

**QUARTERLY LIST
OF
COMMUNITY ISSUES
AND
RESPONSIVE PROGRAMS**

October 1, 2022 through December 31, 2022

In an ongoing effort to serve the public interest, KZLS-AM and its owner, Chisholm Trail Broadcasting Inc., offer a variety of programming responsive to the issues of concern to the listening audience. On the next page is a list of the station's most significant community issues and the programming that was broadcast for treatment of those issues for the period of October 1, 2022 through December 31, 2022.

See weekly logs on the following pages for segment dates, titles, topics, guests & duration.

Quarterly Report of Compliancy Issues & Programs List 2022-Q4 (October - December) Radio Health Journal

- Acid Reflux
- Addiction
- Addiction Resources
- Agriculture
- Alcohol
- Allergies
- Ambulance
- Amputations
- Animal Agriculture
- Antibiotic Resistance
- Antibiotics
- Army
- Assisted Reproduction
- Athletics
- Autoimmune Diseases
- Back Pain
- Bacteria
- Biomedical Technology
- Boundaries
- Cancer
- Chemotherapy
- Children and Youth at Risk
- Chronic Conditions
- Chronic Pain
- Combat
- Communication
- Consumerism
- Corporatization
- Covid-19 Pandemic
- Creativity
- Crowd Crush
- Crowd Dynamics
- Crowd Safety
- Crowd Surges
- Dairy Industry
- Death
- Delusions
- Diet and Exercise
- Digestion
- Disabilities
- Disease Awareness
- Dreams
- Drug Abuse
- Drug Epidemic
- Drug Overdoses and Opioids
- Education
- Emergency Department
- Emergency Medicine
- Empathy
- Exhaustion
- Family Issues
- Federal Regulations
- Fee For Service
- Fertility
- First Responders
- Food Deserts
- Gastroenterology
- Gender Issues
- Genetics
- GERD
- Global Crisis
- Global Health Emergency
- Goal Setting
- Government
- Gut Microbiome
- Health
- Healthcare
- Healthy Selfishness
- Heartburn
- Holidays
- Homelessness
- Housing Crisis
- Hunger Crisis
- Immune System
- Infectious Disease
- Insurance
- Intervention and Harm Reduction
- Joint Dysfunction
- Kidney Disease
- Kindness
- Lab Testing
- Legislation
- Life Expectancy
- Lifestyle Changes
- Long Covid
- Male Infertility
- Mass Death
- Meat Industry
- Medical Access
- Medical Records
- Medicine
- Memory
- Men's Health
- Mental Health
- Mental Health Awareness
- Mental Illness
- Mental Toughness
- Military
- Mindset
- Multidisciplinary Care
- Naloxone
- Narcissism
- Nature
- Neurology
- Neuroscience
- New Years
- Non-profit
- Novel Treatments
- Nutrition
- Obesity
- Oncology
- Opioids Overdose Prevention
- Paramedics
- Pathological Altruism
- Patient Health
- Patient Safety
- Pharmaceutical Industry
- Pharmacy Deserts
- Physical Health
- Physically Disabled
- Physician Shortage
- Plant Fiber
- Politics
- Pollution
- Pregnancy
- Preventive Medicine
- Primary Care
- Prostate Cancer
- Psychology
- PTSD
- Public Awareness
- Public Health
- Public Health Crisis
- Public Policy
- Public Safety
- Public Transportation
- Race
- Racial Inequality
- Radiation
- Regenerative Medicine
- Relationships
- Reproduction
- Reproductive Technology
- Selfishness
- Sensory Issues
- Sexual Assault
- Sleep
- Stampedes
- Stem Cell Therapy
- Stillbirth
- Stomach Issues
- Strength
- Substance Use Disorder
- Suicide
- Supplements
- Synesthesia
- Technology
- Therapy
- Trauma
- Vaccinations
- Value-based Care
- Veteran's Issues
- Veterans & Veterans Affairs
- Veterinary Medicine
- Vietnam War
- Virtual Reality
- Vulnerable Populations

Program 22-40

Air Week: 10/2/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: PHARMACY DESERTS: THE SHRINKING ACCESS TO HEALTHCARE

Time: 1:50

Duration: 12:21

Synopsis: Neighborhood pharmacies are closing across the nation, leaving their communities without close access to medication and other healthcare needs. Dr. Walter Mathis has researched pharmacy deserts and how they're affecting local communities. He explains possible solutions to this growing issue.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine; Justin Macy, PharmD, Digital Health Senior Manager, National Association of Boards of Pharmacy

Compliance issues: Public Health, Public Transportation, Consumerism, Corporatization, Food Deserts, Public Policy, Medical Access, Vulnerable Populations, Pharmacy, Healthcare, Pharmacy Deserts

Links for more info:

Walter S. Mathis, MD

Pharmacy deserts: More than where pharmacies are

Justin Macy - Digital Health Senior Manager - National Association of Boards of Pharmacy | LinkedIn
Safe.Pharmacy

SEGMENT 2: AN ILLNESS AFFECTING MILLIONS OF UNSUSPECTING PEOPLE – POSSIBLY YOU

Time: 15:13

Duration: 7:51

Synopsis: Peripheral Artery Disease may not be a household name like stroke or heart attack, but it's just as common. Unfortunately, the lack of awareness means that many patients with PAD catch it too late and end up needing an amputation. Dr. Nick West discusses why public awareness is crucial to saving lives and limbs.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Nick West, Chief Medical Officer, Abbott Laboratories

Compliance issues: Disease Awareness, Physical Health, Public Awareness, Diet and Exercise, Amputations, Patient Safety, Global Health Emergency, Public Safety

Links for more info:

Nick West - LinkedIn

Peripheral Artery Disease (PAD)

Clear Program | Abbott

Program 22-41

Air Week: 10/9/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DISSECTING THE EMERGENCY ROOM: EVERY PATIENT HAS A STORY

Time: 1:50

Duration: 12:05

Synopsis: As an ER doctor, Jay Baruch wears many hats. He's a healer, listener, traffic director, and so much more during each shift. But in such a chaotic space, how can doctors maximize their time with patients? Baruch explains his beliefs on medicine's moral center and changes that need to be implemented to give patients the best outcomes.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jay Baruch, Emergency Physician, Professor of Emergency Medicine, Warren Alpert Medical School at Brown University, Author

Compliance issues: Public Health, Consumerism, Medicine, Creativity, Patient Safety, Medical Records, Healthcare, Emergency Medicine, Insurance, Covid-19 Pandemic

Links for more info:

[JBaruchM / Twitter](#)

[Jay Baruch, MD](#)

[Baruch, Jay](#)

SEGMENT 2: A NEW HOPE FOR MEN WITH ADVANCED PROSTATE CANCER

Time: 14:57

Duration: 7:28

Synopsis: Treatments for metastatic hormone-sensitive prostate cancer have remained the same for seventy years – until now. Scientists have created a medication, called Nubeqa, that pairs with the original treatments and helps lengthen the lifespan of patients. An expert discusses why this is an optimistic time for MHSPC patients.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Neal Shore, Medical Director, Carolina Urologic Research Center, Chief Medical Officer of Urology and Surgical Oncology, GenesisCare US

Compliance issues: Radiation, Novel Treatments, Chemotherapy, Prostate Cancer, Vulnerable Populations, Oncology, Patient Safety, Cancer, Gender Issues

Links for more info:

[Dr. Neal D. Shore, CMO of Urology and Surgery | GenesisCare US](#)

[Neal Shore, MD, FACS | Atlantic Urology Clinics](#)

[NUBEQA® \(darolutamide\)](#)

Program 22-42

Air Week: 10/16/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE CONDITION THAT EXPERTS SAY IS SEVERELY UNDER-DIAGNOSED

Time: 1:49

Duration: 10:52

Synopsis: Our upper and lower body movements are connected by two small joints called the sacroiliac joint. Any changes in this joint can cause severe pain and restricted mobility. Unfortunately, SI joint dysfunction is extremely hard to diagnose. An expert explains the difficulties in diagnosing and how the dysfunction can be fixed using regenerative medicine.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Niteesh Bharara, Director of Regenerative Medicine, Virginia Spine Institute; Kathryn Butterfield, diagnosed with SI joint dysfunction

Compliance issues: Regenerative Medicine, Public Health, Consumerism, Joint Dysfunction, Chronic Pain, Stem Cell Therapy, Chronic Conditions, Vulnerable Populations, Back Pain, Patient Safety

Links for more info:

[Dr. Niteesh Bharara | Spine Doctor](#)

[Dr. Niteesh Bharara \(@doctor_bharara\) • Instagram photos and videos](#)

SEGMENT 2: WHY WE NEED TO HAVE BETTER DISCUSSIONS AROUND MALE INFERTILITY

Time: 13:43

Duration: 9:14

Synopsis: Did you know that men are just as affected by infertility as women? Yet, society tends to focus on female infertility more commonly. Because of the lack of discussion, many men wait too long to seek help for fertility issues. Dr. Scott Lundy, a urologist at the Cleveland Clinic, discusses different causes of male infertility and common treatment options men may not know about.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Scott Lundy, Urologist, Glickman Urological and Kidney Institute at the Cleveland Clinic

Compliance issues: Male Infertility, Public Policy, Fertility, Reproductive Technology, Public Awareness, Lifestyle Changes, Assisted Reproduction, Men's Health, Reproduction

Links for more info:

[Scott Lundy, MD | Cleveland Clinic](#)

[RESOLVE: The National Infertility Association](#)

[Scott Lundy MD PhD \(@ScottLundyMDPhD\) / Twitter](#)

[Male Infertility: Symptoms, Diagnosis & Treatment - Urology Care Foundation](#)

Program 22-43

Air Week: 10/23/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: "FIELD IN CRISIS": DOCTORS NEED 26.7 HOURS IN A DAY TO CARE FOR PATIENTS

Time: 1:50

Duration: 11:12

Synopsis: Primary care physicians have been experiencing a shortage in recent years. Couple that with a demanding patient load and it's no surprise that both doctors and patients are feeling slighted. Experts discuss the systemic changes needed to turn the field around.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Russ Phillips, Primary Care Physician, Director, Harvard Medical School Center for Primary Care; Dr. Justin Porter, Primary Care Physician, Assistant Professor of Medicine, University of Chicago

Compliance issues: Fee For Service, Education, Physician Shortage, Consumerism, Primary Care, Multidisciplinary Care, Patient Health, Value-based Care

Links for more info:

[Justin Porter, MD - UChicago Medicine](#)

[Revisiting the Time Needed to Provide Adult Primary Care | SpringerLink](#)

[Russ Phillips, MD](#)

SEGMENT 2: CAN DREAMS DEEPEN OUR UNDERSTANDING OF MENTAL ILLNESS?

Time: 14:04

Duration: 8:28

Synopsis: Even with a growing awareness of mental health, researchers say our compassion for those with mental illness hasn't improved. Dr. Melanie Rosen, an assistant professor of philosophy, thinks the lack of societal empathy could be fixed in our sleep. She explains how the delusional nature of dreams could help us better understand the daily lives of those with mental illnesses, such as schizophrenia.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Melanie Rosen, Assistant Professor of Philosophy, Trent University

Compliance issues: Mental Illness, Empathy, Public Health, Mental Health Awareness, Mental Health, Virtual Reality, Delusions, Sleep, Dreams, Neuroscience

Links for more info:

[Melanie Rosen - Philosophy - Trent University](#)

[The understanding we gain whilst we sleep | Melanie Rosen | TEDxAarhus](#)

[Dreaming as a virtual reality delusion simulator: Gaining empathy whilst we sleep](#)

Program 22-44

Air Week: 10/30/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE CONVERSATION AROUND STILLBIRTH THAT'S LONG OVERDUE

Time: 1:49

Duration: 12:22

Synopsis: Elizabeth O'Donnell experienced a stillbirth in 2020. Through her grief, she created Aaliyah in Action, a non-profit that helps women in similar situations, in honor of her daughter. She believes stillbirth prevention needs to be a public conversation – one that can save thousands of babies.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Elizabeth O'Donnell, Founder, Aaliyah in Action; Dr. Neil Mandsager, Maternal Fetal Medicine Physician, Director of Obstetrician, MercyOne Des Moines Medical Center, Medical Adviser, Count the Kicks

Compliance issues: Stillbirth Prevention, Public Policy, Stillbirth, Pregnancy, Children and Youth at Risk, Legislation, Consumerism, Non-profit, Vulnerable Populations

Links for more info:

[Meet the Founder | Aaliyah in Action](#)

[Neil Mandsager \(@NeilMandsager\) / Twitter](#)

[Aaliyah In Action \(@aaliyahinaction\) • Instagram photos and videos](#)

[Count the Kicks Neil Mandsager MD, MercyOne Des Moines](#)

[@aaliyahinaction / Twitter](#)

SEGMENT 2: HOW SLEEP RESEARCH IS IMPROVING COMMUNICATION TECHNOLOGY

Time: 15:13

Duration: 7:35

Synopsis: Even after decades of research, much of the human brain remains a mystery. In an effort to progress communication technology for the physically disabled, Dr. Daniel Rubin, a neurologist, is working to uncover some of the questions around sleep. He explains his groundbreaking findings and sheds light on the future of bridging our brains with technology for instantaneous communication.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Daniel Rubin, Neurologist, Massachusetts General Hospital, Instructor, Harvard Medical School

Compliance issues: Sleep, Neuroscience, Memory, Communication, Public Health, Physically Disabled, Technology, Neurology

Links for more info:

[Daniel Rubin, MD, PhD](#)

[Dan Rubin \(@DBRubin\) / Twitter](#)

[Dan Rubin, MD, PhD - BrainGate](#)

[Learned Motor Patterns Are Replayed in Human Motor Cortex during Sleep | Journal of Neuroscience](#)

Program 22-45

Air Week: 11/6/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAVE WE RELIED TOO MUCH ON HEALTHCARE?

Time: 1:50

Duration: 13:04

Synopsis: Hospitals are a foundational part of our health, but Dr. Michael Stein, a primary care physician, believes we may be depending too much on medicine. He explains the difference between healthcare and public health, arguing that we should pay more attention to preventing conditions before they occur.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Michael Stein, Primary Care Physician, Professor, Boston University School of Public Health; Dr. Franchell Hamilton, Bariatric Surgeon, Obesity Weight loss Specialist, Founder, NeuroSwitch Weight Loss

Compliance issues: Nutrition, Housing Crisis, Public Policy, Politics, Pollution, Hunger Crisis, Public Health, Preventive Medicine, Consumerism, Health, Vulnerable Populations, Healthcare

Links for more info:

[Michael Stein | SPH](#)

[Michael Stein \(@mdsteinmd\) / Twitter](#)

[Michael Stein, MD](#)

[NeuroSwitch Weight Loss](#)

[Dr. Franchell Hamilton](#)

[Dr. Franchell Hamilton \(@dr.fhamilton\) • Instagram photos and videos](#)

[Dr. Franchell Hamilton \(@DrFHamilton\) / Twitter](#)

[White House Conference on Hunger, Nutrition, and Health | health.gov](#)

SEGMENT 2: HOW ORDINARY PEOPLE BECAME AMERICA'S FIRST PARAMEDICS

Time: 15:56

Duration: 7:10

Synopsis: In 1966, Americans were more likely to die from a car crash than soldiers in the Vietnam War. Most people needing emergency assistance were carried to the hospital in the back of a police car. In his new book, Kevin Hazzard uncovers how our modern-day paramedics came to be.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Kevin Hazzard, Paramedic, author of American Sirens: The Incredible Story of The Black Men Who Became America's First Paramedics

Compliance issues: Healthcare, Race, Public Health, Ambulance, Consumerism, Paramedic, Vulnerable Populations, Patient Safety, Life Expectancy

Links for more info:

[Kevin Hazzard](#)

[@goes_by_hazzard / Twitter](#)

Program 22-46

Air Week: 11/13/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ANTIBIOTICS: THE GROWING HEALTH CRISIS WE'RE NOT TALKING ABOUT, PART 1

Time: 1:50

Duration: 11:01

Synopsis: People around the world have heavily relied on antibiotics to fight off infections for decades. Unfortunately, this dependency has created a global resistance to some of the drugs, leading to the deaths of more than one million people in 2019. Dr. John McKillip discusses the overuse, overprescribed, and misprescribed issues that, if left unchecked, could result in up to ten million deaths each year due to antibiotic resistance.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. John McKillip, Professor of Microbiology, Ball State University; Milan Patel, CEO and Co-Founder, PathogenDx

Compliance issues: Pharmaceutical Industry, Antibiotics, Genetics, Biomedical Technology, Patient Safety, Bacteria, Public Health Crisis, Global Health Emergency, Public Health, Antibiotic Resistance

Links for more info:

[John McKillip | Ball State University](#)

[PathogenDX](#)

[Antibiotic resistance crisis: challenges and imperatives | SpringerLink](#)

[Executive Team | PathogenDx](#)

SEGMENT 2: HOW TO OVERCOME YOUR MENTAL BLOCKS TO REACH SUCCESS

Time: 13:53

Duration: 8:36

Synopsis: Mental toughness is usually a term reserved for athletes. However, Dr. Haley Perlus, an expert in performance psychology, explains why it's so important for everyone to work on their mental fortitude. Perlus joins us this week to offer tips on how to work past those mental blocks and achieve your goals.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Haley Perlus; Author, Public Speaker, Doctor of Sport and Performance Psychology

Compliance issues: Strength, Goal Setting, Neuroscience, Mental Toughness, Public Safety, Mental Health, Athletics, Relationships, Mindset

Links for more info:

[Dr. Haley Perlus](#)

[Dr. Haley Perlus: Speaker, Consultant, Author \(@sportpsychology\) / Twitter](#)

[Dr. Haley Perlus on Peak Performance - YouTube](#)

Program 22-47

Air Week: 11/20/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAS HEALTHCARE LET DOWN THE MEN AND WOMEN WHO SERVED OUR COUNTRY?

Time: 1:50

Duration: 11:44

Synopsis: Suzanne Gordon's new book "Our Veterans" explores the question: have we failed our service members? Though the VA Healthcare system is a great resource, too many veterans are unable to access it. Gordon exposes our society's insufficient care for the men and women who've served our country and offers solutions to help right these wrongs.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Suzanne Gordon, Journalist, Senior Policy Analyst, Veterans Healthcare Policy Institute, Author, Our Veterans: Winners, Losers, Friends, and Enemies on the New Terrain of Veterans Affairs; Dr. Edgardo Padin-Rivera, Retired Clinical Psychologist, Vietnam War Veteran

Compliance issues: Suicide, Healthcare, Vulnerable Populations, Government, Veteran's Issues, Military, Sexual Assault, Trauma, Army, Combat, PTSD, Veterans, Vietnam War, Chronic Conditions, Veterans Affairs

Links for more info:

[Suzanne Gordon](#)

[Our Veterans](#)

[VA Health Care | Veterans Affairs](#)

[Veterans Health Administration](#)

[SAPR.mil](#)

[Hospice of the Western Reserve - Post-Traumatic Stress at the End of Life](#)

SEGMENT 2: ANTIBIOTICS PART 2: WE ARE WHAT WE EAT

Time: 13:36

Duration: 8:53

Synopsis: In this continuation of last week's antibiotic segment, we explore the prevalence of drug use within animal agriculture. Two-thirds of the yearly antibiotic supply are consumed by this industry. What's the impact to people who ultimately eat these antibiotic-ridden meat, dairy, and produce products?

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Laurel Redding, Assistant Professor of Epidemiology, University of Pennsylvania School of Veterinary Medicine

Compliance issues: Public Health, Agriculture, Federal Regulations, Antibiotics, Antibiotic Resistance, Veterinary Medicine, Global Crisis, Animal Agriculture, Meat Industry, Dairy Industry

Links for more info:

[Laurel E Redding | Institute for Translational Medicine and Therapeutics](#)

[Laurel Redding - Assistant Professor - University of Pennsylvania | LinkedIn](#)

[Environmental Health Perspectives | Vol. 129, No. 5](#)

Program 22-48

Air Week: 11/27/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: GUT FEELING: THE TRILLIONS OF BACTERIA IN CHARGE OF OUR IMMUNE SYSTEM

Time: 1:50

Duration: 11:53

Synopsis: Trillions of bacteria live in our gut, creating an intricate system called the 'gut microbiome.' Dr. Robynne Chutkan, a gastroenterologist, explains how this network is a crucial component to our immune system. She also offers step-by-step guidance on how to strengthen your own microbiome.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Robynne Chutkan, Gastroenterologist, Digestive Center for Wellness, Author, *The Anti-Viral Gut: Tackling Pathogens From The Inside Out*

Compliance issues: Cancer, Consumerism, Supplements, Nature, Gastroenterology, Public Health, Autoimmune Diseases, Immune System, Diet, Antibiotics, Gut Microbiome, Allergies, Bacteria, Digestion, Plant Fiber

Links for more info:

[Dr. Robynne Chutkan](#)

[Free Anti-Viral Gut Master Class - Robynne Chutkan](#)

[Dr Robynne Chutkan \(@gutbliss\) • Instagram photos and videos](#)

[Dr. Robynne Chutkan - YouTube](#)

[Dr. Robynne Chutkan \(@DrChutkan\) / Twitter](#)

SEGMENT 2: LOVE THE PERSON, HATE THEIR BEHAVIOR: SUPPORTING AN ADDICT

Time: 14:45

Duration: 8:11

Synopsis: Addiction doesn't just affect one person; it can tear entire families apart. But how can you convince a loved one to get help, and is there a way to support them without enabling the addiction? An expert discusses the steps families can take to fight against substance use addiction.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Judy Mandel, Author, *White Flag*; Mike Gimbel, Drug Abuse Expert, Host, *Straight Talk*

Compliance issues: Drug Abuse, Addiction, Homelessness, Consumerism, Drug Epidemic, Vulnerable Populations, Intervention and Harm Reduction, Family Issues, Addiction Resources, Substance Use Disorder

Links for more info:

[Judy Mandel](#)

[White Flag - Judy L. Mandel - new book by NYT Bestselling Author](#)

[Judy L. Mandel \(@judymandel\) / Twitter](#)

[Judy Mandel \(@mandeljudy\) • Instagram photos and videos](#)

[Host & Producer - Straight Talk with Mike Gimbel | LinkedIn](#)

[mike gimbel \(@gimbel_mike\) / Twitter](#)

[Straight Talk – HarfordTV](#)

Program 22-49

Air Week: 12/4/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW 'LONG COVID' HAS BROUGHT ATTENTION TO A NEGLECTED ILLNESS

Time: 1:50

Duration: 10:33

Synopsis: Myalgic encephalomyelitis/chronic fatigue syndrome has long been a condition surrounded by doubt in the medical community. How could someone be completely exhausted from doing a crossword puzzle? Dr. Lucinda Bateman, an ME/CFS expert, explains the mental and physical toll that plagues the people who suffer from this condition.

Host: Reed Pence

Producer: Polly Hansen

Guests: Dr. Lucinda Bateman, Founder and Medical Director, Bateman Horne Center, ME/CFS Expert; Dr. Walter Koroshetz, Director of the National Institute of Neurological Disorders and Stroke; Ann McDonald, Diagnosed with ME/CFS

Compliance issues: Infectious Disease, Disabilities, Covid-19, Public Health, Chronic Conditions, Health Care, Exhaustion, Vaccinations, Long Covid

Links for more info:

[Ann McDonald \(@oncnursestl\) / Twitter](#)

[Bateman Horne Center](#)

[Lucinda Bateman, MD](#)

[Lucinda Bateman \(@LBatemanMD\) / Twitter](#)

[Walter Koroshetz | National Institute of Neurological Disorders and Stroke](#)

[Walter J. Koroshetz \(@NINDSdirector\) / Twitter](#)

SEGMENT 2: CHRONIC HEARTBURN ISN'T NORMAL – IT CAN CAUSE MORE HARM THAN SMOKING

Time: 13:25

Duration: 8:50

Synopsis: Acid reflux may seem like just an annoying condition, but when it becomes extreme, developing into GERD, it can create permanent damage. In fact, ignoring your acid reflux can lead to esophageal cancer. Dr. Samir Patel details how to properly treat your heartburn before it becomes a serious issue.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Samir Patel, Surgeon, AtlantiCare University

Compliance issues: Stomach Issues, Heartburn, Acid Reflux, Obesity, GERD, Vulnerable Populations, Chronic Conditions, Diet, Gastroenterology, Pregnancy, Cancer

Links for more info:

[Dr. Samir M Patel, MD - Egg Harbor Township, NJ - Bariatric Surgery - Request Appointment](#)

[Gastroesophageal reflux disease \(GERD\) - Symptoms and causes - Mayo Clinic](#)

Program 22-50

Air Week: 12/11/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BEING SELFISH IS SOMETIMES THE HEALTHIEST OPTION

Time: 1:50

Duration: 11:29

Synopsis: We're taught from a young age to always share and be kind, but Dr. Scott Kaufman thinks that's not always the right thing to do. His new research looks at the idea of 'healthy selfishness' – taking care of yourself before focusing on helping others. He discusses the different forms of selfishness and why setting boundaries can be the best way to grow a relationship.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Scott Kaufman, Cognitive Scientist, Humanistic Psychologist, Associate Professor, Columbia University, Host, The Psychology Podcast; Dr. Peter Loper, Assistant Professor of Pediatrics and Psychology, University of South Carolina School of Medicine

Compliance issues: Selfishness, Psychology, Kindness, Pathological Altruism, Relationships, Narcissism, Therapy, Healthy Selfishness, Boundaries

Links for more info:

[Scott Barry Kaufman](#)

[Dr. Scott Barry Kaufman \(@scottbarrykaufman\)](#) • Instagram photos and videos

[Dr. Scott Barry Kaufman](#)  [\(@sbkaufman\)](#) / Twitter

[About | peteloper.com](#)

[Peter L. Loper - School of Medicine Columbia | University of South Carolina](#)

SEGMENT 2: WHY GETTING STUCK IN A CROWD IS MORE DANGEROUS THAN YOU THINK

Time: 14:21

Duration: 8:09

Synopsis: The recent tragedy in South Korea during Halloween seemed to have come out of nowhere. However, crowd dynamic experts say it was actually the perfect storm for catastrophe. Crowd surges occur when too many people are packed into one place and often results in the death of those unlucky enough to be stuck in the middle. An expert explains what happens during a crowd surge and how to stay safe in the middle of large gatherings.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. William H Warren, Chancellor's Professor of Cognitive, Linguistic, and Psychological Sciences, Brown University

Compliance issues: Crowd Surges, Crowd Crush, Crowd Safety, Mass Death, Public Safety, Crowd Dynamics, Stampedes

Links for more info:

[William H Warren](#)

Program 22-51

Air Week: 12/18/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOME FOR THE HOLIDAYS: WHY ER VISITS SPIKE AROUND CHRISTMAS

Time: 1:50

Duration: 12:12

Synopsis: The holidays are full of traveling, seeing our family, and visits to the emergency room. Whether you live in snowy Colorado or sunny LA, accidents increase during winter. Experts discuss this phenomenon and share tips on how to safely make it through the holidays.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Christopher Michos, Emergency Medicine Physician, Norwalk Hospital; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institute, Professor of Medicine, University of Southern California; Dr. David Phillips, Professor Emeritus of Sociology, University of California at San Diego

Compliance issues: Death, Emergency Department, New Years, Holidays, First Responders, Patient Safety, Chronic Conditions, Consumerism, Public Health, Emergency Medicine

Links for more info:

[Christopher Michos, MD - Emergency Medicine Physician - Norwalk Hospital | LinkedIn Dr. Christopher J. Michos, MD - Norwalk, CT - Emergency Medicine](#)

[Robert A. Kloner, MD, PhD](#)

[Robert Alan Kloner, MD, PhD | Keck School of Medicine of USC](#)

[David Phillips](#)

SEGMENT 2: ENDING OVERDOSE: MAKING THE ANTIDOTE MORE ACCESSIBLE THAN THE DRUG

Time: 15:04

Duration: 7:49

Synopsis: The National Safety Council reports that opioid overdoses have become the number one cause of death for people age 18 to 45. In an effort to save lives, Theo Krzywicki created the non-profit End Overdose. The organization informs and arms the public with the tools to prevent and reverse opioid overdoses. He explains the signs of an overdose and how to use life-saving devices like Naloxone.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Theo Krzywicki, Founder and CEO, End Overdose

Compliance issues: Overdose Prevention, Drug Overdoses and Opioids, Harm Reduction, Alcohol, Consumerism, Drug Abuse, Addiction, Opioids, Drug Overdose, Paramedics, First Responders, Naloxone

Links for more info:

[Our Team – End Overdose](#)

[End Overdose](#)

[END OVERDOSE \(@end.overdose\) • Instagram photos and videos](#)

[Fentanyl Test Strips: A Harm Reduction Strategy](#)

Program 22-52

Air Week: 12/25/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: TRYING TO FIX THE BIASED LAB TESTING THAT'S COST COUNTLESS LIVES

Time: 1:49

Duration: 12:05

Synopsis: If left untreated, kidney disease can eventually lead to death -- which is why early testing is so important. However, the main test has historically had different threshold requirements based on race, which has led to lower diagnosing rates and higher death rates from the condition in people of color. Experts dissect how a new testing equation will help even the scales and give accurate results for all patients.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. La'Tonzia Adams, MS, FCAP, Pathologist, VA Portland Health Care System; Dr. Jonathan Genzen, FCAP, Chief Medical Officer, ARUP Laboratories, Professor of Clinical Pathology, University of Utah

Compliance issues: Kidney Disease, Lab Testing, Vulnerable Populations, Racial Inequality, Public Health, Consumerism, Race

Links for more info:

[La'Tonzia L. Adams, MD, MS \(@DrPathAdams\) / Twitter](#)

[The Doctor's Doctor](#)

[Jonathan R. Genzen, MD, PhD | ARUP Laboratories](#)

[Jonathan Robert Genzen, MD, PhD](#)

SEGMENT 2: THE DOCTOR THAT CAN ACTUALLY FEEL HIS PATIENTS' PAIN

Time: 14:56

Duration: 7:34

Synopsis: Mirror-touch synesthesia is a sensory processing disorder where a person can feel the sensations of another. As you can imagine, this condition can be an asset for certain people, like Dr. Joel Salinas. He's a neurologist who can diagnose patients just by being able to feel their symptoms in his own body. He explains the condition and what it's like living with his empathy on overdrive.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Joel Salinas, Neurologist, Harvard Medical School and Massachusetts General Hospital Department of Neurology

Compliance issues: Patient Safety, Empathy, Neurology, Sensory Issues, Vulnerable Populations, Synesthesia

Links for more info:

[Joel Salinas, M.D.](#)

[Joel Salinas, MD \(@joelsalinasmd\) • Instagram photos and videos](#)

[Salinas Lab: Joel Salinas MD](#)

[Joel Salinas, MD](#)