

ISSUES PROGRAMS LIST  
Quarterly Issues Programs List for KSTP-AM  
St. Paul, Minnesota  
Jan. 1 – March 31, 2024

**Section I. Issues**

The station has identified the following issues as significant issues facing our community in this quarter:

- A. Personal health issues
- B. Mental health issues
- C. Children issues
- D. Cancer and treatment
- E. Hospital-related issues
- F. Medical advancements

**Section II. Responsive Programs**

The station has broadcast programming dealing with each of the above referenced issues. Programming dealing with each issue is set out below.

**A. Personal health issues**

**SEGMENT 2: NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS**

**Radio Health Journal**

**Air Week:** 1/14/2024

**Time:** 6:45a

**Duration:** 7:50

**Synopsis:** So many of us have experienced the compulsion to bite our nails. Even though it's a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health.

**SEGMENT 1: "EAT TO SURVIVE": WHY AMERICANS LACK PROPER EDUCATION ABOUT NUTRITION**

**Radio Health Journal**

**Air Week:** 2/18/2024

**Time:** 6:30a

**Duration:** 10:35

**Synopsis:** Many children in America are taught about nutrition through the USDA's balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she's faced during her journey towards a healthier lifestyle.

**SEGMENT 1: PAIN IS NOT WOMANHOOD: EARLIER DIAGNOSING FOR ENDOMETRIOSIS**

**Radio Health Journal**

**Air Week:** 3/24/2024

**Time:** 6:30a

**Duration:** 11:37

**Synopsis:** Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America's current process isn't aiding women with this disorder.

## **B. Mental health issues**

### **SEGMENT 1: MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND VENGEANCE?**

**Radio Health Journal**

**Air Week:** 1/21/2024

**Time:** 6:30a

**Duration:** 12:28

**Synopsis:** American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternative programs to solve this crisis.

### **SEGMENT 2: DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL?**

**Radio Health Journal**

**Air Week:** 1/21/2024

**Time:** 6:45a

**Duration:** 7:43

**Synopsis:** We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Dr. Andrea Bonior explains the benefits of giving your children mental health days and how to prepare them for future obstacles.

### **SEGMENT 2: MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS**

**Radio Health Journal**

**Air Week:** 1/28/2024

**Time:** 6:45a

**Duration:** 8:39

**Synopsis:** As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services.

## **C. Children issues**

### **SEGMENT 2: NOT SO RARE: WHAT'S CAUSING THE RISE IN PEDIATRIC KIDNEY STONES?**

**Radio Health Journal**

**Air Week:** 2/11/2024

**Time:** 6:45a

**Duration:** 9:34

**Synopsis:** While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk.

#### **SEGMENT 1: THERAPY FOR TWINS: THE MYTH OF THE 'PERFECT' TWIN CONNECTION**

**Radio Health Journal**

**Air Week:** 2/25/2024

**Time:** 6:30a

**Duration:** 11:28

**Synopsis:** Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children.

#### **SEGMENT 2: WHY SCIENCE SAYS KIDS SHOULD STILL LEARN TO WRITE IN CURSIVE**

**Radio Health Journal**

**Air Week:** 2/25/2024

**Time:** 6:45a

**Duration:** 7:59

**Synopsis:** In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there's still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils.

### **D. Cancer and treatment**

#### **SEGMENT 1: WHAT IS A WOMAN WORTH? NEEDLESS DEATHS FROM A PREVENTABLE CANCER**

**Radio Health Journal**

**Air Week:** 2/4/2024

**Time:** 6:30a

**Duration:** 12:10

**Synopsis:** Cervical cancer is almost completely preventable, so why does it continue to kill thousands of women each year? Dr. Linda Eckert, an expert in cervical cancer prevention, believes the answer involves gender inequalities and sexual stigmas. She discusses these issues and offers life-saving prevention methods for women.

#### **SEGMENT 2: GOT FOOT PROBLEMS? IT MAY BE A RARE BLOOD CANCER**

**Radio Health Journal**

**Air Week:** 3/10/2024

**Time:** 6:45a

**Duration:** 7:04

**Synopsis:** Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It's a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression.

### **SEGMENT 1: CANCER DRUG SHORTAGE: DECIDING WHO LIVES AND WHO DIES**

**Radio Health Journal**

**Air Week:** 3/31/2024

**Time:** 6:30a

**Duration:** 11:08

**Synopsis:** When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again.

## **E. Hospital-related issues**

### **SEGMENT 1: BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL**

**Radio Health Journal**

**Air Week:** 1/7/2024

**Time:** 6:30a

**Duration:** 12:59

**Synopsis:** We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor's appointment.

### **SEGMENT 2: DOES A GOOD BEDSIDE MANNER SAVE LIVES?**

**Radio Health Journal**

**Air Week:** 1/7/2024

**Time:** 6:45a

**Duration:** 7:02

**Synopsis:** Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives.

### **SEGMENT 2: BLACK ANGELS: THE BLACK NURSES INVOLVED IN THE FIGHT AGAINST TUBERCULOSIS**

**Radio Health Journal**

**Air Week:** 2/4/2024

**Time:** 6:45a

**Duration:** 7:59

**Synopsis:** Dr. Herbert Fox helped discover a cure for tuberculosis, but his work wouldn't have been possible without the help of the black nurses who monitored and cared for each patient. When all of the white nurses refused to work, these women stepped up. Our expert details their bravery that's gone largely unrecognized in society.

### **SEGMENT 1: HOW TO COMBAT MEDICAL IGNORANCE OF RARE DISEASES**

**Radio Health Journal**

**Air Week:** 3/3/2024

**Time:** 6:30a

**Duration:** 11:12

**Synopsis:** Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor's daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn't believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar situations, Taylor created a document that gives patients with rare diseases a credible back-up of medical history and current treatment plans when dealing with stubborn physicians.

## **F. Medical advancements**

### **SEGMENT 1: 3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE**

**Radio Health Journal**

**Air Week:** 1/14/2024

**Time:** 6:30a

**Duration:** 11:52

**Synopsis:** Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all.

### **SEGMENT 1: "THIS IS MEDIEVAL" – THE 24-YEAR-OLD WHO'S REINVENTING MEDICAL DEVICES**

**Radio Health Journal**

**Air Week:** 3/17/2024

**Time:** 6:30a

**Duration:** 11:12

**Synopsis:** During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient's skull. It's been the standard for years – but it's not the best option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new device and her experience as a female entrepreneur in a male-dominated space.

### **SEGMENT 2: KNOCKING ON DEATH'S DOOR: THE AT-HOME MEDICAL DEVICE THAT COULD SAVE LIVES**

**Radio Health Journal**

**Air Week:** 3/17/2024

**Time:** 6:45a

**Duration:** 8:23

**Synopsis:** Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help patients be an active part of their own care team and stay on top of their health.