

Trinity Broadcasting Network

Quarterly Report

October, November & December 2011

WWRS

Mayville, Wisconsin

Ascertainment List

Leading Community Issues

Results of ascertainment from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

SUBSTANCE ABUSE

YOUTH

ENVIRONMENT

CIVIC AFFAIRS

UNEMPLOYMENT

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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SUBSTANCE ABUSE

PR11-40	30:00	15:00	L	PA/O	10/03/11	10:30 AM
					10/04/11	02:00 AM
					10/06/11	02:30 AM
					10/07/11	12:00 PM
					10/08/11	02:30 AM
					10/13/11	03:00 AM
					10/20/11	03:30 AM

Host Desiree Hoard talks with Dodge County Sherriff Todd Nehls about prescription drug abuse and heroin. Prescription drug abuse brings with it many problems- theft, forgery, pharm shopping, pharmacy burglaries, skittle parties, mixing with alcohol, etc. There is also a large increase in heroin use. Several local deaths are attributed to this. The majority of users support their habit by stealing, forgery, etc. The age group most likely to abuse is under 30. There is a continued need for education. Some kids see their parents abusing drugs. Some pharmacists are accepting medications that are no longer needed. This helps to get the drugs properly discarded. Parents need to be actively involved in their kid's lives. They should watch for changes, look through their stuff and know what their children are involved in.

PR11-40	30:00	15:00	L	PA/O	10/03/11	10:30 AM
					10/04/11	02:00 AM
					10/06/11	02:30 AM
					10/07/11	12:00 PM
					10/08/11	02:30 AM
					10/13/11	03:00 AM
					10/20/11	03:30 AM

Mary Simon, the Executive Director of The Council on AODA of Washington County and Host Tyler Mader discuss reaching adolescents. A goal is to delay alcohol usage among youth for as long as possible. Alcohol is one of the first drugs used by teens and even preteens. It is readily accessible and is a cultural concern in the state. Wisconsin rates #1 in binge drinking in the country. Other drugs of concern are tobacco, marijuana, prescription drugs and heroin. Mary talked about developmental assets. The more a youth has, the less likely they are to engage in risky behaviors. Showing kids that they can have fun without using drugs is done through various programs. A research based curriculum is used in schools to help students make healthier decisions. Outside of school, the work is to change the culture- to - that it is cool not to use, versus, it is cool to use. Parental support is important. Parents sign a contract that they will not host underage parties with alcohol and drugs. Every person can be part of helping children to make a right decision. Part of the challenge is the cultural norm. Adults may think, they used, so why is it so bad? There is now more known about how brain development is affected by alcohol and drugs.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-44	30:00	15:00	L	PA/O	11/07/11	10:30 AM
					11/14/11	10:30 AM
					11/15/11	02:00 AM
					11/17/11	02:30 AM

Host Jackie Kahlhamer and Claudia Roska discuss substance abuse among older adults. Claudia is the Executive Director of the Addiction Resource Council. There is limited substance abuse treatment available for older adults. The ability to handle alcohol changes as we age. Baby Boomers are aging which brings a difference in the types of abused substances. These can include pain meds, marijuana, alcohol and cocaine. Older adults may be dealing with drastic changes in their lives. The unintentional misuse of drugs can have severe side effects. If an adult child suspects their parent is having a problem they can talk to their physician. The biggest challenge is finding age appropriate treatment programs. The older adult needs more physical monitoring. A 5 day inpatient stay is best, but very expensive. Support groups between older and younger adults often don't mix well. The generations are not able to identify with each other's experiences and lifestyles. It is very important to reach out and get help with substance abuse problems.

PR11-44	30:00	15:00	L	PA/O	11/07/11	10:30 AM
					11/14/11	10:30 AM
					11/15/11	02:00 AM
					11/17/11	02:30 AM

Carol Hanneman-Garuz, Associate Director for the Addiction Resource Council, and Host Jackie Kahlhamer talk about working together with clergy members. Clergy are a very important part of family life and involving them can help bring about earlier intervention in addressing substance abuse. Most clergy find out about those having issues by hearing from a spouse, family member or through counseling. If clergy are aware of resources available, they can help direct people to those. There is also a need for support during recovery. Clergy need to understand recovery and how they can be supportive and also how to recognize relapses. Families also need support. Persons in recovery need to learn coping skills because it is almost impossible to completely avoid situations that involve alcohol, since it is so prevalent in our society.

PR11-47	30:00	15:00	L	PA/O	12/05/11	10:30 AM
					12/09/11	12:00 PM

Dodge County Sheriff's Deputy Don Counard, and Host Patti Hutton discuss drunk driving. There is a need to educate children about the effects of impaired driving. Deputy Counard uses the Fatal Vision program to do so. The program uses goggles that stimulate impairment. A part of the program is having prisoners share about driving drunk and having committed OWI homicide. A part of the message is to do whatever you can to keep a friend from driving while impaired. They may be very angry with you at the time, but lives can be saved. Deputy Counard talked about the costs of driving drunk. There are a lot more victims than perceived- the victim, family, emergency personnel, hospital workers, law enforcement and others. The bad choice of driving drunk can have serious consequences for years to come. Parents need to take responsibility and find out what their kids are doing.

YOUTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-41	30:00	15:00	L	PA/O	10/10/11	10:30 AM
					10/11/11	02:00 AM
					10/13/11	02:30 AM
					10/14/11	12:00 PM
					10/15/11	02:30 AM
					10/20/11	03:00 AM
					11/17/11	03:30 AM

Lori Uttech, Project Director for Dodge County Connections Safe Schools Healthy Students Initiative, and Host Jackie Kahlhamer discuss promoting youth safety and health. Students are experiencing violence, bullying, mental health issues, substance abuse, etc. The bottom line is to address all the needs of students so they can be successful in school and life. There may be family crisis situations that need to be addressed and make known to them the wraparound services that are available. Today's youth are affected by more issues than previous generations. In addition, there is the complexity of families- working families, spilt homes, etc. A family crisis will affect the student who then has a harder time being academically successful. Lori discussed the five major ways issues are being addressed. There is a Social Norms Campaign which looks to change the mindset that it's the norm to be drinking and using drugs. Developing leadership skills, increasing parenting skills and having staff aware of how to identify students who need help are what helps the initiative succeed.

PR11-41	30:00	15:00	L	PA/O	10/10/11	10:30 AM
					10/11/11	02:00 AM
					10/13/11	02:30 AM
					10/14/11	12:00 PM
					10/15/11	02:30 AM
					10/20/11	03:00 AM
					11/17/11	03:30 AM

Host Jackie Kahlhamer talks with Whitney Rathke, AmeriCorpVISTA, DC UWEX Office, about helping children succeed. She is involved with local after school programs. Whitney talked about children affected by poverty and what the perception of poverty is. Poverty can be financial, social, lack of role models or having parents work all the time. At risk youth need to be looked at on a case by case basis. They may be dealing with issues at home or with other students and then bring those issues into school. Some of the students have two sets of rules- one at home and one at school. Each child is different with different home environments. Some may need extra computer time or a quiet place where they are not distracted. There is a benefit to students having extra-curricular activities, but not to overdo it. Parents can help children find what they really enjoy and encourage them in that direction. It is important to help children develop positive character traits and life skills.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-43	30:00	15:00	L	PA/O	10/24/11	10:30 AM
					10/25/11	02:00 AM
					10/27/11	02:30 AM
					10/28/11	12:00 PM
					10/29/11	02:30 AM
					11/17/11	03:00 AM

Lawton Merritt, Founder of Lil Johnnie Ministries and Host Desiree Hoard discuss helping at-risk youth. Lawton believes literacy (the lack of) is at the root of many problems, including poverty, unemployment, family dysfunction, etc. Youth need to be shown how to reach levels of success and to access opportunities. They must believe they have a destiny. If they are living beneath their potential they must be challenged to move up to it. Media has a big influence on youth. Unfortunately much of it is negative. It is harder for them to know what integrity, respect and honor are. There are youth living in very negative situations. Lawton believes it is important to learn to listen and ask youth questions. This engages them and then they can be helped and challenged. Youth need to know adults care about them. The need structure and order. Many of the youth he works with do better through non-traditional learning methods. It is important to get an idea of where they are at and help them use their energy in a positive way.

PR11-43	30:00	15:00	L	PA/O	10/24/11	10:30 AM
					10/25/11	02:00 AM
					10/27/11	02:30 AM
					10/28/11	12:00 PM
					10/29/11	02:30 AM
					11/17/11	03:00 AM

Host Desiree Hoard discusses helping girls find their purpose with Debbie Schroeder and Nadine Sagmo, Leaders of Girls With A Purpose. Their main focus is to come alongside girls to see them have a solid foundation and healthy self-esteem. These will help them through the troubles faced in life. The 4th – 8th grade group is bombarded by negative media messages, focused on outer beauty. True beauty comes from the heart. The girls are led to discover who they are on the inside. A beautiful heart is about having good character. Loving others and self, compassion and forgiveness are important. As girls grow more confident in and out of school, they become more productive out in the world. Community outreach helps girls to be aware of other's needs. Girls who learn to see their inner beauty will be more likely to avoid going along with the crowd and be able to stand against negative messages.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
ENVIRONMENT PR11-46	30:00	15:00	L	PA/O	11/25/11	12:00 PM
					11/28/11	10:30 AM
					11/29/11	02:00 AM
					12/01/11	02:30 AM
					12/02/11	12:00 PM

Host Desiree Hoard discusses well testing with Paul Sebo, Washington County Conservationist. Well owners are not required to test their wells, but they are encouraged to do so annually. They should especially test when changes are noticed in the water. Water samples are sent to state labs. In the past, E coli has been found locally. Spring can be a time when contamination is more likely to occur. There are larger flows of groundwater and rain events. Some contaminations cannot be detected without testing. Sources of contamination come from both natural and human sources. Agriculture and industrial waste can contaminate. If a well is found to be contaminated, a professional should be contacted. Paul talked about ways well owners can maintain their system and what we can do to keep our water healthy.

PR11-46	30:00	15:00	L	PA/O	11/25/11	12:00 PM
					11/28/11	10:30 AM
					11/29/11	02:00 AM
					12/01/11	02:30 AM
					12/02/11	12:00 PM

Melissa Boehm, UWEX Get the Meds Out Program Coordinator and Host Desiree Hoard talk about pharmaceutical waste. It is recommended that excess meds be disposed of in a way that they are not put directly into the environment. A pharmaceutical take back program is an effective means of disposing properly of meds. A Great Lakes Initiative grant helps to supply funding for the take back program. Melissa believes drug companies should take stewardship over their products and be responsible for proper disposal. If a take back program is not available then next best option is to mix unwanted drugs with kitty litter or coffee grounds, although this method does not protect the environment. It does keep the meds from being stolen and used by those abusing drugs. The education element of options available for disposal is important.

PR11-47	30:00	15:00	L	PA/O	12/05/11	10:30 AM
					12/09/11	12:00 PM

Host Desiree Hoard and Karen Fiedler discuss waste reduction. Karen is the Waukesha County Solid Waste Supervisor. The tonnage of recyclables received is going down because in general people are purchasing less due to the economy. Companies are practicing waste reduction. Pay as You Throw is a program that charges consumers based on the amount of garbage they generate. The county is considering this program. PAYT is an incentive for people to properly recycle and compost more. Consumers have some control over what they generate. Studies show they will generate less when having to pay for it. Recycling is not that hard and consumers can make it a convenient process. There are environmental benefits to recycling. It also conserves resources for future generations.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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PR11-50	30:00	15:00	L	PA/O	12/26/11	10:30 AM
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Greg Farnham, Rock River Trail Initiative Coordinator, and Host Patti Hutton discuss the Rock River. Greg has been very involved in other aspects of improving local water quality. The RRTI is working to establish the river as a recreational water trail, preferably with clean water rather than dirty. Protecting the shoreline will be important, as well as keeping it more natural. It is hoped they will be able to have it designated as a national water trail. This will elevate the ability to keep the river clean. Currently the upper reach of the Rock River is on the EPA's list of impaired waters for failing to meet minimum standards. The Horicon Marsh is also on the list. Problems include high phosphorus, storm water run-off and sedimentation. Work continues to be done to address these concerns. The only way to do it is to reduce the sources of pollutants coming into the river. The Rock River can become a part of ecotourism in the state.

PR11-52	30:00	15:00	L	PA/O	12/30/11	12:00 PM
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Host Jackie Kahlhamer discusses the Horicon Marsh with Renee Wahlen Tillema. Renee is the Marsh Haven Nature Center Director. The Horicon Marsh, being one of the world's largest cattail marshes, is extremely important to the local environment. It tells us the health of the environment. It is like nature's kidneys. It filters and it also acts as a sponge for flood control. It purifies the water that comes through it. The Rock River runs through the marsh. There are invasive species that affect the marsh- too many cattails, carp and purple loosestrife. Problems come from nature and from humans. It is important to not litter on the marsh and to obey the rules, for the wildlife's stake and for the enjoyment of others. Parents can help their children understand the value of the Horicon Marsh and to appreciate it.

CIVIC AFFAIRS

PR11-42	30:00	15:00	L	PA/O	10/17/11	10:30 AM
					10/18/11	02:00 AM
					10/20/11	02:30 AM
					10/21/11	12:00 PM
					10/22/11	02:30 AM

Tom Kennedy, Mayor of Beaver Dam and Host Jackie Kahlhamer discuss the City of Beaver Dam. Mayor Kennedy gave a recap of how the flood of 2008 affected the downtown and how the city revitalized the downtown. A new Police Department has been built and occupied. The city did receive stimulus grants which were very helpful. The 2012 budget is a little more difficult than prior ones. The state budget repair bill is a good tool for the future, but it causes difficulties for the first 1 -2 years. The city lost some cost sharing revenue, a portion of their recycling grant and local road aids were compromised. They already were dealing with a \$220,000 hole before the loss of the these revenues. Health insurance premiums are up 8%. Mayor Kennedy does feel they can overcome and meet the needs of the citizens. The city's economy is doing pretty well. The city is in the process of annexing 200 acres for a future business park.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-42	30:00	15:00	L	PA/O	10/17/11	10:30 AM
					10/18/11	02:00 AM
					10/20/11	02:30 AM
					10/21/11	12:00 PM
					10/22/11	02:30 AM

Judge Steven Bauer, Dodge County Circuit Court Branch IV and Host Jackie Kahlhamer talk about the veterans court. Judge Bauer created this and modeled it after the veterans court in LaCrosse. It is for combat veterans only. They have been exposed to high risk situations and some have behavior or adjustment issues upon returning to civilian life. They have been in life or death situations and may act out or use alcohol to medicate themselves. This can lead to such issues as domestic violence and operating while intoxicated. Only a small handful of veterans have issues that lead to criminal charges. These are people who generally were not involved with the criminal justice system beforehand. There are 5 very qualified individuals who will be mentors. They are combat veterans also. A mentor will be paired up with a veteran who has committed a crime, so they can get the help they need, provided through the VA. The goal is to reduce recidivism and to have them be productive members of society. They will be required to get treatment through the VA. Offenders will still be held accountable for their actions. It would be ideal for veterans to receive the help they may need before they get into any legal trouble. The county has an excellent VA Officer who can help they find available services.

PR11-48	30:00	15:00	L	PA/O	12/16/11	12:00 PM
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Host Desiree Hoard and Tod Pritchard, Emergency Preparedness Coordinator for the State of Wisconsin, discuss winter preparedness. It is very important to have a winter emergency kit in your car. Tod talked about the items that should be in the kit. Even necessary medications should be put in there. Some people depend too much on the fact they have a cell phone with them. In some parts of the state coverage may be a problem. A cell phone charger should be in the car. The gas tank, at a minimum, should be half full. If you must call 911, don't hang up until the dispatcher is finished giving instructions. The vehicle should be in good winter driving condition. Very important- slow down to avoid accidents. A home emergency kit is also important to have for anytime of the year. Most important to have is a weather radio.

PR11-50	30:00	15:00	L	PA/O	12/26/11	10:30 AM
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Congressman Tom Petri, 6th Congressional District and Host Patti Hutton talk about reducing the federal deficit. This is a very big problem that Congress has been wrestling with for a number of years. If the economy improves then revenue will improve and there will be less need for social services. The federal deficit is now as large as the economy. Federal spending must get back to a more sustainable level. The deficit must be reduced by trillions over the next 10 years. There must be work on both increasing revenues and decreasing spending. Domestic energy and new technologies can create jobs and get the budget in shape.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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UNEMPLOYMENT

PR11-45	30:00	15:00	L	PA/O	11/18/11	12:00 PM
					11/19/11	02:30 AM
					11/21/11	10:30 AM
					11/22/11	02:00 AM

Host Jackie Kahlhamer talks with Roger Varner, Facilitator for the St. Paul's Motivational & Support Group, about support for job seekers. Roger was a guest about one year ago and he has seen the business climate change since then. There is more hiring going on. The majority of those unemployed tend in to be in the second half of their working career. These are seasoned employees who had higher wages and benefits. When a business has to look at their bottom line, generally these are the employees who are laid off. Roger recommends joining a support group sooner, rather than late, when dealing with unemployment. Sending out electronic resumes can be frustrating. Networking and referrals are effective ways to find a job. It is important to know the current trends in resumes. Many who find a job will find themselves with lower salaries and benefits. Job seeking is a full time job in itself. It is necessary to have a weekly action plan.

PR11-45	30:00	15:00	L	PA/O	11/18/11	12:00 PM
					11/19/11	02:30 AM
					11/21/11	10:30 AM
					11/22/11	02:00 AM

Mike Oberbrunner, Founder of The New Man Project, and Host Jackie Kahlhamer discuss released citizens and unemployment. Being released from prison is often a time of fear and anxiety- many face the lack of a support system, debt, culture shock, etc. The men Mike works with are all released felons, which is a hard stigma to overcome. They also may be dealing with substance abuse, homelessness and a lack of education and skills. There is a 3 times greater chance of avoiding recidivism if a released citizen has sustainable employment. Overall there are a lot of highly skilled people out of work and it is harder for most anyone to find a job. The New Man Project is therefore helping men become gainfully self-employed by learning new skills. Hopefully when the economy turns around, the men will be able to get a job with an employer, if they so desire (rather than be self-employed.)

PR11-48	30:00	15:00	L	PA/O	12/16/11	12:00 PM
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Host Desiree Hoard talks with Dr. Debbie Lassiter, Executive Director of the Convergence Resource Center, about helping women released from incarceration. Women are often afraid to be released. They need a place to come to and find resources. Unemployment is one of the top 5 issues they deal with. Many struggle with having skills. Some have never held a legal job before. Each woman is referred to as a work of art. This helps to avoid recidivism and to repaint the portrait of their lives. Many released women, even if they have skills, have a difficult time getting a job. Another challenge is to keep a job once getting it. An assessment helps to determine a specialized plan for each woman. Most of the women need proper clothing for a job interview. Having a job is paramount to avoiding recidivism. Family members and society need to be supportive of released women. They can become success stories with productive lives.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-51	30:00	15:00	L	PA/O	12/30/11	12:00 PM

Host Desiree Hoard and Nicole Grumley discuss teen unemployment. Nicole is the Youth Employment Coordinator at the Work Connection Center for Nova Services. Many of the youth she works with are at-risk. While everyone seems to have challenges getting a job, youth are especially affected. They do not have a work history or skills. Older, experienced workers are taking entry-level jobs, which may continue for a number of years. Older workers are staying at their jobs longer and even re-entering after retiring. The increase in minimum wage has made these positions more attractive to older workers. At the WCC youth are given help in preparing them on conducting successful job searches, mock interviews and resumes. Youth should consider volunteering as an excellent way to make connections, build skills and get references. Having a job builds self-esteem and confidence and other benefits. Nicole finds at times that youth and their parents are in the same boat- looking for a job.

HEALTH/MENTAL HEALTH

Doctor #320	to Doctor	28:30	28:30	REC	PA/O/E	10/04/2011	11:30 AM
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Doreen Lewis talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. **Dr. Elizabeth Matthews** talked post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based up the severity of the depression. **Dr. Samuel Verghese** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

Doctor #321	to Doctor	28:30	28:30	REC	PA/O/E	10/11/2011	11:30 AM
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Dr. George Rhodes talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spine, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spine back into position. It's important to maintain proper posture when sitting, standing and sleeping.

Doctor #322	to Doctor	28:30	28:30	REC	PA/O/E	10/18/2011	11:30 AM
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Dr. Jill Westkaemper talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. **Dr. Leonard Scott** talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #323	28:30	28:30	REC	PA/O/E	10/25/2011	11:30 AM

Dr. April Speed talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. **Dr. Wayne Gordon** talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. **Dr. Thomas Di Stefano** talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	11:30 AM
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Dr. Bryan Wasson talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. **Dr. Mason Savage** talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. **Dr. Stephanie Blenner** talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.

Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/22/2011	11:30 AM
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Dr. Bob DeMaria talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. **Dr. Martin Finkelstein** talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. **Dr. Hale Akamine** talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	11:30 AM
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Dr. Bettye Alston talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. **Dr. Malcolm Hill** talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet. **Dr. Brian Nimphius** talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.