



Date aired: ____ 1/27/19 ____ Time Aired:

Weekly Public Affairs Program

Show # 2019-04

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

1. **Tasleem Padamsee, PhD**, Assistant Professor of Health Services Management and Policy at Ohio State University

Dr. Padamsee led a study that found that African-American women at high risk of breast cancer are less likely than white women to pursue potentially life-saving preventive care. She talked about the most common preventative steps that at-risk patients can take. She also encouraged patients to talk to their physicians about cancer risk concerns.

Issues covered:

Cancer Prevention

Minority Concerns

Women's Issues

Length: 7:26

2. **James Clear**, author of "*Atomic Habits: Tiny Changes, Remarkable Results*"

Mr. Clear offered strategies aimed at forming good habits, breaking bad ones, and mastering the tiny behaviors that lead to extraordinary results. He explained how to find the underlying causes of bad habits and why that can help to correct them. He offered examples of ways to redesign an environment to break bad habits.

Issues covered:

Personal Productivity

Personal Health

Length: 9:40

3. **Neil Dawson, BSc, PhD**, Lecturer in Biomedicine at Lancaster University, Lancaster, United Kingdom

It's well known that marijuana use has a negative impact on brain function and memory. Dr. Dawson's research team examined what specific areas of the brain are affected by long term use, for both recreational users and patients who use the drug to combat epilepsy, multiple sclerosis and chronic pain. He said long term use of the drug impairs the ability of brain regions involved in learning and memory to communicate with each other.

Issues covered:

Drug Abuse

Personal Health

Length: 4:51