

**98.3★WCCQ**

*Your Hometown Country Station*

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WCCQ-FM  
Alpha Media LLC  
Crest Hill, Illinois

QUARTERLY ISSUES AND PROGRAMS REPORT

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FOURTH QUARTER 2017  
OCTOBER 1-DECEMBER 31  
FILED 1-4-2018

**PREPARED BY: Carol McGowan-Alpha Media LLC**

During this quarter, this station gave particular attention to the issues listed in the following report. These issues are not listed in order of importance and it should be noted that the station may have also aired other programming that was responsive to the community's informational needs.

ISSUE:     Veterans    

<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>Vet's/Warrior Vodka Event with Darryl Worley</u>	<u>11/10/ 17</u>	<u>6p-7p</u>	<u>Country Star Darryl Worley was in studio signing bottles of Warrior Vodka for auction to benefit Veterans that are helped by profits from Warrior Vodka. Darryl hosted a concert for our Veterans on 11/11 at The Elmhurst Christian Reformed Church in Elmhurst.</u>

ISSUE:     HUNGER    

<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>MorningStar Mission Feed the Hungry Radiothon</u>	<u>11/09/17</u>	<u>6a-6p</u>	<u>The annual MorningStar Mission radiothon, to benefit MorningStar Mission in Joliet, raised more than \$10,000.00 for meals for the homeless and less fortunate in the Joliet area</u>

ISSUE:     FAMILIES IN NEED    

<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>USCGC Mackinaw arrives at Chicago's Navy Pier to deliver Christmas Trees to Chicago area needy families</u>	<u>12/01/17</u>	<u>10am-noon</u>	<u>WCCQ's Rich Renik Emcees the event once again, which benefits needy families in the Chicago area.</u>

ISSUE:     YOUTH    

<b>Program Name</b>	<b>Date</b>	<b>Time and Duration</b>	<b>Description</b>
<u>*Info airs throughout the day on 98.3 WCCQ-FM</u>	<u>11/1- 11/30</u>	<u>Numerous mentions on the air throughout November and December, and at remote broadcasts</u>	<u>Merlin's Snug Hugs For Kids campaign. WCCQ reminds listeners to drop off winter clothing for children that are less fortunate. They can be dropped off at the WCCQ studios in Crest Hill, Il., or at any remote broadcast that the station does.</u>

WCCQ-FM airs a weekly show, titled Radio Health Journal, on Sunday, from 5am-5:30am, which focuses on various health related topics. The logs with segment dates, titles, topics, compliancy issues and guests are included below.

**2017-Q4 (October-December) Viewpoints Radio Quarterly Report  
Compliance Issues covered this quarter:**

Addiction	Health Care
Aging	Hispanic and Latino Issues
Beauty	Immigration
Child Abuse	Labor and Employment
Climate change	Medicine
Consumerism	Mental Health
Crime/Justice System	Modern Culture
Developmental Disabilities	Natural Disasters
Disease	Nutrition/Malnutrition
Discrimination	Parenting
Disorders	Pop Culture
Economics	Poverty
Education	Psychology
Elderly	Public Discourse
Emergency Preparedness	Public Health
Environmental issues	Public Policy
Ethics	Substance Abuse
Family Issues	Suicide and Prevention
Federal Government	Technology
Gender Issues	Teen Pregnancy
Generational Conflict	Women's Issues
	Youth at Risk

**Program Log for *Radio Health Journal***

**Program** 17-40                      **Producers** Reed Pence & Libby Foster  
**Air Week** 10/01/17-10/07/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	<b>SEGMENT 1: A POSSIBLE TREATMENT FOR FETAL ALCOHOL SYNDROME?</b>	12:39

Synopsis: Fetal alcohol spectrum disorder affects around five percent of the US population with mental disabilities and behavioral problems. Researchers explain experiments on animals with a new treatment that could eliminate the disorder, perhaps even after birth.

Host: Reed Pence. Guests: Maggie, parent of son with fetal alcohol syndrome; Dr. Eva Redei, Prof. of Psychiatry and Behavioral Sciences, Northwestern Univ.; Dr. Joanne Rovet, Senior Scientists, Hospital for Sick Children, Toronto, and Senior Prof. of Psychology, Univ. of Toronto.

Compliance issues covered: youth at risk; parenting issues; alcohol abuse; technology; developmental disabilities

Links for more information: <http://www.nuin.northwestern.edu/members-2/e-redei/>;  
<http://www.sickkids.ca/AboutSickKids/Directory/People/R/Joanne-Rovet.html>

15:44	<b>SEGMENT 2: FERTILITY RATE DECLINES</b>	7:18
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Synopsis: Birth rates in the US are at an all time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility.

Host: Nancy Benson. Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception Program, Nationwide Children's Hospital, Columbus, OH

Compliance issues covered: health care; teen pregnancy; labor and employment; economics; generational conflict

Links for more information: <http://www.globalaginginstitute.org/about-gai/team.html>; <http://www.nationwidechildrens.org/elise-d-berlan>

**Program** 17-41                      **Producers** Reed Pence & Libby Foster  
**Air Week** 10/08/17-10/14/17      **Production Director** Sean Waldron

<b>Time Segment</b>	<b>Dur.</b>
1:57 <b>SEGMENT 1: UNDOCUMENTED IMMIGRANTS SKIPPING HEALTHCARE</b>	12:48

Synopsis: With the federal government’s crackdown on undocumented immigrants, many of them are skipping going to the doctor or the emergency room for fear of deportation. Experts discuss.

Host: Reed Pence. Guests: Dr. Evan Ashkin, Prof. of Family Medicine, Univ. of North Carolina, Chapel Hill; Dr. Elisabeth Poorman, primary care physician, Cambridge Health Alliance, Everett, MA

Compliance issues covered: immigration; health care; public health; federal government; Hispanic and Latino issues; discrimination

Links for more information: <http://www.med.unc.edu/fammed/news/unique-partnershipbrings-doctors-to-statesunderserved-areas>; <https://www.facebook.com/elisabethpoorman/>

15:47 <b>SEGMENT 2: PICA: A STRANGE “EAT ANYTHING” DISORDER</b>	7:05
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Synopsis: Pregnancy and early childhood are the most common time for a strange disorder that prompts people to eat non-food items such as clay or ice. Experts discuss its mysterious history.

Host: Nancy Benson. Guests: Dr. Sera Young, Asst. Prof. of Anthropology and Global Health, Northwestern Univ.; Dr. Richard Kreipe, Prof. of Pediatrics and Director, Child and Adolescent Eating Disorder Program, Univ. of Rochester

Compliance issues covered: health care; youth at risk

Links for more information: <https://www.nationaleatingdisorders.org>; <http://www.anthropology.northwestern.edu/people/faculty/sera-young.html>; <https://www.urmc.rochester.edu/people/20022129-richard-e-kreipe/patients>

<b>Program</b> 17-42	<b>Producers</b> Reed Pence & Polly Hansen
<b>Air Week</b> 10/15/17-10/21/17	<b>Production Director</b> Sean Waldron

<b>Time Segment</b>	<b>Dur.</b>
2:05 <b>SEGMENT 1: WHY THE OPPOSITION TO LATER SCHOOL START TIMES?</b>	12:02

Synopsis: Thirty years of research have shown that teenagers’ biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change.

**Program Log for *Radio Health Journal***

Host: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Asst. Prof. of Psychiatry and Psychology, Univ. of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization

Compliance issues covered: Youth at risk; education; public policy; parenting issues; economics

Links for more information: [https://www.rand.org/about/people/t/troxel\\_wendy\\_m.html](https://www.rand.org/about/people/t/troxel_wendy_m.html); <http://www.startschoollater.net>

**15:09 SEGMENT 2: CANCER & BEAUTY**

7:39

Synopsis: Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it.

Host: Nancy Benson. Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, *Pretty Sick: A Beauty Guide for Women With Cancer*

Compliance issues covered: women's issues; health care

Links for more information: [https://www.littlebrown.co.uk/books/detail\\_page?isbn=9780349417271](https://www.littlebrown.co.uk/books/detail_page?isbn=9780349417271)

**Program** 17-43                      **Producer** Reed Pence  
**Air Week** 10/22/17-10/28/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: THE BIOLOGY OF ADDICTION</b>	12:40

Synopsis: Scientists are learning the specific workings of the brain when it is addicted to a substance or behavior, and showing that all addictions are similar. This gives hope of one day developing a drug to combat many addictions. However, the stigma of addictions—that they are a moral failing—still looms over the field.

Host: Reed Pence. Guests: Dr. Rita Goldstein, Prof. of Psychiatry and Neuroscience, Icahn School of Medicine at Mt. Sinai, New York; Dr. Anna Rose Childress, Research Prof. of Psychology in Psychiatry, Univ. of Pennsylvania School of Medicine

Compliance issues covered: drug addiction and treatment; alcohol addiction; public health

Links for more information: <http://www.nationalgeographic.com/magazine/2017/09/the-addicted-brain/>;  
<http://www.mountsinai.org/profiles/rita-goldstein>; [http://www.med.upenn.edu/csa/bios\\_faculty.html](http://www.med.upenn.edu/csa/bios_faculty.html)

**15:47 SEGMENT 2: PREPARING FOR DISASTER**



**Program Log for *Radio Health Journal***

Synopsis: Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it comes.

Host: Nancy Benson. Guests: Jonathan Jones and Kyleene Jones, co-authors, *The Provident Prepper: A Common Sense Guide to Preparing for Emergencies*

Compliance issues covered: natural disasters; emergency preparedness; public safety and public health

Link for more information: <http://theprovidentprepper.org>

**Program** 17-44                      **Producer** Reed Pence  
**Air Week** 10/29/17-11/04/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: INCLUDING FEMALES IN BASIC RESEARCH</b>	12:00

Synopsis: Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed.

Host: Reed Pence. Guests: Dr. Teresa Woodruff, Director, Women’s Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandburg, Director, Center for the Study of Sex Differences in Health, Aging & Disease, Georgetown Univ.

Compliance issues covered: health and medicine; women’s issues; gender issues; federal govt.; economics

Links for more information: <https://www.womenshealth.northwestern.edu> ; <http://kibbelab.northwestern.edu> ; <http://csd.georgetown.edu>

15:07	<b>SEGMENT 2: “EXPLODING HEAD SYNDROME”</b>	6:51
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**Program Log for *Radio Health Journal***

Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis*

Compliance issues covered: health care; lifestyle issues

Links for more information: <http://www.briansharpless.com>

**Program** 17-45                      **Producer** Reed Pence  
**Air Week** 11/05/17-11/11/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: MORE CARBON DIOXIDE, LESS NUTRITIOUS FOOD CROPS</b>	12:11

Synopsis: Rising levels of carbon dioxide in the atmosphere are making crops grow bigger & faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem.

Host: Reed Pence. Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard Univ.; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, Univ. of Washington

Compliance issues covered: environment; climate change; agriculture; malnutrition; poverty; public health

Links for more information: <https://planetaryhealthalliance.org/people/sam-s-myers-md-mph>;  
<https://globalhealth.washington.edu/faculty/kristie-ebi>

15:18	<b>SEGMENT 2: BODY DYSMORPHIC DISORDER</b>	7:28
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Synopsis: Some people who seek repeated plastic surgery are afflicted with a mental illness, body dysmorphic disorder, which distorts their view of their own appearance. Experts discuss symptoms and how the disorder may be treated, though few with the disorder agree to psychological treatment.

Host: Nancy Benson. Guests: Dr. Elliot Hirsch, Los Angeles plastic surgeon; Dr. Angela Fang, Asst. Prof. of Psychology, Harvard Medical School and psychologist, Massachusetts General Hospital

Compliance issues covered: health and beauty; health care; mental illness; suicide and prevention

Links for more information: <http://www.hirschplasticsurgery.com>; <https://mghocd.org/staff/angela-fang-ph-d/>

**Program** 17-46                      **Producers** Polly Hansen & Reed Pence  
**Air Week** 11/12/17-11/18/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:01	<b>SEGMENT 1: HANDSHAKE BANS &amp; HAND WASHING</b>	11:37

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be “clean.”

Host: Reed Pence. Guests: Dr. Mark Sklansky, Prof. and Chief, Division of Pediatric Cardiology, UCLA Mattel Children’s Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, “The Inspirational Nurse;” Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

Compliance issues covered: public health; health care

Links for more information: <https://www.uclahealth.org/mark-sklansky>; <http://donnacardillo.com>; [https://www.cecocity.com/ncpa/tampa\\_2008/mtm\\_diabetes\\_insulin/marquess.htm](https://www.cecocity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm); <http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

14:40	<b>SEGMENT 2: “BIG CHICKEN”</b>	7:49
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Synopsis: Poultry farming has become heavily industrialized, in part through the use of antibiotics in feed. This contributes to the spread of antibiotic resistance, as an expert author describes.

Host: Nancy Benson. Guest: Maryn McKenna, author, *Big Chicken: The Incredible Story of How Antibiotics Created Modern Agriculture and Changed the Way the World Eats*

Compliance issues covered: public health; environment; economics; agriculture

Links for more information: <http://marynmckenna.com/big-chicken/>

**Program** 17-47                      **Producer**                      Reed Pence  
**Air Week** 11/19/17-11/25/17      **Production Director**      Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
	<b>SEGMENT 1: NAVIGATING THE AGING PROCESS</b>	12:31

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.

Host: Reed Pence. Guests: Melanie Merriman, author,  *Holding the Net: Caring For My Mother On the Tightrope of Aging*; Joy Loverde, author,  *Who Will Take Care of Me When I'm Old?*

Compliance issues covered: health care; aging and elderly; family issues; housing; economics

Links for more information: <http://greenwriterspress.com/book/holding-the-net/>; <http://www.elderindustry.com>

15:35	<b>SEGMENT 2: "HELPFUL LIES"</b>	6:54
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Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.

Host: Nancy Benson. Guests: Matthew Lupoli, social scientists, Univ. of California, San Diego; Dr. Paul Eckman, Prof. Emeritus of Psychology, Univ. of California, San Francisco.

Compliance issues covered: ethics; public discourse

Links for more information: <https://matthewlupoli.wixsite.com/ucsd>; <http://www.paulekman.com/paul-ekman/>

**Program** 17-48                      **Producer** Reed Pence  
**Air Week** 11/26/17-12/02/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: ALZHEIMER’S, SPOUSES, AND “CLOSE FRIENDS”</b>	11:08

Synopsis: Spouses of Alzheimer’s disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.

Host: Reed Pence. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Asst. Prof. of Psychiatry, Drexel Univ.; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, *Bleeding Hearts: A True Story of Alzheimer’s, Family, and the Other Woman*

Compliance issues covered: health care; public health; elderly and senior citizens; family issues; ethics; mental health

Links for more information: <https://www.doximity.com/pub/william-uffner-md>; <https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92/>; <http://www.tamireeves.com/bleeding-hearts.html>

14:15	<b>SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE</b>	8:05
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Synopsis: Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings.

Host: Nancy Benson. Guest: Donna Jackson Nakazawa, author, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*

Compliance issues covered: child abuse; mental health; public health

Links for more information: <https://donnajacksonnakazawa.com>

**Program Log for *Radio Health Journal***

**Program** 17-49                      **Producer** Reed Pence  
**Air Week** 12/03/17-12/09/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: HUMAN TRAFFICKING: SLAVERY BY ANOTHER NAME</b>	12:16

Synopsis: Millions of vulnerable low-wage workers are exploited and trapped, both in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor and how they might be rescued.

Host: Reed Pence. Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago

Compliance issues covered: youth at risk; labor and employment issues; police, crime and justice system; immigration; economics

Links for more information: <https://humantraffickinghotline.org>; <https://endslaveryandtrafficking.org>; <https://www.metrofamily.org/legal-aid/>

15:23	<b>SEGMENT 2: PANCREATIC CANCER</b>	7:41
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Synopsis: Survival rates for pancreatic cancer remain extremely low due in part to the lack of screening tests for early detection. An advocate and a genetic counselor discuss the state of pancreatic cancer screening and the few alternatives available.

Host: Nancy Benson. Guests: Jim Rolfe, President and co-founder, Rolfe Pancreatic Cancer Foundation; Jessica Stoll, certified genetic counselor and Assistant Director, Gastrointestinal Center Risk and Prevention Clinic, Univ. of Chicago Medicine

Compliance issues covered: health care; public health

Links for more information: <http://www.rolfefoundation.org>; <https://cancergenetics.uchicago.edu/directory/jessica-stoll-ms-cgc>

**Program** 17-50                      **Producer** Reed Pence  
**Air Week** 12/10/17-12/16/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:59	<b>SEGMENT 1: MENTAL HEALTH TREATMENT FOR CHILDREN</b>	12:38

**Program Log for Radio Health Journal**

Synopsis: Thirty-five percent of children receiving treatment for mental health issues are treated only by a primary care physician, due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and efforts to be sure they're prepared.

Host: Reed Pence. Guests: Dr. Jeanne Van Cleve, Asst Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child and adolescent psychiatrist, Pensacola, FL

Compliance issues covered: youth at risk; health care; mental illness; education; consumerism

Links for more information: <https://www.sharecare.com/doctor/dr-jeanne-m-vancleave>; <http://www.apa.org>; <https://www.aap.org>

15:39 **SEGMENT 2: SEASONAL AFFECTIVE DISORDER & THE HOLIDAYS** 7:19

Synopsis: Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies.

Host: Nancy Benson. Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and author, *Your Blood Never Lies* and *Cracking the Metabolic Code*

Compliance issues covered: consumerism; health care; mental illness

Links for more information: <https://wexnermedical.osu.edu/neurological-institute/researchers/nicholas-forand-phd>; <http://www.jimlavallo.com/bio.html>

**Program** 17-51 **Producer** Polly Hansen and Reed Pence  
**Air Week** 12/17/17-12/23/17 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	<b>SEGMENT 1: STAYING CALM IN STRESSFUL TIMES</b>	12:03

Synopsis: Meditation and mindfulness could be in even more demand as civility declines and stress increases. An expert explains how it works.

Host: Shel Lustig. Guest: Dr. Richard Davidson, Prof. of Psychology and Psychiatry and founder and director, Center for Healthy Minds, Univ. of Wisconsin-Madison, and co-author, *Altered Traits: Science Reveals How Medication Changes Your Mind, Brain, and Body*

Compliance issues covered: health care; modern culture; pop psychology

Links for more information: <https://www.penguinrandomhouse.com/books/533719/altered-traits-by-daniel-goleman-and-richard-j-davidson/9780399184383/>

15:08 **SEGMENT 2: HICCUPS**

7:23

Synopsis: Hiccups are annoying and uncomfortable, and doctors don't know why we (and most other species) get them. An expert explains what hiccups are and why most home remedies actually work.

Host: Nancy Benson. Guest: Dr. Tyler Cymet, Chief, Clinical Education, American Assn. of Colleges of Osteopathic Medicine

Compliance issues covered: consumerism; health care; pop culture

Links for more information: <http://www.aacom.org/>; [https://en.wikipedia.org/wiki/Tyler\\_Cymet](https://en.wikipedia.org/wiki/Tyler_Cymet)

**Program** 17-52                      **Producer** Reed Pence  
**Air Week** 12/17/17-12/23/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	<b>SEGMENT 1: LONG TERM PSYCHOLOGICAL DAMAGE OF NATURAL DISASTERS</b>	12:09

Synopsis: Mega-storms such as Hurricanes Harvey, Irma and Maria disrupt uncounted lives and leave psychological scars that can last for decades and recur every hurricane season. Experts who have tracked survivors of Hurricane Katrina 12 years ago explain what survivors of new storms can expect in their lives.

Host: Shel Lustig. Guests: Dr. Howard Osofsky, Chrmn., Dept of Psychiatry, Louisiana State Univ. Health Sciences Center; Dr. Thomas Hauth, Medical Director, Jefferson Parish Human Services Authority

Compliance issues covered: mental health; environment and natural disasters; emergency preparedness; alcohol and drug abuse

Links for more information: [https://www.medschool.lsuhscc.edu/neuroscience/faculty\\_detail.aspx?name=osofsky\\_howard;](https://www.medschool.lsuhscc.edu/neuroscience/faculty_detail.aspx?name=osofsky_howard;)  
<https://www.healthcare6.com/physician/marrero-la/thomas-a-hauth-169256.html>

15:14 **SEGMENT 2: 'BROKEN HEART SYNDROME'**

7:37

Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.

Host: Nancy Benson. Guest: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO.



Compliance issues covered: health care; consumerism; pop culture

Links for more information: [https://www.nlm.nih.gov/locallegends/Biographies/Stevens\\_Tracy.html](https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html)

<b>Program</b>	17-53	<b>Producers</b>	Reed Pence and Polly Hansen	
<b>Air Week</b>	12/31/17-01/06/18	<b>Production Director</b>	Sean Waldron	
<b>Time</b>	<b>Segment</b>			<b>Dur.</b>
<b>2:05</b>	<b>SEGMENT 1: POLYCYSTIC OVARY SYNDROME</b>			<b>13:11</b>

Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.

Host: Reed Pence. Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.

Compliance issues covered: health care; women's issues; consumerism

Links for more information: <http://integrativemgi.com/doctors/dr-felice-gersh/>;  
<https://intmed.vcu.edu/about/leadership/nestler.html>; <https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez>;  
[https://www.sc.edu/study/colleges\\_schools/public\\_health/faculty-staff/turner-mcgriev\\_brie.php](https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgriev_brie.php);

<b>16:18</b>	<b>SEGMENT 2: DREAMS VS. REALITY FOR CHILDREN IN POVERTY</b>			<b>6:34</b>
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Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.

Host: Nancy Benson. Guest: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund

Compliance issues covered: health care; public health; youth at risk; poverty

Links for more information: <https://www.mailman.columbia.edu/people/our-faculty/ir2110>;  
<https://www.childrenshealthfund.org>

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