

KMCK ISSUES QUARTERLY REPORT

OCT/NOV/DEC 2014

October 5, 2014

Pregnant? You're Fired

Discrimination due to pregnancy has been illegal since the 1970's, yet it's still a common occurrence. Experts discuss the many pretexts employers use to fire pregnant women and the steps women need to take to combat it.

The emotional attachment of pets

Some people, particularly childless couples, insist they love their pets as much as anyone could love their children. Is the emotional attachment really the same? Experts discuss the evidence.

GUESTS

Sarah Crawford,

Director, Workplace Fairness, National Partnership for Women and Families

Jamie Dolkas,

Director of Women's Leadership, Center for Worklife Law, Hastings College of the Law, Univ. of California

Marilyn Putz,

Pet loss counselor and animal behaviorist, Lincolnshire Animal Hospital, Lincolnshire IL

Laura S. Scott,

Pet loss counselor and animal behaviorist, Lincolnshire Animal Hospital, Lincolnshire IL

October 12, 2014

Restoring doctors' compassion

Doctors have often been advised to avoid emotions regarding patients in order to keep their decisions objective. However, this has led many patients to believe doctors don't care about them. A new movement in medicine seeks to reverse the trend and put compassion back in medicine, led by a "Healer's Art" class in many medical schools. Experts who teach the class explain.

Water and healing

Water is almost synonymous with relaxation and mental cleansing. A researcher explains the mind science behind it.

October 19, 2014

The "obesity virus"

Researchers are collecting evidence that a virus is to blame for at least some cases of obesity, making it literally as easy to catch as a cold, and explaining in part why obesity has grown so quickly all over the world. Experts discuss the virus, how it takes over fat cells of the body, and its implications.

Twinless twins

Twins whose "other half" dies unexpectedly may face challenging issues of grief and identity. A well-known psychotherapist, herself a twin, explains these issues through the lens of her own life.

Dr. Nikhil Dhurandhar,
Prof. of Health Promotion, Pennington Biomedical Research Center, Louisiana State Univ.
Dr. Richard Atkinson,
Emeritus Prof. of Medicine & Nutritional Sciences, Univ. of Wisconsin-Madison
Mary R. Morgan
New York psychotherapist and author of "Beginning With the End: A Memoir of Twin Loss and Healing."

October 26, 2014

The reality of Ebola

The ebola virus, which has killed thousands in West Africa, has made it to the US. Experts describe the characteristics of the virus and its transmission, whether there really is a risk to Americans, and the odds of success of new safety measures.

Breast cancer treatment

Breast cancer treatment has made great strides since doctors have determined several types and subtypes of cancers and the treatments that are optimum for each. An expert explains where breast cancer treatment is today.

Dr. William Schaffner,
Prof. of Preventive Medicine, Vanderbilt Univ. Medical Center
Dr. Denise Yardley,
Senior Investigator, Sarah Cannon Breast Cancer Research Program, Nashville

November 2, 2014

Emergency responder stress

Police officers, firefighters, paramedics and emergency dispatchers experience events that most people couldn't stand, and they pay for it with high levels of stress-related outcomes and PTSD. Experts describe the training received by first responders, the additional training they need, and the police/fire culture that makes it difficult to get help.

Dr. Joel Fay

Former police officer and President, First responder support network and west coast post trauma retreat

Rodger Ruge

former police officer and founder, HeroTalk

Fighting fear and phobias

Halloween is the season for fright, but people with phobias may not have been in the mood to enjoy it. Research shows an effective way to combat phobias--admit out loud what you're afraid of. Most people are advised to pretend they're not afraid. The lead researcher of this study explains why pretending doesn't work and why this approach has promise.

Dr. Katharina Kircanski

post-doctoral fellow in psychology, Stanford Univ.

November 9, 2014

Post-hospital syndrome

Many people who've recently been in the hospital quickly make a return trip, often with a different illness. Researchers are finding that hospital stays themselves can make

people sick, or at least susceptible to getting sick. Experts discuss post-hospital syndrome and simple ways it might be fixed.

Rescuing runaways

More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed.

Dr. David Newman

Director of Research, Dept. of Emergency Medicine, Icahn School of Medicine at Mt. Sinai

Dr. Harlan Krumholz

Prof. of Medicine, Yale School of Medicine and Director, Yale-New Haven Hospital Center for Outcomes Research and Evaluation

Carissa Phelps

author, Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time

November 16, 2014

Questions on lasik safety

Sixteen million Americans have had lasik surgery for vision correction, and some have complained of severe visual artifacts and eye pain. The former chief of the FDA branch that approved lasik has now petitioned the FDA to remove lasik devices from the market for these safety reasons. He and experts on both sides of the issue discuss safety of this common surgery.

Biking as transportation

More and more Americans are turning to their bicycles for everyday transportation, not just recreation. Experts discuss the public policy and urban planning ideas that can make this healthy habit easier.

Dr. Morris Waxler

founder, Waxler Regulatory Consultancy and former Chief of Ophthalmic Devices, FDA Center for Devices and Radiological Health

Jim Merrell

Campaign Director, Active Transportation Alliance, Chicago

November 23, 2014

Sexual harassment of men

Some people believe it's not possible for men to be sexually harassed at work. But new studies show that not only is it possible, but men can be much more disturbed by it than most people think, and may react in some ways even more than women. Experts discuss psychological and legal ramifications of sexual harassment of men.

Almost alcoholic

Most people who have a drinking problem are not alcoholics, so they may slip through the cracks and not receive the help they need. Experts discuss warning signs and ways to break through denial.

Keith Fink

Los Angeles Attorney and lecturer, UCLA law school

Dr. NiCole Buchanan

Assoc. Prof. of Sociology, Michigan State Univ.

Dr. Robert Doyle

clinical psychiatrist, Massachusetts General Hospital and Harvard Medical School

Dr. Robert Doyle

clinical psychologist and co-author, Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem

November 30, 2014

Bad health and incarceration

Researchers have found that poor health and disabilities can be factors leading to prison. An expert discusses the life cycles that can make this occur.

Dr. Margo Maine

psychologist, co-founder, National Eating Disorders Assn.

Lori Ciotti

Site Director, Renfrew Center of Massachusetts

Midlife eating disorders

The last decade, the number of women over 30 seeking treatment for anorexia, bulimia and binge eating disorder has skyrocketed. Experts discuss the factors triggering eating disorders in midlife or bringing women in for treatment for long standing disorders