

RADIO HEALTH JOURNAL

The Latest In Health, Science & Technology

2017-Q2 (April – June) Radio Health Journal Quarterly Report Compliancy Issues covered this quarter:

adult education	health care
aging	HIV and AIDS
alternative medicine	laws and legislation
animals	mental health
child abuse	military
college students and youth	minority affairs and discrimination
consumer safety	parenting issues
consumerism	police and law enforcement
crime and police	privacy issues
drug addiction and substance abuse	public health
drunk driving	relationships
economics	renewable energy
education and learning	smoking
elderly and senior citizens	sports and recreation
emergency response	state government
employment	technology
environment and pollution	tobacco and substance abuse
ethics	traffic and road safety
family issues	work and employment
federal government and regulation	youth at risk

Program 17-14 **Producers** Reed Pence and Polly Hansen
Air Week 04/02/17-04/08/17 **Production Director** Sean Waldron

2:04 SEGMENT 1: PUTTING THE BRAKES ON ENVIRONMENTAL REGULATION 13:02

Synopsis: The President's proposed 31 percent budget cut for the Environmental Protection Agency and the appointment of a prominent EPA critic as the agency's head have raised fears that the nation's air and water quality will be ignored. EPA critics say the agency needs cutting, as it's been activist in pursuing "worthless" strategies to reduce unproven global warming. Experts on each side discuss pro's and con's of EPA cuts.

Host: Reed Pence. **Guests:** Collin O'Mara, President & CEO, National Wildlife Federation; Diane Katz, Senior Research Fellow, Heritage Foundation

Compliance issues covered: federal government and regulation; environment and pollution; public health; state government; economics; employment; renewable energy

Links for more information: <https://www.nwf.org/News-and-Magazines/Media-Center/Faces-of-NWF/Collin-OMara.aspx>; <http://www.heritage.org/staff/diane-katz>

16:08 SEGMENT 2: PLAGUES & DREAD DISEASES 6:44

Synopsis: Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains.

Host: Nancy Benson. **Guest:** Jennifer Wright, author, *Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them*

Compliance issues covered: public health; ethics; HIV and AIDS

Links for more information: <http://us.macmillan.com/getwellsoon/jenniferwright/9781627797467/>

Program 17-15 **Producer** Reed Pence
Air Week 04/09/17-04/15/17 **Production Director** Sean Waldron

2:04 SEGMENT 1: CANCER RESEARCH RECRUITMENT 12:45

Synopsis: Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs.

Host: Reed Pence. **Guests:** Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women's Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*

Compliance issues covered: health care; public health; federal government; minority affairs and discrimination

Links for more information: <https://www.elsevier.com/books/oncology-informatics/hesse/978-0-12-802115-6>

15:51 SEGMENT 2: WHY TAMING SLEEP LEAVES US RESTLESS 7:07

Synopsis: Sleep used to be natural, governed by darkness, light, and fatigue. Now it's highly processed and scheduled. An author discusses his research on the ways this has led to a poorer night's sleep.

Host: Nancy Benson. **Guest:** Benjamin Reiss, Prof. of English, Emory Univ. and author, *Wild Nights: How Taming Sleep Created Our Restless World*

Compliance issues covered: public health; work and employment

Links for more information: <https://www.benjamin-reiss.com/wild-nights/>

Program 17-16 **Producers** Reed Pence & Polly Hansen
Air Week 04/16/17-04/22/17 **Production Director** Sean Waldron

2:02 SEGMENT 1: WORKPLACE GENETIC TESTING 12:45

Synopsis: Workers are currently protected from having to take genetic tests for employers. However, a bill under consideration in the US House—HR1313—would allow corporate wellness plans to ask workers for a test, and penalize them through markedly higher health insurance premiums if they refuse. The bill also provides no protections against how or to whom the information is distributed. Experts discuss.

Host: Reed Pence. Guests: Dr. Derek Scholes, Director of Science Policy, American Society of Human Genetics; Dr. Arthur Caplan, Director, Division of Medical Ethics, New York Univ.; Dr. Jon Robison, co-founder, Salveo Partners employee well being consulting firm

Compliance issues covered: health care; privacy issues; ethics; federal government and legislation; employment and workplace; economics

Links for more information: http://www.ashg.org/education/TraineeForum_FCF_Archive_Scholes.shtml;
<https://med.nyu.edu/pophealth/faculty/caplaa01>; <https://salveopartners.com/author/drjon/>;
<http://www.ethicalwellness.org>

16:04 SEGMENT 2: MODERATE EXERCISE—IT'S BETTER FOR YOU 6:48

Synopsis: Studies are showing that people who train hard and long at running have death rates similar to couch potatoes, while those who exercise moderately or even lightly are likely to live much longer. Experts discuss how much exercise is enough and how to make the most of light exercise.

Host: Nancy Benson. Guests: Dr. Carol Ewing Garber, Prof. of Movement Sciences, Teachers College, Columbia Univ.; Dr. Vijay Vad, sports medicine specialist, Hospital for Special Surgery, New York, Asst. Prof. of Rehabilitation Medicine, Weill Cornell Medical College and author, The New Rules of Running

Compliance issues covered: public health; healthcare; consumerism; sports and recreation

Links for more information: https://www.hss.edu/physicians_vad-vijay.asp ;
<http://www.parenttoolkit.com/index.cfm?objectId=464A6B20-9B09-11E3-A6F30050569A5318>

Program 17-17 **Producers** Polly Hansen & Reed Pence
Air Week 04/23/17-04/29/17 **Production Director** Sean Waldron

2:05 SEGMENT 1: PENICILLIN ALLERGY? PROBABLY NOT 11:12

Synopsis: Millions of Americans believe they are allergic to penicillin. However, most of them are wrong. Experts discuss how these misdiagnoses happen and what results when so many of us avoid the most effective, yet cheapest antibiotic.

Host: Reed Pence. Guests: Dr. David Khan, Prof. of Medicine, Univ. of Texas Southwestern Medical Center; Dr. Alan Frient and Dr. Jodi Zuckerman, otolaryngologists, North Shore Ear, Nose and Throat Associates, Highland Park IL

Compliance issues covered: health care; economics; youth at risk

Links for more information: <http://profiles.utsouthwestern.edu/profile/13860/david-khan.html>;
<http://www.nsent.us/meet.html>

14:19 SEGMENT 2: MULTIPLE MYELOMA—WHY IS ICELAND IMPORTANT? 8:06

Synopsis: Scientists are tapping the entire adult population of Iceland for a clinical test for treatments for multiple myeloma, a blood cancer. An expert explains the disease and how a whole country is pitching in to fight it.

Host: Nancy Benson. Guest: Dr. Brian Durie, Chairman, International Myeloma Foundation

Compliance issues covered: healthcare; consumerism

Links for more information: <https://www.myeloma.org>

Program 17-18 **Producers** Reed Pence & Polly Hansen
Air Week 04/30/17-05/06/17 **Production Director** Sean Waldron

1:59 SEGMENT 1: LATE EFFECTS OF CHILDHOOD CANCER TREATMENT 11:31

Synopsis: Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects.

Host: Reed Pence. **Guests:** Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan Green, cancer survivor

Compliancy issues covered: youth at risk; health care; technology; consumerism

Links for more information: StupidCancer.org; DanaFarberBostonChildrens.org; St.Jude.org

14:32 SEGMENT 2: DOING TOO MUCH FOR TERMINAL PATIENTS 8:23

Synopsis: Doctors often take extreme measures to save patients who are dying, and who might wish to die in peace. A critical care physician discusses how doctors are learning to resist their impulses to over-treat.

Host: Nancy Benson. **Guest:** Dr. Jessica Zitter, author, *Extreme Measures: Finding a Better Path to the End of Life*

Compliancy issues covered: healthcare; consumerism

Links for more information: <http://jessicazitter.com>

Program 17-19 **Producer** Reed Pence
Air Week 05/07/17-05/13/17 **Production Director** Sean Waldron

2:02 SEGMENT 1: BARIATRIC SURGERY IN TEENAGERS 12:35

Synopsis: The proportion of severely obese teenagers continues to rise. Doctors increasingly understand that only weight loss surgery is likely to help them lose weight and avoid health consequences of obesity. But teens are often held back until they're so heavy that even bariatric surgery isn't enough to return them to normal weight. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Thomas Inge, Chief of Pediatric Surgery, Children's Hospital Colorado and Prof. of Surgery, Univ. of Colorado Denver; Dr. Fatima Cody Stanford, obesity medicine physician, Massachusetts General Hospital and Harvard Medical School; Dr. Meg Zeller, Prof. of Pediatrics, Cincinnati Children's Hospital Medical Center

Compliance issues covered: health care; public health; youth at risk; parenting issues; bullying

Links for more information: <http://www.massgeneral.org/doctors/doctor.aspx?id=19693>;
<https://www.childrenscolorado.org/doctors-and-departments/physicians/i/thomas-ingel/>;
<https://www.cincinnatichildrens.org/bio/z/margaret-zeller/>;

15:39 SEGMENT 2: CANCER TREATMENT AND SEX 7:12

Synopsis: Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation's top experts discusses.

Host: Nancy Benson. **Guest:** Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com.

Compliance issues covered: health care; relationships

Links for more information: <https://www.will2love.com/about-us/>

Program 17-20 **Producers** Reed Pence & Polly Hansen
Air Week 05/14/17-05/20/17 **Production Director** Sean Waldron

2:02 SEGMENT 1: ELEPHANT DNA: THE SECRET TO CANCER SUPPRESSION? 12:52

Synopsis: DNA mutations happen all the time in the body, but the immune system usually detects and deals with them. When the system fails, cancer results. Yet some animals, such as elephants, almost never get cancer, and scientists have learned that the elephant DNA repair system is 20 times more powerful than the human system. Experts explain how they hope to tap this knowledge.

Host: Reed Pence. **Guests:** Dr. Joshua Schiffman, Prof. of Pediatrics, Univ. of Utah and investigator, Huntsman Cancer Institute; Dr. Vincent Lynch, Asst. Prof. of Human Genetics and Organismal Biology, Univ. of Chicago

Compliance issues covered: health care; public health; animals

Links for more information: <http://healthcare.utah.edu/huntsmancancerinstitute/research/labs/schiffman/>;
<https://lynchlab.uchicago.edu>

15:56 SEGMENT 2: INTERGENERATIONAL LIVING 7:03

Synopsis: Some retirement homes are offering local college students room and board in return for interaction with elderly residents. Students and experts involved discuss how it's a win/win for everyone.

Host: Nancy Benson. **Guests:** Shelby Miller, student, Northern Iowa Univ.; Carolyn Martin, Director, Volunteer Services, Western Home Communities, Cedar Falls, IA; Tom Berkshire, President, Generations of Hope.

Compliance issues covered: college students and youth; education; elderly and senior citizens

Links for more information: <http://www.westernhomecommunities.org>; <http://ghdc.generationsofhope.org>

Program 17-21 **Producer** Reed Pence
Air Week 05/21/17-05/27/17 **Production Director** Sean Waldron

2:01 SEGMENT 1: BLOOD SUBSTITUTES 12:06

Synopsis: Donated blood saves 4.5 million American lives each year, but has a short shelf life, low portability and must be available for all blood types. Researchers have sought safe and effective blood substitutes for 60 years, and a few viable alternatives are in animal testing. Experts involved in research discuss.

Guests: Dr. Allan Doctor, Prof. of Pediatrics and Biochemistry, Washington Univ. in St. Louis. School of Medicine; Dr. Jan Frayne, researcher, Univ. of Bristol (UK)

Compliance issues covered: health care; public health; military; emergency response

Links for more information: http://research.peds.wustl.edu/Faculty/doctor_a;
<http://www.bris.ac.uk/biochemistry/people/jan-frayne/index.html>

15:09 SEGMENT 2: E-CIGARETTES AND ORAL HEALTH 7:38

Synopsis: Experts have a lot of questions still unanswered about electronic cigarettes, but evidence is starting to accumulate that the effect on the oral cavity can be as significant as tobacco cigarettes. An expert discusses.

Guest: Dr. Larry Williams, Asst. Prof. of Dental Medicine, Midwestern Univ. and West Side Branch President, Chicago Dental Society

Compliance issues covered: smoking, tobacco and substance abuse; youth at risk

Links for more information: <https://www.midwestern.edu/larrywilliams.html>

Program 17-22 **Producers** Polly Hansen & Reed Pence
Air Week 05/28/17-06/03/17 **Production Director** Sean Waldron

2:01 SEGMENT 1: ALTERNATIVES TO OPIOIDS FOR PAIN 12:44

Synopsis: Americans consume 80 percent of the opioid painkillers prescribed worldwide, ultimately resulting in the deaths of more than 20,000 Americans each year of overdoses of these drugs. The crisis is making doctors look at alternative medicine therapies for a substitute for these drugs. Experts discuss modalities that have shown success.

Guests: Dr. Josie Briggs, Director, National Center for Complementary and Integrative Health< National Institutes of Health; Dr. Roger Chou, Prof. of Medicine, Oregon Health and Science Univ. and Director, Pacific Northwest Evidence Based Practice Center; Dr. David Miller, acupuncturist and medical doctor, East West Integrated Medicine, Chicago, and spokesperson, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Compliance issues covered: health care; public health; drug addiction and substance abuse; alternative medicine

Links for more information: <https://nccih.nih.gov/about/staff/briggs.htm>; <http://www.eastwestintmed.com>; <http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/medicine/divisions/general-internal-medicine/faculty/roger-chou-md.cfm>;

15:47 SEGMENT 2: "GIGGLING EPILEPSY" 7:06

Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a nine-year old boy with such seizures, the danger they posed, and the novel way he was treated.

Guest: Dr. Aria Fallah, Asst. Prof. of Neurosurgery, UCLA Geffen Schl of Med. and Mattel Children's Hospital

Compliance issues covered: health care; youth at risk

Links for more information: <https://www.uclahealth.org/aria-fallah>; ; <http://www.epilepsy.com/learn/types-seizures/gelastic-and-dacrystic-seizures>

Program 17-23 **Producers** Reed Pence & Anu Kumar
Air Week 06/04/17-06/10/17 **Production Director** Sean Waldron

2:05 SEGMENT 1: THE HEALTH EFFECTS OF LONELINESS 12:28

Synopsis: Loneliness affects far more than our mental health. Studies are now showing that loneliness and social isolation also have profound effects on our physical health, and increase the risk of death substantially. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Richard Schwartz, Associate Professor of Psychiatry, Harvard Medical School and co-author, *The Lonely American: Drifting Apart In The 21st Century*; Dr. Tim Smith, Professor of Psychiatry, Brigham Young University

Compliance issues covered: health care; public health; mental health; technology; social media

Links for more information: <http://www.thelonelyamerican.com>; <http://education.byu.edu>

15:35 SEGMENT 2: RESCUING RUNAWAYS 6:51

Synopsis: More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed.

Host: Nancy Benson. **Guest:** Carissa Phelps, author, *Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time*

Compliance issues covered: youth at risk; crime and police; child abuse; education

Links for more information: <http://www.publishersweekly.com/978-0-670-02372-1>

Program 17-24 **Producers** Reed Pence & Polly Hansen
Air Week 06/11/17-06/17/17 **Production Director** Sean Waldron

1:57 SEGMENT 1: ONLY CHILDREN...AND THEIR PARENTS 10:58

Synopsis: Only children have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing. Experts refute the myths about only children and discuss how parents can help children navigate life with no siblings.

Host: Reed Pence. **Guests:** Beth Apone Salamon, Director of Communications & Television, School of Continuing Studies, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, *One and Only: The Freedom of Having an Only Child and the Joy of Being One*; Dr. Susan Newman, psychologist, contributor to *Psychology Today* magazine and author, *Parenting an Only Child*

Compliance issues covered: family issues; youth at risk; parenting issues

Links for more information: <https://parenting.blogs.nytimes.com/2013/02/17/still-lonely-in-a-world-with-more-onlies/>; <https://www.psychologytoday.com/blog/one-and-only>; <http://www.susannewmanphd.com>

13:57 SEGMENT 2: THE SENSE OF TOUCH 8:56

Synopsis: The sense of touch is often taken lightly, yet it conveys more emotion than any other sense because it literally has a separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it's not working as it should.

Host: Nancy Benson. **Guest:** Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, *Touch: The Science of Hand, Heart, and Mind*

Compliance issues covered: consumerism; youth at risk; aging

Links for more information: <http://davidlinden.org>

Program 17-25

Air Week 06/18/17-06/24/17

Producers

Reed Pence & Libby Foster

Production Director Sean Waldron

2:04 SEGMENT 1: "TEXTALYZERS" TO STOP TEXTING WHILE DRIVING 13:05

Synopsis: After 40 years of declining traffic deaths, American roads have become more dangerous the past two years. Police blame texting. Now activists are seeking to put teeth into anti-texting-while-driving laws with the legalization of a device that police can use to instantly determine if a driver was texting at a given time. Experts discuss the "textalyzer," how it would work, and its pros and cons.

Host: Reed Pence. Guests: Ben Lieberman, founder, Distracted Operators Risk Casualties (DORCs) and Alliance Combatting Distracted Driving; Jim Grady, CEO Cellebrite, Inc.; Rashida Richardson, Legislative Counsel, American Civil Liberties Union of New York.

Compliance issues covered: traffic and road safety; drunk driving; laws and legislation; police and law enforcement; technology; privacy issues

Links for more information: <http://www.dorcs.org>; <http://alliancecombattingdistracteddriving.org>; <http://www.cellebrite.com>; <https://www.aclu.org/affiliate/new-york>

16:11 SEGMENT 2: HOUSEHOLD CHEMICALS 6:44

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 and how tougher regulation in other countries could help keep Americans safer.

Host: Nancy Benson. Guest: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, Chemicals Without Harm: Policies for a Sustainable World.

Compliance issues covered: environment and pollution; consumerism; consumer safety

Links for more information: : <https://mitpress.mit.edu/authors/ken-geiser>

Program 17-26 **Producers** Reed Pence, Polly Hansen & Libby Foster
Air Week 06/25/17-07/01/17 **Production Director** Sean Waldron

2:05 SEGMENT 1: "PERFECT PITCH" 12:55

Synopsis: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning.

Host: Reed Pence. **Guests:** Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago

Compliance issues covered: education and learning; adult education

Links for more information: <http://deutsch.ucsd.edu/psychology/pages.php?i=101>;
<http://psychology.uchicago.edu/people/faculty/hnusbaum.shtml>

16:02 SEGMENT 2: CHILDREN AND SOCIAL ANXIETY 6:45

Synopsis: Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. An expert whose daughter was afflicted discusses social anxiety warning signs in children and how the disorder can be treated.

Host: Karen Hand. **Guest:** Jennifer Shannon, co-founder, Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, CA and author, The Shyness and Social Anxiety Workbook for Teens and The Anxiety Survival Guide for Teens

Compliance issues covered: youth at risk; mental health; education

Link for more information: <https://www.newharbinger.com/author/jennifer-shannon>

Radio Health Journal is a registered trademark of MediaTracks, Inc.
Contents copyright 2017 by MediaTracks, Inc. 2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018-4729-9500
Affiliate downloads are available at <ftp://mediatracksdownloads.com> and www.mediatracks.com
Guest information, segment podcasts and the latest health news are available at www.radiohealthjournal.net