

WSPI SUNDAYS 5:00AM

Quarterly Report of Compliancy Issues & Programs List
2020-Q3 (July - September)

- Aging
- Animal Health
- Alcohol and Substance Abuse & Treatment
- Autism
- Business & Industry
- Climate Change
- Communications
- Consumerism & Consumer Safety
- Disabilities
- Disasters & Preparedness
- Discrimination
- Eating Disorders
- Economics
- Education
- Elderly & Senior Citizens
- Elected Officials
- Employment & Workplace Issues
- Environment & Outdoors
- Ethics
- Family & Parenting Issues
- Federal Government
- First Responders
- Flooding
- Health Care
- Infectious Disease
- Individual Rights
- Interpersonal Relations
- Labor Issues
- Mental Health Issues
- Minority Issues
- National Defense
- Obesity
- Organ Donors
- Pets & People
- Pollution
- Poverty
- Public Health
- Public Safety
- Sports & Recreation
- Technology
- Terrorism
- Vaccination
- Violence & Threats
- Youth at Risk

Program: 20-27	Writers/Producers: Reed Pence
Air Week: 7/5/2020	Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: AUTISM AND SUBSTANCE ABUSE	12:20
Synopsis: Studies show that people with autism are twice as likely as others to engage in substance abuse, contrary to previous belief that they are extremely unlikely to use drugs or alcohol. An expert and an author who has used alcohol to cope with his autism discuss the developments and their impact.		
Host & Producer: Reed Pence.		
Guests: <ul style="list-style-type: none"> Elizabeth Kunreuther, Clinical Instructor, University of North Carolina Wakebrook Addiction Treatment Center and co-author, <i>Drinking, Drug Use and Addiction in the Autism Community</i> Matthew Tinsley, Asperger syndrome patient and co-author, <i>Asperger Syndrome and Alcohol: Drinking to Cope</i> 		
Compliance issues covered: autism; disabilities; alcohol and substance abuse and treatment; education		
Links for more information: <ul style="list-style-type: none"> https://www.med.unc.edu/psych/directories/faculty/elizabeth-kunreuther http://www.asperger-training.com/matthew-tinsley/ 		
15:12	SEGMENT 2: CONTRACT TRACING AND QUARANTINE: HOW FAR CAN WE GO?	7:45
Synopsis: The next step in beating the COVID-19 pandemic may be stepped up contact tracing and quarantine of people who've had contact with COVID-positive individuals. However, many people see that as too expensive and intrusive to be practical. An expert discusses how it might work, and how it might not.		
Host: Nancy Benson.		
Guests: <ul style="list-style-type: none"> Dr. Lauren Childs, Assistant Professor of Mathematics, Virginia Tech University 		
Compliance issues covered: public health; consumerism; economics; individual rights; infectious disease		
Links for more information: <ul style="list-style-type: none"> https://sinews.siam.org/Details-Page/choosing-intervention-strategies-during-an-emerging-epidemic 		

Program: 20-28		Writers/Producers:	Reed Pence
Air Week: 7/12/2020		Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:50	SEGMENT 1: ORTHOREXIA: OVERDOING A GOOD THING	12:50	
Synopsis: Therapists report an increase in orthorexia, a not-yet recognized eating disorder where people become fixated on eating only healthy things and/or exercising hours per day. It can take over an afflicted person’s life and result in physical symptoms much like anorexia. Experts discuss diagnosis and treatment.			
Host & Producer: Reed Pence.			

Guests:

- Claire Mysko, Chief Executive Officer, National Eating Disorders Association
- Dr. Jennifer Carter, Clinical Associate Professor of Psychiatry and Behavioral Health, Ohio State University Wexner Medical Center
- Dawn White, Registered, Licensed Dietician, Timberline Knolls Residential Treatment Center, Lemont, IL

Compliance issues covered: eating disorders; mental health issues; health care; consumerism; youth at risk

Links for more information:

- <https://wexnermedical.osu.edu/find-a-doctor/jennifer-carter-phd-22765>
- <https://www.eatingdisorderhope.com/virtual-conference-3/claire-mysko>
- <https://www.globenewswire.com/news-release/2020/02/19/1987163/0/en/Timberline-Knolls-Celebrates-National-Eating-Disorders-Awareness-Week.html>
- National Eating Disorders Association Hotline 800-931-2237

15:42 SEGMENT 2: TICK PARALYSIS: WHEN A TICK BITE CAN BE FATAL**7:15**

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.

Guests:

- Dr. Mark Dworkin, Infectious disease specialist, University 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:

- <https://publichealth.uic.edu/global-health-program/mark-s-dworkin>

Air Week: 7/19/2020		Studio Production: Jason Dickey
Time	Segment	Dur.
1:49	SEGMENT 1: DEALING WITH THE RISE IN OSTEOPOROSIS	12:33
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 & Producer: Reed Pence.		
Guests: <ul style="list-style-type: none">• Dr. Sundeep Khosla, Professor of Medicine, Mayo Clinic College of Medicine• Dr. Ether Siris, Director, Toni Stabile Osteoporosis Center, New York Presbyterian Hospital and Columbia University Medical Center		
Compliance issues covered: health care; public health; aging; elderly and senior citizens; consumerism		
Links for more information: <ul style="list-style-type: none">• http://maryroach.net		
15:24	SEGMENT 2: DOCTOR BURNOUT: IT STARTS EARLY	7:19
Synopsis: Doctors already say they're burned out, but the COVID-19 pandemic is making it worse. A noted physician educator discusses how burnout starts with the way future doctors are taught.		
Host: Nancy Benson.		
Guests: <ul style="list-style-type: none">• Dr. Saul Weiner, Professor of Medicine, Pediatrics and Medical Education, University of Illinois at Chicago; Director, Center of Innovation for Complex Chronic Health Care, US Dept of Veterans Affairs and author, <i>On Becoming A Healer: The Journey From Patient Care to Caring About Your Patients</i>		
Compliance issues covered: health care; public health; education; infectious disease		
Links for more information: <ul style="list-style-type: none">• https://chicago.medicine.uic.edu/departments/academic-departments/medicine/academic-internal-medicine-and-geriatrics/people/name/saul-weiner/		

Program: 20-30	Writers/Producers:	Reed Pence
Air Week: 7/26/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.
1:46	SEGMENT 1: PUBLIC HEALTH OFFICIALS RESIGNING UNDER PRESSURE	12:31
<p>Synopsis: State and local public health officials have been under pressure like never before in the COVID-19 pandemic, as citizens and elected officials push back against tough restrictions designed to curb the virus. Some officials have even been threatened. Feeling their bosses don't have their backs, a higher proportion of officials are quitting than normal, and these essential jobs will be hard to fill with qualified health experts.</p>		
<p>Host & Producer: Reed Pence.</p>		

Guests:

- Dr. Marcus Plescia, Chief Medical Officer, Association of State and Territorial Health Officials
- Lori Freeman, CEO, National Association of County and City Health Officials
- Theresa Anselmo, Executive Director, Colorado Association of Local Public Health Officials

Compliance issues covered: health care; public health; public safety; violence and threats; elected officials; infectious disease

Links for more information:

- <https://www.astho.org/StatePublicHealth/ASTHOs-New-CMO-Brings-Clinical-Perspective-to-Public-Health/01-04-18/>
- <https://www.naccho.org/about/chief-executive-officer-lori-tremmel-freeman-mba>
- <http://www.calpho.org/about-us.html>

15:19 SEGMENT 2: PTSD IN CHILDREN

7:09

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.

Producer: Ariana Kraft.

Guests:

- Dr. Michael Scheeringa, Professor of Child Psychiatry and Associate Professor of Clinical Pediatrics, Tulane University School of Medicine

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

Links for more information:

- <http://www.infant.institute.org/faculty-member/michael-s-scheeringa/>

Program: 20-31	Writers/Producers: Reed Pence
Air Week: 8/2/2020	Studio Production: Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: "ELECTROSHOCK THERAPY:" NOT WHAT YOU SEE IN THE MOVIES	12:07

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.

Producer: Ariana Kraft.

Guests:

- Dr. Sarah Lisanby, Director, Translation Research, National Institute of Mental Health and Director, NIMH Non-Invasive Neuro-Modulation Unit
- Dr. Dan Maixner, Associate Professor of Psychiatry, University 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
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14:56 SEGMENT 2: LUNG TRANSPLANTS: THE LEAST-TRANSPLANTED MAJOR ORGAN

8:03

Synopsis: Lung transplants are the least done of all major organ transplants because the lungs are so easily damaged in the death process. A lung transplant surgeon explains, using one particularly difficult case as an example.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Abbas Ardehali, Professor of Surgery and Medicine and Director, Heart, Lung, and Heart and Lung Transplantation, UCLA David Geffen School of Medicine

Compliance issues covered: organ donors; health care; public health

Links for more information:

- <https://www.uclahealth.org/abbas-ardehali>



Program: 20-33
Air Week: 8/16/2020

Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Program: 20-32
Air Week: 8/9/2020
Writers/Producers: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: BACK TO SCHOOL 2020: CAN KIDS ATTEND, OR WILL REMOTE LEARNING RULE?	13:03

Synopsis: Many school districts are delaying decisions on whether students will attend in person or will be taught remotely once again to reduce the risk of COVID-19 to children and staff. Experts discuss the methods under consideration to lower risks and whether that will be enough to open for classes.

Host & Producer: Reed Pence.

Guests:

- Dr. Nathaniel Beers, President HSC Health Care System and pediatrician, Children's National Hospital
- Keith Gambill, President, Indiana State Teachers Association

Compliance issues covered: public health; children & youth at risk; education; labor issues; parenting issues; education

Links for more information:

- <https://hschealth.org/about/leadership/board/nathaniel-beers>
- <https://www.ista-in.org/get-to-know-keith-gambill-ista-president>

15:52	SEGMENT 2: WORK-AT-HOME BURNOUT AND "ZOOM FATIGUE"	6:59
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Synopsis: People working at home may have no commute and can work in their pajamas, but they may find themselves more exhausted than when they worked at the office. Two experts discuss reasons for this fatigue—patterns of working at home and the surprising stress of virtual meetings.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Greg Hammer, Professor of Pediatrics and Anesthesiology, Stanford University Medical School and author, *Gain Without Pain: The Happiness Handbook for Healthcare Professionals*
- Dr. Priti Shah, Professor of Psychology, University of Michigan

Compliance issues covered: employment; workplace issues

Links for more information:

- <https://profiles.stanford.edu/gregory-hammer>
- <https://sites.lsa.umich.edu/shah-lab/people/>

Time	Segment	Dur.
1:50	SEGMENT 1: WHO GETS A VACCINE?	13:08

Synopsis: Development of a Coronavirus vaccine is proceeding at a breakneck pace. What needs to happen to make sure it's safe and effective? And if a vaccine is successfully made, who should get it first? Will enough people opt-in to get back to normal life, or will COVID-19 be with us for years? Experts discuss.

Host & Producer: Reed Pence.

Guests:

- Lawrence Gostin, University Professor of Health Law and Director, O'Neill Institute of National and Global Health Law, Georgetown University
- Dr. Jacob Appel, Director of Ethics Education in Psychiatry, Icahn School of Medicine, Mt. Sinai, New York

Compliance issues covered: public health; public safety; federal government; economics; first responders; minority issues; ethics; vaccination; infectious disease

Links for more information:

- <https://oneill.law.georgetown.edu/faculty/Lawrence-Gostin/>
- <https://www.mountsinai.org/profiles/jacob-m-appel>

16:00	SEGMENT 2: STRESS AND TYPE 2 DIABETES	6:55
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Synopsis: A new study shows that people who have type 2 diabetes and are under chronic stress are more likely to have high blood sugar. The study's lead author and a patient discuss how stress can make diabetes worse and what people can do to counteract it.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Janice Harris, diabetes patient
- Dr. Joshua Joseph, Assistant Professor of Medicine, The Ohio State University Wexner Medical Center

Compliance issues covered: health care; public health

Links for more information:

- <https://medicine.osu.edu/find-faculty/clinical/internal-medicine/joshua-joseph-md>

Program:	20-34	Writers/Producers:	Reed Pence
Air Week:	8/23/2020	Studio Production:	Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: READING OUR MASKED FACES	12:52
Synopsis: With faces hidden behind masks for COVID-19, we are losing some of the visual information we depend on for smooth communication. Experts discuss the awkward encounters and specific looks we're likely to misinterpret when we can't see other people's mouths.		
Host & Producer: Reed Pence.		
Guests: <ul style="list-style-type: none"> • Dr. David Matsumoto, Professor of Psychology, San Francisco State University and Director, Humintell • Dr. Rebecca Brewer, Senior Lecturer in Psychology, Royal Holloway University of London 		
Compliance issues covered: interpersonal relations; communications; infectious disease		
Links for more information: <ul style="list-style-type: none"> • https://www.humintell.com/dr-david-matsumoto/ • https://pure.royalholloway.ac.uk/portal/en/persons/rebecca-brewer(65862865-a25e-49c0-8b14-1ad2c4d39aef).html 		
15:42	SEGMENT 2: LISFRANC INJURIES: NOT JUST A SPRAINED FOOT OR ANKLE	7:19
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.		
Producer: Ariana Kraft.		
Guests: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • http://www.balancecle.com/balance-foot-and-ankle/staff/dr-mark-hardy-dpm-facfas/ • https://www.ibji.com/doctors/waxman-bryan-md/ 		

Air Week: 8/30/2020		Studio Production: Jason Dickey
Time	Segment	Dur.
1:47	SEGMENT 1: PLANNING FOR THE NEXT PANDEMIC	12:03
Synopsis: The next pandemic is only a matter of “when and what,” according to health security experts, who here discuss what’s needed to be ready for a variety of possible pandemics and infectious threats, both natural and terror.		
Host & Producer: Reed Pence.		
Guests:		
<ul style="list-style-type: none"> • Dr. Dennis Hruby, Chief Scientific Officer, SIGA Technologies • Dr. Phil Gomez, CEO, SIRI Technologies 		
Compliance issues covered: public health; public safety; federal government; disasters and preparedness; health care; terrorism; national defense; infectious disease		
Links for more information:		
<ul style="list-style-type: none"> • https://www.siga.com/about-siga/ 		
15:52	SEGMENT 2: THIRD WORLD MEDICINE	6:54
Synopsis: Medicine in the Third World is vastly different than in the US, and American doctors sometimes run into unexpected hurdles when they try to bring modern medicine to impoverished nations. One such doctor describes his efforts.		
Host: Nancy Benson.		
Producer: Polly Hansen.		
Guests:		
<ul style="list-style-type: none"> • Dr. Aaron Berkowitz, Director of Global Health, Kaiser Permanente School of Medicine and author, <i>One By One By One: Making a Small Difference Amid a Billion Problems</i> 		
Compliance issues covered: health care; public health; poverty		
Links for more information:		
<ul style="list-style-type: none"> • https://naturemicrobiologycommunity.nature.com/posts/changing-lives-one-by-one-by-one 		

Program: 20-36	Writers/Producers: Reed Pence
Air Week: 9/6/2020	Studio Production: Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: THE LOOMING "HOTHOUSE EARTH"	12:48

Synopsis: Rising global temperatures have produced extreme weather and a rising sea level. Climate scientists fear we may soon reach the point of no return, resulting in a hothouse with large portions of the planet uninhabitable. Authors of a major report on this phenomenon explain.

Host & Producer: Reed Pence.

Guests:

- Dr. Diana Liverman, Professor of Geography and Development, University of Arizona
- Dr. Katherine Richardson, Professor of Biological Oceanography and leader, Sustainability Science Center, University of Copenhagen
- Dr. Kristina Dahl, Senior Climate Scientists, Union of Concerned Scientists



Compliance issues covered: environment; pollution; climate change; flooding; federal government; 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-.W5KhvIKZPOY>

15:37 SEGMENT 2: IMPOSTER SYNDROME

7:05

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.

Producer: Ariana Kraft.

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, Professor Emeritus, Georgia State University

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

Links for more information:

- <https://impostorsyndrome.com/valerie-young/>
- http://paulineroseclance.com/prc_biography.html



Program:	20-38	Writers/Producers:	Reed Pence
Air Week:	9/28/2020	Studio Production:	Jason Dickey
Time	Segment		Dur.

11:40 SEGMENT 1: MORE WORK IN THE PHARMACY: MISTAKES WAITING TO HAPPEN? 11:55

Synopsis: Pharmacists are often asked to do more work in less time than they need. And some experts worry a surge in pet adoption, especially puppies, in the last six months, and veterinarians having to adopt pharmacies and what consumers can do to protect themselves while still staying safe. Experts explain how adopting and training a new pet has changed in the pandemic.

Host & Producer: Reed Pence.

Guests:

Guests: Michael Gaunt, Medication Safety Analyst and Editor, Institute for Safe Medication Practices

Compliance issues covered: consumerism; pets and people; animal health; public health; infectious disease

Links for more information:
 • Dr. Katie Stover, veterinarian and owner, Red Barn Animal Hospital, Hampshire and Gilberts, IL
 • Dr. Douglas Kraft, veterinarian, LaCrosse, WI, and President, American Veterinary Medical Association
 • <https://www.ismp.org/staff/michael-j-gaunt-pharmd>

Compliance issues covered: consumerism; pets and people; animal health; public health; infectious disease

14:00 SEGMENT 2: THE ANGER EPIDEMIC 7:54

Synopsis: <https://wshs-dg.org/about-us/who-we-are>
 Psychologists say there's more anger in our society than ever. But they say that should be no surprise, since anger is often a reaction to uncertainty and fear. Two experts discuss the genesis of anger, how it serves a purpose, and how it can be controlled.
 • <https://redbarnpetvet.com/>
 • <https://www.avma.org/about/avma-staff-leadership/douglas-kraft-dvm>

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Jean Kim, Assistant Professor of Psychiatry, George Washington University
- Dr. Ray Novaco, Professor of Psychological Sciences, University of California at Irvine

Compliance issues covered: mental health; interpersonal relations

Links for more information:

- <https://www.psychologytoday.com/us/experts/jean-kim-md>
- <https://faculty.sites.uci.edu/novaco/>

15:26 SEGMENT 2: KIDS' QUESTIONS ABOUT COVID-19

7:01

Synopsis: Children are living through a scary time right now and often have little understanding of why their world has been turned upside down. A noted public health expert explains what he's found about children's concerns of the pandemic and how parents can answer their questions.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. William Haseltine, Chairman and President, Access Health International and author, *A Family Guide to COVID: Questions and Answers for Parents, Grandparents and Children* and *A COVID Guide to Back to School: Questions and Answers for Parents and Students*

Compliance issues covered: children and youth at risk; education; family issues; infectious disease; parenting

Links for more information:

- <https://www.williamhaseltine.com/>



Program:	20-39	Writers/Producers:	Reed Pence
Air Week:	9/27/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	

1:49 SEGMENT 1: OBESITY BIAS IN MEDICINE

13:15

Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.

Host & Producer: Reed Pence.

Guests:

- Dr. Rebecca Puhl, Professor of Human Development and Family Studies, University of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity
- Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale University and Founder, True Health Initiative
- Kathy Kater, psychotherapist specializing in body image, eating and weight issues

Compliance issues covered: health care; public health; discrimination; obesity; education

Links for more information:

- <http://www.uconnruddcenter.org/faulty-and-staff-rebecca-puhl>
- <https://davidkatzmd.com/>
- <http://bodyimagehealth.org/about-the-author>

16:06 SEGMENT 2: RHEUMATOID DISEASES

6:52

Synopsis: Rheumatoid diseases number around 100, though arthritis is the most well-known. They can be crippling and sometimes even fatal, but good treatments exist. The key is early detection, as an expert explains.

Host: Nancy Benson.

Producer: Reed Pence.

Guests:

- Dr. Kanika Monga, rheumatologist, University of Texas-Health Science Center, Houston

Compliance issues covered: health care; public health

Links for more information:

- <https://www.doximity.com/pub/kanika-monga-md>

