



Date aired: \_\_\_\_ 1/26 \_\_\_\_ Time Aired:

Weekly Public Affairs Program

Show # 2020-04

Total running time: 29:30 (with optional exit at 24:00)

1. **Donna Thomson**, author of "*The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver*"

It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

**Issues covered:**

**Length: 9:20**

**Caregiving  
Mental Health**

2. **Molly Carmel**, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of "*Breaking Up with Sugar*."

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

**Issues covered:**

**Length: 7:48**

**Nutrition  
Addiction  
Consumer Matters**

3. **Greg Masson**, Chief of the Branch of Environmental Contaminants at the U.S. Fish & Wildlife Service

Prescription drugs are now being detected in many US rivers, lakes and streams. Mr. Masson expressed concern about the disposal of prescription medications and their impact on wildlife and the environment. He explained how these products affect the health of animals and fish. He also outlined guidelines issued by his agency on how to properly dispose of unused drugs.

**Issues covered:**

**Length: 4:53**

**Environment  
Personal Health**

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