

## QUARTERLY ISSUES/PROGRAMS LIST

There follows a listing of some of the significant issues responded to by Station KHIL, along with the most significant programming treatment of those issues for the period **October, November & December 2013**. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
NIH				1:30	<p><b>Narrator:</b> This is NIH Health Matters, I'm Joe Balintfy. High blood cholesterol itself does not cause any symptoms, so many people are unaware that their cholesterol level is too high. NIH nutritionist, Janet De Jesus says it is important to get cholesterol levels checked.</p> <p><b>De Jesus:</b> It's measured by a blood test so the best type is a fasting lipid panel, which has to be done in your doctor's office.</p> <p><b>Narrator:</b> Everyone age 20 and older should have their cholesterol measured at least once every 5 years. If blood cholesterol levels are high, they can be lowered with lifestyle changes. For more information on measuring and controlling blood cholesterol levels, visit <a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a>. Health Matters is produced by the National Institutes of Health, part of the U.S. Department of Health and Human Services.</p>
NIH				1:30	<p><b>Narrator:</b> This is NIH health matters, I'm Joe Balintfy. Health experts warn that one part of a Halloween costume comes with three serious risks.</p> <p><b>Bishop:</b> The first and most concerning risk is infection.</p> <p><b>Narrator:</b> Dr. Rachel Bishop, an ophthalmologist at the NIH, says any contact lens that's not handled properly — kept clean and sterile — can produce a corneal infection which can cause vision loss.</p> <p><b>Bishop:</b> The second concern is an ill-fitting contact lens.</p> <p><b>Narrator:</b> Dr. Bishop says a third serious risk is physical trauma, especially for those not used to or trained with putting in contacts or taking them out. For more information on eye health and potential risks associated with decorative contact lenses, visit <a href="http://www.nei.nih.gov">www.nei.nih.gov</a>. Health Matters is produced by the National Institutes of Health, part of the U.S. Department of Health and Human Services.</p>

