

Radio Health Journal®

Quarterly Issues Report – Q3 2015 through Radio Health Journal Programs 15-27 through 15-39

During the third quarter of 2015 the following compliancy issues were covered:

Adult education	Men's issues
Aging	Mental health
Alcohol	Mental illness
Auto & highway Safety	Parenting issues
College	Pets and people
Consumerism	Pollution
Crime	Pop culture
Disabilities	Psychology
Education	Public health
Elderly	Public safety
Environment	Safety
Ethics	Senior citizens
Family issues	Sexual assault
Gender Issues	Traffic Safety
Health care	Technology
Infants at risk	Vehicle Safety
Local government	Women's issues
Laws and legislation	Worker safety
Lifestyle issues	Workplace issues
Mass media	Youth at risk

Program # 15-27

Air week: 7-5-15

SEGMENT 1: REFUSE WORKERS: THE DANGERS OF TRASH

12:12

Synopsis: Most people don't think much about what happens to their trash after they set it at the curb. But day in and day out, refuse workers have the most dangerous municipal job, with more injuries than police or firefighters. Two experts discuss the massive job of hauling our garbage away.

Host: Reed Pence. Guests: Robin Nagle, Clinical prof. of Anthropology and Urban Studies, New York Univ., anthropologist in residence, New York Sanitation Dept., and author, Picking Up: On the Streets and Behind the Trucks with the Sanitation Workers of New York City; Sam Shick, franchise operator.

Compliance issues covered: local and municipal government; worker safety; environment

SEGMENT 2: TV DOCTORS: TRUTH OR FICTION?

7:17

Synopsis: TV doctors wield tremendous influence with patients, sometimes even more than a person's own doctor. Yet studies show that the advice you hear on TV is often unsupported by medical research. Experts discuss how celebrity doctors miss the mark and why they're so popular.

Host: Nancy Benson. Guests: Dr. Christina Korownyk, Assoc. Prof. of Family Medicine, Univ. of Alberta; Dr. Georgianna Donadio, Program Director, National Institute of Whole Health; Dr. Lindsey Meredith, Prof. of Marketing, Beedie School of Business, Simon Fraser Univ.

Compliance issues covered: health care; public health; consumerism; mass media; pop culture

Program #15-28

Air week: 7-12-15

SEGMENT 1: PERFECT PITCH

12:54

Synopsis: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning.

Host: Reed Pence. Guests: Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago

Compliance issues covered: education and learning; adult education

SEGMENT 2: AIR POLLUTION AND LUNG HEALTH

7:01

Synopsis: Air pollution is blamed for one of every eight deaths worldwide, including 200,000 in the US each year. A noted lung physician discusses some of the diseases smog can cause and ways to keep your lungs safe.

Host: Nancy Benson. Guest: Dr. Steven Nathan, Director, Advanced Lung Disease and Lung Transplant Program, Inova Fairfax Hospital, Falls Church, VA

Compliance issues covered: health care; public health; pollution and environment

Program #15-29

Air week: 7-19-15

SEGMENT 1: MATERNAL MORTALITY

10:55

Synopsis: The death rate surrounding pregnancy in the US has been climbing to the point it compares with some third world countries rather than the western European nations we once compared to. Experts discuss possible reasons for the increase and one possible way to reverse it--more reliance on midwives.

Host: Reed Pence. Guests: Dr. Kate Menard, Prof. and Chief, Obstetrics & Gynecology, Univ. of North Carolina School of Medicine; Patricia Harman, certified nurse-midwife and author, The Midwife of Hope River novel series.

Compliance issues covered: health care; public health; infants at risk; women's issues

SEGMENT 2: THE JOY OF SINGING

8:24

Synopsis: Research shows that singing in a group has health benefits, as well as simply making people feel good. Experts and participants discuss this increasing singing trend in society, and how singing is being used to treat one serious disease.

Host: Nancy Benson. Guests: Stacy Horn, author, Imperfect Harmony: Finding Happiness Singing With Others; Dr. Barbara Reuer, CEO and Founder, Musicworx, Inc. music therapy practice, San Diego; Karen Hesley, speech pathologist and director, Tremble Clefs singing group

Compliance issues covered: health care; psychology; pop culture; elderly, senior citizens, and aging

Program #15-30

Air week: 7-26-15

SEGMENT 1: YOUR BRAIN WITH TINNITUS

9:19

Synopsis: Scientists have discovered that tinnitus, or "ringing in the ears," involves many more areas of the brain than just those involved with hearing. Experts explain why the findings mean it will be difficult to develop treatments for tinnitus, and what sufferers can do now.

Host: Reed Pence. Guests: Dr. Richard Salvi, Distinguished Prof. of Communicative Disorders and Sciences, Univ. at Buffalo; Dr. Phillip Gander, Univ. of Iowa

Compliance issues covered: health care; public health; consumerism; disabilities

SEGMENT 2: CHILD SUICIDE SURVIVORS

10:05

Synopsis: Children whose parents die by suicide face a difficult emotional recovery. Well-meaning adults often make it worse with their mistakes in how they talk about the death. Experts discuss the right and wrong ways to help children cope with parental suicide.

Host: Nancy Benson. Guests: Wendy Parmley, psychotherapist and author, Hope After Suicide: One Woman's Journey From Darkness to Light; Donna Schuurman, CEO, Dougy Center for Grieving Children and Families, Portland, OR

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

Program #15-31

Air week: 8-2-15

SEGMENT 1: THE RISK OF THE FRONT PASSENGER SEAT

11:20

Synopsis: Few people are aware that the vehicle occupant most likely to be hurt in a crash is the one in the front passenger seat. Experts discuss why this occurs, the different injuries that can occur there, and many ways car occupants can protect themselves from injury.

Host: Reed Pence. Guests: Meghan Smeenge, injured in auto accident; Dr. David Pedley, consultant, accident and emergency medicine, Dumfries & Galloway Royal Infirmary, Scotland; Dr. Peter Cummings, Emeritus Prof. of Epidemiology, Univ. of Washington; Dr. Elisa Braver, Adjunct Assoc. Prof. of Epidemiology, Univ. of Maryland School of Medicine

Compliance issues covered: public health; traffic & vehicle safety; public safety; consumerism

SEGMENT 2: TOWARD A MORE PEACEFUL DEATH

10:05

Synopsis: It's a fine line between preserving life and prolonging death. An award winning science writer discusses her experience observing how medical professionals and patients differ in their acceptance of impending death, and what families need to know to navigate the end of life toward a "good death."

Host: Nancy Benson. Guest: Katy Butler, author, *Knocking on Heaven's Door: The Path to a Better Way of Death.*

Compliance issues covered: ethics; health care; consumerism; family issues; technology and society

Program #15-32

Air week: 8-9-15

SEGMENT 1: ONLINE PHARMACIES, FAKE DRUGS

11:57

Synopsis: Consumers who purchase medicines online for convenience and price are taking a big risk--experts say 97% of online "pharmacies" are rogue sites operating illegally. Often the medications they sell are counterfeit or substandard. Experts discuss the risks and how consumers can buy safely.

Host: Reed Pence. Guests: Carmen Catizone, Exec. Dir., National Assoc. of Boards of Pharmacy; Libby Baney, Exec. Dir., Alliance for Safe Online Pharmacies; Dr. Roger Bate, scholar, American Enterprise Institute & author, *Phake: The Deadly World of Falsified and Substandard Medicines*

Compliance issues covered: public health; public safety; consumerism; crime

SEGMENT 2: MULTITASKING

8:06

Synopsis: Multitasking seems like a necessity for most people, and most of us think it improves our efficiency. However, studies show that only a tiny proportion of people can juggle tasks well. Researchers discuss why our brains can't do two things at once, and why "supertaskers" may be different.

Host: Nancy Benson. Guests: Dr. David Strayer, Prof. of Cognition Neurosciences, Univ. of Utah; Dr. Jayson Watson, Assoc. Prof. of Psychology, Univ. of Utah

Compliance issues covered: workplace issues; consumerism

Program #15-33

Air week: 8-16-15

SEGMENT 1: ENLISTING MEN AGAINST SEXUAL ASSAULT

13:19

Synopsis: Colleges are now required by Federal law to present anti-sexual assault training to new students, but rather than instilling "no means no," some experts think we need to do much more to enlist men to help prevent sexual assault. Experts discuss how it can be done by making men allies, rather than regarding them as potential perpetrators, and through bystander training.

Host: Reed Pence. Guests: Dr. John Foubert, Prof. of Higher Education and Student Affairs, Oklahoma State Univ., National President, One in Four, and author of 7 books on preventing sexual assault; Ashley Warner, psychoanalyst and author, *The Year After: A Memoir*; Dorothy Edwards, Exec. Director, Green Dot, Etc.

Compliance issues covered: women's issues; sexual assault; crime; education; colleges and universities; gender issues; public safety; men's issues

SEGMENT 2: THE POWER OF TEARS

6:32

Synopsis: Researchers are learning that tears shed for different reasons are chemically different. Emotional tears, for example, contain high levels of stress hormones, indicating they may be a way for the body to reduce stress. Experts discuss why it's good for people to cry.

Host: Nancy Benson. Guests: Dr. William Frey, Univ. of Minnesota and Research Director, Health Partners Neuroscience; Dr. Judith Orloff, psychiatrist and author, *Emotional Freedom*

Compliance issues covered: health; mental health; gender issues

Program #15-34

Air week: 8-23-15

SEGMENT 1: HEART ATTACKS IN YOUNG WOMEN

11:15

Synopsis: Young women are at relatively low risk of heart attacks, but when they have one, a much greater proportion die than among men of the same age. Surveys show young women are often unaware of their risk and are much less likely to go to the emergency room when a heart attack occurs. Experts discuss reasons and possible remedies.

Host: Reed Pence. Guests: Dr. Judith Lichtman, Assoc. Prof. and Chair of Epidemiology, Yale School of Public Health; Dr. Holly Andersen, attending cardiologist and Director of Education and Outreach, Perelman Heart Institute, New York Presbyterian Hospital.

Compliance issues covered: public health; health care; women's issues; education;

SEGMENT 2: ODD MEDICAL TREATMENTS OF THE PAST

7:38

Synopsis: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude doctors in ancient Greece provided better care than those in the US 150 years ago.

Host: Nancy Benson. Guest: Nathan Belofsky, author, [Strange Medicine: A Shocking History of Real Medical Practices Through the Ages](#).

Compliance issues covered: education; consumerism

Program #15-35

Air week: 8-30-15

SEGMENT 1: MISOPHONIA: RAGE AT THE SMALLEST SOUND

12:01

Synopsis: A surprisingly large number of people may become agitated or even enraged when they hear "mouth sounds" such as chewing or slurping, sniffing, or crunching of paper. This disorder, misophonia, is largely unknown, but researchers believe audio processing of these sounds is mis-routed to rage centers in the brain. Experts and a sufferer discuss the syndrome.

Host: Reed Pence. Guests: Paul Tabachneck, IT professional, musician, and misophonia sufferer; Judy Krauthamer, author, Sound Rage: A Primer of the Neurobiology and Psychology of a Little Known Anger Disorder; Dr. Aage Moller, Prof. of Behavioral and Brain Sciences, Univ. of Texas at Dallas.

Compliance issues covered: youth at risk; education; interpersonal relations; health care

SEGMENT 2: GRIEF

7:50

Synopsis: Everyone deals with grief at one time or another. An expert discusses how it's experienced by most people, and what separates normal grief from more problematic depression. A writer/illustrator discusses his experience dealing with his spouse's sudden death.

Host: Nancy Benson. Guests: Dr. Ronald Pies, Prof. of Psychiatry, State Univ. of New York Upstate Medical Univ. and Clinical Prof. of Psychiatry, Tufts Univ.; Danny Gregory, author and illustrator, A Kiss Before You Go

Compliance issues covered: mental illness; family issues

Program #15-36

Air week: 9-6-15

SEGMENT 1: LIQUID BIOPSIES

11:12

Synopsis: Cancer biopsies traditionally require surgery to remove a piece of tumor. But doctors are increasingly able to find evidence of cancer in the blood, eliminating the need for surgery. Researchers hope to eventually be able to use these liquid biopsies for cancer screening and early diagnosis. Experts discuss.

Host: Reed Pence. Guests: Dr. Nicholas Papadopoulos, Prof. of Oncology, Johns Hopkins Univ; Dr. Scott Kopetz, Assoc. Prof. of Medical Oncology, Univ. of Texas MD Anderson Cancer Center; Dr. Terry Friedlander, Asst. Clinical Prof. of Medicine, Univ. of California at San Francisco

Compliance issues covered: health care; public health; technology

SEGMENT 2: PET OBESITY

8:44

Synopsis: Just as people face an obesity crisis in the US, so do our pets, who have many of the same health consequences as overweight humans. Experts discuss why pet obesity is a problem and ways pet owners can keep their furry friends healthy.

Host: Nancy Benson. Guests: Dr. Ernie Ward, Veterinarian and founder, Association for Pet Obesity Prevention; Dr. Deborah Linder, Research Asst. Prof., Cummings School of Veterinary Medicine, Tufts Univ.

Compliance issues covered: family issues; pets and people

Program #15-37

Air week: 9-13-15

SEGMENT 1: CAR CRASHES & PTSD

13:59

Synopsis: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry out to recover.

Host: Reed Pence. Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at Albany and co-author, *After the Crash*; Debbie Miller Koziarz, car accident survivor

Compliance issues covered: public safety; auto & highway safety; mental health

SEGMENT 2: PALCOHOL--POWDERED ALCOHOL

6:03

Synopsis: Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the product's inventor and legislators discuss.

Host: Nancy Benson. Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof., Johns Hopkins Bloomberg School of Public Health; Rick Jones (R), State Senator, Michigan; Brian Kelsey (R), State Senator, Tennessee

Compliance issues covered: alcohol; youth at risk; laws and legislation; public health

Program #15-38

Air week: 9-20-15

SEGMENT 1: STEM CELL REGENERATION

11:46

Synopsis: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researchers have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain.

Host: Reed Pence. Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland Univ. College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences

Compliance issues covered: aging; technology; public health

SEGMENT 2: EXPLODING HEAD SYNDROME

7:07

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

Program #15-39

Air week: 9-27-15

SEGMENT 1: THE RETURN ON WORKPLACE WELLNESS

13:08

Synopsis: Most medium and large businesses now have corporate wellness programs for employees in an effort to keep health insurance costs down. Many have incentives for reaching health goals. Experts discuss how these plans work and whether the effort shows up favorably on the bottom line.

Host: Reed Pence. Guests: Dr. Katherine Baicker, Prof. of Health Economics, Harvard School of Public Health; Larry Chapman, President and CEO, Chapman Institute; Al Lewis, co-author, *Cracking Health Costs: How to Cut Your Company's Health Costs and Provide Employees Better Care*

Compliance issues covered: health care; consumerism; economics; education; business and industry; employment

SEGMENT 2: THE IMPORTANCE OF PLAY

7:01

Synopsis: Many schools are cutting down on recess to focus on the 3R's, but child development experts say play is part of children's "work" and an important part of how they learn. One expert discusses.

Host: Nancy Benson. Guest: Ann Gadzikowski, Early Childhood Coordinator, Center for Talent Development, Northwestern Univ. and author, *Creating a Beautiful Mess: The Essential Experiences for a Joyful Childhood*

Compliance issues covered: youth at risk; education; parenting

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