



RIVERBEND  
COMMUNICATIONS  
2nd QUARTER 2023 ISSUES REPORT KNBL

April

TOTAL: 2:47:00 | *hh:mm:ss*

May

TOTAL: 2:16:00 | *hh:mm:ss*

June

TOTAL: 2:38:00 | *hh:mm:ss*



RIVERBEND  
COMMUNICATIONS

2nd QUARTER 2023 ISSUES REPORT KNBL

ISSUES	DATE	TIME	SOURCE	HH:MM:SS	DESCRIPTION OF SEGMENT
April Other	4/1/2022	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)	4/3/2023	12:00:00 AM	Local Produced	0:01:00	Mental Health Mondays. Each Monday on KNBL we talk about the importance of mental health and mental wellbeing. We encourage the community to look out for one another by checking in and reaching out to friends and loved ones. We give information for Crisis lifelines and the national suicide prevention hotline. Each mention is anywhere from 30 seconds to a minute with a minimum 6 mentions every Monday.
Environment	4/7/2023	3:40:00 PM	Local Produced	0:01:00	East Idaho Flood warning 04/07-04/08
Other	4/8/2023	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.
Other	4/15/2023	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	4/22/2023	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.
Environment	4/28/2023	6:05:00 PM	Local Produced	0:01:00 Idaho Falls city wide clean up. The day to get rid of garbage, hazardous waste, appliances etc.
Other	4/29/2023	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.
Charity	4/29/2023	12:00:00 AM	Local Produced	0:01:00 Idaho Gives 2023. From 4/29-05/02 KTHK encouraged people to choose an Idaho non profit to donate to. Between the above mentioned dates, we broadcast a minimum of 6 mentions a day every hour, sending listeners to idahogives.org. Each mention was 45 seconds to a minute in length. Each DJ had a specific non profit we mentioned.

**May**

Charity	5/1/2023	12:00:00 AM	Local Produced	0:01:00 Idaho Gives 2023. From 4/29-05/02 KTHK encouraged people to choose an Idaho non profit to donate to. Between the above mentioned dates, we broadcast a minimum of 6 mentions a day every hour, sending listeners to idahogives.org. Each mention was 45 seconds to a minute in length. Each DJ had a specific non profit we mentioned.
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Health (Physical/Mental)	5/1/2023	12:00:00 AM	Local Produced	0:01:00	Mental Health Mondays. Each Monday on KNBL we talk about the importance of mental health and mental wellbeing. We encourage the community to look out for one another by checking in and reaching out to friends and loved ones. We give information for Crisis lifelines and the national suicide prevention hotline. Each mention is anywhere from 30 seconds to a minute with a minimum 6 mentions every Monday.
Other	5/6/2023	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	5/13/2023	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	5/20/2023	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	5/27/2023	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.

June

Crime/Safety	6/1/2023	12:00:00 AM	Local Produced	0:00:20	Starting 05/29-06/30 KNBL encourages listeners to pay attention during the 100 deadliest days on Idaho roads. Be hands free, don't drink and drive, don't drive tired etc. Cannonball Cares is mentioned a minimum of 15 times per week with each mention lasting roughly 20 seconds
Other	6/3/2023	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)	6/5/2023	12:00:00 AM	Local Produced	0:01:00	Mental Health Mondays. Each Monday on KNBL we talk about the importance of mental health and mental wellbeing. We encourage the community to look out for one another by checking in and reaching out to friends and loved ones. We give information for Crisis lifelines and the national suicide prevention hotline. Each mention is anywhere from 30 seconds to a minute with a minimum 6 mentions every Monday.
Other	6/10/2023	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.
Charity	6/12/2023	12:00:00 AM	Local Produced	0:01:00	Ronald McDonald House Charities Movies in the park. From 6/12-6/24, KNBL encouraged listeners to get out and enjoy the movies in the park benefitting Ronald McDonald Charities of Idaho. Each week we mentioned this event a minimum of 25 times per week with each mention between 30 seconds and a minute.

Other	6/17/2023	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	6/24/2023	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)	6/26/2023	12:00:00 AM Local Produced	0:01:00 The 4th of July isn't a good time for everyone, specifically veterans suffering from PTSD. From 6/26-6/30, KNBL reminded the community that not everyone enjoys the 4th, so be aware of the people around you who may need extra support and secure your pets who may be sensitive to fireworks. KTHK mentioned this a minimum of 4 times per day with each mention being anywhere from 30 seconds to a minute.

## Quarterly Report of Compliancy Issues & Programs List 2023-Q2 (April - June) Radio Health Journal

- Active Lifestyle
- Addiction
- Adrenal Dysfunction
- Adrenal Glands
- Aging
- Alcohol Consumption
- Ambulance
- Anxiety
- Artificial Flavors
- Artificial Intelligence
- Artificial Sweeteners
- Autoimmune Disease
- Beauty Industry
- Behavioral Science
- Bereaved Parents
- Bereavement
- Bereavement Support
- Biochemistry
- Bone Structure
- Brain Disease
- Brain Fog
- Brain Function
- Breast Cancer
- Burnout
- Caffeine
- Cancer
- Caregivers
- Chemistry
- Childhood Obesity
- Children and Youth at Risk
- Children's Hospital
- Chronic Conditions
- Chronic Disease
- Chronic Symptoms
- Chronic Tics
- Consumerism
- Cortisol
- Cosmetic Botox
- Covid-19
- Death
- Deformity
- Depression
- Diabetes
- Diagnoses
- Diet
- Donation
- Early Pregnancy Loss
- Economy
- Education
- Emergency Medicine
- Employment
- Environment
- Estrogen
- Evolution
- Exercise
- Explosion
- Father's Day
- FDA
- FDA Regulations
- Federal Law
- Female Athletes
- Fine Arts
- First Aid
- First Responders
- Flat Head Syndrome
- Flavor
- Food Marketing
- Functional Neurologic Disorder
- Gaslighting
- Gender Bias
- Gender Issues
- Gender Research Bias
- Governmental Organizations
- Grief
- Gun Violence
- Gut Health
- Health
- Health Insurance
- Healthcare
- Healthy Food
- Heart Disease
- Hobbies
- Hormone Therapy
- Hormones
- Hot Flashes
- Human Physiology
- Immunodeficiency
- Incest
- Incontinence
- Individuality
- Infant Health
- Inflammation
- Ingredients
- Loss of a Child
- Loss of a Parent
- Lupus
- Mass Murder
- Mass Shootings
- Mass Violence
- Medicaid
- Medical Myths
- Medical Records
- Medical Research
- Medical School
- Medical Student
- Medical Technology
- Medicare
- Men's Health
- Menopause
- Mental Health
- Mental Illness
- Minorities
- Miscarriage
- Motherhood
- Muscle Strength
- Music
- Natural Flavors
- Neurology
- Non-hormonal Therapy
- Non-profit
- Nutrition
- Nutrition Labels
- Obesity
- Older Populations
- Ophthalmology
- Overuse Injury
- Ozempic
- Pandemic
- Paramedics
- Parenting
- Patient Safety
- Pickleball
- Pre-hospital Care
- Pregnancy Loss
- Private Hospitals
- Protein
- Psychiatry
- Psychology
- Puberty
- Public Health
- Public Health System
- Rape
- Safety Net Hospitals
- Scientific Research
- Sexual Abuse
- Sexual Assault
- Sexual Trauma
- Snacks
- Social Media
- Socializing
- Sports Injuries
- Sports Science
- State and Federal Regulations
- State Government
- Stress
- Sugar
- Supplements
- Therapy
- Vitamins
- Vulnerable Populations
- Weight Gain
- Women's Health

**Program 23-14**

**Air Week:** 04/02/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: SAVING YOURSELF: WHAT TO DO IN AN EMERGENCY SITUATION**

**Time:** 1:50

**Duration:** 11:18

**Synopsis:** When Rebecca Fogg's toilet exploded, she knew she had to do two things: call 911 and stop the bleeding from her arm. But how would you react in her situation? An expert explains the most important steps to take when you're in a crisis that will give you the best chances of survival.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Rebecca Fogg, Author, Beautiful Trauma; Dr. Claire Park, Consultant in Pre-Hospital Emergency Medicine, London's Air Ambulance Charity

**Compliance issues:** Ambulance, Emergency Medicine, Explosion, First Aid, First Responders, Healthcare, Patient Safety, Public Health, Paramedics, Pre-hospital Care, Trauma Victims

**Links for more info:**

LinkedIn: Dr. Claire Park

twitter: @RebFogg

Penguin Random House: Beautiful Trauma

London's Air Ambulance Charity

**SEGMENT 2: HAPPY ACCIDENTS IN SCIENCE THAT CREATED THE PRODUCTS WE USE EVERY DAY**

**Time:** 14:10

**Duration:** 8:21

**Synopsis:** Not all scientific discovery is on purpose. In fact, many important breakthroughs were by accident, like insulin and X-rays. Our experts discuss why we should look at failures as a starting point rather than the end of the road.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Erin Heath, Director of Federal Relations, The American Association for the Advancement of Science; Dr. Jean Carruthers, Clinical Professor of Ophthalmology, University of British Columbia, Pioneer of Cosmetic Botox

**Compliance issues:** Beauty Industry, Consumerism, Cosmetic Botox, Patient Safety, Ophthalmology

**Links for more info:**

The American Association for the Advancement of Science

Dr. Jean Carruthers Cosmetics

The Golden Goose Award

Instagram: @carrutherscosmetic

twitter: @PublicHeath

AAAS.org: Erin Heath

Jean Carruthers LinkedIn



**Program 23-15**

**Air Week:** 04/09/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: TIKTOK TICS: CAN SOCIAL MEDIA CAUSE NEUROLOGIC DISORDERS?**

**Time:** 1:50

**Duration:** 12:29

**Synopsis:** Cases of functional tic-like disorder skyrocketed during the pandemic across the world, and experts believe the culprit is social media. Though classic tic disorders are mostly diagnosed in boys, this condition mainly affects women aged 18 to 21. Our experts explain the cause and how to successfully recover from the disorder.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Danielle Larson, Movement Disorder Specialist, Northwestern Medicine; Dr. Nicole Zahka, Pediatric Psychologist, Cincinnati Children's Hospital Medical Center

**Compliance issues:** Anxiety, Chronic Tics, Covid-19, Depression, Pandemic, Psychology, Social Media, Therapy, Vulnerable Populations, Functional Neurologic Disorder, Modeling, Tourette Syndrome

**Links for more info:**

Wiley Online Library: The spectrum of functional tic-like behaviours: Data from an international registry

Northwestern Medicine: Dr. Danielle Larson

Cincinnati Children's Hospital Medical Center: Dr. Nicole Zahka

twitter: @dLarsonMD4

**SEGMENT 2: BREAKING THE SILENCE ON INCEST AND SEXUAL TRAUMA**

**Time:** 15:21

**Duration:** 7:04

**Synopsis:** Dr. Patti Feuereisen says incest is one of the most common forms of sexual assault, but is almost never talked about. For the survivors, this silence can lead to more events of trauma down the road. Feuereisen explains how to support victims of sexual abuse and why starting the conversation is necessary.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Patti Feuereisen, Psychotherapist, Author, Invisible Girls; Speaking the Truth about Sexual Abuse

**Compliance issues:** Incest, Psychology, Rape, Sexual Abuse, Sexual Assault, Therapy, Sexual Trauma

**Links for more info:**

GirlThrive Inc.

Seal Press: Invisible Girls

**Program 23-16**

**Air Week:** 04/16/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HOW SAFETY NET HOSPITALS INCREASE ACCESS TO HEALTH CARE**

**Time:** 1:49

**Duration:** 10:46

**Synopsis:** Health insurance has long been connected with a person's employment – leaving many without coverage. Safety net hospitals help ensure that anyone who needs medical care can get access to it, no matter their insurance status. Dr. Ricardo Nuila discusses why this model may be more effective than the standard, privatized healthcare.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Ricardo Nuila, Associate Professor of Medicine, Baylor College of Medicine, Author, The People's Hospital

**Compliance issues:** Emergency Medicine, Health Insurance, Healthcare, Patient Safety, Vulnerable Populations, Medicaid, Medicare, Private Hospitals, Public Health System, Safety Net Hospitals

**Links for more info:**

Simon And Schuster: The People's Hospital

RicardoNuila.com

Baylor College of Medicine: Ricardo Nuila

**SEGMENT 2: KITCHEN CHEMISTRY: NATURAL FLAVORS – HOW NATURAL ARE THEY?**

**Time:** 13:38

**Duration:** 9:13

**Synopsis:** We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. David Andrews, Senior Scientist, Environmental Working Group

**Compliance issues:** Addiction, Artificial Flavors, Chemistry, Consumerism, Diet, FDA Regulations, Flavor, Ingredients, Natural Flavors, Nutrition Labels, Organic, Processed Foods

**Links for more info:**

Environmental Working Group

EWG: Synthetic ingredients in Natural Flavors and Natural Flavors in Artificial flavors

EWG: Food Scores

twitter: @dqasci

**Program 23-17**

**Air Week:** 04/23/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: IS MENTAL HEALTH A SCAPEGOAT FOR MASS VIOLENCE?**

**Time:** 1:50

**Duration:** 10:38

**Synopsis:** Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Joseph Parks, Medical Director, National Council for Mental Wellbeing; Dr. Jeffrey Lieberman, Professor of Psychiatry, Columbia University

**Compliance issues:** Education, Federal Law, Mass Shootings, Mental Health, Mental Illness, State and Federal Regulations, Gun Violence, Mass Murder, Mass Violence, State Government

**Links for more info:**

[National Council for Mental Wellbeing](#)

[Columbia University Department of Psychiatry](#)

[LinkedIn: Dr. Joseph Parks](#)

**SEGMENT 2: KITCHEN CHEMISTRY: SWEET PROTEINS MAY BE THE FUTURE OF SUGAR**

**Time:** 13:30

**Duration:** 8:44

**Synopsis:** Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins. <br>

**Host:** Nancy Benson. **Producer:** Kristen Farrah.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Jason Ryder, Adjunct Professor of Chemical and Biomolecular Engineering, University of California, Berkeley, Co-Founder, Oobli

**Compliance issues:** Artificial Sweeteners, Chemistry, Consumerism, Diet, Evolution, Health, Public Health, Protein, Snacks, Sugar, Sugar Alternatives

**Links for more info:**

[Berkeley College of Chemistry](#)

[Oobli.com](#)

[Sage Journals: Safety evaluation of oubli fruit sweet protein \(brazzein\) derived from Komagataella phaffii, intended for use as a sweetener in food and beverages](#)

[LinkedIn: Dr. Jason Ryder](#)

**Program 23-18**

**Air Week:** 04/30/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: “I’M NOT DYING, BUT IS THAT GOOD ENOUGH?”: IMPROVING LUPUS RESEARCH**

**Time:** 1:50

**Duration:** 10:31

**Synopsis:** Lupus ABC is the first of its kind public-private partnership with the FDA. It will allow researchers and patients to work together, hopefully leading to breakthroughs in lupus treatments. Experts explain why the patient perspective is so important for successful outcomes.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Teodora Staeva, Vice President of Research and Chief Scientific Officer, Lupus Research Alliance; Veronica Vargas Lupo, Co-Lead of the Lupus Voices Council, Lupus ABC

**Compliance issues:** Autoimmune Disease, FDA, Governmental Organizations, Non-profit, Patient Safety, Scientific Research, Lupus

**Links for more info:**

[Lupus Research Alliance](#)

[FDA launches Lupus Treatment Consortium in partnership with the Lupus Research Alliance | FDA](#)

[Veronica Vargas Lupo - Business Development Leader | Adobe Strategic Partnership - IBM | LinkedIn](#)

[Dr. Teodora Staeva](#)

**SEGMENT 2: REWIRING YOUR BRAIN TO CREATE HEALTHIER HABITS**

**Time:** 13:22

**Duration:** 9:02

**Synopsis:** Dr. Greg Hammer believes our health is a big piece of overall happiness. Unfortunately, it can be hard to break bad habits and be motivated to create healthier ones. Hammer offers tips and tools that can help us be more intentional with our health.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Greg Hammer, Professor of Anesthesiology, Perioperative and Pain Medicine, and of Pediatrics, Stanford University

**Compliance issues:** Brain Function, Caffeine, Chronic Conditions, Diabetes, Diet, Exercise, Nutrition, Obesity, Public Health, Alcohol Consumption, Heart Disease, Sleep Health, Sugar, Whole Foods

**Links for more info:**

[GregHammerMD.com](#)

[Stanford University: Dr. Greg Hammer](#)

[Instagram: @greghammermd](#)

**Program 23-19**

**Air Week:** 05/07/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HOW AI IS THRUSTING US INTO THE FUTURE OF MEDICINE**

**Time:** 1:50

**Duration:** 12:36

**Synopsis:** From improving the patient experience to speeding up protein evolution, artificial intelligence is rocketing the field of medicine into the future. Our experts discuss the many different applications of AI and how we can expect to interact with the technology in the years to come.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

**Compliance issues:** Artificial Intelligence, Biochemistry, Consumerism, Environment, Evolution, Medical Records, Medical Technology, Patient Safety, Public Health, Protein, Viruses

**Links for more info:**

[David M Liebovitz : Faculty Profile](#)

[David L. - Associate Vice-chair, Department of Medicine - Northwestern Medicine | LinkedIn](#)

[David Baker | UW Biochemistry](#)

[Baker Lab](#)

[Institute for Protein Design](#)

**SEGMENT 2: WHAT YOU NEED TO KNOW ABOUT YOUR BABY'S FLAT HEAD**

**Time:** 15:28

**Duration:** 6:56

**Synopsis:** Flat head syndrome occurs when a baby's head develops a long-lasting flat spot. However, Dr. Peter Taub, a professor of pediatrics, says the deformity isn't a syndrome at all and doesn't cause any neurologic symptoms. He explains what causes it and successful treatments to reshape your child's head.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Peter Taub, Professor of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York

**Compliance issues:** Bone Structure, Children and Youth at Risk, Consumerism, Deformity, Flat Head Syndrome, Neurology, Patient Safety, Infant Health

**Links for more info:**

[Peter Taub - Plastic and Reconstructive Surgery | Mount Sinai - New York](#)

[Peter J. Taub - Professor of Medical Education - Icahn School of Medicine at Mount Sinai | LinkedIn](#)

[Flat Head Syndrome \(Deformational Plagiocephaly\)](#)

**Program 23-20**

**Air Week:** 05/14/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HONORING THE MOTHERS WHO NEVER GOT TO MEET THEIR CHILDREN**

**Time:** 1:49

**Duration:** 11:54

**Synopsis:** Miscarriage is the most common form of pregnancy loss – so why aren't we talking about it? Dr. Jessica Zucker says this silence promotes a societal stigma of shame and isolation. This week, we open the conversation around miscarriage in an effort to normalize this common experience.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Jessica Zucker, Psychologist, Expert in Reproductive Health, author of *I Had A Miscarriage*; Wendy Dwyer, Mother

**Compliance issues:** Bereavement, Death, Depression, Healthcare, Parenting, Psychology, Early Pregnancy Loss, Miscarriage, Motherhood, Pregnancy Loss, Stigma

**Links for more info:**

[Dr. Jessica Zucker](#)

[Jessica Zucker, Ph.D. \(@ihadamiscarriage\) • Instagram photos and videos](#)

[Jessica Zucker, PhD \(@DrZucker\) / Twitter](#)

**SEGMENT 2: HAS THE FOOD MARKETING INDUSTRY CONTRIBUTED TO CHILDHOOD OBESITY?**

**Time:** 14:46

**Duration:** 7:38

**Synopsis:** Childhood obesity is one of the most common chronic diseases for children in the US. Experts say that the marketing of ultra-processed foods to kids has grown exponentially in recent years – promoting unhealthy diets. These experts break down the marketing strategies used to get product attention in grocery stores and online.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Frances Fleming-Milici, Director of Marketing Initiatives, Rudd Center for Food Policy and Health, University of Connecticut; Dr. Ashley Gearhardt, Associate Professor of Psychology, Director of the Food and Addiction Science and Treatment Lab, University of Michigan

**Compliance issues:** Addiction, Childhood Obesity, Children and Youth at Risk, Chronic Conditions, Consumerism, Diabetes, Diet, Food Marketing, Obesity, Heart Disease, Ultra-processed Food

**Links for more info:**

[Frances Fleming-Milici | UConn Rudd Center for Food Policy and Health](#)

[Fran Fleming-Milici \(@franflemingPhD\) / Twitter](#)

[Ashley Gearhardt | U-M LSA Department of Psychology](#)

**Program 23-21**

**Air Week:** 05/21/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: IT'S JUST EASIER TO NOT INCLUDE WOMEN': THE GENDER BIAS IN HEALTH CARE**

**Time:** 1:50

**Duration:** 12:15

**Synopsis:** Why are male bodies the standard for human health? Why did researchers refuse to conduct studies on female mice? Why don't we have widespread information on puberty, the menstrual cycle, and menopause? Experts discuss the dangerous reality of gender bias in health care.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Nieca Goldberg, Cardiologist, Clinical Associate Professor of Medicine, New York University School of Medicine, Medical Director, Atria New York City; Christine Yu, Award-Winning Journalist, Author, "Up To Speed"

**Compliance issues:** Gender Bias, Healthcare, Vulnerable Populations, Female Athletes, Heart Disease, Medical Research, Men's Health, Puberty, Sports Science, Women's Health

**Links for more info:**

[Nieca Goldberg, MD | NYU Langone Health](#)

[Dr. Nieca Goldberg](#)

[Christine Yu](#)

[Christine Yu \(@cyu888\) • Instagram photos and videos](#)

[Christine Yu \(@cyu888\) / Twitter](#)

**SEGMENT 2: FOOD MARKETING TO CHILDREN PART 2: HOW TO MAKE HEALTHIER CHOICES**

**Time:** 15:07

**Duration:** 7:18

**Synopsis:** Last week we discussed how food marketers spend billions to get kids to eat unhealthy food. Today, we're giving you some tips on how to add more nutritious options back into your family's diet. Experts reveal small actions that can make a big difference in the health of America's children.

**Host:** Nancy Benson

**Producer:** Polly Hansen

**Guests:** Meryl Fury, Registered Nurse, President and CEO, Plant Based Nutrition Movement; Sheriza Hernandez, Student; Dr. Ashley Gearhardt, Associate Professor of Psychology, University of Michigan, Director, Food and Addiction Science and Treatment Lab

**Compliance issues:** Addiction, Childhood Obesity, Children and Youth at Risk, Diet, Food Marketing, Gut Health, Obesity, Vulnerable Populations, Healthy Food, Heart Disease, Ultra Processed Food

**Links for more info:**

[Meryl Fury - President, CEO - Plant Based Nutrition Movement | LinkedIn](#)

[Meryl Fury](#)

[Ashley Gearhardt | U-M LSA Department of Psychology](#)

**Program 23-22**

**Air Week:** 05/28/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: ADRENAL DYSFUNCTION MAY BE CAUSING YOUR BRAIN FOG AND WEIGHT GAIN**

**Time:** 1:50

**Duration:** 11:49

**Synopsis:** Our adrenal glands produce numerous hormones that help us regulate stress. Unfortunately, these glands can easily be disrupted and make us feel tired and forgetful. Dr. Izabella Wentz, a thyroid expert, explains the lifestyle changes you can make to fix your hormone imbalance.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Izabella Wentz, Thyroid Specialist, author, Adrenal Transformation Protocol

**Compliance issues:** Depression, Weight Gain, Adrenal Dysfunction, Adrenal Glands, Brain Fog, Cortisol, Heart Disease, Hormones, Inflammation, Stress, Survival, Undiagnosed Diseases

**Links for more info:**

Thyroid Pharmacist

Dr. Izabella Wentz- Thyroid Pharmacist (@izabellawentzpharmd) • Instagram photos and videos

**SEGMENT 2: OZEMPIC: A LOOK INTO HOLLYWOOD'S MAGIC WEIGHT LOSS PILL**

**Time:** 14:41

**Duration:** 7:57

**Synopsis:** Ozempic is an anti-obesity and anti-diabetic drug that's being touted as a miracle weight loss drug on social media. But is there such a thing as a magic pill? Dr. Disha Narang, an obesity medicine expert, says there's no fast track to healthy and sustainable weight loss. Instead, Dr. Disha Narang explains how these types of therapies need to be paired with long-term, strict daily routines in order to be effective.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Disha Narang, Endocrinologist and Director of Obesity Medicine, Northwestern Medicine Lake Forest Hospital

**Compliance issues:** Consumerism, Diet, Exercise, Mental Health, Obesity, Ozempic, Patient Safety, Public Health, Social Media, Weight Gain, Heart Health, Medical Weight Loss

**Links for more info:**

Disha Narang, MD | Northwestern Medicine

Twitter: @DishaKumarMD

Instagram: @dishanarangmd



**Program 23-23**

**Air Week:** 06/04/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HELPING PATIENTS FEEL LIKE KIDS AGAIN: THE MAGIC OF CHILDREN'S HOSPITALS**

**Time:** 1:50

**Duration:** 12:26

**Synopsis:** Children's hospitals do a lot more than cure diseases. For many long-term, young patients, these institutions become their entire world and not just the place where they receive treatment. Learn how some of these hospitals go above and beyond to help our sick kids every day.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Amar Bryant, Lead Inpatient Social Worker, Boston Children's Hospital; Marie Osmond, Co-Founder, Children's Miracle Network Hospitals; Camryn Kellam, Ambassador, Maria Fareri Children's Hospital; April Kellam, Mother

**Compliance issues:** Consumerism, Healthcare, Non-profit, Patient Safety, Vulnerable Populations, Caregivers, Children's Hospital, Chronic Disease, Donation, Immunodeficiency, Rare Disease, Sickle Cell

**Links for more info:**

[Children's Miracle Network Hospitals](#)

[Marie Osmond](#)

[After Undergoing Stem Cell Transplant to Combat Sickle Cell Disease Girl, 7, Named Maria Fareri](#)

[Children's Hospital Ambassador | News and Announcements](#)

[Amar Khalsa, MSW, LICSW | Boston Children's Hospital](#)

**SEGMENT 2: DON'T LET AN INJURY KEEP YOU FROM PLAYING THE GAME**

**Time:** 15:19

**Duration:** 7:04

**Synopsis:** Pickleball is quickly becoming America's favorite pastime. It's a low-impact sport that's great for people of all ages, but like any activity, it comes with its own injury risks. Dr. Fotios Tjoumakaris has some tips to keep you healthy on and off the court.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Fotios Tjoumakaris, Associate Professor of Orthopedic Surgery, Rothman Orthopedics at AtlantiCare

**Compliance issues:** Patient Safety, Public Health, Active Lifestyle, Aging, Muscle Strength, Older Populations, Overuse Injury, Pickleball, Socializing, Sports Injuries, Sports Medicine

**Links for more info:**

[Fotios P. Tjoumakaris, M.D. | Rothman Orthopaedic Institute](#)

[Fotios Tjoumakaris | LinkedIn](#)

**Program 23-24**

**Air Week:** 06/11/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: WHY DOCTORS SHOULD HAVE CREATIVE PASSIONS OUTSIDE OF MEDICINE**

**Time:** 1:50

**Duration:** 11:32

**Synopsis:** Hannah Boone entered medical school with a degree in music instead of having a typical science background. While this may seem unwise, some experts think it may be the best prerequisite for a career in medicine. Find out why this educational path is thought to create more involved and empathetic physicians.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Barton Thiessen, Associate Professor of Anesthesiology & Assistant Dean of Admissions for the Faculty of Medicine; Memorial University of Newfoundland; Dr. Danielle Ofri, Primary Care Physician & Clinical Professor of Medicine, New York University, Editor, Bellevue Literary Review; Hannah Boone, Senior Medical Student, Memorial University of Newfoundland

**Compliance issues:** Healthcare, Music, Burnout, Fine Arts, Hobbies, Medical School, Medical Student

**Links for more info:**

[Dr. Danielle Ofri](#)

[Danielle Ofri | NYU](#)

[Dr. Barton Thiessen](#)

[Hannah BOONE | Memorial University of Newfoundland, St. John's | Discipline of Medicine | Research profile](#)

**SEGMENT 2: MEDICAL GASLIGHTING: WHAT TO DO WHEN DOCTORS STOP LISTENING TO YOU**

**Time:** 14:24

**Duration:** 8:00

**Synopsis:** Doctors told Karen DeBonis that her son's concerning tics were normal, and he'd grow out of them. But when she got a second opinion, an MRI scan showed that he had a large brain tumor. This week - DeBonis shares how she was forced to advocate for herself when doctors didn't listen or take her seriously.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Karen DeBonis, Author, Growth; Dr. Stacey Rosen, Senior Vice President, The Katz Institute of Women's Health, Partners Council Professor of Cardiology and Women's Health, Donald and Barbara Zucker School of Medicine

**Compliance issues:** Cancer, Healthcare, Patient Safety, Public Health, Brain Disease, Chronic Symptoms, Gaslighting, Minorities

**Links for more info:**

[Karen DeBonis](#)

[Stacey Rosen Profile | Zucker School of Medicine](#)

[twitter: @KarenDeBonis](#)

[Stacey E. Rosen, MD, FACC, FACP, FAHA - Partners Council Professor of Women's Health - Hofstra North Shore-LIJ School of Medicine at Hofstra University | LinkedIn](#)

[Stacey Rosen, M.D. \(@drstaceyrosen\) / Twitter](#)

**Program 23-25**

**Air Week:** 06/18/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: THE PSYCHOLOGICAL TRENDS OF THE EVER-GROWING GIG ECONOMY**

**Time:** 1:49

**Duration:** 12:14

**Synopsis:** The gig economy seems to only be growing, especially with the boom of businesses like Uber and Grubhub. Workers now get to choose their own hours, but is the freedom worth the lack of regulation, protections, and benefits like health insurance? Experts explain the societal perception and personal psychology of gig workers.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah, Reed Pence

**Guests:** Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

**Compliance issues:** Consumerism, Economy, Mental Health, Psychology, Public Health, Behavioral Science, Employment, Individuality

**Links for more info:**

[Jeff Kreisler](#)

[Twitter: @jeffkreisler](#)

[Jeff Kreisler - Managing Director, Head of Behavioral Science - JPMorgan Chase & Co. | LinkedIn](#)

[Caza, Brianna | Bryan School of Business and Economics](#)

[Brianna Caza](#)

[Brianna Caza | LinkedIn](#)

**SEGMENT 2: DEALING WITH LOSS THIS FATHER'S DAY**

**Time:** 15:05

**Duration:** 7:52

**Synopsis:** Whether you lost your father ten days ago or ten years ago, Father's Day can be a hard time of the month. Dr. Sanam Hafeez, a clinical neuropsychologist, says it doesn't have to be something to dread. Dr. Sanam Hafeez offers advice on how to turn this time of year into an experience of healing and growth.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Sanam Hafeez, Clinical Neuropsychologist, Founder, Comprehensive Consultation Psychology, Professor, Teachers College Columbia University

**Compliance issues:** Mental Health, Psychology, Public Health, Bereaved Parents, Bereavement Support, Father's Day, Grief, Loss of a Child, Loss of a Parent

**Links for more info:**

[Dr. Sanam Hafeez - Comprehensive Consultation Psychological Services](#)

[Sanam Hafeez - Faculty; Ph.D program - Teachers College, Columbia University | LinkedIn](#)

[Sanam Hafeez \(@drsanamhafeez\) | Instagram](#)

[Sanam Hafeez \(@ComprehendMind\) / Twitter](#)

**Program 23-26**

**Air Week:** 06/25/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: MENOPAUSE: WHAT TO EXPECT WHEN YOU'RE FINISHED EXPECTING**

**Time:** 1:51

**Duration:** 12:51

**Synopsis:** Every female on earth will eventually go through menopause, so why don't women know more about the process? If you've been suffering with menopausal symptoms or are confused about this life transition, our experts are here to help. They discuss how you can stay in control of your body and feel like yourself again during this time.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Mary Jane Minkin, Clinical Professor, Yale School of Medicine, Podcast Host, Madame Ovary; Jancee Dunn, Author, Hot and Bothered

**Compliance issues:** Diagnoses, Neurology, Patient Safety, Psychiatry, Psychology, Public Health, Supplements, Human Physiology, Medical Myths, Vitamins

**Links for more info:**

[Mary Jane Minkin, MD](#)

[Madame Ovary About Dr. Minkin](#)

[Jancee Dunn](#)

[Jancee Dunn \(@janceedunn\) • Instagram photos and videos](#)

**SEGMENT 2: HAVE YOU BEEN FOOLED BY THESE COMMON MEDICAL MYTHS?**

**Time:** 15:44

**Duration:** 6:46

**Synopsis:** Can you take too many vitamins? Does everyone need eight hours of sleep? Dr. James Hamblin answers these common questions and many more on this week's segment. He explains how to tell if a persistent itch or bothersome joint pain has a simple fix or needs to be checked by a professional.

**Host:** Nancy Benson

**Producer:** Kristen Farrah, Reed Pence

**Guests:** Dr. James Hamblin, Lecturer in Public Health, Yale School of Public Health, Author, If Our Bodies Could Talk

**Compliance issues:** Breast Cancer, Gender Issues, Patient Safety, Estrogen, Gender Research Bias, Hormone Therapy, Hot Flashes, Incontinence, Menopause, Non-hormonal Therapy, Perimenopause, Progestin, Vaginal Dryness

**Links for more info:**

[James Hamblin, MD, MPH](#)

[James Hamblin \(@jameshamblin\) • Instagram photos and videos](#)

[James Hamblin \(@jameshamblin\) / Twitter](#)

[If Our Bodies Could Talk: A Guide to Operating and Maintaining a Human Body: Hamblin, James](#)