

**2019-Q2 (April - June) Radio Health Journal
Quarterly Report – Compliancy Issues & Programs List:**

Animals	Malnutrition
Bullying	Medicare and Medicaid
Child labor	Mental health
Consumerism	Moral values
Consumer safety	Parenting issues
Contraception and family planning	Patient safety
Drug enforcement	Public health
Economics	Rehabilitation
Education	Science and technology
Elderly and senior citizens	Senior citizens
Emergency response	Social isolation
EMS and emergency response	Taxes
Federal government and regulation	Technology and health
Food and nutrition	Teen pregnancy
Fraud	Vaccination
Gender roles	Volunteer organizations
Government and federal regulation	War
Health care	Women's issues
Individual rights	Workforce
Infant and maternal mortality	Youth at risk
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Program Log for Radio Health Journal

Program	19-14	Producer	Reed Pence
Air Week	04/07 – 04/13/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: EXAMINING “MEDICARE FOR ALL”	12:47	
Synopsis: Two Congressional plans, one from each side of the political spectrum, are competing to blow up the current healthcare system. Here experts examine one of them—the left’s bid to replace private insurers with a government-run single-payer plan labeled “Medicare for All.” Alternatives may include bolstering the Affordable Care Act, or getting rid of it completely.			
Host: Reed Pence. Guests: Dr. Paul Ginsburg, Director, USC-Brookings Schaeffer Initiative for Health Policy; Deborah Burger, RN, President, National Nurses United; Dr. Ken Thorpe, Prof. of Health Policy, Emory Univ.; Lauren Crawford Shaver, Exec. Dir., Partnership for America’s Health Care Future			
Compliance issues covered: health care; public health; federal government, legislation, and politics; consumerism; economics; taxes; Medicare and Medicaid; insurance			
Links for more information: https://www.centerforhealthjournalism.org/resources/sources/deborah-burger https://www.brookings.edu/experts/paul-ginsburg/ https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8			
15:51	SEGMENT 2: SYMPTOM SEARCHING ON THE INTERNET	7:01	
Synopsis: One of the most popular searches on Google is for symptoms and what they mean. It’s created a much more well informed patient population, but one that may panic at the least pain or discomfort. Two experts discuss how to think of symptoms and how to search for them.			
Host: Nancy Benson. Guests: Dr. Paul Thomas, author, <i>The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery</i> ; Dr. Christopher Kelly, Senior Clinical Fellow, Columbia Univ. Medical Center, co-authors, <i>Am I Dying: A Complete Guide to Your Symptoms and What to Do Next</i>			
Compliance issues covered: health care; technology and health			
Links for more information: https://amidyng.com			

Program Log for Radio Health Journal

Program	19-15	Producers	Polly Hansen, Reed Pence
Air Week	04/14 – 04/20/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:03	SEGMENT 1: THE MIRACLE OF TRANSPLANTS	11:50	
Synopsis: Organ transplantation has dramatically changed lives and is raising hopes it could do even more for millions of people. But getting where we are has not been easy. A transplant surgeon traces the history of transplant research and notes the courage to fail among pioneering researchers and patients.			
Host: Reed Pence. Guests: Dr. Josh Mezrich, Assoc. Prof. of Surgery, Univ. of Wisconsin School of Medicine and Public Health and author, <i>When Death Becomes Life: Notes From a Transplant Surgeon</i>			
Compliance issues covered: health care; public health; technology			
Links for more information: https://www.surgery.wisc.edu/2019/01/07/a-qa-with-dr-josh-mezrich-author-of-when-death-becomes-life/			
14:55	SEGMENT 2: FRIENDS—THE MOST POWERFUL INFLUENCE OF OUR LIVES	7:41	
Synopsis: Research shows that friends are the most powerful people in our lives, influencing our behavior, attitudes and health even more than our parents or spouses. An expert discusses the many ways friends determine our destinies.			
Host: Nancy Benson. Guest: Carlin Flora, author, <i>Friendfluence: The Surprising Ways Friends Make Us Who We Are</i>			
Compliance issues covered: interpersonal relationships; family issues; technology			
Links for more information: http://www.amazon.com/Friendfluence-Surprising-Ways-Friends-Make-ebook/dp/B009UBQU04			

Program Log for Radio Health Journal

Program	19-16	Producer	Reed Pence	
Air Week	04/21 – 04/27/2019	Studio Production	Jason Dickey	
Time	Segment			Dur.
2:01	SEGMENT 1: MENTAL HEALTH IN THE ER			21:45
Synopsis: Many people having a mental health crisis go to the emergency room. However, ER's are not well equipped to handle them, and many patients are boarded there for hours or even days without treatment. Experts discuss the reasons for the failure, the outcomes it produces, and solutions that have been successful in limited trials.				
Host: Reed Pence. Guests: Dr. Scott Zeller, Vice President of Acute Psychiatry, Vituity; Dr. Anne Zink, Medical Director for Emergency Medicine, Mat-Su Regional Medical Center, Palmer, AK				
Compliance issues covered: health care; public health; mental health; emergency response				
Links for more information: https://www.psychiatryadvisor.com/author/scott-zeller-md/ ; https://www.aliem.com/2017/08/anne-zink-healthy-in-em/				
15:49	SEGMENT 2: HEART DISEASE MISINFORMATION			6:45
Synopsis: Heart disease is often preventable, but how people look at it often keeps them from doing as much about it as they could. Often this is a result of myth and misinformation. An expert physician discusses some of the most harmful of these myths.				
Host: Nancy Benson. Guest: Dr. Andrea Klemes, Chief Medical Officer, MD-VIP				
Compliance issues covered: health care; public health; food and nutrition				
Links for more information: https://www.mdvip.com/heart-attack-iq-quiz				

Program Log for Radio Health Journal

Program	19-17	Producers	Reed Pence, Polly Hansen	
Air Week	04/28 – 05/04/2019	Studio Production	Jason Dickey	
Time	Segment	Dur.		
2:01	SEGMENT 1: PENICILLIN ALLERGY: NOT REALLY, MOST OF THE TIME			11:25
Synopsis: Millions of Americans believe they are allergic to penicillin. However, most of them are wrong. Experts discuss how these misdiagnoses happen and what results when so many of us avoid the most effective, yet cheapest antibiotic.				
Host: Reed Pence. Guests: Dr. David Khan, Prof. of Medicine, Univ. of Texas Southwestern Medical Center; Dr. Alan Frient and Dr. Jodi Zuckerman, otolaryngologists, North Shore Ear, Nose and Throat Associates, Highland Park IL.				
Compliance issues covered: health care; economics; youth at risk				
Links for more information: http://profiles.utsouthwestern.edu/profile/13860/david-khan.html http://www.nsent.us/meet.html				
14:28	SEGMENT 2: UNRAVELING THE MYSTERY OF THE FLU			7:24
Synopsis: The flu’s unique ability to mutate makes it one of the toughest diseases to solve, as it evades vaccines and treatment. It also has a deadly history, which prompts fears each flu season. A noted expert discusses all about the flu and its myths.				
Host: Karen Hand. Guest: Dr. Jeremy Brown, Director of Emergency Care Research, National Institutes of Health and author, <i>Influenza: The Hundred-Year Hunt to Cure the Deadliest Disease in History</i>				
Compliance issues covered: health care; public health; vaccination				
Link for more information: https://www.nih.gov/news-events/news-releases/dr-jeremy-brown-direct-nih-office-emergency-care-research				

Program Log for Radio Health Journal

Program	19-18	Producer	Reed Pence
Air Week	05/05 – 05/11/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:57	SEGMENT 1: HIGH DRUG PRICES LEAD TO DRUG MISUSE	12:48	
Synopsis: Millions of Americans cannot afford the medications they’ve been prescribed. Many skip doses, split pills or don’t fill prescriptions at all as a result, with sometimes even fatal consequences. But doctors are often unable to consider cost very well in prescribing, as the same drug often costs patients vastly different amounts due to insurance differences. Experts discuss the problem and what patients can do to save.			
Host: Reed Pence. Guests: David Mitchell, cancer patient, founder and President, Patients for Affordable Drugs; Dr. Stacie Dusetzina, Assoc. Prof. of Health Policy, Vanderbilt Univ.			
Compliance issues covered: health care; economics; insurance; federal government and regulation			
Links for more information: https://www.patientsforaffordabledrugs.org/about/our-team/ https://www.vumc.org/health-policy/person/stacie-b-dusetzina-phd			
15:47	SEGMENT 2: BRAIN ANEURYSM THROUGH THE EYES OF A SURVIVOR	7:08	
Synopsis: Brain aneurysms—bulging in a brain blood vessel, like an inflated balloon—affect 1 in 50 people and are generally without symptoms until they burst. This occurs in about 30,000 people per year in the US, accounting for 3-5 percent of all new strokes. Here is the story of one survivor in her own words.			
Host: Karen Hand. Guest: Janet Sutherland-Madden, brain aneurysm rupture survivor and author, <i>Nose Over Toes</i>			
Compliance issues covered: health care; public health; EMS and emergency response; rehabilitation			
Links for more information: https://eckhartzpress.com/author/janet-sutherland-madden/ https://bafound.org			

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Guest information, segment podcasts and the latest health news are available at www.radiohealthjournal.net

Program Log for Radio Health Journal

Program	19-19	Producers	Reed Pence, Polly Hansen	
Air Week	05/12 – 05/18/2019	Studio Production	Jason Dickey	
Time	Segment			Dur.
2:05	SEGMENT 1: CANCER SUPPRESSION: LESSONS FROM PACHYDERMS			11:55
Synopsis: DNA mutations happen all the time in the body, but the immune system usually detects and deals with them. When the system fails, cancer results. Yet some animals, such as elephants, almost never get cancer, and scientists have learned that the elephant DNA repair system is 20 times more powerful than the human system. Experts explain how they hope to tap this knowledge.				
Host: Reed Pence. Guests: Dr. Joshua Schiffman, Prof. of Pediatrics, Univ. of Utah and investigator, Huntsman Cancer Institute; Dr. Vincent Lynch, Asst. Prof. of Human Genetics and Organismal Biology, Univ. of Chicago				
Compliance issues covered: health care; public health; animals				
Links for more information: http://healthcare.utah.edu/huntsmancancerinstitute/research/labs/schiffman/ https://lynchlab.uchicago.edu				
15:02	SEGMENT 2: RETHINKING DEMENTIA			8:01
Synopsis: Dementia has a much wider range than most people think, and people with dementia are usually functional for years. An expert discusses the course of the disease and how life can still be positive for years before it reaches the late, debilitating stage most people think of when they hear the word “dementia.”				
Host: Karen Hand. Guest: Dr. Tia Powell, Prof. of Psychiatry and Bioethics, Albert Einstein College of Medicine and author, <i>Dementia Reimagined: Building a Life of Joy and Dignity From Beginning to End</i>				
Compliance issues covered: health care; public health; aging and senior citizens				
Links for more information: https://www.tiapowellmd.com				

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Program Log for Radio Health Journal

Program	19-20	Writer/Producers	Reed Pence, Amirah Zaveri
Air Week	05/19 – 05/25/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:57	SEGMENT 1: CAN IUD'S AND OTHER CONTRACEPTIVES TRIGGER AUTOIMMUNE DISEASE	13:46	
Synopsis: Autoimmune diseases such as rheumatoid arthritis and lupus carry a genetic predisposition, but need an environmental trigger to take hold. Triggers are poorly understood, but some women claim their disease is a result of contraceptives, including birth control pills and IUD's. Experts and one women suffering from autoimmune disease discuss the issue.			
Host: Reed Pence. Guests: Dr. Lisa Sammaritano, Assoc. Prof. of Clinical Medicine, Hospital for Special Surgery and Weill-Cornell Medical College; Dr. Kristen Demoruelle, Asst. Prof. of Medicine, Univ. of Colorado-Denver; Kristy Griffin, Hashimoto and Sjogren's disease sufferer			
Compliance issues covered: health care; public health; women's issues; contraception and family planning			
Links for more information: https://www.hss.edu/physicians_sammaritano-lisa.asp http://www.ucdenver.edu/academics/colleges/medicalschooll/departments/medicine/Rheumatology/Pages/Faculty_Pages/KristenDemoruelleMD.aspx			
16:46	SEGMENT 2: PREECLAMPSIA AND A NEW TEST FOR IT	6:12	
Synopsis: Preeclampsia, an irregularity in the placenta during pregnancy, is the leading cause of premature delivery worldwide, and causes nearly 20 percent of maternal deaths in the US. Little is known about its cause and how it can be treated, but an inexpensive new test could help flag those suffering from it and lessen complications. The test's inventor discusses it and the disorder.			
Host: Nancy Benson. Guest: Dr. Kara Rood, maternal and fetal medicine specialist, Ohio State Univ. Wexner Medical Center.			
Compliance issues covered: health care; public health; women's issues; infant and maternal mortality			
Links for more information: https://wexnermedical.osu.edu/find-a-doctor/kara-rood-md-49419			

Program Log for Radio Health Journal

Program	19-21	Producer	Reed Pence, Polly Hansen	
Air Week	05/26 – 06/01/2019	Studio Production	Jason Dickey	
Time	Segment	Dur.		
1:57	SEGMENT 1: WEIGHT LOSS SURGERY FOR TEENAGERS	11:35		
Synopsis: The proportion of severely obese teenagers continues to rise. Doctors increasingly understand that only weight loss surgery is likely to help them lose weight and avoid health consequences of obesity. But teens are often held back until they're so heavy that even bariatric surgery isn't enough to return them to normal weight. Experts discuss.				
Host: Reed Pence. Guests: Dr. Thomas Inge, Chief of Pediatric Surgery, Children's Hospital Colorado and Prof. of Surgery, Univ. of Colorado Denver; Dr. Fatima Cody Stanford, obesity medicine physician, Massachusetts General Hospital and Harvard Medical School; Dr. Meg Zeller, Prof. of Pediatrics, Cincinnati Children's Hospital Medical Center				
Compliance issues covered: health care; public health; youth at risk; parenting issues; bullying				
Links for more information: http://www.massgeneral.org/doctors/doctor.aspx?id=19693 ; https://www.childrenscolorado.org/doctors-and-departments/physicians/i/thomas-inge/ ; https://www.cincinnatichildrens.org/bio/z/margaret-zeller				
14:34	SEGMENT 2: THE WORKINGS OF THE IMMUNE SYSTEM	8:38		
Synopsis: Many people may picture the immune system as the ruthless blaster of all foreign invaders, but a Pulitzer Prize-winning science writer says his research shows it prefers to get along with friendly invaders, saving its power for the truly dangerous ones. How does it know the difference? The writer discusses.				
Host: Nancy Benson. Guest: Matt Richtel, author, <i>An Elegant Defense: The Extraordinary New Science of the Immune System</i>				
Compliance issues covered: health care; science and technology; public health				
Links for more information: https://www.nytimes.com/by/matt-richtel				

Program Log for Radio Health Journal

Program	19-22	Producer	Reed Pence, Annie Krall	
Air Week	06/02 – 06/08/2019	Studio Production	Reed Pence	
Time	Segment			Dur.
2:02	SEGMENT 1: WHY PARENTS DON'T VACCINATE			13:06
Synopsis: Measles had been declared eliminated in 2000, but has come roaring back because of the increasing number of people who have not been vaccinated. Parents may have legitimate fears of side effects, but claims vaccines are unsafe are not true. Experts discuss the complicated psychological reasons vaccine refusal exists despite this, and what may help change minds to promote public health.				
Host: Reed Pence. Guests: Dr. Julie Bettinger, Assoc. Prof. of Pediatrics, Vaccine Evaluation Center, Univ. of British Columbia; Dr. Mark Navin, Assoc. Prof. of Philosophy, Oakland Univ.; Kristen O'Meara, parent and former vaccine opponent; Avnika Amin, Rollins School of Public Health, Emory Univ.				
Compliance issues covered: health and medicine; public health; youth at risk; parenting issues; moral values				
Links for more information: https://www.spph.ubc.ca/person/julie-bettinger/ https://oakland.edu/cas/archive-temp/featured-faculty-profile/mark-navin https://www.scientificamerican.com/article/how-to-understand-and-help-the-vaccine-doubters/?redirect=1				
16:10	SEGMENT 2: EXCEPTIONAL BREASTFEEDING			6:59
Synopsis: Most infants are breastfed in the US today, but breastfeeding often doesn't look the way most of us think of it, as a result of adoption, same sex marriage, and other changes in parenting. An expert discusses some of the hurdles and challenges to getting infants the best nutrition possible.				
Host: Nancy Benson. Guest: Dr. Kristin Wilson, Chair, Anthropology Dept.; Cabrillo College and author, <i>Others' Milk: The Potential of Exceptional Breastfeeding</i>				
Compliance issues covered: health care; public health; youth at risk; parenting issues; gender roles				
Links for more information: https://www.cabrillo.edu/salsa/listing.php?staffId=876				

Program Log for Radio Health Journal

Program	19-23	Producer	Reed Pence, Polly Hansen, Annie Krall	
Air Week	06/09 – 06/15/2019	Studio Production	Jason Dickey	
Time	Segment			Dur.
2:04	SEGMENT 1: LONELINESS IN THE ELDERLY			12:57
Synopsis: Loneliness is increasing across all ages, but it’s especially noteworthy among seniors, and it can dramatically affect health. An expert geriatrician who has studied the effects of loneliness and the leader of an organization that provides friendly visitors to the isolated elderly discuss causes of increasing loneliness, its impact, and the effectiveness of visitor programs.				
Host: Reed Pence. Guests: Dr. Carla Perissinotto, Assoc. Chief for Clinical Programs in Geriatrics, Univ. of California, San Francisco; Janet Seckel-Cerrotti, Exec. Director, FriendshipWorks, Boston				
Compliance issues covered: health care; elderly and senior citizens; social isolation, volunteer organizations				
Links for more information: https://profiles.ucsf.edu/carla.perissinotto http://www.fw4elders.org https://mahealthyagingcollaborative.org/member-spotlight-janet-seckel-cerrotti/				
16:03	SEGMENT 2: WHY GOOD HEALTH CARE DOESN’T EQUAL GOOD HEALTH			6:51
Synopsis: Many Americans believe if they have good health care, they’ll have good health. But many factors beyond medicine contribute to our level of health. A noted public health expert explains these factors, and why our own health is much more than an individual concern.				
Host: Nancy Benson. Guest: Dr. Sandro Galea, Dean, Boston Univ. School of Public Health and author, <i>Well: What We Need to Talk About When We Talk About Health</i>				
Compliance issues covered: health care; public health; economics; individual rights				
Links for more information: https://www.bu.edu/sph/profile/sandro-galea/ https://www.sandrogalea.org/about-meet				

Program Log for Radio Health Journal

Program	19-24	Producer	Reed Pence, Regan Huston	
Air Week	06/16 – 06/22/2019	Studio Production	Jason Dickey	
Time	Segment			Dur.
2:04	SEGMENT 1: LUNG CANCER AND ITS STIGMA			12:57
Synopsis: Most forms of cancer have a built-in constituency of patients, loved ones, and concerned others. Lung cancer patients, instead, are often blamed for their own disease because of its frequent connection with smoking. Patients are often isolated, and research dollars lag behind other, less common cancer killers.				
Host: Reed Pence. Guests: Donna Fernandez, lung cancer patient; Carly Ornstein, National Director of Lung Cancer Education, American Lung Assn.				
Compliance issues covered: health care; public health; discrimination				
Links for more information: http://www.curetoday.com/articles/the-american-lung-association-seeks-to-end-stigma http://www.lung.org				
15:04	SEGMENT 2: TASTY FOOD VS. HEALTHY FOOD: FINDING A BALANCE			6:59
Synopsis: Many Americans believe that healthy food doesn't taste good, and tasty food isn't healthy. A chef who is also a cardiologist discusses how to find a balance by seeking out healthy ingredients rather than whole categories of foods.				
Host: Nancy Benson. Guest: Dr. Michael Fenster, Prof. of Health Professions and Biomedical Sciences, Univ. of Montana and author, <i>Food Shaman: The Art of Quantum Food</i>				
Compliance issues covered: health care; public health; consumerism				
Links for more information: https://chefdrmike.com/home-page-tvdesign/about/				

Program Log for Radio Health Journal

Program	19-25	Producer	Reed Pence, Annie Krall	
Air Week	06/23 – 06/29/2019	Studio Production	Jason Dickey	
Time	Segment	Dur.		
2:01	SEGMENT 1: GENERIC DRUG SAFETY	12:57		
Synopsis: Since the 1980’s, almost all production of generic drugs has moved overseas, where FDA inspectors have a much tougher time making sure they’re following rules for safety. An investigative journalist describes the ways she’s found that many drug makers cut corners, putting safety at risk, and details what consumers can do to protect themselves.				
Host: Reed Pence. Guest: Katherine Eban, author, <i>Bottle of Lies: The Inside Story of the Generic Drug Boom</i>				
Compliance issues covered: health care; public health; fraud; government and federal regulation; patient safety; consumer safety				
Links for more information: https://www.katherineeban.com/about				
16:00	SEGMENT 2: THE STATE OF THE WORLD’S CHILDREN	6:59		
Synopsis: Each year, the humanitarian organization Save the Children develops a nation-by-nation scorecard on how likely children are to grow up healthy, educated, and safe. The organization’s CEO discusses how most nations have improved the ways children are treated over the past generation, and why the US ranks 36 th .				
Host: Nancy Benson. Guest: Carolyn Miles, CEO, Save the Children				
Compliance issues covered: health care; public health; youth at risk; education; teen pregnancy; malnutrition; war; workforce; child labor				
Links for more information: https://savethechildren.org				

Program Log for Radio Health Journal

Program	19-26	Producers	Reed Pence, Morgan Kelly	
Air Week	06/30 – 07/06/2019	Studio Production	Jason Dickey	
Time	Segment	Dur.		
2:04	SEGMENT 1: CBD—THE TRUTH ABOUT THE LATEST HEALTH CRAZE	12:51		
Synopsis: Suddenly, cannabis-related, hemp-derived CBD is almost everywhere. CBD’s FDA status is murky, and we know very little about its benefits, thanks in part to its former place on DEA Schedule 1. How much has been proven about its supposed health qualities? What are the risks? Experts discuss in depth.				
Host: Reed Pence. Guests: Joanne, Florida RN and CBD user; Dr. Yasmin Hurd, Director, Addiction Institute, Icahn School of Medicine at Mt. Sinai, New York; Don Ballou, founder and CEO, CBD Essence Products; Dr. Tim Welty, Director, Research, Innovation and International Programs, College of Pharmacy and Health Sciences, Drake Univ.				
Compliance issues covered: health care; public health; government and regulation; patient safety; consumerism; consumer safety; drug enforcement				
Links for more information: https://icahn.mssm.edu/profiles/yasmin-hurd https://cbdessence.net/about/ https://theconversation.com/profiles/timothy-welty-463851				
15:57	SEGMENT 2: GENETIC AND GENOMIC TESTING	7:03		
Synopsis: When most of us think of genetic testing for health, we imagine tests to detect whether we’ve inherited genes that predispose us for cancer or other serious disease. But another kind of gene testing—genomic testing of tumor cells for their susceptibility to targeted treatments—is giving thousands of people hope of survival they’ve never had before. Experts discuss both genetic and genomic testing.				
Host: Nancy Benson. Guests: Jhulianna Centron, Senior Product Specialist, 23andMe; Dr. Marcia Brose, Assoc. Prof. of Head & Neck Surgery, Univ. of Pennsylvania School of Medicine & Abramson Cancer Center				
Compliance issues covered: health care; public health; technology; consumerism				
Links for more information: https://blog.23andme.com/health-traits/people-want-to-know-about-potential-health-risks/ https://www.med.upenn.edu/apps/faculty/index.php/g275/p3096				