

*Issues :*      Restless leg syndrome  
Living well with Chronic Fatigue  
Simple weight loss routine

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #620

Date: 7/26/07      Time: 10am      Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced      Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie as host

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**Brief Description**

Though not familiar, Restless Leg Syndrome affects many and this show demonstrates how one woman took control of this life disturbing condition.  
Also covered were tips and examples of living with chronic fatigue and fibromyalgia and then viewers were instructed as to starting a simple weight loss workout routine.

Issues : Travel RX  
Top Ten Fitness Fumbles  
Life After a Heart Attack

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #621

Date: 8/2/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie and Fitness Expert Kevin Makely

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Brief Description

Whether traveling by plane, train or auto viewers are instructed in  
ways to avoid a blood clot in the legs. Then a fitness expert shares  
the top ten fitness fumbles and then this episode concludes with  
educational tips on life after a heart attack.

*Issues :* Kate Jackson heart disease  
Cancer fighting vegetables  
Chemotherapy

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #623

Date: 8/16/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Kate Jackson Los Angeles, CA

Dr. Anna Marie as host

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Brief Description

Actress Kate Jackson share information on her battle with heart disease  
and provides heart healthy tips. Then the latest research is presented  
on the science behind powerful cancer fighting vegetables and then the episode  
concludes with new medical data and testing that predicts a patient's  
response to chemotherapy.

*Issues :*      New Ankle Replacement Procedure  
Osteoporosis and Men  
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**PROGRAM INFORMATION REPORT**

Name of Program:      Your Life with Dr. Anna Marie #624

Date: 7/5/07 8/23/07      Time: 10am      Length: 30 minutes

Regularly Scheduled Program?  Yes or No (circle one)

Locally Produced      Network       Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie as host  
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Brief Description

Everyone is familiar with knee replacement, but now surgery is  
available for ankle replacement which allows people to be active  
again. Also covered in this episode are the steps neede to prevent  
Osteoporosis in men.  
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Issues : New Treatment for Brain Tumor  
Cardio & Strength Training  
Improve Your Daily Diet

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #625

Date: 7/12/07 8/30/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program?  Yes or No (circle one)

Locally Produced Network  Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie as host

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Brief Description

This episode demonstrates a new treatment option for patients battling  
a brain tumor. another segment illustrates the perfect 18 minute  
cardio and strength training program and finally viewers learn a simple  
technique to get those five veggies into their daily diet to promote  
good health.

*Issues :*     Hope for Chronic Pain  
                  New Hearing loss technology  
                  Johns Hopkins Family Health Book

**PROGRAM INFORMATION REPORT**

Name of Program:     Your Life with Dr. Anna Marie #626

Date: 7/19/07 9/6/07     Time: 10am     Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced     Network     Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie as host

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**Brief Description**

A new device is offering hope to the 100-million Americans suffering  
from Chronic Pain---a Pacemaker for pain! One in ten people suffer  
from hearing loss and this segment explores new technologies that  
help. The Johns Hopkins Family Health Book is profiled as an excellent  
refernce source for family health.