:30		
	Wendy's "Wendy's Value"	:30		
	Progressive Insurance Co "Progressive" OUTCUE:all agents	:30		
24:32	Medical Notes & News. Host: Shel Lustig	1:57		
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Orgovyx" OUTCUE:facts dot com	:60		
27:29	Program Conclusion	:30		
27:59	TOTAL TIME			



TOTAL TIME

Progra	m 22-44	Written & Produced	Kristen Farrah	
Air We		Production Manager	Jason Dickey	
Time	Segment			Dur.
:00	INTRO			:48
:48				:59
1:47	:02 PAUSE FOR LOCAL AVAIL	Tiodifficare Orgovyx	00100Edots dot 00m	:02
1:49	SEGMENT 1: THE CONVERSATI	ON AROUND STILL BIR	TH THAT'S LONG OVERDUE	12:22
14:11	Synopsis: Elizabeth O'Donnell exp Action, a non-profit that helps wom prevention needs to be a public co Host: Reed Pence. Producer: Krist Neil Mandsager, Maternal Fetal Mc Center, Medical Adviser, Count the Compliancy issues covered: stillbir education; non-profit; legislation; c Links for information: https://www.aa https://twitter.com/neilmandsager?lang	erienced a stillbirth in 202 en in similar situations, in nversation – one that car en Farrah. Guests: Elizal edicine Physician, Directo e Kicks th; stillbirth prevention; ponsumerism; public healt aliyahinaction.org/meet-the-feenhttps://www.instagram.c ercyone.org/desmoines/pro src=twsrc%5Egoogle%7Ctw	20. Through her grief, she created Aaliyah in honor of her daughter. She believes stillbirth a save thousands of babies. Deth O'Donnell, Founder, Aaliyah in Action; Dr. or of Obstetrician, MercyOne Des Moines Medical regnancy; children at risk; vulnerable populations; hounder-elizabeth om/aaliyahinaction/?hl=en vider/neil-mandsager-md-maternal-and-fetal-medicine	:30
	Procter & Gamb		OUTCUE:come and get it	:30
15:11	:02 PAUSE FOR LOCAL AVAIL			:02
15:13	SEGMENT 2: HOW SLEEP RESE	ARCH IS IMPROVING O	COMMUNICATION TECHNOLOGY	7:35
	progress communication technolog uncover some of the questions are future of bridging our brains with te Host: Nancy Benson. Producer: Kr General Hospital, Instructor, Harva Compliancy issues covered: public physically disabled; memory; techr Links for information: <a href="https://www.memory.new.new.new.memory.new.new.new.new.new.new.new.new.new.new</td><th>y for the physically disable und sleep. He explains he chnology for instantaneous isten Farrah. Guests: Dr. and Medical School health; communication; hology assgeneral.org/doctors/2093/pin-md-phd/</th><td>Daniel Rubin, Neurologist, Massachusetts consumerism; sleep; neurology; neuroscience; 88/daniel-rubinhttps://mobile.twitter.com/dbrubin</td><td></td></tr><tr><th>22:48</th><th>SPOTBREAK 3: Pfizer Consume</th><th>r Healthcare " ibrance"<="" th=""><th></th><th>:60</th>		:60	
		r Healthcare "Orgovyx"	OUTCUE:facts dot com	:60
24:48	Medical Notes & News. Host: Shel			1:41
26:29	SPOTBREAK 4: Macy's "Breast (:30
	Procter & Gamb	le "Vicks Quils"	OUTCUE:use as directed	:30
27:29	Program Conclusion			:30



Program	22-45	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	11/06/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Prevnar" OUTCUE:with prevnar twenty	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HAVE WE RELIED TOO MUCH ON HEALTHCARE?	13:04
	Synopsis: Hospitals are a foundational part of our health, but Dr. Michael Stein, a primary care physician, believes we may be depending too much on medicine. He explains the difference between healthcare and public health, arguing that we should pay more attention to preventing conditions before they occur. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Michael Stein, Primary Care Physician, Professor, Boston University School of Public Health; Dr. Franchell Hamilton, Bariatric Surgeon, Obesity Weight loss Specialist, Founder, NeuroSwitch Weight Loss Compliancy issues covered: public health; healthcare; preventive medicine; politics; public policy; vulnerable populations; hunger crisis; housing crisis; consumerism; nutrition; health Links for information: https://www.bu.edu/sph/profile/michael-stein/ https://www.michaelsteinbooks.com/ https://www.instagram.com/dr.fhamilton/?hl=en <a four="" href="https://www</td><td></td></tr><tr><th></th><th>https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health</th><th></th></tr><tr><td>14:54</td><td>SPOTBREAK 2: Pfizer Consumer Healthcare " outcue:four="" rheum"="" td="" xeljanz="" xeljanz<=""><td>:60</td>	:60
15:54	:02 PAUSE FOR LOCAL AVAIL	:02
15:56	SEGMENT 2: HOW ORDINARY PEOPLE BECAME AMERICA'S FIRST PARAMEDICS	7:10
	Synopsis: In 1966, Americans were more likely to die from a car crash than soldiers in the Vietnam War. Most people needing emergency assistance were carried to the hospital in the back of a police car. In his new book, Kevin Hazzard uncovers how our modern-day paramedics came to be. Host: Nancy Benson. Producer: Polly Hanson. Guests: Kevin Hazzard, Paramedic, Author, American Sirens, The Incredible Story of The Black Men Who Became America's First Paramedics Compliancy issues covered: paramedic; ambulance; public health; race; healthcare; vulnerable populations; consumerism; patient safety; life expectancy Links for information: https://www.kevinhazzard.com/ https://twitter.com/goes_by_hazzard	
23:06	SPOTBREAK 3: Macys "Big Brothers and Sisters" Procter & Gamble "Olay Body" Pfizer Consumer Healthcare "Prevnar" OUTCUE:with Prevnar twenty	:30 :28 :60
25:04	Medical Notes & News. Host: Shel Lustig	1:23
26:27	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE:four four xeljanz	:60
27:27	Program Conclusion	:30
27:57	TOTAL TIME	



Program	22-46	Written & Produced	Kristen Farrah
Air Week	11/13/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Orgovyx" OUTCUE:facts dot com	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: ANTIBIOTICS: THE GROWING HEALTH CRISIS WE'RE NOT TALKING ABOUT, PART 1	11:01
	Synopsis: People around the world have heavily relied on antibiotics to fight off infections for decades. Unfortunately, this dependency has created a global resistance to some of the drugs, leading to the deaths of more than one million people in 2019. Dr. John McKillip discusses the overuse, overprescribed, and misprescribed issues that, if left unchecked, could result in up to ten million deaths each year due to antibiotic resistance.	
	Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. John McKillip, Professor of Microbiology, Ball State University; Milan Patel, CEO and Co-Founder, PathogenDx Compliancy issues covered: antibiotics; antibiotic resistance; public health; public health crisis; patient safety; global crisis; biotechnology; overprescribing; genetics; bacteria; pharmaceutical industry Links for information: https://www.bsu.edu/academics/collegesanddepartments/biology/about/faculty-staff/biofaculty/mckillipjohn <a four="" href="https://www.bsu.edu/academics/collegesanddepartments/biology/about/faculty</td><td></td></tr><tr><td>12:51</td><td>SPOTBREAK 2: Pfizer Consumer Healthcare " outcue:four="" rheum"="" td="" xeljanz="" xeljanz<=""><td>:60</td>	:60
13:51	:02 PAUSE FOR LOCAL AVAIL	:02
13:53	SEGMENT 2: HOW TO OVERCOME YOUR MENTAL BLOCKS TO REACH SUCCESS	8:36
	Synopsis: Mental toughness is usually a term reserved for athletes. However, Dr. Haley Perlus, an expert in performance psychology, explains why it's so important for everyone to work on their mental fortitude. Perlus joins us this week to offer tips on how to work past those mental blocks and achieve your goals. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Haley Perlus; Author, Public Speaker, Doctor of Sport and Performance Psychology Compliancy issues covered: mental health; mental toughness; athletics; neurology; public health; goal setting; relationships; strength; mindset Links for information: https://drhaleyperlus.com/ https://twitter.com/sportpsychology?lang=en/ https://www.youtube.com/channel/UC8cH78p4ZaR_F-S7iLSE0PQ	
22:29	SPOTBREAK 3: Macys "Big Brothers and Sisters" Pfizer Consumer Healthcare "Paxlovid"	:30 :30
	Pfizer Consumer Healthcare "Orgovyx" OUTCUE:facts dot com	:60
24:29	Medical Notes & News. Host: Shel Lustig	2:00
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE:four four xeljanz	:60
27:29	Program Conclusion	:30
27:59	TOTAL TIME	



24:29

26:27

27:26

27:57

Program Log for Radio Health Journal

Progra	m 22-47	Written & Produced	Kristen Farrah	
Air We	ek 11/20/22	Production Manager	Jason Dickey	
Time	Segment			Dur.
:00	INTRO			:48
:48	SPOTBREAK 1: Pfizer Consum	ner Healthcare "Orgovyx"	OUTCUE:facts dot com	:60
1:48	:02 PAUSE FOR LOCAL AVAIL			:02
1:50			AND WOMEN WHO SERVED OUR COUNTRY?	11:44
	members? Though the VA Healt Gordon exposes our society's insolutions to help right these wron Host: Reed Pence. Producer: Kr Veterans Healthcare Policy Instit New Terrain of Veterans Affairs; Veteran Compliancy issues covered: veter vulnerable populations; government Links for information: https://suzhttps://www.va.gov/health-care/	hcare system is a great respectively and the ment of t	www.dukeupress.edu/our-veterans	
13:34	SPOTBREAK 2: Pfizer Consum	ner Healthcare "Xeljanz Rh	eum" OUTCUE:four four xeljanz	:60
13:34	:02 PAUSE FOR LOCAL AVAIL	·	-	:02
13:36	SEGMENT 2: ANTIBIOTICS PA	RT 2: WE ARE WHAT WE	EAT	8:53
	animal agriculture. Two-thirds of impact to people who ultimately Host: Nancy Benson. Producer: Epidemiology, University of Penr	the yearly antibiotic supply eat these antibiotic-ridden i Kristen Farrah. Guests: Dr. nsylvania School of Veterin biotics; agriculture; global of	risis; antibiotic resistance; animal agriculture;	

Links for information: https://www.med.upenn.edu/apps/faculty/index.php/q5455356/p8127742

SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance"

Medical Notes & News. Host: Shel Lustig

Program Conclusion

TOTAL TIME

Procter & Gamble "Downy"

SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum"

Progressive Insurance Co "Progressive"

https://www.linkedin.com/in/laurel-redding-b510873/ https://ehp.niehs.nih.gov/doi/full/10.1289/EHP7327

:60

:30

:30

:59

:31

1:58

OUTCUE: ...states or situations

OUTCUE: ...four four xeljanz



Program	22-48	Written & Produced	Kristen Farrah
Air Week	11/27/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE:four four xeljanz	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: GUT FEELING: THE TRILLIONS OF BACTERIA IN CHARGE OF OUR IMMUNE SYSTEM	11:53
	Synopsis: Trillions of bacteria live in our gut, creating an intricate system called the 'gut microbiome.' Dr. Robynne Chutkan, a gastroenterologist, explains how this network is a crucial component to our immune system. She also offers step-by-step guidance on how to strengthen your own microbiome. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Robynne Chutkan, Gastroenterologist, Digestive Center for Wellness, Author, The Anti-Viral Gut: Tackling Pathogens From The Inside Out Compliancy issues covered: public health; diet; gut microbiome; bacteria; immune system; gastroenterology;	
	nature; plant fiber; supplements; antibiotics; consumerism; digestion; autoimmune disease; allergies; cancer Links for information: https://robynnechutkan.com/ https://robynnechutkan.com/anti-viral-gut-master-class/ https://www.instagram.com/gutbliss/?hl=en https://twitter.com/drchutkan?lang=en	
13:43	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE:loss of appetite	:60
14:43	:02 PAUSE FOR LOCAL AVAIL	:02
14:45	SEGMENT 2: "LOVE THE PERSON, HATE THEIR BEHAVIOR" SUPPORTING AN ADDICT	8:11
	Synopsis: Addiction doesn't just affect one person; it can tear entire families apart. But how can you convince a loved one to get help, and is there a way to support them without enabling the addiction? An expert discusses the steps families can take to fight against substance use addiction. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Judy Mandel, Author, White Flag; Mike Gimbel, Drug Abuse Expert, Host, Straight Talk Compliancy issues covered: drug abuse; addiction; homelessness; consumerism; drug epidemic; vulnerable populations; harm reduction; intervention; family issues; addiction resources; substance use disorder Links for information: https://judymandel.com/ <a "ibrance"="" "paxlovid"="" and="" appetite<="" big="" brothers="" consumer="" healthcare="" href="https://ju</th><th></th></tr><tr><td>22:56</td><td>SPOTBREAK 3: Macy's " of="" outcue:loss="" pfizer="" sisters"="" td=""><td>:30 :30 :61</td>	:30 :30 :61
24:57	Medical Notes & News. Host: Shel Lustig	1:31
26:28	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE:four four xeljanz	:60
27:28	Program Conclusion	:31
27:59	TOTAL TIME	



Program	22-49	Written & Produced	Kristen Farrah, Polly Hansen
Air Week	12/04/22	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE:four four xeljanz	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HOW 'LONG COVID' HAS BROUGHT ATTENTION TO A NEGLECTED ILLNESS	10:33
	Synopsis: Myalgic encephalomyelitis/chronic fatigue syndrome has long been a condition surrounded by	
	doubt in the medical community. How could someone be completely exhausted from doing a crossword	
	puzzle? Dr. Lucinda Bateman, an ME/CFS expert, explains the mental and physical toll that plagues the	
	people who suffer from this condition.	
	Host: Reed Pence. Producer: Polly Hansen. Guests: Dr. Lucinda Bateman, Founder and Medical Director,	
	Bateman Horne Center, ME/CFS Expert; Dr. Walter Koroshetz, Director of the National Institute of	
	Neurological Disorders and Stroke, NIH; Ann McDonald, Diagnosed with ME/CFS Compliancy issues covered: public health; long covid; covid; epidemic; vulnerable populations; exhaustion;	
	chronic conditions; disabilities; health care; infectious diseases; vaccinations	
	Links for information: https://twitter.com/oncnursestl?lang=en https://batemanhornecenter.org/	
	https://batemanhornecenter.org/about/staff/lucinda-bateman/ https://twitter.com/lbatemanmd?lang=en	
	https://www.ninds.nih.gov/about-ninds/who-we-are/staff-directory/walter-koroshetz	
	https://twitter.com/NINDSdirector?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwqr%5Eauthor	
12:23	SPOTBREAK 2: Macy's "Big Brothers and Sisters"	:30
	Pfizer Consumer Healthcare "Paxlovid" OUTCUE:sponsored by pfizer	:30
13:23	:02 PAUSE FOR LOCAL AVAIL	:02
13:25	SEGMENT 2: CHRONIC HEARTBURN ISN'T NORMAL IT CAN CAUSE MORE HARM THAN SMOKING	8:50
	Synopsis: Acid reflux may seem like just an annoying condition, but when it becomes extreme, developing	
	into GERD, it can create permanent damage. In fact, ignoring your acid reflux can lead to esophageal	
	cancer. Dr. Samir Patel details how to properly treat your heartburn before it becomes a serious issue.	
	Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Samir Patel, Surgeon, AtlantiCare	
	Compliancy issues covered: GERD; acid reflux; cancer; heartburn; obesity; stomach issues;	
	gastroenterology; vulnerable populations; diet; pregnancy; chronic conditions	
	Links for information: https://providers.atlanticare.org/provider/Samir+M+Patel/1162507	
	https://www.mayoclinic.org/diseases-conditions/gerd/symptoms-causes/syc-20361940#:~:text=Gastroesophageal%20reflux%20disease%20(GERD)%20occurs,reflux%20from%20time	
	%20to%20time.	
22:15	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance"	:60
22.10	Pfizer Consumer Healthcare "Orgovyx" OUTCUE:facts dot com	:60
24:15	Medical Notes & News. Host: Shel Lustig	2:12
26:27	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE:four four xeljanz	:60
27:27	Program Conclusion	:31
27:58	TOTAL TIME	
27.00		



TOTAL TIME

Program 22-50		Written & Produc			
Air We	ek 12/11/22	Production Mana	er Jason Dickey		
Time	Segment				Dur.
:00	INTRO				:48
:48	SPOTBREAK 1: P	fizer Consumer Healthcare "Orgovy	ζ"	OUTCUE:facts dot com	:60
1:48	:02 PAUSE FOR LO	OCAL AVAIL			:02
1:50	SEGMENT 1: BEIN	G SELFISH IS SOMETIMES THE	EALTHIEST OPTIC	ON	11:29
		ight from a young age to always sh			
		thing to do. His new research looks			
	-	ising on helping others. He discussi	s the different forms	of selfishness and why setting	
		the best way to grow a relationship.	0 "14 1 0		
		Producer: Kristen Farrah. Guests: [~	
		ciate Professor, Columbia University			
		of Pediatrics and Psychology, Univ	-		
		covered: psychology; kindness; seli ism; pathological altruism	snness; boundaries;	; therapy; relationships; healthy	
	· ·	nsm, pathological altruism n: <u>https://scottbarrykaufman.com/ h</u>	ne://www.inetagram	com/ccottharn/kaufman/2hl-on	
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		er.com/about https://sc.edu/study/c			
	staff/loper_peter.ph		ilogoo oorioolo/irioo	and the control had the	
13:19		fizer Consumer Healthcare "Xeljan:	Rheum"	OUTCUE:four four xeljanz	:60
14:19	:02 PAUSE FOR LO			•	:02
14:21	SEGMENT 2: WHY	GETTING STUCK IN A CROWD I	MORE DANGERO	OUS THAN YOU THINK	8:09
	Synopsis: The rece	nt tragedy in South Korea during Ha	loween seemed to h	nave come out of nowhere.	
	However, crowd dy	namic experts say it was actually th	perfect storm for ca	atastrophe. Crowd surges occur	
		ple are packed into one place and		, ,	
		dle. An expert explains what happer	s during a crowd sur	ge and how to stay safe in the	
	middle of large gath	•			
		n. Producer: Kristen Farrah. Guests		en, Chancellor's Professor of	
		c, and Psychological Sciences, Brov			
		covered: crowd surges; stampedes	crowa aynamics; ma	ass death; crowd safety; public	
	safety; crowd crush	n: https://vivo.brown.edu/display/wv	arrani		
22:30		merican College of Physicians "Nat		Wook"	:30
22.30		fizer Consumer Healthcare "Paxlov		AAGGV	:30
		fizer Consumer Healthcare "Xeljan:		OUTCUE:four four xeljanz	:60
24:30		ews. Host: Shel Lustig		201002loar loar Adjunz	1:58
26:28		fizer Consumer Healthcare "Orgovy	ζ"	OUTCUE:facts dot com	:60
27:28	Program Conclusion	<u> </u>		22.222	:31
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27:56

Program Conclusion

TOTAL TIME

Program Log for Radio Health Journal

Progra		Written & Produced	Kristen Farrah, Reed Pence	
Air We	ek 12/18/22	Production Manager	Jason Dickey	
Time	Segment			Dur.
:00	INTRO			:48
:48	SPOTBREAK 1: Pfizer Consur	ner Healthcare "Xeljanz Rhe	um" OUTCUE:four four xeljanz	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	•	-	:02
1:50	SEGMENT 1: HOME FOR THE	HOLIDAYS: WHY ER VISIT	TS SPIKE AROUND CHRISTMAS	12:12
	you live in snowy Colorado or su and share tips on how to safely Host: Reed Pence. Producer: R Norwalk Hospital; Dr. Robert Klo Research, Huntington Medical F Dr. David Phillips, Professor Em Compliancy issues covered: put consumerism; emergency medic Links for information: https://www https://findcare.nuvancehealth.or	anny LA, accidents increase make it through the holidays end Pence. Guests: Dr. Chripner, Chief Science Officer a desearch Institute, Professor eritus of Sociology, Universiblic health; holidays; death; reine; emergency department w.linkedin.com/in/christopherg/provider/Christopher+J.+	stopher Michos, Emergency Medicine Physician, and Scientific Director of Cardiovascular of Medicine, University of Southern California; ty of California at San Diego new years; chronic conditions; patient safety; ; first responders	
	https://sociology.ucsd.edu/peop		·	
14:02	SPOTBREAK 2: Pfizer Consur	*	OUTCUE:loss of appetite	:60
15:02	:02 PAUSE FOR LOCAL AVAIL			:02
15:04	SEGMENT 2: ENDING OVERD	OSE: MAKING THE ANTID	OTE MORE ACCESSIBLE THAN THE DRUG	7:49
	death for people age 18 to 45. In The organization informs and ar explains the signs of an overdos Host: Nancy Benson. Producer: Compliancy issues covered: over addiction; drug abuse; consume Links for information: https://enc	n an effort to save lives, The ms the public with the tools to e and how to use life-saving Kristen Farrah. Guests: The rdose; harm reduction; nalo rism; alcohol; overdose previoverdose.net/our-team/	o Krzywicki, Founder and CEO, End Overdose xone; paramedics; first responders; opioids; rention	
22:53	SPOTBREAK 3: Macys "Big Big	others and Sisters"		:30
		ner Healthcare "Paxlovid"		:30
		ner Healthcare "Xeljanz Rhe	um" OUTCUE:four four xeljanz	:60
24:53	Medical Notes & News. Host: Sl			1:32
26:25	SPOTBREAK 4: Pfizer Consur	ner Healthcare "Ibrance"	OUTCUE:loss of appetite	:60
17.0E	Drogram Canalysian			

:31



Program	22-52	Written & Produced	Kristen Farrah, Reed Pence
Air Week	12/25/22	Production Manager	Jason Dickey

	Time	Segment	Dur.
1:47 1:49 1:49 1:49 1:49 1:49 1:49 1:49 1:49	:00	INTRO	:47
1:49 SEGMENT 1: TRYING TO FIX THE BIASED LAB TESTING THAT'S COST COUNTLESS LIVES Synopsis: If left untreated, kidney disease can eventually lead to death — which is why early testing is so important. However, the main test has historically had different threshold requirements based on race, which has led to lower diagnosing rates and higher death rates from the condition in people of color. Experts dissect how a new testing equation will help even the scales and give accurate results for all patients. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. La'Tonzia Adams, MS, FCAP, Pathologist, VA Portland Health Care System; Dr. Jonathan Genzen, FCAP, Chief Medical Officer, ARUP Laboratories, Professor of Clinical Pathology, University of Utah Compliancy issues covered: kidney disease; race issues; racial inequality; public health; lab testing; consumerism; vulnerable populations Links for information: https://wwiter.com/drpathadams.https://www.drlatonziamd.com/ https://www.aruplab.com/experts/genzen 13:54 SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar" OUTCUE:prevnar twenty 60 14:554 :02 PAUSE FOR LOCAL AVAIL SEGMENT 2: THE DOCTOR THAT CAN ACTUALLY FEEL HIS PATIENTS' PAIN 7:34 Synopsis: Mirror-touch synesthesia is a sensory processing disorder where a person can feel the sensations of another. As you can imagine, this condition can be an asset for certain people, like Dr. Joel Salinas. He's a neurologist who can diagnose patients just by being able to feel their symptoms in his own body. He explains the condition and what it's like living with his empathy on overdrive. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Joel Salinas, Neurologist, Harvard Medical School and Massachusetts General Hospital Department of Neurology Compliancy issues covered: synesthesia; neurology; empathy; vulnerable populations; patient safety; sensory issues Links for information: https://joelsalinasmd.com/ https://www.massgeneral.org/neurology/research/salinas-lab-joel-salinas-md/ Pfizer Consumer Healthca	:47	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE:four four xeljanz	:60
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Pfizer Consumer Healthcare "Paxlovid" OUTCUE:four four xeljanz :60 24:30 Medical Notes & News. Host: Shel Lustig 1:55 26:25 SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar" OUTCUE:prevnar twenty :60 27:25 Program Conclusion :31		of another. As you can imagine, this condition can be an asset for certain people, like Dr. Joel Salinas. He's a neurologist who can diagnose patients just by being able to feel their symptoms in his own body. He explains the condition and what it's like living with his empathy on overdrive. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Joel Salinas, Neurologist, Harvard Medical School and Massachusetts General Hospital Department of Neurology Compliancy issues covered: synesthesia; neurology; empathy; vulnerable populations; patient safety; sensory issues Links for information: https://joelsalinasmd.com/ https://www.massgeneral.org/neurology/research/salinas-lab-joel-salinas https://www.hsph.harvard.edu/health-happiness/people/joel-salinas-md/	
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27:25 Program Conclusion :31		-	
	27:56	TOTAL TIME	