

January 2024

<u>Issue Description/Topic</u>	<u>Segment Type</u>	<u>Date</u>	<u>Time</u>	<u>Duration</u>	<u>Summary of Segment</u>	<u>Segment Type</u>
Health Care, Medicine, Patient Safety, Social Media, Vulnerable Populations, Confirmation Bias, Medical Knowledge, Scientific Terminology, Telehealth	Longform Program	1/7/24	5:00 AM	15 mins	Radio Health Journal: We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor's appointment	News
Burnout, Consumerism, Covid-19, Empathy, Health Care, Healthcare, Pandemic, Patient Safety, Public Health, Vaccination, Bedside Manner, Intensive Care Unit	Longform Program	1/7/24	5:15 AM	15 mins	Radio Health Journal:Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in Viewpoints:Would you consider complex, artificial intelligence systems like Open AI's, Chat GPT-4 or Google's newest release, Gemini, conscious minds? What exactly even constitutes as consciousness? We speak with two experts about this ongoing debate and what challenges lie ahead for these quickly	Interview
Artificial Intelligence, Emotion, Engineering, Ethics, Personality, Philosophy, Psychology, Technology	Longform Program	1/7/24	5:30 AM	15 mins	Viewpoints:We speak with illustrator and artist Tim O'Brien who's illustrated countless magazine covers over the decades. O' Brien speaks with us about his long career, the history of illustration, its evolution and how the art form is used to convey a deeper meaning or take on a singular moment in time.	Public Info
Art, Creative Arts, Culture, Fashion, History, Liberal Arts, Literature, Media, News, Politics	Longform Program	1/7/24	5:45 AM	15 mins		Longform Program

<p>3D Printing, Artificial Intelligence, Cancer, Children At Risk, Consumerism, Medical Technology, Vulnerable Populations, Cancer Prevention, Childhood Cancers, Kidney</p>	<p>Longform Program</p>	<p>1/14/24 5:00 AM 15 mins</p>	<p>Radio Health Journal: Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all.</p>
<p>Bacteria, Consumerism, Evolution, Genetics, Public Health, Trauma, Bacterial Infection, Compulsions, Cuticles, Ecosystems, Habits, Hemorrhage, Nails, Oral Health</p>	<p>Longform Program</p>	<p>1/14/24 5:15 AM 15 mins</p>	<p>Radio Health Journal:So many of us have experienced the compulsion to bite our nails. Even though it’s a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health.</p>
<p>Culture, Diversity, Gender Equality, Gender Issues, History, Literature, Race, Science Fiction</p>	<p>Longform Program</p>	<p>1/14/24 5:30 AM 15 mins</p>	<p>Viewpoints: For decades, science fiction was a genre written almost exclusively by white males. Now, the genre is flourishing with diverse voices, thanks in part to the trailblazing writer Octavia E. Butler. Historian Gerry Canavan discusses the obstacles Butler faced and her legacy on one of the most popular genres in American literature.</p>

Beekeeping, Biodiversity, Environment, Family Relationships, Literature, Mental Health	Longform Program	1/14/24	5:45 AM	15 mins	Viewpoints: In Meredith May's book, she examines the parallels between the inner workings of beehives and our society, and how beekeeping taught her numerous life lessons as a child. She also discusses the threat to bees with commercialized beekeeping and what we can do to protect these insects that are vital to our ecosystem.
Consumerism, Health Care, Healthcare, Incarceration, Mental Illness, Public Health, Public Policy, Public Safety, Community Care, Criminals, Health Policy, Jail, Mental Institutions, Prison, Psychosis	Longform Program	1/21/24	5:00 AM	15 mins	Radio Health Journal: American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She
Anxiety, Children At Risk, Consumerism, Coping Strategies, Depression, Mental Health, Public Health, Vulnerable Populations, Emotions, Sick Days, Stress	Longform Program	1/21/24	5:15 AM	15 mins	Radio Health Journal: We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Dr. Andrea Bonior explains the benefits of giving your children mental health days and how to
Criminal Justice, Drug Policy, Emerging Industries, Equality, Government, Incarceration, Law, Race, Small Business	Longform Program	1/21/24	5:30 AM	15 mins	Viewpoints: Cannabis has grown to become a multi-billion-dollar industry in the U.S. But how much of this revenue is going to small businesses rather than large chains controlling every part of production? We discuss the current inequities and the failure to maintain a model that helps populations who've been disproportionately affected by the war on cannabis get a seat at the table.

Education, Free Expression, Gender, Government, Law, Literature, Politics, Public Policy, Race, Sexual Education

Longform Program

1/21/24 5:45 AM 15 mins

Viewpoints:Books have been taken off shelves since the colonial period, but, in recent years, more books than ever have been deemed unsuitable for young readers and are being removed from schools and local libraries. We cover the controversy by highlighting two differing perspectives on the debate.

Agriculture, Consumerism, Diet, Disease, Environment, Infrastructure, Invasive Species, Public Health, Public Safety, Virus, Farming, Habitats, Native Animals, Population Control

Longform Program

1/28/24 5:00 AM 15 mins

Radio Health Journal: Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron.

Health Care, Healthcare, Mental Health, Military, PTSD, Psychology, Public Health, Public Safety, Veterans, Vulnerable Populations, Family Medicine, Military Families

Longform Program

1/28/24 5:15 AM 15 mins

Radio Health Journal: As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services.

Education Policy, Government Funding, Higher Education, Inflation, Labor Unions, Law, Learning, Personal Finance, Politics, Salary

Longform Program

1/28/24 5:30 AM 15 mins

Viewpoints: For years, the media has covered teacher burnout and how more and more teachers are resigning. Yet, despite this increased coverage, little has been done to improve pay, working conditions and autonomy on a large-scale for educators. Now, many schools across the country are

Crime, Democracy, Foreign Policy, International Relations, Public Elections, Voting Rights

Longform Program

1/28/24 5:45 AM 15 mins

Viewpoints: It's not just a heated election year for Americans. Millions of Mexicans are also gearing up for a contentious election cycle to elect their next President and Congress. We cover Mexico's ongoing struggle to maintain a fair and equal democracy and what's at stake within the country and U.S.-Mexico relations.

Radio Health Journal:

Longform Program

Radio Health Journal:

Longform Program

Viewpoints:

Viewpoints:

February 2024

<u>Issue Description/Topic</u>	<u>Segment Type</u>	<u>Date</u>	<u>Time</u>	<u>Duration</u>	<u>Summary of Segment</u>	<u>Segment Type</u>
Cancer, Consumerism, Gender Issues, Prevention, Vaccination, Vulnerable Populations, Cervical Cancer, Pre-cancer, Sexually Transmitted Infections, Women's Issues	Longform Program	2/4/24	5:00 AM	15 mins	Radio Health Journal: Cervical cancer is almost completely preventable, so why does it continue to kill thousands of women each year? Dr. Linda Eckert, an expert in cervical cancer prevention, believes the answer involves gender inequalities and sexual stigmas. She discusses these issues and offers life-saving prevention methods for women.	News
Consumerism, Health Care, Healthcare, Infectious Disease, Medical History, Mental Health, Patient Safety, Public Health, Black History Month, Vaccine	Longform Program	2/4/24	5:15 AM	15 mins	Radio Health Journal:Dr. Herbert Fox helped discover a cure for tuberculosis, but his work wouldn't have been possible without the help of the black nurses who monitored and cared for each patient. When all of the white nurses refused to work, these women stepped up. Our expert details their bravery that's	Interview
Communication, Government, Law, Parenting, Personal Finance, Psychology, Relationships	Longform Program	2/4/24	5:30 AM	15 mins	Viewpoints: For many divorce attorneys, the beginning of the year is typically peak season for obtaining new clients. After the holiday season is over, struggling couples reassess their marriage in the new year and then, if they choose to move forward, start the process of divorce in February. We	Public Info
Communication, Health, Mental Health, Psychiatry, Psychology, Public Health, Self-Growth, Trauma	Longform Program	2/4/24	5:45 AM	15 mins	Viewpoints:Trauma comes in many shapes and forms – and nearly everyone experiences trauma at some point in their life. Viewpoints speaks with psychiatrist, Dr. James S. Gordon to better understand a person's reaction to trauma and the body's resilience in dealing with these stressful events and situations.	Longform Program

Children At Risk, Psychology, Public Health, Public Safety, Vulnerable Populations, Deception, Lying, Pathological Liars

Longform Program

2/11/24 5:00 AM 15 mins

Radio Health Journal: Are you good at sniffing out lies? Many people aren't. The typical 'tells,' like eye movement, won't expose a true deception artist. Luckily, Our experts explain the psychology behind why people lie and how you can avoid being duped.

Chronic Disease, Infection, Patient Safety, Public Health, Surgery, Vulnerable Populations, Disease Progression, Gut Microbes, Kidney Stones, Organ Transplant, Pediatric Care

Longform Program

2/11/24 5:15 AM 15 mins

Radio Health Journal: While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk.

Affordable Housing, Economy, Housing Market, Inflation, Personal Finance

Longform Program

2/11/24 5:30 AM 15 mins

Viewpoints: Just 15.5 percent of homes on the market last year were within budget for the average American. That's the lowest percent for housing affordability ever recorded in U.S. history, according to a new report from the real estate firm Redfin. We speak with two real estate and housing experts about the large-scale increase in housing prices and mortgage loans and if there's any relief in sight this year.

Aerospace Engineering, Engineering, Exploration, Government, History, Politics, Public Funding, Space, Workplace Safety	Longform Program	2/11/24	5:45 AM	15 mins	Viewpoints: The space shuttle is seen as an engineering marvel and a symbol of human innovation, ingenuity, and collaboration. However, there's a darker side to the space shuttle program that's often been excluded from the mainstream narrative. This week, we uncover this story with the help of Harvard professor Matthew H. Hersch who's
Cancer, Chronic Disease, Diabetes, Diet, Gut Microbiome, Immunity, Nutrition, Obesity, Public Health, Supplements, Fiber, Healthy Lifestyle, Heart Disease, Illness	Longform Program	2/18/24	5:00 AM	15 mins	Radio Health Journal: Many children in America are taught about nutrition through the USDA's balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she's faced during her journey
throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD	Longform Program	2/18/24	5:15 AM	15 mins	Radio Health Journal: Service dogs have been used throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD and anxiety. Our experts discuss the importance of service dogs and how you can get involved.
African American History, Aviation, Civil Rights, Gender Equity, Women's History	Longform Program	2/18/24	5:30 AM	15 mins	Viewpoints: Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the name, Bessie Coleman. This fearless legend earned her pilot's license two years before Earhart became certified. This week, as we commemorate Black History Month, we cover the story of Coleman and the countless barriers she faced as an African American woman in the early 1900's set on making a

Engineering, Legislation, Politics, Public Funding, Public Safety, Space Exploration	Longform Program	2/18/24	5:45 AM	15 mins	Viewpoints: In total, the NASA space shuttle program had 135 missions. You can't argue that the birth of this shuttle launched us into a new era of space exploration and innovation. But – what's not often mentioned are the controversies, setbacks, and disputes behind the scenes. Former NASA flight director and program manager Wayne Hale speaks
Education, Family Issues, Housing, Pregnancy, Psychology, Public Health, Public Safety, Relationships, Therapy, Individuality, Offspring, Self-esteem, Siblings, Twins	Longform Program	2/25/24	5:00 AM	15 mins	Radio Health Journal: Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children.
Education, Learning, Psychology, Public Health, Student Safety, Brain Imaging, Elementary School, Handwriting, Motor Movement, Productivity, Visual Stimuli	Longform Program	2/25/24	5:15 AM	15 mins	Radio Health Journal: In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there's still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils.
Career, Child Development, Communication, Life Skills, Mental Health, Organization, Psychology, Teen Development	Longform Program	2/25/24	5:30 AM	15 mins	Viewpoints:As an academic advisor, Ana Homayoun has had many conversations with students, parents, and administrators. With so much competition and so many pressures, what's always top-of-mind is grades, college admissions and how to stand out from everyone else. But what often falls by the

Career, Communication,
Generalized Anxiety, Mental
Health, Psychology, Public
Speaking, Social Anxiety,
Societal Stereotypes

Longform
Program

2/25/24 5:45 AM 15 mins

Viewpoints: Before a big presentation or test or job
interview, most of us struggle with different levels of
anxiety, nerves, and self-doubt. Dr. Dana Sinclair has
worked with Olympic athletes, A-list actors and
actresses, and even surgeons on how to overcome
this performance anxiety and get back in control in a
matter of minutes. We speak with her to learn how
Radio Health Journal:

Longform
Program

5:00 AM 15 mins

Radio Health Journal:

Longform
Program

5:15 AM 15 mins

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Program
Longform
Program

5:30 AM 15 mins

Viewpoints:

5:45 AM 15 mins

Viewpoints:

March 2024

<u>Issue Description/Topic</u>	<u>Segment Type</u>	<u>Date</u>	<u>Time</u>	<u>Duration</u>	<u>Summary of Segment</u>	<u>Segment Type</u>
Chronic Conditions, Education, Healthcare, Patient Safety, Surgery, Vulnerable Populations, Hospitalization, Pain, Pancreatitis, Pediatric Illness, Rare Disease	Longform Program	3/3/24	5:00 AM	15 mins	Radio Health Journal: Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor’s daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn’t believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar	News
Consumerism, Education, Gender Issues, History, Medical History, Politics, Public Health, Vulnerable Populations, Equality, Genius, Patriarchy, Women’s History	Longform Program	3/3/24	5:15 AM	15 mins	Radio Health Journal: If you’re asked to name a genius, who do you think of? Albert Einstein or Galileo may come to mind, but there’s a good chance you’re forgetting the brilliant women who deserve a spot at this table. In honor of Women’s History Month this March, our expert tells the stories of a	Interview
Climate Change, Climate Policy, Developing Economies, International Relations, Natural Resources, Politics	Longform Program	3/3/24	5:30 AM	15 mins	Viewpoints: 2023 was the hottest year on record since global records began in 1850. We’re also currently far from being on track to hit The Paris Climate Agreement – a landmark international treaty adopted in 2015 to reduce greenhouse gas emissions and limit global warming to below 2 degrees Celsius	Public Info
American History, Civil Rights, Culture, Diversity, Equality, History, Music, Race	Longform Program	3/3/24	5:45 AM	15 mins	Viewpoints: Marvin Gaye, Stevie Wonder, Aretha Franklin. These are just some of the iconic soul artists that shaped the genre. We speak with two experts about the cultural relevance of soul music today and how current artists and organizations are carrying on the legacy of this music.	Longform Program

Alzheimer's Disease, Discrimination, HIV, Infectious Disease, Patient Safety, Psychology, Public Health, Dementia, Minority Populations, Racial Disparities, Stigma

Longform Program

3/10/24 5:00 AM 15 mins

Radio Health Journal: Racial disparities have existed in medicine throughout history. Research is finally starting to not only recognize these inequalities but create actionable plans to close the gaps. Our guests discuss sectors of healthcare and disease where racial disparities continue to block minority populations from quality care.

Aging, Cancer, Chemotherapy, Consumerism, Geriatrics, Patient Safety, Public Health, Blood, Foot Health, Hiking, Medical Intervention, Skin Condition

Longform Program

3/10/24 5:15 AM 15 mins

Radio Health Journal: Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It's a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression.

Career, Media, Mental Health, Motherhood, Parenting, Psychology, Relationships

Longform Program

3/10/24 5:30 AM 15 mins

Viewpoints: NPR journalist and co-host of "All Things Considered" Mary Louise Kelly joins us to share her story of balancing motherhood with a long-spanning, demanding career in journalism. She – like many mothers – has struggled to have it all and recounts the many tradeoffs over the years.

Civil Rights, Criminal Justice, Criminal Justice History, Culture, Law Enforcement, Mass Incarceration, Society	Longform Program	3/10/24	5:45 AM	15 mins	Viewpoints: Parole from prison is one of the key aspects of the criminal justice system. The program incentivizes good behavior, promotes rehabilitation and a successful reintegration into society. But as rates of parole have plummeted in recent years in the U.S., experts are raising doubts about the subjective nature of the process and if prisoners have
Medicine, Medical Technology, Neurology, Patient Safety, Surgery, Anatomy, Cranial Drill, Drill, Female Entrepreneurship, Medical Device, Neurosurgery, Skull	Longform Program	3/17/24	5:00 AM	15 mins	Radio Health Journal: During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient's skull. It's been the standard for years – but it's not the best option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new
Medical Technology, Patient Safety, Preventive Medicine, Public Health, Technology, Trauma, Medical Applications, Medical Devices, Organ Failure, Septic Shock, Stethoscope	Longform Program	3/17/24	5:15 AM	15 mins	Radio Health Journal: Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help
Astronomy, Astrophysics, Culture, History, Literature, Science, Space, Travel	Longform Program	3/17/24	5:30 AM	15 mins	Viewpoints: On Monday, April 8, a total solar eclipse will hit a large diagonal stretch of the U.S. The next event of this magnitude isn't set to happen again until 2044. We speak with eclipse expert and journalist David Baron about why a total solar eclipse is a can't-miss event worth the travel and traffic.

Adolescent Health, Athletics, Career, Drug Abuse, Government, Health Policy, International Relations, Politics, Professional Sports, Sports, War	Longform Program	3/17/24	5:45 AM	15 mins	Viewpoints: The 2024 Paris Olympics is set to start in just four months. While Russian athletes have been barred from representing their country, they'll still be able to compete on a neutral, no-representation status. However, there are still many lingering questions about the efficacy of anti-doping tests and if the Olympics will once again be plagued by athletes
Consumerism, Patient Safety, Public Health, Surgery, Diagnostic Tools, Endometriosis, Female Issues, Gynecology, Medical Imaging, Reproductive System, Ultrasound, Women's Health	Longform Program	3/24/24	5:00 AM	15 mins	Radio Health Journal: Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America's current process isn't aiding women with this disorder.
Covid-19, Medicine, Pandemic, Patient Safety, Politics, Public Health, Public Safety, Social Media, Virus, Vulnerable Populations, Public Health Organizations, Science Policy	Longform Program	3/24/24	5:15 AM	15 mins	Radio Health Journal: Science has long been an influence of public policy, but some argue that public health organizations became too visible during the pandemic. Dr. Sandro Galea, author of Within Reason, dissects the role that public health has played in recent years and asks the question: what are we willing to give up for the sake of our health?
Community, Health, Public Health, Relationships, Travel	Longform Program	3/24/24	5:30 AM	15 mins	Viewpoints: Why do we fear the process of getting older so much? We speak with author Caroline Paul about gaining a new perspective on aging – one that embraces adventure, new relationships and keeps us curious and growing as we age.

Biodiversity, Culture, Human Development, Pop Culture, Societal Norms, Society, Wildlife Species

Longform Program

3/24/24 5:45 AM 15 mins

Viewpoints: In the early 1900's, deer almost went extinct after they were over-hunted for their meat, hides and antlers. Today, most parts of the country have a very different problem. We speak with wildlife expert Erika Howsare about our long and tangled relationship with the white-tailed deer.

Cancer, Manufacturing and Industry, Generic Drugs, FDA, Chemotherapy, Drug Shortages, Economics, Consumerism, Raw Materials, Breast Cancer, Supply Chain Issues, Testicular Cancer,

Longform Program

3/31/24 5:00 AM 15 mins

Radio Health Journal: When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again.

Ketamine, Opioids, Addiction, Patient Safety, Public Safety, Pain Management, Opioid Crisis, Psychedelics, Therapy, Hallucinations, Consumerism, Federal Drug Regulations

Longform Program

3/31/24 5:15 AM 15 mins

Radio Health Journal: Ketamine is FDA-approved as an anesthetic, but it's now being used as a therapy to treat pain, depression, and addiction. However, many worry the rise of psychedelics will bring about a second iteration of the opioid crisis. Our expert shares the history of ketamine and how he believes it

Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension

Longform Program

3/31/24 5:30 AM 15 mins

Viewpoints: Millions of kids aren't meeting current reading comprehension guidelines. With so many young people falling through the cracks, what's broken within the current curriculum? What's the best way to actually teach reading? Education expert Natalie Wexler joins us to share important insights on emerging research and what parents should know.

Culture, History, Intercommunication, Language, Linguistics, Personal Development, Public Speaking

Longform Program

3/31/24 5:45 AM 15 mins

Viewpoints: We've all been there. You've given a presentation or had a job interview and realized afterwards that you may have used too many words like "um", "you know" or "like". While these fillers are distracting if overused, when added in moderation, they do play a very specific purpose.