

**2020-Q1 (January – March) Radio Health Journal
Quarterly Report – Compliancy Issues & Programs List**

Aging	Housing
Bankruptcy	Hospitals
Business & industry	Immigration
Cancer	Infectious disease
Children & child safety	Inner-city issues
Consumer safety	Insurance
Consumerism	Law & crime
Developmental disorders	Legislation
Economic assistance program	Parenting issues
Economics	Personal finance
Education	Politics
Elderly & senior citizens	Pop culture
Emergency rooms	Poverty
Employment & workplace issues	Parenting issues
Ethics	Poverty
Family issues	Public health
Fine Arts	Public policy
Federal government	Societal issues
Government spending	Sports & recreation
Healthcare	Technology
Heart disease	Women's issues
	Youth at risk

Program 20-01 Writers/Producers:		Reed Pence
Air Week: Studio Production:		Jason Dickey
1/5/2020		
SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING		Time Duration
<p>Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.</p>		1:50 12:31
<p>Host & Producer: Reed Pence</p> <p>Guests: Melanie Merriman, author, <i>Holding the Net: Caring For My Mother On the Tightrope of Aging</i>; Joy Loverde, author, <i>Who Will Take Care of Me When I'm Old?</i></p> <p>Compliancy issues covered: healthcare; aging & elderly; family issues; housing; economics</p> <p>Links for more information: http://greenwriterspress.com/book/holding-the-net http://www.elderindustry.com</p>		
SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY		Time Duration
<p>Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.</p>		15:23 7:06
<p>Host: Nancy Benson</p> <p>Producer: Morgan Kelly</p> <p>Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco</p> <p>Compliancy issues covered: ethics; public discourse; societal issues</p> <p>Links for more information: https://matthewlupoli.wixsite.com/ucsd http://www.paulekman.com/paul-ekman/</p>		

Program 20-02 Writers/Producers:	Reed Pence
Air Week: Studio Production: 1/12/2020	Jason Dickey

SEGMENT 1: HAND WASHING AND HANDSHAKE BANS	Time	Duration
---	-------------	-----------------

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be "clean."	1:50	11:34
--	------	-------

Host & Producer: Reed Pence

Guests: Dr. Mark Sklansky, Professor and Chief, Division of Pediatric Cardiology, UCLA Mattel Children's Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, "The Inspirational Nurse;" Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

Compliancy issues covered: public health; healthcare; hospitals

Links for more information: <https://www.uclahealth.org/mark-sklansky>

<http://donnacardillo.com>

https://www.cecocity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm

<http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

SEGMENT 2: "BROKEN HEART SYNDROME"	Time	Duration
---	-------------	-----------------

Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.	14:26	7:58
---	-------	------

Host: Nancy Benson

Guests: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO

Compliancy issues covered: healthcare; consumerism; pop culture; heart disease

Links for more information: https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html

Program 20-03 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
1/19/2020		

SEGMENT 1: CRUSHING MEDICAL DEBT	Time	Duration
<p>Synopsis: Nearly a quarter of us owe past due medical debt, and hospitals are moving more aggressively to collect. The rise is the result of a tradeoff--Americans have avoided higher health insurance premiums only to be jeopardized by extremely high deductibles and out-of-network costs. Experts explain what unpaid medical debt can mean, how patients can escape its clutches, and how one charity works to buy and forgive debt.</p> <p>Host & Producer: Reed Pence</p> <p>Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund</p> <p>Compliancy issues covered: insurance; healthcare; economics ; bankruptcy; personal finance; consumerism; hospitals</p> <p>Links for more information: https://ripmedicaldebt.org/ https://nomoremedicaldebt.com https://www.commonwealthfund.org/person/sara-r-collins</p>	1:50	13:25

SEGMENT 2: SMOLDERING CONCUSSIONS	Time	Duration
<p>Synopsis: Doctors are realizing that concussions can smolder in the brain for years, making diagnosis at the time of occurrence all the more important. Yet a new study shows that protocols affecting the most vulnerable—young athletes—often are not followed. Experts explain why, and what people should do when they receive any blow to the head.</p> <p>Host: Nancy Benson</p> <p>Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author, Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury; Dr. Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide Children’s Hospital and Associate Professor of Pediatrics, The Ohio State University College of Medicine</p> <p>Compliancy issues covered: healthcare; consumerism; pop culture</p> <p>Links for more information: https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-Traumatic/dp/0806540230; https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team</p>	16:17	6:36

Program 20-04 Writers/Producers:		Reed Pence
Air Week:	Studio Production:	Jason Dickey
1/26/2020		
SEGMENT 1: ADHD AND SLEEP DISORDERS		Time Duration
Synopsis:	New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep.	1:50 12:10
Host & Producer:	Reed Pence	
Guests:	Dr. Sandra Kooij, Associate Professor of Psychiatry, Free University Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry, New York University School of Medicine and CEO, Reimbursify	
Compliancy issues covered:	youth at risk; developmental disorders; education; family issues	
Links for more information:	https://www.eunetworkadultadhd.com/author/sandra-kooij/http://vatsalthakkar.com http://vatsalthakkar.com	
SEGMENT 2: WORKING WHILE SICK		Time Duration
Synopsis:	Surveys show the vast majority of employees go to work when they're sick, risking fellow workers and slowing their own healing. Experts discuss the maladjusted workplace culture that promotes this, how to know when you really should stay home, and ways to protect yourself from illness at the office.	15:02 7:30
Host:	Nancy Benson	
Producer:	Reed Pence	
Guests:	Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA	
Compliancy issues covered:	public health; employment and workplace issues; disease & sickness	
Links for more information:	https://www.uclahealth.org/joseph-ladapo https://www.linkedin.com/in/richard-deosingh-56246813/	

Program 20-05 Writers/Producers:		Reed Pence
Air Week: Studio Production: 2/2/2020		Jason Dickey
SEGMENT 1: MUSIC AND MEDICINE		Time Duration
<p>Synopsis: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well. Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-turned-med student, an admissions officer and a musical doctor explain.</p>		1:49 12:22
<p>Host & Producer: Reed Pence</p> <p>Guests: Hanna Boone, medical student, Memorial University of Newfoundland; Dr. Barton Thiessen, Associate Professor of Anesthesia and Assistant Dean of Admissions, Faculty of Medicine, Memorial University of Newfoundland; Dr. Danielle Ofri, Clinical Professor of Medicine, New York University and Editor, Bellevue Literary Review</p>		
<p>Compliancy issues covered: education; healthcare; fine arts; technology</p> <p>Links for more information: https://danielleofri.com https://www.med.mun.ca/getattachment/fd3babfb-0e24-4dbb-8c75-316694b84357/Newsletter-Volume-1;-Issue-1.aspx http://www.soundsymposium.com/ssix-hannah-boone/</p>		
SEGMENT 2: GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE		Time Duration
<p>Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths.</p>		15:13 7:51
<p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University</p>		
<p>Compliancy issues covered: food safety; consumer safety; sports and recreation</p> <p>Links for more information: http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html</p>		

Program 20-06 Writers/Producers:		Reed Pence
Air Week: Studio Production: 2/9/2020		Jason Dickey
SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND "CLOSE FRIENDS"		Time
Duration		
<p>Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.</p>		1:50
		11:10
<p>Host & Producer: Reed Pence</p> <p>Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Assistant Professor of Psychiatry, Drexel University; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman</p> <p>Compliancy issues covered: healthcare; public health; elderly and senior citizens; family issues; ethics</p> <p>Links for more information: https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92 http://www.tamireeves.com/bleeding-hearts.html</p>		
SEGMENT 2: NEEDLE PHOBIA		Time
Duration		
<p>Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.</p>		14:02
		8:27
<p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians</p> <p>Compliancy issues covered: healthcare; public health; children and youth at risk; consumerism</p> <p>Links for more Information: https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html</p>		

Program 20-07 Writers/Producers:		Reed Pence
Air Week: Studio Production: 2/16/2020		Jason Dickey
SEGMENT 1: MEDICAL CHILD ABUSE		Time Duration
<p>Synopsis: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical visits and deceiving doctors into performing numerous procedures and surgeries. Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery.</p>		1:50 12:30
<p>Host & Producer: Reed Pence</p> <p>Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, Dying to be Ill: True Stories of Medical Deception; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center</p>		
<p>Compliancy issues covered: healthcare; public health; elderly and senior citizens; family issues; ethics; law and crime; parenting issues</p>		
<p>Links for more information: http://www.marysandersphd.com/about https://www.munchausen.com/index.php/biography/ https://www.star-telegram.com/news/local/crime/article234077982.html</p>		
SEGMENT 2: CORONAVIRUS: WHAT DOES IT MEAN TO US?		Time Duration
<p>Synopsis: Coronavirus has sickened tens of thousands in China and killed hundreds, but few cases have reached the US. Experts explain exactly what this Coronavirus is and the relative danger it poses compared to more familiar diseases such as influenza.</p>		15:22 7:11
<p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency Medicine, Epidemiology and Public Health, University of Maryland, and Chairman, American College of Emergency Physicians.</p>		
<p>Compliancy issues covered: healthcare; public health; consumerism; infectious disease</p>		
<p>Links for more information: https://www.vumc.org/health-policy/person/william-schaffner-md https://www.acep.org/people-pages/board/jon-mark-hirshon/</p>		

Program 20-08 Writers/Producers:		Reed Pence
Air Week: Studio Production: 2/23/2020		Jason Dickey
SEGMENT 1: GENES AND HIGH CHOLESTEROL		Time Duration
<p>Synopsis: More than 100 million Americans have high cholesterol, a major risk factor for heart disease. Most people think of their diets as the main cause, but genetics also play a role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks.</p>		1:50 12:10
<p>Host & Producer: Reed Pence</p> <p>Guests: Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, The Crispr Generation: The Story of the World's First Gene-Edited Babies</p>		
<p>Compliancy issues covered: healthcare; public health; consumerism; heart disease</p> <p>Links for more information: https://www.med.upenn.edu/cvi/musunuru-laboratory.html</p>		
SEGMENT 2: BIG DATA IN MEDICINE		Time Duration
<p>Synopsis: Big data is changing the world, but it's been slow in coming to healthcare. An expert in healthcare IT explains how that's changing and what it could mean to treatment.</p>		15:02 7:59
<p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare</p>		
<p>Compliancy issues covered: healthcare; technology</p> <p>Links for more Information: https://www.cio.com/author/Paddy-Padmanabhan/</p>		

Program 20-09 Writers/Producers:		Reed Pence
Air Week: Studio Production: 3/1/2020		Jason Dickey
SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH		Time Duration
<p>Synopsis: Public policy is built on the food desert theory: the lack of neighborhood supermarkets drives people to eat less fresh food and more junk food. New research is challenging that theory, but finding values of grocery stores in other, unexpected places. Experts discuss how nearby supermarkets change people and the neighborhoods where they live.</p> <p>Host & Producer: Reed Pence</p> <p>Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research</p> <p>Compliancy issues covered: public health; consumerism; economic development; poverty; inner city issues; economic assistance program</p> <p>Links for more information: https://sites.google.com/site/allcott/home https://www.rand.org/about/people/r/richardson_andrea.html</p>		1:50 12:57
SEGMENT 2: THE SCIENCE OF IMMORTALITY: WHEN IS LIFE TOO LONG?		Time Duration
<p>Synopsis: Some experts believe the healthy lifespan eventually may be extended to hundreds of years through genetic manipulation. This brings many philosophical and ethical questions, which a noted science author discusses.</p> <p>Host: Nancy Benson</p> <p>Producer: Polly Hansen</p> <p>Guests: Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever</p> <p>Compliancy issues covered: healthcare; technology; ethics; senior citizens; aging</p> <p>Links for more Information: https://chipwalter.com/about-chip-walter/</p>		15:49 7:06

Program 20-10 Writers/Producers:		Reed Pence
Air Week: Studio Production: 3/8/2020		Jason Dickey
SEGMENT 1: POLYCYSTIC OVARY SYNDROME		Time Duration
Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.		1:46 13:04
Host & Producer: Reed Pence		
Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago		
Compliancy issues covered: healthcare; women's issues; consumerism		
Links for more information: http://integrativemgi.com/doctors/dr-felice-gersh/ https://intmed.vcu.edu/about/leadership/nestler.html https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php		
SEGMENT 2: HEALTHCARE FOR CHILDREN IN POVERTY		Time Duration
Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.		15:52 6:37
Host: Nancy Benson		
Producer: Polly Hansen		
Guests: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund		
Compliancy issues covered: healthcaer; public health; youth at risk; poverty		
Links for more information: https://www.mailman.columbia.edu/people/our-faculty/ir2110 https://www.childrenshealthfund.org		

Program 20-11 Writers/Producers:		Reed Pence
Air Week: Studio Production: 3/15/2020		Jason Dickey
SEGMENT 1: MEDICAL ERRORS, 20 YEARS AFTER “TO ERR IS HUMAN”		Time Duration
Synopsis: The Institute of Medicine report “To Err Is Human” in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A noted researcher re-examines how far we’ve come since then and the difficult cooperation it will take to make patient safety more certain.		1:51 11:59
Host & Producer: Reed Pence Guests: Dr. Kathleen Sutcliffe, Bloomberg Distinguished Prof. of Business and Medicine, Johns Hopkins Univ. and co-author, Still Not Safe: Patient Safety and the Middle Managing of American Medicine Compliancy issues covered: healthcare; public safety; consumerism Links for more information: https://global.oup.com/academic/product/still-not-safe-9780190271268?cc=us&lang=en#		
SEGMENT 2: INTERMITTENT FASTING		Time Duration
Synopsis: Studies show that by this time of year, most of us have failed new year’s resolutions to lose weight. A noted expert discusses how most people get in trouble with obesity and a more reasonable way to try to lose weight than most people follow.		14:52 7:34
Host: Nancy Benson Producer: Reed Pence Guests: Dr. Michael Mosely, author, The Fast 800 Compliancy issues covered: healthcare; consumerism Links for more information: https://thefast800.com		

Program 20-12	Writers/Producers:	Reed Pence
Air Week: 3/22/2020	Studio Production:	Jason Dickey
SEGMENT 1: THE U.S. TAKES ON CORONAVIRUS		
Synopsis: In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses.	Time	Duration
	1:51	13:08
Host & Producer: Reed Pence		
Guests: Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center		
Compliancy issues covered: healthcare; public health; public safety; employment; education		
Links for more information: https://www.vumc.org/health-policy/person/william-schaffner-md		
SEGMENT 2: THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT		
Synopsis: The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment.	Time	Duration
	16:01	6:54
Host: Nancy Benson		
Producer: Reed Pence		
Guests: Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health Policy		
Compliancy issues covered: healthcare; public health; federal government; politics; immigration; consumerism; legislation; government spending; employment		
Links for more information: https://www.brookings.edu/experts/paul-ginsburg/		

Program 20-13	Writers/Producers:	Reed Pence
Air Week: 3/29/2020	Studio Production:	Jason Dickey
SEGMENT 1: EASING THE STRESS OF WORKING AT HOME		Time Duration
Synopsis: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.		1:51 12:41
Host & Producer: Reed Pence		
Guests: Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on Distributed Teams		
Compliancy issues covered: employment & workplace issues; family issues; economics; public health		
Links for more information: https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333		
SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE		Time Duration
Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.		15:34 7:27
Host: Nancy Benson		
Producer: Reed Pence		
Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases		
Compliancy issues covered: healthcare; public health; consumerism		
Links for more information: https://www.niddk.nih.gov/about-niddk/meet-director		