



Date aired: ____ 8/30 ____ Time Aired:

Weekly Public Affairs Program

Show # 2020-35

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

1. **Laura Makaroff, DO**, Senior Vice President of Prevention and Early Detection at the American Cancer Society

The American Cancer Society has updated its guidelines for diet and physical activity for cancer prevention. Dr. Makaroff said the new recommendations increase the suggested levels of physical activity and place an increased emphasis on reducing the consumption of processed and red meat, sugar-sweetened beverages, processed foods, and alcohol.

Issues covered:

Cancer Prevention
Personal Health
Physical Fitness

Length: 8:05

2. **Christine Carter, PhD**, sociologist, Senior Fellow at the Greater Good Science Center at the University of California Berkeley, author of "*The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction*"

Prof. Carter discussed recent parenting research, along with her own real-world experiences as the mother of four teenagers. She also said that teens are struggling more than ever with suicidal thoughts, depression and anxiety, and that many of the challenges facing today's teens didn't exist when their parents were young. She outlined what she believes are the three most critical skills that parents need to teach their kids.

Issues covered:

Parenting
Teenage Concerns
Mental Health

Length: 9:12

3. **Rachel Lampert, MD**, Associate Professor of Medicine at Yale School of Medicine

Arrhythmias and sudden cardiac arrests are blamed for 400,000 deaths annually in the US. Dr. Lampert's research has found that anger and other negative emotions may be a major factor in many of these cases. She explained how stress and anger may affect electrical impulses in the heart, and discussed several methods of dealing with stress and anger.

Issues covered:

Personal Health
Mental Health

Length: 5:00

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