

**2018-Q3 (July-September) Radio Health Journal Quarterly Report
Compliance Issues covered this quarter:**

Addictions and treatment	Health care
Aging	Homelessness
Bullying	Housing
Business and industry	Human development
Climate change	Infant mortality
Consumerism	Insurance
Crime and justice system	Interpersonal relationships
Dementia	Law
Diet and exercise	Mental health
Disabilities	Military
Drug misuse	National security
Economics	Poverty
Economics of sports	PTSD
Education	Public health
Environmental issues	Public safety
Elderly and senior citizens	Research and development
Ethics	Religion
Family and parenting issues	Sports and recreation
Federal government	Substance use disorder
First responders	Technology
Flooding	Treatment and prevention
Government and regulation	Youth at risk

Program Log for Radio Health Journal

Program 18-27 **Producers** Reed Pence, Ariana Kraft
Air Week 7/8 – 7/14/2018 **Production Director** Sean Waldron

Time Segment **Dur.**

1:57 SEGMENT 1: THE SHRINKING HUMAN JAW **12:11**

Synopsis: Over the last 8,000 years, the human jaw has been getting smaller due to an increasingly soft diet and a lack of jaw exercise. The result is an epidemic of crooked teeth and serious health consequences, as two experts explain.

Host: Reed Pence. **Guests:** Dr. Paul Erlich, Prof. Emeritus of Population Studies, Stanford Univ. and co-author, *Jaws: The Story of a Hidden Epidemic*; Dr. Sandra Kahn, orthodontist and co-author, *Jaws: The Story of a Hidden Epidemic*

Compliance issues covered: youth at risk; human development; public health; diet and exercise

Links for more information: <https://www.sup.org/books/title/?id=29626>

15:10 SEGMENT 2: MEDICAL UNCERTAINTY **7:41**

Synopsis: Many patients want certainty in diagnoses, especially when they've had expensive diagnostic tests. However, those tests are often less certain in their results than people think, making patients sometimes doubt doctors' competence.

Host: Nancy Benson. **Guest:** Dr. Steven Hatch, Asst. Prof. of Medicine, Univ. of Massachusetts Medical School and author, *Snowball In A Blizzard: A Physician's Notes on Uncertainty in Medicine*

Compliance issues covered: consumerism; health care; technology

Links for more information: <https://www.bostonglobe.com/arts/books/2016/03/13/steven-hatch-investigates-spectrum-certainty-snowball-blizzard/iyoA9290cTaZGbABT3h8gP/story.html>

Program Log for *Radio Health Journal*

Program 18-28 **Producers** Polly Hansen, Hannah Swarm, Ariana Kraft
Air Week 7/15 – 7/21/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: IS SEX ADDICTION REAL?	12:48

Synopsis: The authoritative DSM-5 manual used by psychiatrists does not accept sex addiction as a real addiction, yet many doctors insist it's as real as any other compulsion. Experts and an admitted former sex addict discuss the disorder, its treatment, and the wreckage it leaves behind.

Host: Reed Pence. **Guests:** Dr. Kenneth Paul Rosenberg, addiction psychiatrist, Weill Cornell Medical College and author, *Infidelity: Why Men and Women Cheat*; Neil Strauss, author, *The Truth: An Eye-Opening Odyssey Through Love Addiction, Sex Addiction, and Extraordinary Relationships*

Compliance issues covered: addictions and treatment; youth at risk; mental illness; family issues

Links for more information: <https://drkenrosenberg.com>; <http://www.neilstrauss.com>; www.sa.org; <https://saa-recovery.org>; <https://www.sanon.org>

15:54	SEGMENT 2: VITAMIN D AND PRETERM BIRTHS	7:02
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Synopsis: Premature births are increasing in the US, but a new study shows they could be cut drastically if pregnant women increased blood levels of vitamin D. An expert discusses misconceptions about the vitamin, how it works and how it could be used to reduce infant mortality.

Host: Nancy Benson. **Guest:** Karen Howard, Executive Director, Organic and Natural Health Association

Compliance issues covered: consumerism; health care; public health; youth at risk; infant mortality

Links for more information: <http://organicandnatural.org/staff-board/karen-howard/>

Program Log for *Radio Health Journal*

Program 18-29 **Producer** Reed Pence, Ariana Kraft
Air Week 7/22 – 7/28/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: INCREASING OSTEOPOROSIS	12:41

Synopsis: Osteoporosis is increasing as America ages. However, fewer people are being tested for bone density and are agreeing to treatment because of side effects of osteoporosis medications. Experts discuss the devastating effects of increased broken bones and what can now be done to prevent them.

Host: Reed Pence. **Guests:** Dr. Sundeep Khosla, Prof. of Medicine, Mayo Clinic College of Medicine; Dr. Ether Siris, Director, Toni Stabile Osteoporosis Center, New York Presbyterian Hospital and Columbia Univ. Medical Center

Compliance issues covered: health care; public health; aging; elderly and senior citizens; consumerism

Links for more information: <https://www.mayo.edu/research/faculty/khosla-sundeep-m-d/bio-00078126>;
<https://www.nyp.org/physician/essiris/>

15:48	SEGMENT 2: PTSD IN KIDS	7:08
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Synopsis: Mental health experts once believed that children were too young to remember traumas well enough to suffer much from post-traumatic stress disorder. Now they know that children as young as 2 or 3 can be affected, often for the rest of their lives. An expert discusses PTSD in children and its treatment.

Host: Nancy Benson. **Guest:** Dr. Michael Scheeringa, Prof. of Child Psychiatry and Assoc. Prof. of Clinical Pediatrics, Tulane Univ. School of Medicine

Compliance issues covered: youth at risk; mental health; family and parenting issues

Link for more information: <http://www.infantininstitute.org/faculty-member/michael-s-scheeringa/>

Program Log for *Radio Health Journal*

Program 18-30 **Producer** Reed Pence, Ariana Kraft, Hannah Swarm
Air Week 7/29 – 8/4/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: AN UNUSUAL COURT CHALLENGE TO OBAMACARE	11:55

Synopsis: A number of court cases have challenged the Constitutionality of the Affordable Care Act, and the federal government has always defended the law—until now, and a Federal Court case brought by the State of Texas. With the stakes increased, experts discuss what the government’s reversal means to consumers.

Host: Reed Pence. **Guests:** Dr. Paul Ginsburg, Director, Schaeffer Initiative for Health Policy, Univ. of Southern California and the Brookings Institution; Timothy Jost, Emeritus Prof. of Law, Washington and Lee Univ.

Compliance issues covered: health care; public health; federal government; courts and justice system; health insurance; politics

Links for more information: <https://priceschool.usc.edu/paul-b-ginsburg/>; <https://law.wlu.edu/faculty/emeritus-faculty/tim-jost>

14:59	SEGMENT 2: TICK PARALYSIS	7:06
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Synopsis: Summer is tick season, and tick bites are common. However, bites from a couple of types of ticks can produce paralysis and even death if the tick is not removed quickly. An expert discusses.

Host: Nancy Benson. **Guest:** Dr. Mark Dworkin, Infectious disease specialist, Univ. of Illinois at Chicago School of Public Health

Compliance issues covered: health care; public health; youth at risk; outdoors and environment

Links for more information: <http://publichealth.uic.edu/global-health-program/mark-s-dworkin>

Program Log for *Radio Health Journal*

Program 18-31 **Producer** Reed Pence, Hannah Swarm
Air Week 8/5 – 8/11/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: LONELY COLLEGE STUDENTS	12:04

Synopsis: Studies show that college students are America’s loneliest people—even more so than the elderly—even though they’re surrounded by people and activities. The role of technology is discussed in isolating students, and the role of changing culture toward children and adolescents having a constantly structured schedule with few breaks for downtime or spontaneity. Experts also discuss how parents, schools and students themselves can overcome social isolation.

Host: Reed Pence. **Guests:** Rachel Simmons, Leadership Development Specialist, Smith College; Dr. Victor Schwartz, Chief Medical Officer, JED Foundation; Dr. Julianne Holt-Lunstad, Prof. of Psychology and Neuroscience, Brigham Young Univ.

Compliance issues covered: youth at risk; education; technology and society; parenting issues

Links for more information: <https://www.rachelsimmons.com/about/bio-and-press-kit/>; <https://www.jedfoundation.org/people/dr-victor-schwartz/>; <https://fhssfaculty.byu.edu/FacultyPage?id=jh67>

15:09	SEGMENT 2: TRIGEMINAL NEURALGIA—SEARING PAIN IN THE FACE	7:50
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Synopsis: A searing, stabbing pain on one side of the face can be so severe it’s sometimes called “the suicide disease,” and may evade diagnosis for some time. The cause of trigeminal neuralgia is often a throbbing artery in contact with nerves at the base of the brain, and while treatment can be difficult it is often ultimately successful. Two experts discuss diagnosis and treatment.

Host: Nancy Benson. **Guests:** Dr. Mark McLaughlin, Princeton Brain and Spine, Princeton, NJ; Dr. Jeffrey Brown, neurosurgeon, NYU Winthrop Hospital and Director of Medical Board, TNA Facial Pain Organization

Compliance issues covered: health care; senior citizens; disability

Links for more information: <https://www.princetonbrainandspine.com/dr/mark-mclaughlin-md/>; <https://www.nspc.com/physician/jeffrey-brown/>

Program Log for *Radio Health Journal*

Program 18-32 **Producers** Reed Pence, Trevor Zavagno, Ariana Kraft
Air Week 8/12 – 8/18/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: ADDICTION, RELAPSE AND CRIMINALIZATION	13:05

Synopsis: After criminal convictions, many people with substance use disorder are placed on probation with the condition they remain completely drug free. They are often jailed when they relapse, setting back recovery and removing them from treatment that helps keep them clean. Is that fair, when relapse is a common symptom of their disease (and many others)? Addiction and legal experts discuss.

Host: Reed Pence. **Guests:** Lisa Newman-Polk, attorney and social worker, Ayer, MA; Michael Botticelli, Exec. Director, Grayken Center for Addiction, Boston Medical Center and former Director, National Drug Control Policy; Dr. Barbara Herbert, Immediate Past President, Massachusetts Society of Addiction Medicine; Dr. Sally Satel, addiction psychiatrist and Lecturer, Yale Univ. School of Medicine & Resident Scholar, American Enterprise Institute

Compliance issues covered: drug misuse, addiction and treatment; criminal justice system; public health; substance use disorder

Links for more information: <https://www.lisaneumanpolk.com>; <https://www.bmc.org/addiction/experts>; <https://www.masam.org>; <https://sallysatelmd.com/about/>

16:09	SEGMENT 2: MISCOMMUNICATION AND PERSONALITY TYPE	6:41
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Synopsis: People have different ways to interpret the world around them, and miscommunication is often a result when we assume we see the world similarly. A noted author discusses an innovative way to classify communication styles to avoid clashes.

Host: Nancy Benson. **Guest:** Scott Schwefel, author, *Discover Yourself*

Compliance issues covered: interpersonal communication; consumerism

Links for more information: <http://discoveryyourself.com/keynote>

Program Log for *Radio Health Journal*

Program 18-33 **Producer** Reed Pence, Polly Hansen, Hannah Swarm
Air Week 8/19 – 8/25/2018 **Production Director** Sean Waldron, Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: PREVENTING BULLYING OF KIDS WITH DISABILITIES	11:58

Synopsis: Many children are bullied, especially in the middle school years, and many parents worry about their kids, especially if the parents have experienced this themselves growing up. But kids with disabilities are about twice as likely to be victims as those without disabilities. Experts discuss the problem and provide specific how-to's to educate parents and schools to work together to prevent bullying of these children.

Host: Reed Pence. **Guests:** Barb Ziemke, Senior Advocate and Parent Trainer, Pacer Center and National No Bullying Prevention Center, Minneapolis; Jan Urbanski, Director, Safe and Humane Schools, Clemson Univ. Institute on Family and Neighborhood Life and Olweus Bullying Prevention Program

Compliance issues covered: disabilities; youth at risk; education; bullying; parenting issues; law

Links for more information: <http://www.pacer.org/bullying/>; <http://www.pacer.org/bullying/>

15:02	SEGMENT 2: BASEBALL PITCHERS AND ARM INJURIES	7:36
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Synopsis: Major League Baseball teams spend \$1.7 billion annually on pitchers, yet it is an extremely risky investment. Teams haven't figured out how to prevent all-too-frequent arm injuries, which are now filtering down to children as well. A journalist who investigated the science of pitching injuries explains.

Host: Nancy Benson. **Guest:** Jeff Passan, baseball columnist, Yahoo Sports and author, *The Arm: Inside the Billion Dollar Mystery of the Most Valuable Commodity in Sports*

Compliance issues covered: sports and recreation; youth at risk; economics of sports

Links for more information: <http://thebiglead.com/2016/04/04/baseballs-billion-dollar-injury-crisis-a-review-of-jeff-passans-the-arm/>

Program Log for *Radio Health Journal*

Program 18-34 **Producer** Reed Pence, Ariana Kraft
Air Week 8/26 – 9/1/2018 **Production Director** Sean Waldron, Jason Dickey

Time	Segment	Dur.
12:02	SEGMENT 1: ELECTROSHOCK THERAPY TODAY	12:11

Synopsis: Electroconvulsive therapy still has a stigma, with the reputation of being a painful, disturbing procedure that wipes out memories and, if movies are to be believed, even creates zombies. Experts explain the reality—that ECT is a quiet procedure that provokes a short brain seizure, releasing huge amounts of neurotransmitters to reset the brain in what is the quickest and most dependable treatment for severe and often suicidal depression.

Host: Reed Pence. **Guests:** Dr. Sarah Lisanby, Director, Translation Research, National Institute of Mental Health and Director, NIMH Non-Invasive Neuro-Modulation Unit; Dr. Dan Maixner, Assoc. Prof. of Psychiatry, Univ. of Michigan

Compliance issues covered: mental illness; health care; public health; technology

Links for more information: <https://www.nimh.nih.gov/news/science-news/2015/lisanby-chosen-to-lead-nimh-division-of-translational-research.shtml>; https://www.mlive.com/news/ann-arbor/index.ssf/2016/07/u-m_hospital_finds_new_home_fo.html

15:15	SEGMENT 2: DROWNING: LISFRANC INJURIES	7:36
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Synopsis: People who injure their foot often think they have a mere sprained foot or ankle when they actually have an injury that is potentially much more severe and disabling if not treated. Experts explain the Lisfranc joint and injuries that can hurt it.

Host: Nancy Benson. **Guests:** Dr. Mark Hardy, Balance Foot and Ankle Wellness Center, Lakewood, OH; Dr. Bryan Waxman, orthopedic surgeon, Illinois Bone and Joint Institute

Compliance issues covered: health care; sports and recreation; disabilities

Links for more information: <http://www.balancecle.com/balance-foot-and-ankle/staff/dr-mark-hardy-dpm-facfas/>; <https://www.ibji.com/doctors/waxman-bryan-md/>

Program Log for *Radio Health Journal*

Program 18-35 **Producer** Reed Pence, Hannah Swarm, Ariana Kraft
Air Week 9/2 – 9/8/2018 **Production Director** Sean Waldron, Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:03	SEGMENT 1: HEALTHCARE AND THE HOMELESS	12:12

Synopsis: Homeless Americans have a life expectancy of only around 50, and often use the ER for primary care at a huge cost. The lack of followup care for their illnesses and the mental health or substance abuse disorders common in this population add up to an enormous health burden. Experts discuss how doctors on the street can improve health for the homeless and lower cost for society.

Host: Reed Pence. **Guests:** Dr. Jim Withers, Medical Director and Founder, Pittsburgh Mercy Health System Operation Safety Net and the Street Medicine Institute; Dr. Jim O'Connell, President, Boston Healthcare for the Homeless Program and author, *Stories from the Shadows: Reflections of a Street Doctor*

Compliance issues covered: homelessness; poverty; health care; public health; housing; substance use disorder; economics

Links for more information: <http://streetmedicine.org>; <https://www.pmhs.org/operation-safety-net/>; <https://www.bhchp.org>

14:17	SEGMENT 2: AN ONLINE TEST FOR DEMENTIA	7:39
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Synopsis: If dementia is recognized early, medication and coping strategies are very beneficial. However, dementia is often undiagnosed and untreated until it is far along. A newly developed online test can help assess if someone has mild cognitive impairment, a precursor to dementia.

Host: Nancy Benson. **Guest:** Dr. Douglas Scharre, Director, Division of Cognitive Neurology, Ohio State Univ. and developer of BrainTest.com

Compliance issues covered: health care; public health; senior citizens and elderly; education; dementia

Links for more information: <https://braintest.com>; <https://wexnermedical.osu.edu/neurological-institute/researchers/douglas-scharre-md>

Program Log for *Radio Health Journal*

Program 18-36 **Producer** Reed Pence, Polly Hansen, Hannah Swarm
Air Week 9/9 – 9/15/2018 **Production Director** Sean Waldron, Jason Dickey

Time	Segment	Dur.
2:01	SEGMENT 1: USING NALOXONE FOR DRUG OVERDOSES	12:22

Synopsis: The drug Naloxone has been hailed as a lifesaver, as it can reverse the effects of what would otherwise be fatal opioid overdoses. Expert panels recommend that more average citizens carry it, especially those likely to be in contact with drug users. However, obstacles including cost prevent even some first responders from having access. A new study also shows Naloxone may have unintended consequences, such as more drug use. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Patrice Harris, Chair, Opioid Task Force and President-Elect, American Medical Assn.; Dr. Carl Latkin, Prof. of Health, Behavior and Society, Johns Hopkins Univ. Bloomberg School of Public Health; Dr. Jennifer Doleac, Assoc. Prof. of Economics, Texas A&M Univ.

Compliance issues covered: substance use disorder; addiction; treatment and prevention; first responders; public health; economics; ethics

Links for more information: <https://www.ama-assn.org/patrice-harris-md-ma>; <https://www.jhsph.edu/faculty/directory/profile/402/carl-latkin>; <http://jenniferdoleac.com>

15:25	SEGMENT 2: SAVING TALK THERAPY FOR MENTAL ILLNESS	7:41
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Synopsis: Decades ago, psychiatric treatment meant talk therapy. Now it usually means drugs or cognitive behavioral therapy for an extremely short time. A noted clinical psychologist and author explains why patients are better served when talk therapy is an option for recovery.

Host: Nancy Benson. **Guest:** Dr. Enrico Gnaulati, clinical psychologist and author, *saving Talk Therapy: How Health Insurer, Big Pharma, and Slanted Science are Ruining Good Mental Health Care*

Compliance issues covered: health care; mental health; military and PTSD; insurance; economics

Links for more information: <http://www.gnaulati.net>

Program Log for *Radio Health Journal*

Program 18-37 **Producer** Reed Pence, Ariana Kraft
Air Week 9/16 – 9/22/2018 **Production Director** Jason Dickey

Time	Segment	Dur.
2:03	SEGMENT 1: THE COMING “HOTHOUSE EARTH”	12:49

Synopsis: Rising global temperatures have produced effects such as extreme weather and a rising sea level. Climate scientists fear that if temperatures continue to rise, we may soon reach the point of no return. If the earth’s natural cooling systems start to fail, each could feed failure of the next, resulting in a hothouse with large portions of the planet uninhabitable. Authors of a major report on this phenomenon explain.

Host: Reed Pence. **Guests:** Dr. Diana Liverman, Prof. of Geography and Development, Univ. of Arizona; Dr. Katherine Richardson, Prof. of Biological Oceanography and leader, Sustainability Science Center, Univ. of Copenhagen; Dr. Kristina Dahl, Senior Climate Scientists, Union of Concerned Scientists

Compliance issues covered: environment; climate change; flooding; national government; politics; economics

Links for more information: <https://www.environment.arizona.edu/diana-liverman>; <https://www.ecsj2017.com/profile/katherine-richardson>; <https://www.ucsusa.org/bio/kristina-dahl#.WSKhv1KZPOY>

15:54	SEGMENT 2: IMPOSTER SYNDROME	7:05
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Synopsis: Many people who are smart, talented and successful still believe they are incompetent on the inside and that others will eventually find out. This “imposter syndrome” can undermine careers and lead to psychological distress. Two noted experts in the field discuss origins and how to deal with the phenomenon.

Host: Nancy Benson. **Guests:** Dr. Valerie Young, founder, impostersyndrome.com and author, *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Imposter Syndrome and How to Thrive In Spite of It*; Dr. Pauline Rose Clance, Prof. Emeritus, Georgia State Univ.

Compliance issues covered: mental illness; business and industry; education; parenting issues

Links for more information: <https://impostorsyndrome.com/valerie-young/>; http://paulineroseclance.com/prc_biography.html

Program Log for *Radio Health Journal*

Program 18-38 **Producer** Reed Pence
Air Week 9/23 – 9/29/2018 **Production Director** Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: LEWY BODY DEMENTIA	11:20

Synopsis: The second most common form of dementia is virtually unknown to most people. However, Lewy body dementia affects 1.4 million Americans, with symptoms commonly misdiagnosed as Alzheimer's disease. Additional symptoms such as hallucinations and uncontrollable shaking make diagnosis and caregiving more difficult, and treatments for Alzheimer's or psychosis can often be harmful. Experts discuss.

Host: Reed Pence. Guests: Candy Schulman, daughter of woman who died with Lewy body dementia; Dr. James Leverenz, Director, Cleveland Clinic Lou Ruvo Center for Brain Health and Chair, Scientific Advisory Council, Lewy Body Dementia Association

Compliance issues covered: aging; disabilities; mental illness; health care; consumerism

Links for more information: <https://www.lbda.org>

14:24	SEGMENT 2: GENE RESEARCH AND OUR MEDICAL FUTURE	8:32
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Synopsis: Gene research has made incredible leaps in the last decade. A physician/Pulitzer-prize winning author explains what our new knowledge means for our immediate medical future, given our struggles with genetic knowledge in the past.

Host: Nancy Benson. **Guest:** Dr. Siddhartha Mukherjee, Asst. Prof. of Medicine, Columbia Univ. and author, *The Gene: An Intimate History*.

Compliance issues covered: consumerism; health care; ethics

Links for more information: <http://authors.simonandschuster.com/Siddhartha-Mukherjee/49784674>

Program Log for *Radio Health Journal*

Program 18-39 **Producer** Reed Pence, Hannah
Air Week 9/30 – 10/6/2018 **Production Director** Jason Dickey

Time	Segment	Dur.
2:03	SEGMENT 1: SOLVING THE RECYCLING CRISIS	12:07

Synopsis: For decades, the US has exported much of its recycled waste to China, an option no longer available to us by Chinese government policy. Now much of this waste may go to other Asian third world countries that are poorly equipped to take it. Experts say US consumers need to improve their recycling habits, but some advocates say we should aim for more—a “zero waste” lifestyle where a family of four can literally fit its annual trash in a pint jar. Experts discuss recycling options and how to reduce waste.

Host: Reed Pence. **Guests:** Amy Brooks, Univ. of Georgia New Materials Institute; Bea Johnson, author, *Zero Waste Home* and founder, zero waste lifestyle movement

Compliance issues covered: environment; pollution and recycling; federal government; economics

Links for more information: <https://news.uga.edu/scientists-calculate-impact-of-chinas-ban-on-plastic-waste-imports/>
<https://zerowastehome.com>

15:12	SEGMENT 2: “FLAT HEAD SYNDROME”	7:14
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Synopsis: Since the beginning of the “baby on back” movement to reduce sudden infant death syndrome, many more infants are developing misshapen heads with a flat spot in one place. An expert discusses whether this is serious, how it can be treated with a helmet-like device, and how it might be prevented.

Host: Nancy Benson. **Guest:** Dr. Peter Taub, Prof. of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York

Compliance issues covered: consumerism; health care; youth at risk; parenting issues

Links for more information: <https://www.mountsinai.org/profiles/peter-taub>