

# ***Radio Health Journal***<sup>®</sup>

## **Quarterly Issues Report – Q4 2015 through Radio Health Journal Programs 15-40 through 15-52**

**During the first quarter of 2015 the following compliancy issues were covered:**

Accident and Injury	Science & Technology
Alcohol and Substance Abuse	Senior Citizen and Aging Issues
Auto and Traffic Safety	Sports and Recreation
Business and Industry	Substance Abuse and Treatment
Charity and Philanthropy	Technology
Consumerism	Welfare and Food Stamps
Courts and Criminal Justice System	Women's Issues
Crime and Justice System	Youth At Risk
Disabilities	
Drug Safety	
Drunk Driving	
Economics	
Education	
Elderly and Senior Citizens	
Ethics	
Family and Parenting Issues	
Federal Government and Regulation	
Food Pantries	
Gender Issues	
Health & Medicine	
Health Care	
Health System	
Hunger	
Immigration	
Labor and Employment Issues	
Law	
Legal Marijuana	
Mental Illness	
Military	
Parenting	
Patient Safety	
Police and Enforcement	
Pop Culture	
Poverty	
Public Health	
Public Policy	
Public Safety	

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Description of Issue	Program/Segment	Date	Duration	Description of Segment
youth at risk; disabilities; education; pop culture	<b>Program # 15-40 Segment 1</b>	<b>10/4/15</b>	<b>12:40</b>	<p><b>MISUNDERSTANDING AUTISM</b></p> <p>Synopsis: Autism has been misunderstood ever since its first description in the 1940's. Experts describe how this misunderstanding has drastically affected treatment of people with autism, and how schools and other institutions might change their approach and understanding to improve treatment.</p> <p>Host: Reed Pence. Guests: Steve Silberman, author, <i>Neurotribes: The Legacy of Autism and the Future of Neurodiversity</i>; Dr. Barry Prizant, Prof., Artists &amp; Scientists As Partners group, Brown Univ. and author, <i>Uniquely Human: A Different Way of Seeing Autism</i></p>
youth at risk; health care	<b>Program # 15-40 Segment 2</b>	<b>10/4/15</b>	<b>7:19</b>	<p><b>CYCLIC VOMITING SYNDROME</b></p> <p>Synopsis: Children suffering from a rare disorder called cyclic vomiting may vomit for days on end once or twice a month. Experts describe how the disorder is often misdiagnosed and remains difficult to treat. However, children often eventually outgrow the disorder as it transitions into migraine headaches.</p> <p>Host: Nancy Benson. Guests: Kathleen Adams, mother of cyclic vomiting sufferer and founder, President and Research Liason, Cyclic Vomiting Syndrome Association; Dr. B Li, Prof. of Pediatrics and Director, Cyclic Vomiting Program, Medical College of Wisconsin; Dr. Katja Kovacic, pediatric gastroenterologist, Children's Hospital of Wisconsin.</p>

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Description of Issue	Program/Segment	Date	Duration	Description of Segment
health & medicine; women's issues; gender issues; federal govt; economics;	<b>Program 15-41 Segment 1</b>	10/11/15	11:59	<p><b>GENDER DIVERSITY IN BASIC RESEARCH</b></p> <p>Synopsis: Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed.</p> <p>Host: Reed Pence. Guests: Dr. Teresa Woodruff, Director, Women's Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandberg, Director, Center for the Study of Sex Differences in Health, Aging &amp; Disease, Georgetown Univ.</p>
youth at risk; health care	<b>Program #15-41 Segment 2</b>	10/11/15	8:06	<p><b>WHAT YOUR THERAPIST IS THINKING</b></p> <p>Synopsis: Many people have no idea how or why psychotherapy works. A well-known psychotherapist describes what therapists are thinking while the patient is talking and how these thoughts guide treatment.</p> <p>Host: Nancy Benson. Guest: Dr. Drew Permut, Clinical Professor of Psychology, George Washington Univ. and author, <i>Inside Your Therapist's Mind: How a Psychotherapist Thinks and Why It Works</i></p>

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Description of Issue	Program/Segment	Date	Duration	Description of Segment
health & medicine; elderly and senior citizens; disabilities	<b>Program 15-42 Segment 1</b>	10/18/15	11:46	<p><b>NORMAL PRESSURE HYDROCEPHALUS</b></p> <p>Synopsis: As many as five percent of people diagnosed with Parkinson's or Alzheimer's diseases may in reality have a treatable disorder caused by "water on the brain." An expert and patient discuss.</p> <p>Host: Reed Pence. Guests: J.D. and Donna Cain, normal pressure hydrocephalus patient and his wife/caregiver; Dr. Marvin Bergsneider, Prof. of Neurosurgery and chief, Adult Hydrocephalus and ICP Disorders Program, UCLA</p>
youth at risk; health and medicine	<b>Program 15-42 Segment 2</b>	10/18/15	8:06	<p><b>LATER EFFECTS OF CHILDHOOD EMOTIONAL TRAUMA</b></p> <p>Synopsis: Scientists have learned that emotional trauma suffered as a child or adolescent has profound effects on a person's physical health years later. Children who suffer multiple traumas such as loss of a parent and physical abuse are much more likely to experience cancer, heart disease and autoimmune diseases as adults. A noted science writer explains.</p> <p>Host: Nancy Benson. Guest: Donna Jackson Nakazawa, author, <i>Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal</i></p>

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Description of Issue	Program/Segment	Date	Duration	Description of Segment
<p>auto and traffic safety; police and enforcement; drunk driving; alcohol and substance abuse; federal government and regulation; business and industry</p>	<p><b>Program #15-43 Segment 1</b></p>	<p>10-25/15</p>	<p>11:49</p>	<p><b>ANTI-DRUNK DRIVING TECHNOLOGY</b></p> <p>Synopsis: Government researchers and auto companies are developing a device called DADSS (Driver Alcohol Detection System for Safety) that can unobtrusively test whether a person is drunk as he attempts to start his car. If so, DADSS makes the car inoperable. Experts explain how it will work and debate some of the issues surrounding its possible rollout.</p> <p>Host: Reed Pence. Guests: J. T. Griffin, Chief Government Affairs Officer, Mothers Against Drunk Driving; Sarah Longwell, Managing Director, American Beverage Institute; Dr. Bud Zaouk, Program and Technical Manager, DADSS development program</p>
<p>health and medicine; consumerism</p>	<p><b>Program #15-43 Segment 2</b></p>	<p>10-25/15</p>	<p>7:25</p>	<p><b>CONTACT LENSES: THEY'RE DIFFERENT TODAY</b></p> <p>Synopsis: Thirty million Americans wear contact lenses, but today's high tech lenses are vastly superior to those of a few decades ago. Even so, most contact wearers don't maintain their lenses correctly. An expert explains.</p> <p>Host: Nancy Benson. Guest: Dr. April Jasper, Optometrist, West Palm Beach, FL</p>

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health care; health system; consumerism; patient safety	<b>Program #15-44 Segment 1</b>	11/1/15	11:59	<p><b>MISDIAGNOSES: WHY THEY HAPPEN &amp; HOW WE CAN PREVENT THEM</b></p> <p>Synopsis: Studies estimate that about five percent of diagnoses are wrong, leading treatment down the wrong road. Experts discuss why misdiagnoses occur, and a new Institute of Medicine report on how they might be prevented.</p> <p>Host: Reed Pence. Guests: Dr. Mark L. Graber, President, Society to Improve Diagnosis in Medicine and Senior Fellow, RTI International; Dr. Lewis Levy, Senior Vice President of Medical Affairs and Chief Quality Officer, Best Doctors; Helen Haskell, President, Mothers Against Medical Error</p>
family and parenting issues; substance abuse and treatment; mental illness; public health; legal marijuana	<b>Program #15-44 Segment 2</b>	11/1/15	8:11	<p><b>ALMOST ADDICTED: THE ROLE OF THE FAMILY</b></p> <p>Synopsis: People who use drugs, even those who are not addicted, are often destructively enabled by families. An expert explains why this occurs and what families have to do to break through their own denial as well as that of the user.</p> <p>Host: Nancy Benson. Guest: Dr. Wesley Boyd, Asst. Clinical Prof. of Psychiatry, Harvard Medical School, and author, <i>Almost Addicted</i>.</p>

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health care; science & technology; public health	<b>Program #15-45 Segment 1</b>	<b>11/8/15</b>	<b>12:38</b>	<p><b>THERMOGENESIS &amp; WEIGHT LOSS</b></p> <p>Synopsis: The body uses extra calories to stay warm in cold conditions, creating heat through thermogenesis. However, it's only recently that scientists have discovered one of the mechanisms the body uses for this--brown fat. Now they're learning how to harness brown fat for weight loss. Experts discuss.</p> <p>Host: Reed Pence. Guests: Dr. Aaron Cypess, Acting Chief, Translational Physiology Section, National Institute of Diabetes and Digestive and Kidney Diseases; Dr. Francesco Celi, Prof. of Medicine and Chair, Endocrinology and Metabolism, Virginia Commonwealth Univ.; Dr. Wayne Hayes, Assoc. Prof. of Computer Science, Univ. of California, Irvine, visiting scientist, NASA Jet Propulsion Laboratory, and CEO, The Cold Shoulder; Adam Paulin, founder &amp; Managing Director, Thin Ice.</p>
health care; public health; consumerism; family issues; elderly and senior citizens; disabilities	<b>Program #15-45 Segment 2</b>	<b>11/8/15</b>	<b>7:09</b>	<p><b>ONE MORE YEAR INSIDE ALZHEIMER'S</b></p> <p>Synopsis: One year ago, we visited Greg O'Brien, a journalist attempting to document his own decline into early onset Alzheimer's disease. Now he discusses the past year and the difficulties he's meeting as his disease progresses.</p> <p>Host: Lynn Holley. Guest: Greg O'Brien, author, <i>On Pluto: Inside the Mind of Alzheimer's</i></p>

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crime; police; courts and criminal justice system; public policy; law	<b>Program #15-46 Segment 1</b>	11/15/15	12:19	<p><b>INTERROGATION TACTICS &amp; FALSE CONFESSIONS</b></p> <p>Synopsis: Confessing to a crime that a person did not commit is a major reason for wrongful convictions. Scientists have found that the psychology of innocent people is a major reason for false confessions. Experts discuss the chain of events and psychology that allow them to occur, and public policy changes that could make them much more rare.</p> <p>Host: Reed Pence. Guests: Dr. Max Gyll, Asst. Prof. of Psychology, Iowa State Univ.; Rob Warden, Executive Director, Center on Wrongful Convictions, Northwestern Univ. School of Law</p>
youth at risk; drug safety	<b>Program #15-46 Segment 2</b>	11/15/15	7:49	<p><b>YOUR MEDICINE CABINET: A USER'S GUIDE</b></p> <p>Synopsis: Most people's medicine cabinet is a disorganized mess with problems that could prevent healing and even threaten health. A pharmacist advised what should be in your medicine cabinet and how to keep those medicines safe and effective.</p> <p>Host: Lynn Holley. Guest: Sherry Torkos, pharmacist and author, <i>The Canadian Encyclopedia of Natural Medicine</i> and <i>Saving Women's Hearts</i></p>

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poverty; hunger; youth at risk; federal government; welfare and food stamps; food pantries; charity and philanthropy	<b>Program #15-47 Segment 1</b>	11/22/15	12:01	<p><b>FOOD INSECURITY</b></p> <p>Synopsis: Forty-nine million people in the US are food insecure -- often unsure they'll have three decent meals per day. The poor are also often forced to purchase foods that are poor in nutrition, which leads to high rates of obesity. Experts discuss reasons for food insecurity, outcomes, and a variety of inventive solutions.</p> <p>Host: Reed Pence. Guests: Ross Fraser, Director of Media Relations, Feeding America; Leanne Brown, author, <i>Good and Cheap: How to Eat Well on \$4 a Day</i>; Susan Topping, Denior Director of Partners and Programs, Capital Area Food Bank, Washington, DC</p>
consumerism; public safety; health care	<b>Program #15-47 Segment 2</b>	11/22/15	7:47	<p><b>DOCTORS' CLOTHES: REASON TO CHANGE?</b></p> <p>Synopsis: Controversy has broken out over the doctor's traditional white lab coat and necktie. Some doctors say physicians should wear short sleeves instead because coats carry germs. Others maintain the white coat isn't a germ colony, but rather is a source of comfort for patients. Experts discuss.</p> <p>Host: Nancy Benson. Guest: Dr. Gonzalo Bearman, Prof. of Medicine and hospital epidemiologist, Virginia Commonwealth Univ. Health System; Dr. Christopher Petrilli, Chief Medical Resident, Univ. of Michigan Health System; Peter Seelf, Team Leader, Member Experience, Boy Scouts of America</p>

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health care; technology; ethics; federal government and regulation	<b>Program 15-48 Segment 1</b>	<b>11/29/15</b>	12:19	<p><b>RECHARGING OLD EGGS</b></p> <p>Synopsis: Infertility is often due to poor egg quality, or chromosomal damage. Some of this damage may occur in the egg's mitochondria, the cell's powerhouse. A new procedure seeks to replace mitochondria in old eggs with fresher mitochondria to improve egg quality. However, some doctors say there haven't been enough studies to know if the procedure is either safe or effective. Experts discuss.</p> <p>Host: Reed Pence. Guests: Dr. Owen Davis, Prof. of Reproductive Medicine, Weill Cornell Medical College and President, American Society for Reproductive Medicine; Dr. Michelle Dipp, CEO and co-founder, Ovascience; Dr. Neal Mahutte, Medical Director, Montreal Fertility Center and President, Canadian Fertility and andrology Society</p>
consumerism; health care; economics	<b>Program 15-48 Segment 2</b>	<b>11/29/15</b>	7:34	<p><b>CANCER PREHABILITATION</b></p> <p>Rehabilitation has been a staple of recovery for many illnesses, but often not after cancer treatment. Similarly, sometimes people about to undergo orthopedic surgery may be given exercises, or prehabilitation, to prepare them. A nationally known rehab specialist discusses using prehabilitation techniques for newly diagnosed cancer patients.</p> <p>Host: Nancy Benson. Guest: Dr. Julie Silver, Assoc. Prof. of Physical Medicine and Rehabilitation, Harvard Medical School</p>

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health care; youth at risk; mental illness; education; consumerism	<b>Program 15-49 Segment 1</b>	<b>12/06/15</b>	12:45	<p><b>CHILDREN'S MENTAL HEALTH TREATMENT</b></p> <p>Synopsis: A recent study finds that about 35 percent of children receiving treatment for mental health issues are being treated only by a primary care physician. This is due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and adolescents and efforts to be sure they're prepared.</p> <p>Host: Reed Pence. Guests: Dr. Jeanne Van Cleve, Asst. Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child &amp; adolescent psychiatrist, Pensacola, FL</p>
Compliancy issues covered: consumerism; health care; mental illness	<b>Program 15-49 Segment 2</b>	<b>12/06/15</b>	7:25	<p><b>SEASONAL AFFECTIVE DISORDER &amp; THE HOLIDAYS</b></p> <p>Synopsis: Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies.</p> <p>Host: Nancy Benson. Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and nutritionist and author, <i>Your Blood Never Lies</i> and <i>Cracking the Metabolic Code</i></p>

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youth at risk; labor and employment issues; police, crime and justice system; immigration; economics	<b>Program 15-50 Segment 1</b>	12/13/15	12:11	<p><b>HUMAN TRAFFICKING: MODERN DAY SLAVERY</b></p> <p>Synopsis: Slavery was officially outlawed 150 years ago in the US, but millions of vulnerable low-wage workers are still exploited and trapped in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor in the US and how they might be rescued.</p> <p>Host: Reed Pence. Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago.</p>
consumerism; family issues; mental illness	<b>Program 15-50 Segment 2</b>	12/13/15	7:32	<p><b>MAKING JOY IN A COMPLICATED WORLD</b></p> <p>Synopsis: Surveys show that most Americans are less than happy, and seldom experience joy. Two experts discuss how even naturally glum people can manufacture joy.</p> <p>Host: Nancy Benson. Guests: Dr. Sonja Lyubomirsky, Prof. of Psychology, Univ. of California Riverside and author, <i>The How of Happiness</i> and <i>Myths of Happiness: What Should Make You Happy But Doesn't, What Shouldn't Make You Happy, But Does</i>; Dr. Alex Korb, postdoctoral researcher, UCLA and author, <i>The Upward Spiral: Using Neuroscience to Reverse the Course of Depression One Small Change at a Time</i></p>

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<p>health care: consumerism; accident and injury; sports and recreation</p>	<p><b>Program 15-51 Segment 1</b></p>	<p><b>12/20/15</b></p>	<p>12:17</p>	<p><b>IT'S NO HOLIDAY IN THE EMERGENCY ROOM</b></p> <p>Synopsis: The holidays are like no other time in your local hospital's emergency department. Having family in from out of town results in pickup football injuries, carving knife gashes, and maladies that should have been addressed long ago. Heart attacks additionally create a spike in dead-on-arrival cases greater than any other days of the year. Experts discuss why these occur and how to prevent them.</p> <p>Host: Reed Pence. Guests: Dr. Christopher Michos, Connecticut ER physician; Dr. Robert Kloner, Director of Research, Heart Institute, Good Samaritan Hospital, Los Angeles and Prof. of Medicine, keck School of Medicine, Univ. of Southern California; Dr. David Phillips, Prof. of Sociology, Univ. of California at San Diego.</p>
<p>health care: consumerism; accident and injury; sports and recreation</p>	<p><b>Program 15-51 Segment 2</b></p>	<p><b>12/20/15</b></p>	<p>7:29</p>	<p><b>THE TRAUMATIZED BRAIN</b></p> <p>Synopsis: Traumatic brain injuries, even mild ones, may produce cognitive and personality changes months later, when that "bump on the head" has been forgotten. An expert explains these injuries and how to prevent some of the consequences.</p> <p>Host: Nancy Benson. Guest: Dr. Sandeep Vaishnavi, neuroscientist, Duke Univ. Medical Center, Director, Neuropsychiatric Clinic, Carolina Partners and co-author, <i>The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior After Brain Injury</i></p>

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<p>health care; public health; consumerism; economics; technology; senior citizen and aging issues; disabilities; military</p>	<p><b>Program 15-52 Segment 1</b></p>	<p>12/27/15</p>	<p>12:42</p>	<p><b>HURDLES TO HEARING AIDS</b></p> <p>Synopsis: Only about a fifth of people who could use hearing aids have them. Reasons include stigma, high cost, and poor training of people who actually get hearing aids. An audiologist, hearing aid manufacturer, and hearing aid user discuss solving these issues.</p> <p>Host: Reed Pence. Guests: Dr. Mark Hammel, psychologist and hearing aid user; Dr. Cynthia Compton-Conley, Director, Consumer Technology Initiatives, Hearing Loss Assn. of America; Shawn Stahmer, Vice President of Business Development, Sound World Solutions</p>
<p>youth at risk; parenting; family issues</p>	<p><b>Program 15-52 Segment 2</b></p>	<p>12/27/15</p>	<p>7:16</p>	<p><b>SERIOUSLY ILL ADOLESCENTS: STILL TEENS FIRST</b></p> <p>Synopsis: Seriously ill teenagers still act like teens in the hospital, sometimes aided and abetted by staff. A novelist discusses her observations from years on the hospital floor with her sick child as the basis for her book.</p> <p>Host: Nancy Benson. Guest: Hollis Seamon, Prof. of English, College of St. Rose, faculty, MFA in Creative Writing program, Fairfield Univ. and author, <i>Somebody Up There Hates You</i>.</p>

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