



2016-Q1 (January – March) Radio Health Journal Quarterly Logs

Compliance Issues Covered

abortion	government regulation and oversight
consumerism	health care
consumer safety	infectious disease
crime	insurance
developmental disorders	mental illness
disabilities	mosquito abatement
drugs & medications	politics
economics	prevention
education	psychology
emergency response	public health
employment and workplace safety	public safety
environment and pollution	sports and recreation
environment and weather	technology
ethics & medicine	technology and society
family issues	travel and tourism
federal government and food regulation	volunteerism
federal government and regulation	women's issues
food additives	workplace violence
food safety	youth at risk

See weekly logs below for segment dates, titles, topics, guests & duration

Program	16-01	Producer	Reed Pence
Air Week	01/03/16-01/09/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: HOW WEATHER CAUSES PAIN	11:52
	<p>Synopsis: Millions of Americans suffer pain as a result of weather changes. Experts discuss different conditions affected by weather, why pain responds to weather changes and possible remedies to some of these maladies.</p> <p>Host: Reed Pence. Guests: Deni Cantrall, retired teacher and arthritis sufferer; Dr. Robert Jamison, Prof. of Anesthesia and Psychiatry, Brigham and Women's Hospital and Harvard Medical School; Bob Smirbeck, Expert Senior Meteorologist, AccuWeather.com; Dr. David Borenstein, Clinical Prof. of Medicine, George Washington Univ. School of Medicine and Health Sciences; Dr. Vincent Martin, Prof. of Medicine and Director, Headache and Facial Pain Program, Univ. of Cincinnati.</p> <p>Compliancy issues covered: health care; public health; consumerism; environment and weather; prevention</p> <p>Links for more information: http://www.healthsciences.org/robert-jamison; http://www.accuweather.com; http://www.arapc.com/our-physicians/david-g-borenstein-md-macp-facr/; http://intmed.uc.edu/contact/directory/profile.aspx?epersonID=martinvt</p>	
14:57	SEGMENT 2: TOXIC CHEMICALS IN PRODUCTS	7:54
	<p>Synopsis: The average American is exposed to more than 100 potentially toxic synthetic chemicals every day, and there is little oversight of their safety. A noted expert discusses the vast amount that we don't know about these chemicals, how the US might regulate them better, and how tougher regulation in other countries could help keep Americans safer.</p> <p>Host: Nancy Benson. Guest: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, <i>Chemicals Without Harm: Policies for a Sustainable World</i>.</p> <p>Compliancy issues covered: environment and pollution; consumerism; consumer safety</p> <p>Links for more information: https://mitpress.mit.edu/authors/ken-geiser</p>	

Program	16-02	Producers	Reed Pence & Polly Hansen
Air Week	01/10/16-01/16/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: VIOLENCE AGAINST HEALTHCARE WORKERS	12:23
	<p>Synopsis: Healthcare workers are about four times more likely than workers in any other field to be attacked on the job, usually by patients or family members, and most often in the emergency department. Experts discuss how and why attacks occur and how hospitals and health care workers can do a better job preventing them.</p> <p>Host: Reed Pence. Guests: Lisa Wolf, Director, Institute for Emergency Nursing Research, Emergency Nurses Assn.; Dr. Christopher Michos, Connecticut emergency medicine physician; Dr. Ronald Wyatt, Medical Director, Division of Healthcare Improvement, The Joint Commission</p> <p>Compliancy issues covered: health care; workplace violence; employment and workplace safety; prevention; education</p> <p>Links for more information: https://www.ena.org/practice-research/research/Pages/Default.aspx; http://www.jointcommission.org</p>	
15:28	SEGMENT 2: ANKLE REPLACEMENT	7:54
	<p>Synopsis: Hip and knee replacements are common, and doctors now say ankle replacements have become technically good enough to make fusion obsolete for arthritis patients in pain. A doctor & patient discuss.</p> <p>Host: Nancy Benson. Guests: Dr. Simon Lee, foot & ankle surgery specialists, Rush Univ. Medical Center &</p>	

	Links for more information: http://icudelirium.org	
15:52	SEGMENT 2: SILENT REFLUX	7:12
	<p>Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms and the dietary triggers that can cause the disorder.</p> <p>Host: Nancy Benson. Guest: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, <i>The Chronic Cough Enigma</i>.</p> <p>Compliance issues covered: health care; consumerism; federal government and food regulation</p> <p>Links for more information: http://www.voiceinstituteofnewyork.com</p>	

Program	16-05	Producer	Reed Pence
Air Week	01/31/16-02/06/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: SILENT HEART ATTACK	12:38
	<p>Synopsis: Heart attacks that produce few if any symptoms may be mistaken for indigestion or simple malaise, but they can be more serious than heart attacks that bring crushing pain because they often don't bring a victim to the hospital for lifesaving help. Experts discuss.</p> <p>Host: Reed Pence. Guests: Dr. Martha Gulati, cardiologist, Univ. of Arizona and Editor-in-Chief, American College of Cardiology patient education initiative, Cardiosmart.org; Dr. Robert Vogel, Prof. of Medicine and Cardiology, Univ. of Colorado and co-author, <i>The Pritikin Edge</i>.</p> <p>Compliance issues covered: health care; consumerism; public health</p> <p>Links for more information: https://www.cardiosmart.org; http://books.simonandschuster.com/The-Pritikin-Edge/Robert-A-Vogel/9781416580911</p>	
15:43	SEGMENT 2: HARMFUL INFLAMMATION	7:12
	<p>Synopsis: Low-level systemic inflammation is being tied to many disorders including heart disease, and now research has even tied inflammation to intermittent explosive disorder, a syndrome of repeated rage. Experts discuss these findings and how inflammation can be combatted through diet and supplementation.</p> <p>Host: Nancy Benson. Guests: Dr. Melina Jampolis, nutrition specialist physician and author, <i>The Calendar Diet</i>; Dr. Emil Coccaro, Prof. and Chairman of Psychiatry and Behavioral Neuroscience, Univ. of Chicago.</p> <p>Compliance issues covered: health care; public safety; prevention</p> <p>Links for more information: http://www.drmelina.com; http://cnpru.bsd.uchicago.edu/coccaro.html</p>	

Program	16-06	Producer	Reed Pence
Air Week	02/07/16-02/13/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:00	SEGMENT 1: NEW FINDINGS ON STUTTERING	11:39
	<p>Synopsis: Stuttering has been blamed even fairly recently on parenting, but new research has several new findings: a structural deficiency in the brain's wiring in stutterers; an inability to perceive rhythms; and a much more successful way to treat stuttering. Experts discuss the new advances.</p> <p>Host: Reed Pence. Guests: Dr. Roger Ingham, Prof. of Speech and Hearing Sciences, Univ. of California, Santa Barbara; Dr. Scott Grafton, Prof. of Psychological and Brain Sciences, Univ. of California, Santa Barbara; Dr. Devin McAuley, Prof. of Psychology and Neuroscience, Michigan State Univ.</p> <p>Compliance issues covered: youth at risk; developmental disorders; education</p> <p>Links for more information: http://www.speech.ucsb.edu/clinic/; https://www.nri.ucsb.edu/people/researchers/grafon; http://taplab.psy.msu.edu</p>	
14:41	SEGMENT 2: DOUBLE DIPPING & THE FIVE-SECOND RULE	8:17
	<p>Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths.</p> <p>Host: Nancy Benson. Guest: Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Science, Clemson Univ.</p> <p>Compliance issues covered: food safety; consumer safety; sports and recreation</p> <p>Links for more information: http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html</p>	

Program	16-07	Producer	Reed Pence
Air Week	02/14/16-02/20/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:00	SEGMENT 1: INDUSTRY FUNDING OF CLINICAL TRIALS	13:30
	<p>Synopsis: Clinical trials are much of the basis for the practice of medicine. Funding of trials has dramatically shifted so that today, trials paid for by pharmaceutical and device makers outnumber publically funded trials 6-to-1. Some studies indicate this makes bias in trials more likely, jeopardizing public health. Experts discuss.</p> <p>Host: Reed Pence. Guests: Jocelyn Ullrich, Asst. Vice President of Science and Regulatory Advocacy, Pharmaceutical Research and Manufacturers of America (PhRMA); Dr. John Abramson, Lecturer in Healthcare Policy, Harvard Medical School; Dr. Joel Lexchin, emergency medicine physician and Prof. of Health Policy, York Univ.</p> <p>Compliance issues covered: public health; consumerism and consumer safety; federal government; government regulation and oversight; economics; ethics</p> <p>Links for more information: http://health.info.yorku.ca/health-profiles/index.php?mid=9198; http://www.overdosedamerica.com; http://www.phrma.org</p>	
16:32	SEGMENT 2: FIXING THE HEALTHCARE COST SPIRAL	7:32
	<p>Synopsis: American healthcare is the most expensive in the world. An expert author details some of the causes and possible solutions now being established.</p> <p>Host: Nancy Benson. Guest: Dr. John Patrick, author, <i>Health Attitude: Unraveling and Solving the</i></p>	

<i>Complexities of Healthcare</i>	
Compliancy issues covered: consumerism; economics; insurance; technology	
Links for more information: http://www.attitudellc.org	

Program	16-08	Producers	Reed Pence & Polly Hansen
Air Week	02/21/16-02/27/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:00	SEGMENT 1: ZIKA VIRUS	13:17
	<p>Synopsis: Mosquito-transmitted Zika virus has arrived in Central and South America, and while most people are not affected by it, the virus has been linked to microcephaly, a severe birth defect. Experts discuss the virus, how it's transmitted, its spread to the US, and how to protect yourself from it.</p> <p>Host: Reed Pence. Guests: Dr. Uriel Kitron, Prof. and Chair of Environmental Sciences, Emory Univ.; Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt. Univ. Medical Center; Dr. Anna Durbin, Assoc. Prof. of International Health, Johns Hopkins Bloomberg School of Public Health</p> <p>Compliancy issues covered: public health; public safety; infectious disease; youth at risk; women's issues; abortion; travel and tourism; mosquito abatement</p> <p>Links for more information: http://hub.jhu.edu/2016/01/29/zika-virus-public-health-expert/; http://www.livescience.com/53566-how-zika-spreads-chain-of-events.html; http://www.dailymail.co.uk/health/article-3428938/Game-changing-Zika-virus-scary-gets-warns-expert.html</p>	
16:19	SEGMENT 2: THYROID DISEASE	6:15
	<p>Synopsis: Thyroid disease affects millions of Americans, many of whom have not been diagnosed. Experts discuss symptoms, causes, and treatments.</p> <p>Host: Nancy Benson. Guests: Dr. Jordan Geller, endocrinologist, Beverly Hills, CA; Shannon Rosen, thyroid disorder patient, Cincinnati, OH; Dr. Jeffrey Garber, Chief of Endocrinology, Harvard Vanguard Medical Assoc., Associate Prof. of Medicine, Harvard Medical School and lead author, <i>Clinical Practice Guidelines for Hypothyroidism in Adults</i>.</p> <p>Compliancy issues covered: healthcare; food additives</p> <p>Links for more information: http://www.jordangeller.com/index.html; http://www.amazon.com/Harvard-Medical-Overcoming-Thyroid-Problems/dp/0071444718</p>	

Program	16-09	Producer	Reed Pence
Air Week	02/28/16-03/05/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:00	SEGMENT 1: THE BYSTANDER EFFECT	11:55
	<p>Synopsis: It's a psychological paradox that the greater the number of people present when a person needs help, the less likely help will be rendered. Experts discuss reasons why this effect occurs, how it can be broken by technology, and the background of intense research into the effect sparked by the first internationally famous "bystander effect" crime.</p> <p>Host: Reed Pence. Guests: Kevin Cook, author, <i>Kitty Genovese; the Murder, the Bystanders, the Crime That Changed America</i>; Dr. Jan-Willem van Prooijen, Assoc. Prof. of Social and Organizational Psychology, V-U Univ., Amsterdam, Netherlands and Senior Researcher, Netherlands Institute for Criminology; Dr. James Strickland, psychologist in private practice, Comack, NY.</p> <p>Compliancy issues covered: psychology; crime; volunteerism; technology and society; public safety</p> <p>Links for more information: http://books.wwnorton.com/books/Kitty-Genovese/;</p>	

	http://www.janwillemvanprooijen.com ; http://cbtpsychologicalassociates.com	
14:57	SEGMENT 2: THE PSYCHOLOGY OF EGG DONATION	8:08
	<p>Synopsis: Egg donation can solve infertility, but it can be a minefield of emotional risks, especially if the donor and recipient are family or friends. An author/journalist who has donated twice with vastly different results discusses the technology and what to look out for when approaching egg donation.</p> <p>Host: Lynn Holley. Guest: Alicia Young, author, <i>Two Eggs, Two Kids: An Egg Donor's Account of Friendship, Infertility and Secrets</i></p> <p>Compliancy issues covered: healthcare; family issues; technology</p> <p>Links for more information: http://www.twoeggstwokids.com</p>	

Program	16-10	Producer	Reed Pence
Air Week	03/06/16-03/12/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:01	SEGMENT 1: CONCIERGE MEDICINE IN PRIMARY CARE	12:20
	<p>Synopsis: Many primary care doctors are unhappy with the "factory medicine" they have to practice. Some are creating "concierge medicine" practices in response, cutting patient roles and asking for retainer fees from those that remain. Patients receive much longer appointments, greater access, and more personal care for these higher fees. Two concierge doctors and a patient discuss.</p> <p>Host: Reed Pence. Guests: Dr. Uday Jani, internist, Lewis, DE; Dr. Jeffrey Puglisi, Glenville Medical Concierge Care, Greenwich, CT; "Suzy," concierge patient</p> <p>Compliancy issues covered: health care; economics</p> <p>Links for more information: http://udayjanimd.com; http://glenvillemedicalconciergecare.com</p>	
15:23	SEGMENT 2: RESTLESS LEGS SYNDROME	8:08
	<p>Synopsis: Restless legs syndrome, a neurological condition, strikes people at night, creating some of the worst sleep conditions known by any patients. Experts discuss identifying and treating the syndrome.</p> <p>Host: Lynn Holley. Guests: Karla Dzienkowski, Executive Director, Restless Legs Syndrome Foundation and parent of daughter with restless legs syndrome; Dr. William Ondo, Prof. of Neurology, Univ. of Texas Health Science Center, Houston and advisory board member, Restless Legs Syndrome Foundation</p> <p>Compliancy issues covered: healthcare; family issues; technology</p> <p>Links for more information: http://www.rls.org</p>	

Program	16-11	Producers	Pat Reuter, Tori Bokios, Reed Pence
Air Week	03/13/16-03/19/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: ADVENTURES OF A PARAMEDIC	11:46
	<p>Synopsis: Paramedics and EMTs are the first responders of the health system and often find volent, confusing situations on their arrival. A former paramedic describes the "inside story" of the job, its dangers and rewards.</p> <p>Host: Reed Pence. Guests: Kevin Hazzard, author, <i>A Thousand Naked Strangers: A Paramedic's Wild Ride to the Edge and Back</i></p> <p>Compliancy issues covered: health care; emergency response; public safety</p> <p>Links for more information: http://udayjanimd.com; http://glenvillemedicalconciergecare.com</p>	
14:52	SEGMENT 2: KEEPING SECRETS FROM YOUR DOCTOR	7:32

<p>Synopsis: Patients often keep lifestyle secrets from their physicians even though it may be harmful to their health. Experts discuss the most common reasons for secret-keeping and the consequences that may result.</p> <p>Host: Nancy Benson. Guests: Dr. Daphne Miller, family physician, San Francisco; Karen Giblin, President, Red Hot Mamas menopause management program</p> <p>Compliancy issues covered: health care; public health; consumerism; youth at risk</p> <p>Links for more information: http://drdaphne.com; http://redhotmamas.org</p>
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Program	16-12	Producer	Reed Pence
Air Week	03/20/16-03/26/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:00	SEGMENT 1: INCIDENTAL GENETIC FINDINGS	11:24
	<p>Synopsis: Genetic testing has become a widespread reality in the past five years, but doctors are struggling with what many genetic findings really mean. Should patients should be told about the presence of genes that might be either dangerous... or perfectly harmless? Experts discuss.</p> <p>Host: Reed Pence. Guests: Dr. Dan Roden, Prof. of Medicine, Pharmacology and Biomedical Informatics and Asst. Vice Chancellor, Personalized Medicine, Vanderbilt Univ. Medical Center; Dr. Gerald Feldman, Prof. of Molecular Genetics in Medicine, Pediatrics and Pathology, Wayne State Univ. and President, American College of Medical Genetics and Genomics; Dr. Ellen Wright Clayton, member, Center for Biomedical Ethics and Society and Prof. of Pediatrics and Law, Vanderbilt Univ.</p> <p>Compliancy issues covered: health care; ethics; technology and society; public health; economics</p> <p>Links for more information: http://oates.mc.vanderbilt.edu/rodenlab/; https://www.acmg.net; http://law.vanderbilt.edu/bio/ellen-clayton</p>	
14:26	SEGMENT 2: THE HIGH HEALTH COST OF SUGAR	7:24
	<p>Synopsis: Many experts disagree over the roots of the obesity crisis some 40 years ago. One well-known expert describes why he believes sugar is to blame, and the changes in the market and government advisories that made sugar a much heavier part of our diets.</p> <p>Host: Nancy Benson. Guest: Dr. Robert Lustig, pediatric endocrinologist, Univ. of California, San Francisco, President, Institute for Responsible Nutrition and author, <i>Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease</i></p> <p>Compliancy issues covered: health care; public health; consumerism; economics; federal government</p> <p>Links for more information: http://www.responsiblefoods.org</p>	
27:58	TOTAL TIME	

Program	16-13	Producers	Reed Pence and Polly Hansen
Air Week	03/27/16-04/02/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:00	SEGMENT 1: BIOFILM	11:51
	<p>Synopsis: Doctors often deal with bacterial infections, but they are less familiar with infections involving several different kinds of bacteria in a matrix. This form, known as biofilm, is surprisingly common, resistant to many antibiotics, and gaining new attention as a source of hard to eradicate infections. Experts discuss.</p> <p>Host: Reed Pence. Guests: Dr. Phil Stewart, Prof. of Chemical and Biological Engineering, Montana State Univ.; Dr. Randall Wolcott, Medical Director, Southwest Regional Wound Care Center, Lubbock, TX; Bill Soukup, President, Scientific Biofilm Solutions and Healthy Household Cleansers</p> <p>Compliancy issues covered: health care; public health; consumerism</p>	

	Links for more information: http://southwestwoundcare.com ; http://www.biofilm.montana.edu ; http://ohyuk.com	
14:53	SEGMENT 2: OTC DRUGS AND 'TWEENS	7:24
	<p>Synopsis: Young adolescents often are allowed to take over the counter drugs on their own, but many OTC medicines, especially acetaminophen, can be dangerous. Experts discuss how to educate 'tweens on taking OTC drugs safely.</p> <p>Host: Nancy Benson. Guests: Dr. Tanya Altman, Asst. Clinical Prof. of Pediatrics, Mattel Children's Hospital, UCLA and spokesperson, American Academy of Pediatrics; Dr. Janet Engle, Exec. Assoc. Dean, Prof. and head of Dept. of Pharmacy Practice, Univ. of Illinois at Chicago College of Pharmacy; Sharon Mielke, mother of victim of OTC drug death.</p> <p>Compliancy issues covered: health care; consumerism; youth at risk; consumer safety; drugs & medications</p> <p>Links for more information: http://www.knowyourdose.org; http://www.scholastic.com/otcmedsafety/</p>	

Program	16-14	Producers	Reed Pence and Polly Hansen
Air Week	04/03/16-04/09/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: SHOULD WE SHORTEN MEDICAL TRAINING?	11:55
	<p>Synopsis: In an age of increasing medical complexity, some leading thinkers in medical education are proposing that the time spent on medical education be cut by nearly one third. The key, these advocates say, is ridding curricula of requirements that most doctors never use. Experts discuss both sides of the issue.</p> <p>Host: Reed Pence. Guests: Dr. Ezekiel Emanuel, Vice Provost for Global Initiatives and Chair, Department of Biomedical Ethics and Health Policy, Univ. of Pennsylvania; Dr. Victor Fuchs, Henry J. Kaiser Prof. Emeritus of Economics and Health Policy, Stanford Univ. and Senior Fellow, Stanford Institute for Economic Policy Research; Dr. Gail Morrison, Senior Vice Dean for Education and Director of Academic Programs, Univ. of Pennsylvania Perelman School of Medicine.</p> <p>Compliancy issues covered: health care; public health; education; consumer safety</p> <p>Links for more information: http://www.ezekielemanuel.com; https://www.med.upenn.edu/apps/faculty/index.php/g275/p19534; http://healthpolicy.fsi.stanford.edu/people/Victor_R_Fuchs;</p>	
13:57	SPOTBREAK 2: Nasacort "Allergy Days" Geigo "Engaged"	:30 :30
14:57	02 PAUSE FOR LOCAL AVAIL	:02
14:59	SEGMENT 2: CONTEXTUAL CARE	8:00
	<p>Synopsis: Studies have found that many doctors don't really listen to their patients, and so miss how illness is affected by the "other things" in life. Experts discuss how to help doctors consider the patient as a whole.</p> <p>Host: Nancy Benson. Guests: Dr. Saul Jeremy Weiner, Prof. of Medicine, pediatrics & Medical Education, Univ. of Illinois and co-author, <i>Listening For What Matters: Avoiding Contextual Errors in Health Care</i>; Dr. Alan Schwartz, Michael Reese Endowed Prof. of Medical Education, Univ. of Illinois, Chicago, and co-author, <i>Listening For What Matters: Avoiding Contextual Errors in Health Care</i>.</p> <p>Compliancy issues covered: health care; education; consumerism; patient safety</p> <p>Links for more information: http://www.contextualizingcare.org</p>	