



**Weekly Public Affairs Program**

Call Letters: WZFM

## **QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2014**

Show # 2014-40

Date aired: 10/5/14 Time Aired: 7Am

**Jeff Herten, MD**, author of *"The Sobering Truth: What You Don't Know Can Kill You"*

Dr. Herten was a high-functioning alcoholic for over 30 years. He talked about the widespread nature of hidden alcoholism in our society. He believes that alcohol is more addictive and destructive than drugs like heroin. He said alcohol consumption contributes to a surprising number of cancers and other health problems.

**Issues covered:**

**Length: 8:10**

**Alcoholism**

**Personal Health**

**Pat Brown**, author of *"How to Save Your Daughter's Life: Straight Talk for Parents from America's Top Criminal Profiler"*

Ms. Brown said no daughter is safe from harm in today's world, especially now that social media makes it so easy to connect with people we barely know. She discussed risky choices that teens make that can put them in harm's way, and how predators use that behavior to choose their victims. She said parents of teen girls need to be more proactive than ever about keeping their daughters safe.

**Issues covered:**

**Length: 8:47**

**Youth At Risk**

**Parenting**

**Date Rape**

**Crime**

**Michelle Budig, PhD**, sociology professor, University of Massachusetts, Amherst

For 15 years, Dr. Budig has studied the parenthood pay gap. She has found that mothers are less likely to be hired for jobs, to be perceived as competent at work or to be paid as much as male colleagues with the same qualifications. However, having a child is good for a man's career. She discussed the possible reasons behind this problem and potential solutions.

**Issues covered:**

**Length: 4:57**

**Women's Issues**

**Workplace Matters**

**Parenting**

Show # 2014-41

Date aired: 10/12/14 Time Aired: 7am

**Sally Satel, MD**, Resident Scholar at the American Enterprise Institute, editor of *"When Altruism Isn't Enough: The Case for Compensating Kidney Donors"*

12 people die each day while waiting for a life-saving kidney transplant. Dr. Satel discussed the shortage of organ donations and shared her story of receiving a kidney donation in 2006. She believes that a program to compensate organ donors, through in-kind rewards, such as a contribution to a retirement fund, an income tax credit, or tuition vouchers for their children—rather than lump-sum cash payments—would eliminate the shortage of available organs.

Issues covered:

Length: 8:28

Organ Donation  
Government Policies  
Personal Health

**James Betts, PhD**, Senior Lecturer in Nutrition, Metabolism & Statistics at the University of Bath, England

Conventional wisdom has always maintained that breakfast is the most important meal of the day. Dr. Betts led a study of whether people who eat breakfast are healthier or lose weight more effectively than those who skip it. His research found that breakfast eaters consumed more calories each day and were more physically active overall, but there was no difference in weight. He said that while breakfast doesn't matter for adults, it is still important for children for nutrition and learning.

Issues covered:

Length: 8:47

Nutrition  
Personal Health

**Monica Betson Montgomery**, author of *"The Keys to College: A Roadmap for Parents to Guide Their Children"*

Ms. Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

Issues covered:

Length: 4:57

Education  
Parenting

Show # 2014-42

Date aired: 10/19/14 Time Aired: 7Am

**Robert Neuman, PhD**, former associate dean of academic advising at Marquette University, author of *"Are You Really Ready for College?: A College Dean's 12 Secrets for Success - What High School Students Don't Know"*

Roughly 2/3rds of college students fail to earn a degree in four years, and Dr. Neuman believes the reason is that they are ill-prepared. He outlined several strategies that high school students can use to enter college with the knowledge, learning skills and work ethic required to succeed. He explained why extra-curricular activities are also quite important when submitting a college application.

**Issues covered:**

**Education  
Parenting**

**Length: 8:21**

**Graeme Cowan**, corporate mental health consultant, author of *"Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder"*

One in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug. Mr. Cowan shared his own story of battling depression. He explained how depression can affect a company's workforce, and how managers and co-workers can help someone who is suffering for depression, stress or other mental health issues.

**Issues covered:**

**Mental Health  
Workplace Matters**

**Length: 8:48**

**Dana Peres Edelson, MD**, Director of Clinical Research at the Emergency Resuscitation Center at the University of Chicago Medical Center

Dr. Edelson was a co-author of revised guidelines for cardiopulmonary resuscitation for The American Heart Association. She outlined the current recommendations for CPR procedures, and said chest compression should be the top priority in a cardiac emergency.

**Issues covered:**

**Personal Health  
Emergency Preparedness**

**Length: 5:00**

Show # 2014-43

**Date aired:** 10/26/14 **Time Aired:** 7Am

**AnnMarie Thomas, PhD**, Associate Professor, School of Engineering at the University of St. Thomas, author of *"Making Makers: Kids, Tools, and the Future of Innovation"*

Dr. Thomas said many of today's engineering students have few hands-on skills or the ability to actually make or fix something. She explained why it is crucial to encourage today's youth to think creativity and innovatively. She offered suggestions for parents who want to teach their children to be able to use their hands to make things.

**Issues covered:**

**Education  
Parenting**

**Length: 8:31**

**Valter Longo, PhD**, biogerontologist and cell biologist, Professor at the University of Southern California-Davis School of Gerontology, Director of the USC Longevity Institute

Dr. Longo has led multiple studies examining the effect of fasting on life extension and cancer therapy. His latest study found that a three-day fast appears to significantly increase the effectiveness of chemotherapy treatments. He talked about the possible reasons behind this finding, and what people need to know before considering a fast.

**Issues covered:**

**Personal Health**

**Length: 8:47**

**Sara Bleich, PhD**, Associate Professor at Johns Hopkins Bloomberg School of Public Health.

Dr. Bleich believes consumers make poor nutritional choices because the concept of calories means very little to them. She conducted a study of urban teenagers in which signs were placed in convenience stores, informing patrons that it would take five miles of walking to burn up the calories from a soft drink. Soda sales declined, not only while the signs were posted, but even weeks after they were removed. She explained the importance of finding ways to communicate nutritional information in more useable formats.

**Issues covered:**

**Consumer Matters**

**Nutrition**

**Government Policies**

**Length: 5:16**

Show # 2014-44

**Date aired:** 11/2/14 **Time Aired:** 7Am

**John Santa, M.D., M.P.H.**, Director of the Consumer Reports Health Ratings Center, which provides analyses and ratings to help consumers make informed health-care decisions

Dr. Santa and Consumer Reports recently evaluated the most frequently-used screenings for cancer. Of the eleven screenings evaluated, the organization only recommended three, cautioning that most consumers should avoid eight other common tests. Dr Santa explained the results of his study, and offered advice for health consumers.

**Issues covered:**

**Cancer**

**Personal Health**

**Consumer Matters**

**Length: 9:21**

**Nathaniel D. Smith, M.A., LPC-S, NCC**, Licensed Professional Counselor in suburban Dallas, specializing in anger management and domestic violence issues, author of *"Taming Your Temper: A Workbook for Individuals, Couples, and Groups"*

Mr. Smith said that anger is a growing problem in our society, caused in part by our nation's economic struggles in recent years. He discussed the typical causes of anger, and how out-of-control anger can harm a person's health, destroy relationships, and derail a career. He outlined several anger management strategies that he uses with patients in his practice.

**Issues covered:**

**Mental Health**

**Domestic Violence**

**Workplace Matters**

**Length: 7:52**

**Vaughan Dabbs, DC**, Chiropractor with more than 20 years of experience, author of *"This Is Why Your Back Hurts"*

Dr. Dabbs said Americans are 16 times more likely to experience back pain than someone who lives in a poorer country. He talked about the many choices of treatments for back pain. He also offered advice to improve poor posture, which he believes is one of the primary causes of back problems.

**Issues covered:**

**Personal Health**

**Length: 4:58**

Show # 2014-45

Date aired: 11/9/14 Time Aired: 7Am

**Spencer Cowan, PhD**, Vice President of Research at the Woodstock Institute, a Chicago-based nonprofit research and policy organization that focuses on fair lending and financial reform

Dr. Cowan led a study that examined fairness in the process of applying for a mortgage. He found that a home loan application listing a female applicant with a male co-applicant is less likely to be approved than one listing a male applicant with a female co-applicant. He discussed the possible reasons behind this issue and why it matters.

**Issues covered:**

**Women's Issues**

**Discrimination**

**Consumer Matters**

**Length: 8:29**

**Anne Fletcher**, health and medical writer, author of *"Inside Rehab: The Surprising Truth About Addiction Treatment-and How to Get Help That Works"*

Ms. Fletcher discussed treatment options for people with substance abuse issues. She visited 15 addiction treatment centers—from outpatient programs for the indigent to Alcoholics Anonymous to famous celebrity rehabs—to determine what forms of rehab are effective. She said it's common for people who struggle with addiction to require treatment multiple times, but she found that rehab centers often provide the same treatment over and over, rather than trying different approaches for repeat patients.

**Issues covered:**

**Substance Abuse**

**Mental Health**

**Length: 8:49**

**Amanda E. Staiano, PhD**, Postdoctoral Research Fellow in the Division of Population Science at the Pennington Biomedical Research Center in Baton Rouge, LA

33% of American children are obese or overweight. Dr. Staiano was the lead author of a study that found that kids who have televisions in their bedrooms are twice as likely to be fat and nearly three times as likely to be at risk for heart disease and diabetes as those who don't. She recommended that parents limit a child's screen time to no more than two hours per day.

**Issues covered:**

**Children's Health**

**Parenting**

**Length: 5:02**

Show # 2014-46

Date aired: 11/16/14 Time Aired: 7am

**Angela Garner, MD, FACEP**, emergency physician from Galveston, TX, President of the American College of Emergency Physicians

Many Emergency Room doctors say the fear of malpractice lawsuits results in extra blood tests and imaging scans that are not necessary. Dr. Gardner talked about this trend and why ER physicians are such an inviting target for legal action. She also offered suggestions on how to improve the situation.

**Issues covered:**

**Personal Health**

**Legal Issues**

**Government Policies**

**Length: 9:03**

**John Hartigan, Jr., PhD**, Director of the American Paredes Center for Cultural Studies and Associate Professor of Anthropology at the University of Texas at Austin, author of *"What Can You Say?: America's National Conversation on Race"*

How do Americans know whether a remark or incident is racially biased? Dr. Hartigan discussed the state of race relations in America and the media's role in it. He discussed ways that the first black President has affected attitudes regarding race relations.

**Issues covered:**  
**Racial Issues**  
**Media**

**Length:** 8:08

**Alan L. Ross, DMD**, President of the National Coalition for School Bus Safety

Although automobile safety technology has improved dramatically in the past two decades, school bus designs have changed very little. Dr. Ross explained the reasons behind this lack of progress. He believes seat belts should be mandated in all school buses. He talked about the expenses involved to retrofit the nation's school bus fleet.

**Issues covered:**  
**Child Safety**  
**Traffic Safety**  
**Parenting Concerns**

**Length:** 4:43

Show # 2014-47

**Date aired:** 11/23/14 **Time Aired:** 7Am

**Aimée Morrison, PhD**, Associate Professor of English Language and Literature, University of Waterloo

Professor Morrison discussed the synthetic perfection in nearly every image we see today, and how that affects women and their self images. She explained why the Photoshopping of nearly every image we see in the media has caused an increase in body insecurity among women. She believes the trend has actually reached a tipping point, where consumers are starting to be turned off by the unattainable images in advertising messages.

**Issues covered:**  
**Women's Issues**  
**Consumer Matters**  
**Parenting**  
**Media**

**Length:** 8:36

**Michael Harris**, author of *"The End of Absence: Reclaiming What We've Lost in a World of Constant Connection"*

Mr. Harris believes that we now live in an age that lacks solitude, and the time we once used to be alone with our own thoughts is now filled with social media and technology. He explained his own story of going on a "technology fast," and why those moments of silence are so important.

**Issues covered:**  
**Mental Health**  
**Technology**

**Length:** 8:38

**Karen Jones**, author of "*The Difference A Day Makes*"

Ms. Jones suggested quick and simple actions anyone can take to make a positive difference in the world around them, to fight scourges like homelessness, racism and poverty. She explained what she calls philanthropy, actions such as volunteering or donating that emotionally benefit the donor.

**Issues covered:**

**Length: 4:54**

**Volunteerism**  
**Poverty**  
**Homelessness**

Show # 2014-48

**Date aired:** 11/30/14 **Time Aired:** 7Am

**Donald McCabe, PhD**, Professor, Department of Management and Global Business at the Business School at Rutgers University

Dr. McCabe is a researcher who studies cheating in school. He has found that levels of cheating are on the rise in every level of education. He discussed some of the latest and most inventive methods of cheating fostered by newer technologies. He also offered suggestions to parents on how they can encourage their children to be honest.

**Issues covered:**

**Length: 9:36**

**Education**  
**Ethics**  
**Parenting**

**Gary Small, MD**, Director of the Memory and Aging Research Center at UCLA

Dr. Small discussed the growing number of cases of Alzheimer's Disease diagnosed in patients under the age of 65, and the possible causes of the trend. He also talked about the differences in Alzheimer's in young people compared to elderly patients, and the types of therapies and medications available.

**Issues covered:**

**Length: 7:39**

**Alzheimer's disease**  
**Personal Health**  
**Senior Citizen Issues**

**Harris Stratyner, PhD., C.A.S.A.C.**, Associate Professor and the Director of Addiction Recovery Services for the Department of Psychiatry at Mount Sinai Medical Center, Regional Vice President of Caron Recovery Center

Dr. Stratyner talked about his organization's survey, which found that a growing number of online conversations among teenagers involve the topics of illegal drug use and sex. He shared his concern that many young people are getting dangerous misinformation about drug safety. He talked about the code words that teens often use online, and what parents need to know.

**Issues covered:**

**Length: 5:07**

**Substance Abuse**  
**Youth At Risk**  
**Parenting Concerns**



Show # 2014-49

Date aired: 12/17/14 Time Aired: 7Am

**Anise Wiley-Little**, expert in Human Resources, former corporate Chief Diversity Officer, author of *"Profitable Diversity: How Economic Inclusion Can Lead to Success"*

Ms. Wiley-Little said diversity is often ignored, although it can be a tremendous resource for businesses. She outlined the reasons that diversity and inclusion should matter to our nation's corporations and communities. She also said that in most cases, male managers and CEOs are ultimately in control of whether diversity succeeds or fails in a company.

**Issues covered:**

**Length: 9:21**

**Discrimination  
Minority Concerns  
Workplace Matters**

**Helaine Olen**, personal finance writer, author of *"Pound Foolish: Exposing the Dark Side of the Personal Finance Industry"*

Americans spend billions of dollars on personal finance products and advice. Ms. Olen discussed common myths purveyed by many of the nation's most respected financial gurus. She said the financial industry frequently sells products and services to consumers that offer little, if any, help in achieving financial security. She talked about the corrosive role that commissions and fees too often play in advice offered by money advisors.

**Issues covered:**

**Length: 7:56**

**Consumer Matters  
Personal Finance**

**Joseph Ugrin**, Assistant Professor of Accounting, Kansas State University

Professor Ugrin discussed his study of a trend called "cyberloafing," which is rapidly increasing in workplaces throughout the nation. He found that all employees – old and young alike – are spending large amounts of their workday on non-work-related activities online, such as social networking and managing their finances. He talked about the challenges that employers face in dealing with the problem.

**Issues covered:**

**Length: 4:49**

**Workplace Matters  
Personal Productivity  
Employment**

Show # 2014-50

Date aired: 12/14/14 Time Aired: 7Am

**Michael C. Harper**, expert in employment discrimination law, Barreca Labor Relations Scholar and Professor of Law, Boston University School of Law

Prof. Harper discussed the growing influence of age discrimination in today's job market. He explained the reasons that employers often avoid older job applicants. He said the Age Discrimination in Employment Act, which prohibits employment discrimination against anyone 40 or older, is highly ineffective. Prof. Harper believes the law should be reformed to make it at least as strong a deterrent as laws that prohibit discrimination on race or gender.



**Issues covered:**  
Age Discrimination  
Workplace Matters  
Senior Citizens

**Length: 8:41**

**Jeff Blyskal**, Senior Editor at Consumer Reports

Americans are used to being monitored for security reasons as they shop, but Mr. Blyskal said an increasing number of walk-in retailers are taking spying to a whole new level. He said stores are installing hidden video cameras, video analytics software, smartphone tracking and wi-fi hotspots to gather a surprising amount of data about their individual customers. The goal of this intense surveillance is to target shoppers with customized marketing, to convince them to shop more and spend more.

**Issues covered:**  
Consumer Matters  
Personal Privacy

**Length: 8:29**

**Frances Newton**, financial advisor, founder of Frances Insights

Ms. Newton said this is an excellent time of year for consumers to dig through credit card statements and bank receipts, and get their finances in order. She said getting organized will not only help a consumer to save money during the year, but it will also boost financial confidence.

**Issues covered:**  
Personal Finance  
Consumer Matters

**Length: 4:58**

Show # 2014-51

**Date aired:** 12/21/14 **Time Aired:** 7Am

**Felicia Cosman, MD**, Senior Clinical Director and Chair of the National Osteoporosis Foundation, author of *"What Your Doctor May Not tell you about Osteoporosis"*

Recent medical studies about the use of calcium to prevent osteoporosis have had conflicting findings. Dr. Cosman explained that most experts are still unsure about the value of taking calcium supplements. She stressed the importance of getting calcium through the diet, and offered other advice on how to improve bone health and reduce a person's chance of developing osteoporosis.

**Issues covered:**  
Personal Health  
Women's Issues

**Length: 8:05**

**Deborah Prothrow-Stith, MD**, expert in public health and youth/urban violence, Adjunct Professor at Harvard University, former Massachusetts Commissioner of Public Health, former Henry Pickering Walcott Professor of Public Health Practice at the Harvard School of Public Health

Dr. Prothrow-Stith discussed the growing trend of youth violence and gang activity in America. She believes that youth violence should be approached as a public health issue, similar to the way that smoking and lung cancer were dealt with through public education. She talked about the value of school-based programs, which have resulted in decreases in aggressive behavior. She also outlined the common characteristics that link most young violent offenders.

**Issues covered:**

**Youth Violence  
Crime**

**Length: 9:01**

**Karen Simpson-Hankins**, mortgage and real estate expert, author of *"Conquer Your Closing: Insider Secrets for Today's Savvy Home Buyer"*

Ms. Simpson-Hankins discussed the four biggest mortgage mistakes most consumers will make and the questions that consumers should ask lenders. She also explained why home inspections are crucial in the home-buying process, and how consumers can wisely shop for the best interest rate.

**Issues covered:**

**Consumer Matters  
Economy**

**Length: 4:59**

Show # 2014-52

**Date aired:** 12/28/14 **Time Aired:** 7Am

**Frederick M. Hess**, Resident Scholar and Director of Education Policy Studies at the American Enterprise Institute, author of *"The Same Thing Over and Over: How School Reformers Get Stuck in Yesterday's Ideas"*

Mr. Hess believes that even bitter opponents who argue about how to improve schools agree on more than they realize. He suggested that uniformity frequently gets in the way of quality education and that the American education system must change radically. He also said that schools need to implement a much wider variety of schooling options that would better meet student needs.

**Issues covered:**

**Education Reform  
Government Policies**

**Length: 9:23**

**Kristen Kirkpatrick, MS, RD, LD**, Dietician and Wellness Manager, The Cleveland Clinic Wellness Institute and The Cleveland Clinic Lifestyle 180 Program

Ms. Kirkpatrick said that consumers need to put more thought into the foods that they buy. She offered suggestions to help people read nutrition labels to make wiser choices. She explained how to find a local farm or produce supplier, which usually can provide information about their food more accurately than a supermarket.

**Issues covered:**

**Nutrition  
Personal Health**

**Length: 7:44**

**Lance Dodes, MD**, psychiatrist and psychoanalyst, Assistant Clinical Professor of Psychiatry at Harvard Medical School, author of *"Breaking Addiction: A 7-Step Handbook for Ending Any Addiction"*

Dr. Dodes explained how to identify an addiction and recognize key moments in addictive behavior. He said that every addictive act is normally preceded by a feeling of helplessness or powerlessness. He offered both long- and short-term advice for those dealing with an addiction.

**Issues covered:**

**Addiction  
Mental Health**

**Length: 4:46**

# ***Radio Health Journal®***

## **Quarterly Issues Report – Q4 2014 through Radio Health Journal Programs 14-40 through 14-52**

**During the second quarter of 2014 the following compliancy issues were covered:**

Addiction	Infectious Disease
Child Abuse	Legal System
Children At Risk	Medicaid And Medicare
Consumerism	Men's Issues
Consumer Safety	Mental Health
Crime	Pets And People
Criminal Justice System	Police
Disabilities	Police And Fire
Discrimination	Pop Culture
Drugs And Drug Treatment	Pop Psychology
Economics	Prison And Justice System
Federal Government	Public Health
Education	Public Policy
Emergency Response	Public Safety
Employment	Recreation
Workplace Issues	Roads And Highways
Environment And Pollution	Substance Abuse And Treatment
Family And Parenting Issues	Technology
Family Issues	Travel And Transportation
Federal Government And Regulation	Urban Planning
Federal Law	Violence
Gender Issues	Women's Issues
Health & Fitness	Youth At Risk
Health Care	

SEGMENT 1: Pregnant? You're fired

11:57

Synopsis: Discrimination due to pregnancy has been illegal since the 1970's, yet it's still a common occurrence. Experts discuss the many pretexts employers use to fire pregnant women and the steps women need to take to combat it.

Host: Reed Pence. Guests: Sarah Crawford, Director, Workplace Fairness, National Partnership for Women and Families; Jamie Dolkas, Director of Women's Leadership, Center for Worklife Law, Hastings College of the Law, Univ. of California; Joan Williams, Distinguished Prof. of Law, Hastings Foundation Chair and Founding Director, Center for Worklife Law, Hastings College of the Law, Univ. of California

**COMPLIANCY ISSUES COVERED:** employment; discrimination; economics; women's issues; family issues; federal law

SEGMENT 2: The emotional attachment of pets

7:28

Synopsis: Some people, particularly childless couples, insist they love their pets as much as anyone could love their children. Is the emotional attachment really the same? Experts discuss the evidence.

Host: Nancy Benson. Guests: Marilyn Putz, pet loss counselor and animal behaviorist, Lincolnshire Animal Hospital, Lincolnshire IL; Laura S. Scott, founder and director, Childless By Choice documentary/research project and author, Two Is Enough: A Couples Guide to Living Childless By Choice; Froma Walsh, Emeritus Prof. of Clinical Psychology, Univ. of Chicago and Co-Director, Chicago Center for Family Health.

**COMPLIANCY ISSUES COVERED:** : pets and people; family issues

Program #14-41

Air week: 10-12-14

Aired 10/12/14 @ 7:30am

SEGMENT 1: Restoring doctors' compassion

12:15

Synopsis: Doctors have often been advised to avoid emotions regarding patients in order to keep their decisions objective. However, this has led many patients to believe doctors don't care about them. A new movement in medicine seeks to reverse the trend and put compassion back in medicine, led by a "Healer's Art" class in many medical schools. Experts who teach the class explain.

Host: Reed Pence. Guests: Dr. Joseph O'Donnell, Prof. of Medicine and Psychiatry, Senior Advising Dean and Director of Community Programs, Geisel School of Medicine, Dartmouth College; Dr. Dean Parmelee, Associate Dean for Academic Affairs, Wright State Univ. Boonshoft School of Medicine.

**COMPLIANCY ISSUES COVERED:** education; health care; legal system

SEGMENT 2: Water and healing

7:34

Synopsis: Water is almost synonymous with relaxation and mental cleansing. A researcher explains the mind science behind it.

Host: Nancy Benson. Guest: Wallace J. Nichols, Research Associate, California Academy of Sciences and author, "Blue Mind"

**COMPLIANCY ISSUES COVERED:** mental health; environment and pollution

Program #14-42

Air week: 10-19-14

Aired 10/19/14 @ 7:30am

SEGMENT 1: The "obesity virus"

11:41

Researchers are collecting evidence that a virus is to blame for at least some cases of obesity, making it literally as easy to catch as a cold, and explaining in part why obesity has grown so quickly all over the world. Experts discuss the virus, how it takes over fat cells of the body, and its implications.

Host: Reed Pence. Guests: Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.

Host: Reed Pence. Guests: Dr. Nikhil Dhurandhar, Prof. of Health Promotion, Pennington Biomedical Research Center, Louisiana State Univ.; Dr. Richard Atkinson, Emeritus Prof. of Medicine & Nutritional Sciences, Univ. of Wisconsin-Madison.

**COMPLIANCY ISSUES COVERED:** health care; public health; infectious disease; consumerism; health & fitness

SEGMENT 2: Twinless twins

7:59

Synopsis: Twins whose "other half" dies unexpectedly may face challenging issues of grief and identity. A well-known psychotherapist, herself a twin, explains these issues through the lens of her own life.

Host: Nancy Benson. Guest: Mary R. Morgan, New York psychotherapist and author, Beginning With the End: A Memoir of Twin Loss and Healing

**COMPLIANCY ISSUES COVERED:** family and parenting issues; children at risk; education

Program #14-43

Air week: 10-26-14

*Aired 10/26/14 @ 7:30am*

SEGMENT 1: The reality of ebola

12:05

Synopsis: The ebola virus, which has killed thousands in West Africa, has made it to the US. Experts describe the characteristics of the virus and its transmission, whether there really is a risk to Americans, and the odds of success of new safety measures.

Host: Reed Pence. Guests: Dr. Dr. William Schaffner, Prof. of Preventive Medicine, Vanderbilt Univ. Medical Center; Dr. Robert Murphy, Prof. of Medicine & Biomedical Engineering and Director, Center for Global Health, Northwestern Univ.

**COMPLIANCY ISSUES COVERED:** health care; public health; infectious disease; public safety

SEGMENT 2: Breast cancer treatment

7:47

Synopsis: Breast cancer treatment has made great strides since doctors have determined several types and subtypes of cancers and the treatments that are optimum for each. An expert explains where breast cancer treatment is today.

Host: Nancy Benson. Guest: Dr. Denise Yardley, Senior Investigator, Sarah Cannon Breast Cancer Research Program, Nashville.

**COMPLIANCY ISSUES COVERED:** health care; women's issues; technology

Program #14-44

Air week: 11-2-14

*Aired 11/2/14 @ 7:30am*

SEGMENT 1: Emergency responder stress

12:27

Synopsis: Police officers, firefighters, paramedics and emergency dispatchers experience events that most people couldn't stand, and they pay for it with high levels of stress-related outcomes and PTSD.

Host: Reed Pence. Guests: Dr. Joel Fay, former police officer and President, First Responder Support Network and West Coast Post Trauma Retreat; Rodger Ruge, former police officer and founder, HeroTalk; Dr. Michelle Lilly, Asst. Prof. of Psychology, Northern Illinois Univ.; Heather Pierce, former 911 dispatcher; Dr. John Mason, founder, Stress Education Center, Oak Harbor, WA and author,.

**COMPLIANCY ISSUES COVERED:** police and fire; public safety; emergency response; education

SEGMENT 2: Fighting fear and phobias

8:33

Synopsis: Halloween is the season for fright, but people with phobias may not have been in the mood to enjoy it. Research shows an effective way to combat phobias--admit out loud what you're afraid of. Most people are advised to pretend they're not afraid. The lead researcher of this study explains why pretending doesn't work and why this approach has promise.

Host: Nancy Benson. Guest: Dr. Katharina Kircanski, post-doctoral fellow in psychology, Stanford Univ.

**COMPLIANCY ISSUES COVERED:** pop culture; consumerism; public health

**Program #14-45**

**Air week: 11-9-14**

*Aired 11/9/14 @ 7:30am*

SEGMENT 1: Post-hospital syndrome

12:38

Synopsis: Many people who've recently been in the hospital quickly make a return trip, often with a different illness. Hospital stays themselves can make people sick, or at least susceptible to getting sick

Host: Reed Pence. Guests: Dr. David Newman, Director of Research, Dept. of Emergency Medicine, Icahn School of Medicine at Mt. Sinai; Dr. Harlan Krumholz, Prof. of Medicine, Yale School of Medicine and Director, Yale-New Haven Hospital Center for Outcomes Research and Evaluation

**COMPLIANCY ISSUES COVERED:** health care; public health; economics

SEGMENT 2: Rescuing runaways

7:50

Synopsis: More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed.

Host: Nancy Benson. Guest: Carissa Phelps, author, Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time

**COMPLIANCY ISSUES COVERED:** youth at risk; crime and police; child abuse; education

**Program #14-46**

**Air week: 11-16-14**

*Aired 11/16/14 @ 7:30am*

SEGMENT 1: Questions on lasik safety

12:19

Synopsis: Sixteen million Americans have had lasik surgery for vision correction, and some have complained of severe visual artifacts and eye pain. The former chief of the FDA branch that approved lasik has now petitioned the FDA to remove lasik devices

Host: Reed Pence. Guests: Dr. Morris Waxler, founder, Waxler Regulatory Consultancy and former Chief of Ophthalmic Devices, FDA Center for Devices and Radiological Health; Dr. Eric Donnenfeld, Clinical Prof. of Ophthalmology, New York Univ. ; Dr. Perry Rosenthal, Harvard Medical School and founder, Boston Eye Pain Foundation

**COMPLIANCY ISSUES COVERED:** health care; public health; federal government and regulation; consumerism and consumer safety

SEGMENT 2: Biking as transportation

8:37

Synopsis: More and more Americans are turning to their bicycles for everyday transportation, not just recreation. Experts discuss the public policy and urban planning ideas that can make this healthy habit easier.

Host: Nancy Benson. Guests: Jim Merrell, Campaign Director, Active Transportation Alliance, Chicago; Mark Fenton, public health planning and transportation consultant, Boston and Adjunct Prof., Tufts Univ.

**COMPLIANCY ISSUES COVERED:** public health; recreation; travel and transportation; roads and highways; urban planning

Program #14-47

Air week: 11-23-14

*Aired 11/23/14 @ 7:30am*

SEGMENT 1: Sexual harassment of men

7:07

Synopsis: Some people believe it's not possible for men to be sexually harassed at work. But new studies show that not only is it possible, but men can be much more disturbed by it than most people think, and may react in some ways even more than women.

Host: Reed Pence. Guests: Keith Fink, Los Angeles Attorney and lecturer, UCLA law school; Dr. NiCole Buchanan, Assoc. Prof. of Sociology, Michigan State Univ.

**COMPLIANCY ISSUES COVERED:** men's issues; employment and workplace issues; legal issues; discrimination; gender issues

SEGMENT 2: "Almost alcoholic"

7:34

Synopsis: Most people who have a drinking problem are not alcoholics, so they may slip through the cracks and not receive the help they need. Experts discuss warning signs and ways to break through denial.

Host: Nancy Benson. Guests: Dr. Robert Doyle, clinical psychiatrist, Massachusetts General Hospital and Harvard Medical School; Dr. Joe Nowinski, clinical psychologist

**COMPLIANCY ISSUES COVERED:** addiction, substance abuse and treatment

Program #14-48

Air week: 11-30-14

*Aired 11/30/14 @ 7:30am*

SEGMENT 1: Midlife eating disorders

12:52

Synopsis: The last decade, the number of women over 30 seeking treatment for anorexia, bulimia and binge eating disorder has skyrocketed. Experts discuss the factors triggering eating disorders in midlife or bringing women in for treatment for long standing disorders.



Host: Reed Pence. Guests: Denise Folcik, eating disorder survivor; Lori Ciotti, Site Director, Renfrew Center of Massachusetts; Dr. Margo Maine, psychologist, co-founder, National Eating Disorders Assn.; Dr. Cynthia Bulik, founding Director, Univ. of North Carolina Center of Excellence for Eating Disorders.

**COMPLIANCY ISSUES COVERED:** women's issues; mental health; health care; consumerism; family issues

SEGMENT 2: Bad health and incarceration

7:07

Synopsis: Researchers have found that poor health and disabilities can be factors leading to prison. An expert discusses the life cycles that can make this occur.

Host: Nancy Benson. Guest: Dr. Susan Sered, Prof. of Sociology, Suffolk Univ. & co-author, Can't Catch a Break: Gender, Jail, Drugs and the Limits of Personal Responsibility

**COMPLIANCY ISSUES COVERED:** prison and justice system; crime; drugs and drug treatment; public health; disabilities

Program #14-49

Air week: 12-7-14 Aired 12/7/14 @ 7:30am

SEGMENT 1: Mental illness in adolescents and children

11:49

Synopsis: Two years ago, when mentally ill 20-year old Adam Lanza killed 20 grade school children and six staff members at Sandy Hook Elementary School, some in the public blamed Lanza's mother (also a victim) for not getting him treatment. A writer with a mentally ill son explains the many reasons why it's not as easy to get treatment as many people think..

Host: Reed Pence. Guest: Liza Long, author, The Price of Silence: A Mom's Perspective on Mental Illness.

**COMPLIANCY ISSUES COVERED:** mental health; health care; family issues; youth at risk; violence; criminal justice system

SEGMENT 2: Digital eyestrain

8:19

Synopsis: Increased use of computer screens and smartphones has brought an epidemic of eye complaints. Experts discuss why digital devices produce extra eyestrain and how people can avoid it.

Host: Nancy Benson. Guests: Dr. Michael Rosenblatt, optometrist, Washington DC; Jakob Nielsen, Principal, Meilsen Norman Group user experience research firm.

**COMPLIANCY ISSUES COVERED:** health care; technology; consumerism

Program #14-50

Air week: 12-14-14 Aired 12/14/14 @ 7:30am

SEGMENT 1: The Affordable Care Act and access to care

12:27

Synopsis: As "Obamacare" health insurance exchanges enter their second year, some insured people are finding that getting access to care is extremely difficult due to meager provider networks and low doctors' payments. Many insured are also being surprised by high deductibles and co-payments.

Host: Reed Pence. Guests: Dr. Andrew Kleinman, President, Medical Society of the State of New York; Merrill Matthews, Resident Scholar, Institute for Policy Innovation; Dr. Paul Ginsburg, Norman Topping Chair in Medicine and Public Policy, Univ. of Southern California

**COMPLIANCY ISSUES COVERED:** health care; federal government; public policy; public health; Medicaid and Medicare; economics; consumerism

SEGMENT 2: Christmas Overshopping

7:26

Synopsis: Compulsive overshoppers often are seeking to compensate for some unfilled internal need. An expert discusses these reasons and how people can learn to overcome compulsive shopping.

Host: Nancy Benson. Guest: Dr. April Lane Benson, psychologist, founder, [StoppingOvershopping.com](http://StoppingOvershopping.com) and author, To Buy Or Not To Buy: Why We Overshop and How To Stop.

**COMPLIANCY ISSUES COVERED:** addiction; economics; consumerism; mental health

Program #14-51

Air week: 12-21-14

*Aired 12/21/14 @ 7:30am*

SEGMENT 1: "Twice exceptional" children

12:20

Synopsis: Many people feel that gifted children don't need any help because they're so talented. But many gifted kids are so bored in school they become disruptive and do poorly, so they're not identified and their need for a challenge isn't met. Some gifted children also have disabilities, such as learning disabilities, that are not identified because they are masked by their gifts.

Host: Reed Pence. Guests: Dr. James Webb, clinical psychologist, President, Great Potential Press and founder, Supporting Emotional Needs of the Gifted; Megan Foley Nicpon, Assoc. Prof of Counseling Psychology, University of Iowa and Assoc. Director for Research and Clinic, Belin-Blank Center; Jen Merrill, and author, If This Is A Gift, Can I Send It Back?

**COMPLIANCY ISSUES COVERED:** education; children at risk; disabilities; mental health

SEGMENT 2: Beat deafness

7:30

Synopsis: Some people simply have no rhythm. A small percentage may be "beat deaf," the rhythmic equivalent of tone deafness, and have a biological deficit in their body's timing mechanism.

Host: Nancy Benson. Guests: Mathieu Dion, Montreal TV reporter who suffers from beat deafness; Dr. Caroline Palmer, Prof. of Psychology, McGill Univ., Montreal.

**COMPLIANCY ISSUES COVERED:** disabilities; pop psychology

Program #14-52

Air week: 12-28-14

*Aired 12/28/14 @ 7:30am*

SEGMENT 1: Kidney dialysis

12:19

Synopsis: More than 400,000 Americans are on kidney dialysis, a number that may grow to 2 million by 2030 due to obesity-related diseases. Experts discuss the advantages and shortfalls of dialysis and new transplant waiting list rules that will give the best organs to recipients who will be able to use them the longest.

Host: Reed Pence. Guests: Dr. David Law, Asst. Chief of Nephrology, Kaiser Permanente Oakland Medical Center & Medical Director, Satellite Healthcare dialysis, Oakland; Dr. Les Spry, nephrologist, Lincoln, NE, and spokesperson, National Kidney Foundation

**COMPLIANCY ISSUES COVERED:** health care; public health; economics

SEGMENT 2: Cancer rehabilitation

7:27

Synopsis: People who undergo cancer treatment are not generally offered the same kind of physical rehabilitation given to others who suffer injuries and illnesses. A leader in the new field of cancer rehabilitation explains how it could improve outcomes and quality of life after cancer.

Host: Nancy Benson. Guest: Dr. Julie Silver, Asst. Prof. of Physical Medicine and Rehabilitation, Harvard medical School and founder, Oncology Rehab Partners.

**COMPLIANCY ISSUES COVERED:** health care; disabilities

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