



Date aired: 10/17 Time Aired:

Weekly Public Affairs Program

Show # 2021-42

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

1. **David Mazer, MD**, anesthesiologist at St. Michael's Hospital and Professor in the Departments of Anesthesia and Physiology at the University of Toronto

Dr. Mazer was the co-author of a study that found that adults under 45 years old, who consumed cannabis within the last 30 days, suffered from nearly double the number of heart attacks than adults who didn't use the drug. He said the trend was evident whether cannabis was smoked, vaped or eaten as an edible. He outlined the lessons that can be learned from the research.

Issues covered:

Length: 7:00

**Drug Abuse
Personal Health**

2. **Joanna Quinn, M.Ed.**, former middle school teacher, founder of Super Empowered One, an organization dedicated to building confidence in kids, author of "*Greta Grace*," a book focused on bullying and self-esteem

According to StopBullying.gov, one in five kids between the ages of 12 and 18 have experienced bullying. Ms. Quinn outlined the typical signs of bullying and what parents should do if their child is either a victim or a bully. She talked about the increasing role that schools play in the prevention of bullying.

Issues covered:

Length: 10:00

**Bullying
Youth at Risk
Parenting**

3. **Elizabeth Klodas, MD, FACC**, cardiologist, Founder and Chief Medical Officer for Step One Foods, author of "*Slay the Giant: The Power of Prevention in Defeating Heart Disease*," founding Editor-in-Chief of the patient education effort of the American College of Cardiology

About 38% of American adults have high cholesterol, according to the Centers for Disease Control. Dr. Klodas discussed the problem, and explained how dietary changes can make a significant difference in cholesterol levels. She said it is important to address the cause of the problem, rather than the symptom.

Issues covered:

Length: 5:21

**Nutrition
Personal Health**

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