



RIVERBEND  
COMMUNICATIONS  
3rd QUARTER 2023 ISSUES REPORT KNBL

July

TOTAL: 2:58:30 | *hh:mm:ss*

August

TOTAL: 3:13:00 | *hh:mm:ss*

September

TOTAL: 3:02:00 | *hh:mm:ss*



RIVERBEND COMMUNICATIONS

3rd QUARTER 2023 ISSUES REPORT KNBL

ISSUES	DATE	TIME	SOURCE	HH:MM:SS	DESCRIPTION OF SEGMENT
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July Other	7/1/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.
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Health (Physical/Mental)	7/1/2023	12:00:00 PM	Local Produced	0:00:15	<p>This ran 6/20 - 7/4 with a minimum of 25 mentions. Each mention was approximately :15 in length.</p> <p>The 4th of July is a time to celebrate but it can also be very hard on our veterans. PTSD IS REAL. Please be mindful when you're lighting off your fireworks this Independence Day. Check in on your friends and family that have served our great country. Call if you need help.</p> <p>Idaho's Suicide Hotline: 208-398-HELP(4357)  Veterans Crisis Line: 1-800-273-TALK(8255)  PTSD Foundation of America: 1-877-717-PTSD(7873)</p> <p>NOW EVEN EASIER TO REACH OUT WHEN YOU NEED HELP!  The Suicide and Crisis Lifeline - Just dial 988</p> <p>Also, don't forget fireworks can be terrifying for pets. Make sure they are secured properly.</p> <p>Please have a safe and awesome 4th of July.</p>
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Health  
(Physical/Mental)

7/3/2023 12:00:00 PM Local  
Produced

0:00:15 This ran every Monday with a minimum of 9 mentions each day. Each mention was approximately :15 in length.

We've all experienced tough times and that's why we here at Cannonball 101 like to remind you to check in on your friends and family. Knowing that someone cares and is ready to listen can make a world of difference.

If you're suffering, don't forget there is always someone ready to listen and help.

(If you decide to mention the hotline number, only do one at a time. The Hotline does not need to be mentioned every time.)

Call the National Suicide Prevention Lifeline: 988 or 800-273-Talk (8255)

Text the Idaho Suicide Prevention Hotline: 208-398-4357

Crisis Text Line: Text "HOME" to 741741

**NOW EVEN EASIER TO REACH OUT WHEN YOU NEED HELP!**

The Suicide and Crisis Lifeline - Just dial 988

Together we can inspire Hope. Help support the well-being of our community.

Other

7/4/2023 12:00:00 PM Local  
Produced

0:00:30 This ran every Monday and Tuesday starting 6/12 through 8/29 with a minimum of 5 mentions per event. Each mention was approximately :15 in length.

The River Concert Series with the Idaho Falls Arts Council is held every Tuesday evening at 7PM from June to Late August on the Greenbelt Stage located between D&E on Memorial Drive.

Other

7/8/2023 5:00:00 AM Syndicated

0:28:00 Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.

Crime/Safety	7/10/2023	12:00:00 PM	Local Produced	0:00:30	This ran 5/27/23 through 9/4/23 with a minimum of 15 mentions per week. Each mention is approximately :15 - :30 in length.  Be safe on the road during the 100 Deadliest Days of Summer. Buckle Up, Don't Text and Drive, Don't Drive Tired, Look Twice For Motorcyclist, Know Where Your Blind Spots Are, Stay Alert.
Charity	7/15/2023	12:00:00 PM	Local Produced	0:00:30	This started to run 6/13/23 and will continue till 8/12/23 with a minimum of 25 mentions for each showing. Each mention is approximately :30 to :60 in length.  The Ronald McDonald House Charities of Idaho Summer Movie Series is back! July 15 - August 12 at Melaleuca Field at 7 p.m. Trivia to name a few!  All proceeds will benefit our local Ronald McDonald Family Room
Other	7/15/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.
Other	7/22/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.
Other	7/29/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.

August

Crime/Safety	8/1/2023	12:00:00 PM	Local Produced	0:00:30	This ran 5/27/23 through 9/4/23 with a minimum of 15 mentions per week. Each mention is approximately :15 - :30 in length.  Be safe on the road during the 100 Deadliest Days of Summer. Buckle Up, Don't Text and Drive, Don't Drive Tired, Look Twice For Motorcyclist, Know Where Your Blind Spots Are, Stay Alert.
Charity	8/1/2023	12:00:00 PM	Local Produced	0:00:30	This started to run 6/13/23 and will continue till 8/12/23 with a minimum of 25 mentions for each showing. Each mention is approximately :30 to :60 in length.  The Ronald McDonald House Charities of Idaho Summer Movie Series is back! August 12 at Melaleuca Field at 7 p.m.  All proceeds will benefit our local Ronald McDonald Family Room
Education	8/3/2023	12:00:00 PM	Local Produced	0:00:15	This ran 8/3 - 8/10 with a minimum of 10 mentions. Each mention was approximately :15 - :30 in length.  The Bonneville County Fair is happening Aug 3 - 10. Take the whole family out and enjoy the bounce houses, petting zoo, movie night, mini bull riding and more..... and don't forget to listen to Cannonball 101 to get the scoop on each day's events. The Bonneville County Fair has been held near the Idaho Falls Zoo since 1912 but our community has grown substantially since then, so now there is a brand new location out near Sandy Downs on 73rd South. Get all the details at <a href="http://bonnevillecountyfairgrounds.com">bonnevillecountyfairgrounds.com</a> .  Bonneville County Fair: 8/3-8/10
Other	8/5/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.

Health  
(Physical/Mental)

8/7/2023 12:00:00 PM Local  
Produced

0:00:15 This ran every Monday with a minimum of 9 mentions each day. Each mention was approximately :15 in length.

We've all experienced tough times and that's why we here at Cannonball 101 like to remind you to check in on your friends and family. Knowing that someone cares and is ready to listen can make a world of difference.

If you're suffering, don't forget there is always someone ready to listen and help.

(If you decide to mention the hotline number, only do one at a time. The Hotline does not need to be mentioned every time.)

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Text the Idaho Suicide Prevention Hotline: 208-398-4357

Crisis Text Line: Text "HOME" to 741741

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Together we can inspire Hope. Help support the well-being of our community.

Other

8/7/2023 12:00:00 PM Local  
Produced

0:00:30 This ran every Monday and Tuesday starting 6/12 through 8/29 with a minimum of 5 mentions per event. Each mention was approximately :15 in length.

The River Concert Series with the Idaho Falls Arts Council is held every Tuesday evening at 7PM from June to Late August on the Greenbelt Stage located between D&E on Memorial Drive.

Other

8/12/2023 5:00:00 AM Syndicated

0:28:00 Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.

Other	8/19/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.
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Other	8/26/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.
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## September

Crime/Safety	9/1/2023	12:00:00 PM	Local Produced	0:00:30	This ran 5/27/23 through 9/4/23 with a minimum of 15 mentions per week. Each mention is approximately :15 - :30 in length.
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Be safe on the road during the 100 Deadliest Days of Summer. Buckle Up, Don't Text and Drive, Don't Drive Tired, Look Twice For Motorcyclist, Know Where Your Blind Spots Are, Stay Alert.

Other	9/2/2023	5:00:00 AM	Syndicated	0:28:00	Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.
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Health (Physical/Mental)	9/4/2023 12:00:00 PM Local Produced	<p>0:00:15 This ran every Monday with a minimum of 9 mentions each day. Each mention was approximately :15 in length.</p> <p>We've all experienced tough times and that's why we here at Cannonball 101 like to remind you to check in on your friends and family. Knowing that someone cares and is ready to listen can make a world of difference.</p> <p>If you're suffering, don't forget there is always someone ready to listen and help.</p> <p>(If you decide to mention the hotline number, only do one at a time. The Hotline does not need to be mentioned every time.)  Call the National Suicide Prevention Lifeline: 988 or 800-273-Talk (8255)  Text the Idaho Suicide Prevention Hotline: 208-398-4357  Crisis Text Line: Text "HOME" to 741741</p> <p><b>NOW EVEN EASIER TO REACH OUT WHEN YOU NEED HELP!</b>  The Suicide and Crisis Lifeline - Just dial 988</p> <p>Together we can inspire Hope. Help support the well-being of our community.</p>
Other	9/9/2023 5:00:00 AM Syndicated	<p>0:28:00 Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.</p>
Other	9/16/2023 5:00:00 AM Syndicated	<p>0:28:00 Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.</p>
Other	9/23/203 5:00:00 AM Syndicated	<p>0:28:00 Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.</p>



Other

9/30/2023 5:00:00 AM Syndicated

0:28:00 Radio Health Journal addresses issues of importance such as crime, technology, traffic safety, health, parenting, government regulation, pollution, public safety, addiction, environmental concerns, discrimination, youth at risk, economics and consumerism, disabilities and others. Please see attached sheet for list of weekly topics discussed.

## Quarterly Report of Compliancy Issues & Programs List 2023-Q3 (July - September) Radio Health Journal

- Abusive Relationship
- Accessibility
- Addiction
- Adolescents
- Affirmative Action
- Agelsm
- Aging
- Air Pollution
- Air Quality
- Allergic Reactions
- Alternative Sweeteners
- American Population
- Amino Acids
- Ancestry
- Anxiety
- Aspartame
- Autoimmune Disease
- Bacteria
- Bed Rest
- Bioethics
- Biology
- Birth
- Birth Control
- Blood Disorder
- Blood Test
- Bone Density
- Bone Health
- Botox
- BPA
- Breast Cancer
- Bug Repellant
- Caffeine
- Cancer
- Carcinogens
- Cardiac Surgery
- Chemical Intolerance
- Chemical Reactions
- Chemotherapy
- Clothing Industry
- Cognitive Behavioral Therapy
- College
- College Admissions
- Communication
- Communication Technology
- Concussions
- Congenital Heart Disease
- Consumerism
- Contraception
- Contraceptives
- Coping Strategies
- Deductible
- Deet
- Defense Mechanisms
- Delusions
- Depression
- Diabetes
- Diet
- Diet Soda
- Dietary Protein
- Disability Rights
- Disease
- Diversity
- DNA
- Drug Addiction
- Drug Use
- Economics
- Emotional Behavior
- Employee
- End of Life Care
- Energy Drinks
- Eponyms
- Ethics
- Ethnicity
- Evolution
- Exercise
- Family
- Fashion
- Fertility
- Fertility Preservation
- Flu
- Frontal Lobe
- Gender Issues
- Genealogy
- Genetic Conditions
- Genetic Disorders
- Genetic Sequences
- Genetics
- Genomics
- Geriatrics
- Gestational Diabetes
- Gynecology
- Hallucinations
- Hashimoto's Disease
- Health Insurance
- Healthcare
- Healthy Lifestyle
- Hearing Aids
- Heart Disease
- Heart Health
- High Blood Pressure
- High-Risk Pregnancy
- History
- Hormone Production
- Hormones
- Humanity
- Immune System
- Immunocompromised
- In Vitro Fertilization
- India
- Infant Safety
- Infants
- Infection
- Infectious Disease
- Injectable Filler
- Invention
- IUD
- Labor
- Lung Health
- Lyme Disease
- Mammals
- Marketing
- Mask
- Medicaid
- Medical Access
- Medical Culture
- Medical Ethics
- Medical History
- Medical Insurance
- Medical School
- Medical Technology
- Medicare
- Mental Health
- Mercury
- Metabolism
- Miscarriage
- Mobility
- Mosquitoes
- Multiple Sclerosis
- Muscle Repair
- Natural Disasters
- Natural Selection
- Nazi Party
- Neonatal Intensive Care
- Neonatal Opioid Withdrawal Syndrome
- Neurology
- Neurons
- Neuroplasticity
- Neuroscience
- Nutrition
- Obesity
- Obstetrics
- Office Culture
- Open Heart Surgery
- Opioid Crisis
- Opioid Use Disorder
- Overdose
- Parasites
- Parenthood
- Pathology
- Patient Access
- Patient Safety
- People of Color in Medicine
- Pharmaceuticals
- Physicians
- Picaridin
- Politics
- Precision Medicine
- Pregnancy
- Pregnancy Loss
- Pregnancy Test
- Psilocybin
- Psychedelic Therapy
- Psychedelics
- Psychotherapy
- Public Health
- Public Policy
- Public Safety
- Public Transportation
- Race
- Radiation Therapy
- Rare Disease
- Rash
- Relationships
- Reproductive Issues
- Research Ethics
- Respiratory Disease
- Rheumatology
- Scholarships
- Self-Image
- Sensitive Skin
- Sickle Cell Anemia
- Sickle Cell Disease
- Sickle Cell Trait
- Skeletal Muscle Health
- Smart Phones
- Smoke
- Social Infrastructure
- Social Pressure
- Southeast Asia
- Standard Care
- Stem Cells
- Stigma
- Stimulants
- Stress
- Stroke
- Sub-Saharan Africa
- Sugar
- Suicide
- Survival
- Technology
- Therapy
- Thyroid
- Tick-Borne Disease
- Toxic Chemicals
- Traumatic Brain Injury
- Travel
- Uniforms
- Universal Healthcare
- Vaccine
- Vasculitis
- Vector-Borne Disease
- Virus
- Vulnerable Populations
- Weight Loss
- Wildfire
- Women in Medicine
- Youth at Risk

**Program 23-27**

**Air Week:** 07/02/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?**

**Time:** 1:50

**Duration:** 12:47

**Synopsis:** Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90% of women who could become pregnant but don't want to use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah, Reed Pence

**Guests:** Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

**Compliance issues:** Autoimmune Disease, Birth Control, Diabetes, Gender Issues, Patient Safety, Contraceptives, Hashimoto's Disease, Hormones, Immunocompromised, IUD, Multiple Sclerosis, Rheumatology, Thyroid

**Links for more info:**

[M. Kristen Demoruelle, MD, PhD](#)

[Dr. Kristen Demoruelle | LinkedIn](#)

[Lisa Rose Sammaritano Professor of Clinical Medicine](#)

**SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?**

**Time:** 15:39

**Duration:** 7:11

**Synopsis:** Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk.

**Host:** Nancy Benson

**Producer:** Kristen Farrah, Reed Pence

**Guests:** Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida

**Compliance issues:** Infectious Disease, Patient Safety, Public Health, Vulnerable Populations, Employee, Flu, Office Culture, Vaccine

**Links for more info:**

[Richard Deosingh - District President - Robert Half | LinkedIn](#)

[Joseph A. Ladapo, MD, PhD \(@FLSurgeonGen\) / Twitter](#)

[State Surgeon General | Florida Department of Health](#)

**Program 23-28**

**Air Week:** 07/09/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION?**

**Time:** 1:50

**Duration:** 10:08

**Synopsis:** Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s, there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach and how to fix the root cause of NOWS.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Stephen Patrick, Neonatologist, Director, Vanderbilt Center for Child Health Policy, Vanderbilt University; Dr. Diana Bianchi, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development, NIH

**Compliance issues:** Public Health, Vulnerable Populations, Drug Addiction, Drug Use, Infant Safety, Neonatal Intensive Care, Neonatal Opioid Withdrawal Syndrome, Opioid Crisis, Opioid Use Disorder, Standard Care

**Links for more info:**

[Stephen W. Patrick, MD, MPH, MS, FAAP | Department of Health Policy](#)

[Stephen Patrick, MD, MPH \(@stephenwpatrick\) / Twitter](#)

[Diana W. Bianchi, MD](#)

[Diana W. Bianchi, M.D.](#)

[Eat, Sleep, Console Approach or Usual Care for Neonatal Opioid Withdrawal | NEJM](#)

**SEGMENT 2: "THERE'S NO 'NORMAL' PERSON": THE INTERSECTION OF ETHICS AND DISABILITY**

**Time:** 13:00

**Duration:** 10:02

**Synopsis:** Bioethicists help governments, universities, hospitals, and patients make the best possible judgement calls based on cultural and personal values. But they don't always get it right. Experts explain how the disabled community is often left behind in society, medicine, and bioethics.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

**Compliance issues:** Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

**Links for more info:**

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

**Program 23-29**

**Air Week:** 07/16/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?**

**Time:** 1:50

**Duration:** 10:49

**Synopsis:** In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

**Compliance issues:** Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

**Links for more info:**

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

**SEGMENT 2: IS PSYCHEDELIC THERAPY THE FUTURE OF MENTAL HEALTH TREATMENT?**

**Time:** 13:41

**Duration:** 9:12

**Synopsis:** Compass Pathways is leading the charge for psychedelic therapy. The research is currently in stage three trials and is expected to receive FDA approval in the next few years. An expert explains how the treatment works and if the therapy will be covered by insurance.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Steve Levine, Senior Vice President for Patient Access and Medical Affairs, Compass Pathways

**Compliance issues:** Consumerism, Depression, Healthcare, Mental Health, Therapy, Medical Insurance, Psilocybin, Psychedelic Therapy, Psychedelics

**Links for more info:**

[Steve Levine, MD | LinkedIn](#)

[NIMH » Sequenced Treatment Alternatives to Relieve Depression \(STAR\\*D\) Study](#)

[Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression | NEJM](#)

[Psilocybin](#)

**Program 23-30**

**Air Week:** 07/23/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: "WE LIVE IN AN AGEIST SOCIETY": HOW TO ENJOY OLD AGE**

**Time:** 1:49

**Duration:** 12:29

**Synopsis:** Everyone ages, so why are so many of us not prepared to grow old? Dr. Rosanne Leipzig, a gerontologist, says most of her patients don't know what changes to expect in their old age – and often fight against the inevitable transition. She explains what's normal, what's not, and how to enjoy your later years in life.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Rosanne Leipzig, Professor and Vice Chair, Education of the Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Author, Honest Aging

**Compliance issues:** Ageism, Aging, Bone Density, Bone Health, Botox, Geriatrics, Hearing Aids, Injectable Filler, Public Health, Public Transportation, Social Infrastructure, Social Pressure, Suicide, Stigma

**Links for more info:**

[Rosanne M Leipzig - Internal Medicine | Mount Sinai - New York](#)

[Rosanne Leipzig](#)

[Rosanne M Leipzig MD PhD \(@leipzig\\_rm\) / Twitter](#)

**SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?**

**Time:** 15:20

**Duration:** 7:03

**Synopsis:** Summer is a season of activities, but it's also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Dr. Bobbi Pritt explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases.

**Host:** Nancy Benson

**Producer:** Kristen Farrah, Tabor Brewster

**Guests:** Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic

**Compliance issues:** Autoimmune Disease, Bug Repellent, Deet, Infection, Lyme Disease, Mosquitoes, Parasites, Pathology, Picaridin, Public Safety, Tick-Borne Disease, Vector-Borne Disease

**Links for more info:**

[Bobbi S. Pritt, M.D. - Mayo Clinic Faculty Profiles](#)

[Bobbi Pritt, MD \(@ParasiteGal\) / Twitter](#)

[Creepy Dreadful Wonderful Parasites](#)

[Bobbi Pritt | LinkedIn](#)

**Program 23-31**

**Air Week:** 07/30/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS**

**Time:** 1:50

**Duration:** 10:51

**Synopsis:** Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, Our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children's Hospital & Harvard Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic

**Compliance issues:** Ethics, History, Medical History, Vulnerable Populations, Eponyms, Gynecology, Medical Culture, Nazi Party, People of Color in Medicine, Vasculitis, Women in Medicine

**Links for more info:**

[Sabine Hildebrandt | Global Health and Social Medicine](#)

[Eric L. Matteson, MD, MPH, Section Editor, Rheumatology](#)

**SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER**

**Time:** 13:43

**Duration:** 8:36

**Synopsis:** Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There's no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman's physical and mental health. Our experts break down the evidence and explain alternative interventions.

**Host:** Nancy Benson

**Producer:** Kristen Farrah, Polly Hansen

**Guests:** Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, Knocked Down

**Compliance issues:** Bed Rest, Birth, Depression, High Blood Pressure, Patient Safety, Pregnancy, Public Health, Vulnerable Populations, Gestational Diabetes, High-Risk Pregnancy, Labor, Obstetrics

**Links for more info:**

[Michelle Mottola, PhD, FACSM - School of Kinesiology - Western University](#)

[Cynthia Gyamfi-Bannerman, MD, MS, FACOG - Obstetrics & Gynecology | UC San Diego Health](#)

[LinkedIn: Cynthia Gyamfi-Bannerman](#)

[Aileen Weintraub](#)

[Aileen Weintraub \(@AileenWeintraub\) / Twitter](#)

**Program 23-32**

**Air Week:** 08/06/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE?**

**Time:** 1:49

**Duration:** 10:48

**Synopsis:** Bicuspid Aortic Valve is a rare heart condition that's twice as likely to affect men. While it can be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you're diagnosed with BAV.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient

**Compliance issues:** Cardiac Surgery, Mental Health, Patient Safety, Vulnerable Populations, Congenital Heart Disease, Genetic Conditions, Heart Health, Open Heart Surgery, Rare Disease, Stress, Stroke

**Links for more info:**

[S. Christopher Malaisrie, MD | Northwestern Medicine](#)

[S Chris Malaisrie \(@ChrisMalaisrie\) / Twitter](#)

[LinkedIn: Alexander C. McKeown](#)

**SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?**

**Time:** 13:38

**Duration:** 9:19

**Synopsis:** Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener's safety and didn't find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. John Sievenpiper, Professor of Nutritional Sciences and Medicine, University of Toronto; Dr. Daniele Wikoff, Principal Scientists & Director of Health Sciences Practice, ToxStrategies

**Compliance issues:** Alternative Sweeteners, Aspartame, Cancer, Carcinogens, Consumerism, Diabetes, Nutrition, Obesity, Public Health, Public Safety, Diet Soda, Healthy Lifestyle, Sugar, Weight Loss

**Links for more info:**

[Wikoff, Daniele, Ph.D. | ToxStrategies](#)

[LinkedIn: Daniele Wikoff](#)

[John Sievenpiper | Department of Nutritional Sciences - University of Toronto](#)

[LinkedIn: John Sievenpiper](#)



**Program 23-33**

**Air Week:** 08/13/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?**

**Time:** 1:50

**Duration:** 11:38

**Synopsis:** Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we've invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine

**Compliance issues:** Biology, DNA, Evolution, Genomics, Neurology, Public Health, Genealogy, Genetic Sequences, Humanity, Mammals, Natural Selection, Neurons, Stem Cells, Survival

**Links for more info:**

[Steven Reilly, PhD](#)

[LinkedIn: Steven Reilly](#)

[Reilly Lab](#)

[The functional and evolutionary impacts of human-specific deletions in conserved elements](#)

**SEGMENT 2: MERCURY HATS, ARSENIC DRESSES, AND POISONED SHOES: TOXIC FASHION**

**Time:** 14:30

**Duration:** 8:25

**Synopsis:** Clothes have always been a main form of non-verbal communication, but is this display of individuality worth the cost of our health? Alden Wicker, author of To Dye For, exposes the fashion industry's frequent use of harsh and toxic chemicals that are serious threats to our health.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Alden Wicker, Award-Winning Journalist & Author, To Dye For, Founder, EcoCult

**Compliance issues:** Allergic Reactions, BPA, Consumerism, Public Health, Chemical Intolerance, Chemical Reactions, Clothing Industry, Fashion, Mercury, Rash, Respiratory Disease, Sensitive Skin, Toxic Chemicals, Uniforms

**Links for more info:**

[Alden Wicker](#)

[EcoCult](#)

[Alden Wicker | LinkedIn](#)

[Alden Wicker \(@AldenWicker\) / Twitter](#)

**Program 23-34**

**Air Week:** 08/20/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES**

**Time:** 1:50

**Duration:** 11:58

**Synopsis:** Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute for Brain Sciences, Duke University, Co-Author, Healing The Traumatized Brain

**Compliance issues:** Anxiety, Delusions, Depression, Mental Health, Neuroscience, Patient Safety, Vulnerable Populations, Cognitive Behavioral Therapy, Concussions, Frontal Lobe, Hallucinations, Neuroplasticity, Traumatic Brain Injury

**Links for more info:**

[Sandeep Vaishnavi | Duke Department of Medicine](#)

[Healing the Traumatized Brain | Hopkins Press](#)

**SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION MEDICINE**

**Time:** 14:50

**Duration:** 8:08

**Synopsis:** Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

**Compliance issues:** Ancestry, Bacteria, Evolution, Healthcare, Precision Medicine, Race, Virus, Disease, Genealogy, Genetic Sequences, Heart Disease, Immune System, Invention, Natural Selection, Travel

**Links for more info:**

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)

[Capra Lab](#)

[Capra Lab \(@capra\\_lab\) / Twitter](#)

[Codirector Tony Capra, PhD](#)

**Program 23-35**

**Air Week:** 08/27/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY**

**Time:** 1:50

**Duration:** 11:47

**Synopsis:** Sickle cell disease is the most common genetic disease in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children's Hospital Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member, American Sickle Cell Anemia Association

**Compliance issues:** Blood Disorder, Evolution, India, Public Health, Vulnerable Populations, Genetic Disorders, Infants, Pharmaceuticals, Sickle Cell Anemia, Sickle Cell Disease, Sickle Cell Trait, Southeast Asia, Sub-Saharan Africa

**Links for more info:**

[LinkedIn: Dr. Grace Onimoe](#)

[American Sickle Cell Anemia Association](#)

[Sickle Cell Disease Association of America](#)

[Russell E. Ware, MD, PhD](#)

**SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?**

**Time:** 14:39

**Duration:** 7:44

**Synopsis:** Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we're breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven't yet evolved to be fully protected from illness.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

**Compliance issues:** Ancestry, Bacteria, Biology, Evolution, Genetics, Healthcare, Immune System, Precision Medicine, Race, Virus, Disease, Genealogy, Invention, Natural Selection, Travel

**Links for more info:**

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)

[Capra Lab](#)

[Capra Lab \(@capra\\_lab\) / X](#)

[Codirector Tony Capra, PhD](#)

**Program 23-36**

**Air Week:** 09/03/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: "YOU DON'T DESERVE TO BE TOLERATED": HEALING FROM TOXIC RELATIONSHIPS**

**Time:** 1:50

**Duration:** 11:37

**Synopsis:** Many of us have experienced a toxic relationship at one point in our lives – whether we were the aggressors or the victims. Jaime Mahler, a psychotherapist, specializes in helping people move past this relationship pattern. She explains how to notice when you're in an unhealthy situation and how to start your journey of healing.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Jaime Mahler, Licensed Psychotherapist, Author, Toxic Relationship Recovery

**Compliancy issues:** Communication, Mental Health, Relationships, Therapy, Vulnerable Populations, Abusive Relationship, Coping Strategies, Defense Mechanisms, Emotional Behavior, Psychotherapy, Self-image, Survival

**Links for more info:**

[Jaime Mahler, MS, LMHC \(@recollectedself\) • Instagram photos and videos](#)

[Toxic Relationship Recovery | Book by Jaime Mahler | Official Publisher Page | Simon & Schuster](#)

[Jaime - Licensed Therapist \(@recollectedself\) | TikTok](#)

**SEGMENT 2: IS THERE SUCH THING AS A 'SAFE' AMOUNT OF CAFFEINE FOR TEENS?**

**Time:** 14:29

**Duration:** 8:36

**Synopsis:** Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like 'tropical punch' or 'blue raspberry' that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine.

**Host:** Nancy Benson

**Producer:** Kristen Farrah, Tabor Brewster

**Guests:** Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine, University of Chicago

**Compliancy issues:** Addiction, Adolescents, Caffeine, Diet, Mental Health, Patient Safety, Public Safety, Vulnerable Populations, Energy Drinks, Overdose, Stimulants, Sugar

**Links for more info:**

[Holly J. Benjamin, MD](#)

[LinkedIn: Holly Benjamin](#)

[Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? | Pediatrics |](#)

[American Academy of Pediatrics](#)

[Caffeine and Children](#)

**Program 23-37**

**Air Week:** 09/10/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?**

**Time:** 1:49

**Duration:** 10:05

**Synopsis:** America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah, Tabor Brewster

**Guests:** Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, We've Got You Covered; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine, University of North Carolina Chapel Hill School of Medicine

**Compliance issues:** Consumerism, Economics, Health Insurance, Patient Safety, Politics, Public Health, Public Policy, Deductible, Medicaid, Medicare, Universal Healthcare

**Links for more info:**

[Amy Finkelstein | MIT Economics](#)

[We've Got You Covered by Liran Einav, Amy Finkelstein | PenguinRandomHouse.com: Books](#)

[Jonathan Oberlander | Department of Social Medicine](#)

[Jonathan Oberlander \(@OberlanderUNC\) / X](#)

**SEGMENT 2: THE 'PERFECT PREGNANCY' DOESN'T EXIST: CHILDBIRTH THROUGHOUT HISTORY**

**Time:** 12:56

**Duration:** 9:55

**Synopsis:** Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. Dr. Lara Freidenfelds explains how our mindset has changed over time and the repercussions that follow.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, The Myth of the Perfect Pregnancy

**Compliance issues:** American Population, Consumerism, Contraception, Pregnancy, Technology, Family, Marketing, Miscarriage, Parenthood, Pregnancy Loss, Pregnancy Test, Smart Phones, Youth at Risk

**Links for more info:**

[Lara Freidenfelds](#)

[The Myth of The Perfect Pregnancy | Lara Freidenfelds](#)

[Dr. Lara Freidenfelds \(@larafreidenfeld\) / X](#)

[LinkedIn: Lara Freidenfelds](#)

**Program 23-38**

**Air Week:** 09/17/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HOW WILL THE AFFIRMATIVE ACTION BAN AFFECT HEALTHCARE?**

**Time:** 1:50

**Duration:** 11:28

**Synopsis:** The US Supreme Court recently voted to ban affirmative action, a topic that's been debated for decades. Our experts break down how this will affect medical school enrollment, as well as the healthcare career opportunities for minority populations.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah, Polly Hansen

**Guests:** Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson, Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American Medical Colleges

**Compliance issues:** Affirmative Action, Diversity, Healthcare, Patient Safety, Race, College, College Admissions, Ethnicity, Medical School, Physicians, Scholarships

**Links for more info:**

[Dayle Davenport, MD - UChicago Medicine](#)

[Mark C Henderson \(@MCHenderson4\) / X](#)

[Mark Henderson, M.D. | Executive Leadership | UC Davis Health](#)

[Geoffrey Young | LinkedIn](#)

**SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION**

**Time:** 14:20

**Duration:** 8:04

**Synopsis:** Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Vars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Nikki Vars McCullough, Respiratory protection Expert, 3M Company

**Compliance issues:** Air Pollution, Air Quality, Natural Disasters, Public Health, Vulnerable Populations, Lung Health, Mask, Smoke, Stroke, Wildfire

**Links for more info:**

[Nicole McCullough | LinkedIn](#)

[Air pollution](#)

[Maui wildfire one of deadliest in U.S. history | NFPA](#)

**Program 23-39**

**Air Week:** 09/24/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS**

**Time:** 1:50

**Duration:** 11:54

**Synopsis:** A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor

**Compliance issues:** Breast Cancer, Cancer, Chemotherapy, Ethics, Fertility, Health Insurance, Medical Access, Vulnerable Populations, Fertility Preservation, In Vitro Fertilization, Patient Access, Radiation Therapy, Reproductive Issues

**Links for more info:**

[Kara N Goldman: Department of Obstetrics & Gynecology](#)

[Kara N. Goldman, MD \(@karagoldmanMD\) / X](#)

[After losing both ovaries, breast cancer survivor gives birth to identical twins on her two-year cancer-free anniversary](#)

[A Geospatial Analysis of Disparities in Access to Oncofertility Services | Oncology](#)

**SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN**

**Time:** 14:46

**Duration:** 8:10

**Synopsis:** There's been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Emily Lantz, Assistant Professor in the Department of Nutrition, Metabolism, and Rehabilitation Science, University of Texas Medical Branch

**Compliance issues:** Bone Health, Diet, Exercise, Nutrition, Public Health, Amino Acids, Blood Test, Dietary Protein, Hormone Production, Metabolism, Muscle Repair, Skeletal Muscle Health

**Links for more info:**

[Emily Lantz, PhD - Nutrition, Metabolism and Rehabilitation Sciences](#)

[Emily Arentson-Lantz, PhD: LinkedIn](#)

[Dietary protein quality evaluation in human nutrition](#)