

Description of Issue	Program/Segment	Date	Time	Duration	Description of Segment
US government and military; military preparedness; economics; public health; education	14-01 Radio Health Journal Segment 01	1/5/14		11:52	<p>SEGMENT 1: Obesity and the military Synopsis: The pool of recruits available to the US military is much more overweight and obese than ever, and some experts worry that it's a threat to readiness. Experts discuss the impact of obesity on our nation's finest.</p> <p>Host: Reed Pence. Guests: Dr. Catherine Maclean, Asst. Prof. of Medical Ethics and Health Policy, Univ. of Pennsylvania Perelman School of Medicine; Dr. Lester Martinez-Lopez, Major General (ret.), US Army, former head, Army Medical and Research Command and member, Mission: Readiness; Stew Smith, fitness trainer and author</p>
youth at risk; education; technology; economics; charities	14-01 Radio Health Journal Segment 02	1/5/14		9:03	<p>SEGMENT 2: Home schooling for sick kids</p> <p>Synopsis: Children facing long term illness and medical care receive education wherever they are. Technology is helping those students maintain more normalcy and contact with their schools than has previously been possible. Experts discuss.</p> <p>Host: Nancy Benson. Guests: Vicky McClure, teacher of sick children, Chicago Public Schools; Ned Semenite, Vice President, Product Development and Marketing, VGo Communications educational robot developer; Anna King, 8th grader, McCauley Junior High School, The Woodlands, TX</p>
youth at risk;	14-02 Radio Health	1/12/14		12:59	SEGMENT 1: Cutting

education; suicide; parenting issues	Journal 01				<p>Synopsis: About one-fifth of teens at some point injure themselves in order to cope with emotional stress. Experts discuss the difference between self-injury and suicidal behavior, and offer tips on how parents should deal with a child who is trying to deal with stress through cutting.</p> <p>Host: Reed Pence. Guests: Dr. Janis Whitlock, Director, Research Program on Self-Injurious Behavior in Adolescence and Young Adults, Cornell Univ.; Dr. Wendy Lader, co-founder and Clinical Director, SAFE Alternatives, co-founder, Self-Injury Foundation, and co-author, <i>Bodily Harm: The Breakthrough Healing Program for Self-Injurers</i>; Susan Bowman, licensed professional counselor and Vice President, Youth light Publishers and Developmental Resources.</p>
health care; public health; consumerism	Radio Health Journal 02	1/12/14		7:24	<p>SEGMENT 2: Avoiding doctor's mistakes</p> <p>Synopsis: Medical mistakes may be far more common than we think. An expert team of medical consumer advocates discusses what patients can do to protect themselves.</p> <p>Host: Nancy Benson. Guests: Joe Graedon and Dr. Teresa Graedon, authors, <u>Top Screw-ups Doctors Make and How to Avoid Them</u>. (PeoplesPharmacy.com)</p>
health care;	Radio Health	1/19/14		12:39	SEGMENT 1: Weather and

public health; consumerism; environment and weather; prevention	Journal 01				<p>pain</p> <p>Synopsis: Millions of Americans suffer pain as a result of weather changes. Experts discuss different conditions affected by weather, why pain responds to weather changes and possible remedies to some of these maladies.</p> <p>Host: Reed Pence. Guests: Deni Cantrall, retired teacher and arthritis sufferer; Dr. Robert Jamison, Prof. of Anesthesia and Psychiatry, Brigham and Women's Hospital and Harvard Medical School; Bob Smirbeck, Expert Senior Meteorologist, AccuWeather.com; Dr. David Borenstein, Clinical Prof. of Medicine, George Washington Univ. School of Medicine and Health Sciences; Dr. Vincent Martin, Prof. of Medicine and Director, Headache and Facial Pain Program, Univ. of Cincinnati.</p>
health care; public health; consumerism; women's issues and gender issues; education	Radio Health Journal 02	1/19/14		8:17	<p>SEGMENT 2: Do women make better doctors?</p> <p>Synopsis: Medicine is changing from technically centered practice to patient-centered, which requires doctors to listen to the patient and relate to them on a personal level. Experts discuss training all new doctors in this style, and whether it suits women better than men as a result of cultural upbringing.</p> <p>Host: Nancy Benson. Guests:</p>

					Robert Kreisman, Chicago malpractice attorney; Dr. Carol Aschenbrener, Chief medical Education Officer, Association of American Medical Colleges; Dr. Klea Bertakis, Prof. and Chair, Dept. of Family Community medicine, Univ. of California-Davis; Dr. Holly Humphrey, Dean for Medical Education, Univ. of Chicago
public health; public safety and emergency response; consumerism; economics; local government, police and fire; Medicare and federal government	Radio Health Journal 01	1/26/14		12:05	<p>SEGMENT 1: Ambulance fees</p> <p>Synopsis: Millions of Americans are surprised when they get a bill for their 911 ambulance call. Experts explain the economics of emergency medical services, why communities typically bill for calls, and what insurance will and won't pay.</p> <p>Host: Reed Pence. Guests: Bob Holdsworth, President, Holdsworth Group EMS consultants and veteran paramedic; Dr. Jay Fitch, President, Fitch and Assoc. EMS consultants.</p>
gender issues; science and culture	Radio Health Journal 02	1/26/14		8:24	<p>SEGMENT 2: Defining sex and gender</p> <p>Synopsis: Science and society have sought a firm definition of male and female for hundreds of years, but have been unsuccessful even with modern genome analysis. An expert in the history of science discusses how scientists are swayed by cultural considerations in their efforts to define sex and gender, and how research shows there's not as much difference between men and women as most people think.</p>

					Host: Nancy Benson. Guest: Dr. Sarah Richardson, Asst. Prof. of the History of Science and the Studies of Women, Gender and Sexuality, Harvard Univ. and author, <u>Sex Itself: The Search for Male and Female in the Human Genome</u>
public health; health care; consumerism; economics; federal government; poverty	Radio Health Journal 01	2/2/14		12:32	<p>SEGMENT 1: An Obama care update</p> <p>Synopsis: The Affordable Care Act's enrollment website had a disastrous rollout, and "young immortals" aren't yet signing up for insurance in numbers that would assure the program's survival. Experts discuss deadlines and incentives that they think will encourage signups, and the difficulties likely to be encountered by people who've never been insured before. Experts also discuss studies showing that newly insured people may use healthcare much differently than had been expected.</p> <p>Host: Reed Pence. Guests: Michael Mahoney, Sr. Vice President of Consumer Marketing, GoHealth; Dr. Paul Ginsberg, Sr. Fellow, Mathematica Policy Research; Larry Levitt, Sr. Vice President for Special Initiatives, Kaiser Family Foundation; Dr. Katherine Baicker, Prof. of Health Economics, Harvard, School of Public Health</p>
health care;	Radio Health	2/2/14		8:21	SEGMENT 2: Healing arts

arts and culture	Journal 02				<p>Synopsis: Health institutions are increasingly including participation in different forms of art to assist in healing. Experts discuss how it works and offer theories on why it works, as well.</p> <p>Host: Nancy Benson. Guests: Mary Rockwood, co-author, <u>Healing with The Arts: A 12-Week Program to Heal Yourself and Your Community</u>; Dr. Michael Samuels, co-founder and Director, Arts As A Healing Force and co-author, <u>Healing with The Arts: A 12-Week Program to Heal Yourself and Your Community</u>; Dr. Gary Christenson, Chief medical Officer, Univ. of Minnesota Boynton Health Service and board member, Global Alliance for Arts and Health</p>
disabilities; family issues; health care and rehabilitation	Radio Health Journal 01	2/9/14		12:10	<p>SEGMENT 1: Traumatic brain injury and relationships</p> <p>Synopsis: Traumatic brain injury can dramatically change spousal relationships, as the injured may lose the ability to read the emotions of themselves and others, or may suffer a personality change. These relationship issues are often ignored in the rehabilitation process. However, the divorce rate of these couples is much less than previously believed. Experts discuss developing methods to help people with</p>

					<p>TBIs relearn important social skills.</p> <p>Host: Reed Pence. Guests: Rosemary Rawlins, wife of TBI patient and author, <u>Learning By Accident</u>; Dr. Jeffrey Kreutzer, Director of Neuropsychology and Rehabilitation Psychology, Virginia Commonwealth Univ.; Dr. Dawn Neumann, Asst. Research Faculty, Indiana Univ. School of Medicine and Clinical Research Assoc., Rehabilitation Hospital of Indiana.</p>
health care; public safety; prevention	Radio Health Journal 02	2/9/14		7:46	<p>SEGMENT 2: Inflammation</p> <p>Synopsis: Low-level systemic inflammation is being tied to many disorders including heart disease, and now research has even tied inflammation to intermittent explosive disorder, a syndrome of repeated rage. Experts discuss these findings and how inflammation can be combatted through diet and supplementation.</p> <p>Host: Nancy Benson. Guests: Dr. Melina Jampolis, nutrition specialist physician and author, <u>The Calendar Diet</u>; Dr. Emil Coccaro, Prof. and Chairman of Psychiatry and Behavioral Neuroscience, Univ. of Chicago.</p>
women's issues; discrimination; disabilities; economics; business and industry; laws and federal government	Radio Health Journal 01	2/16/14		12:12	<p>SEGMENT 1: Pregnancy job discrimination</p> <p>Synopsis: Job discrimination or lack of accommodation due to pregnancy has been illegal for 35 years, but courts have interpreted the law very narrowly, allowing</p>

					<p>discrimination against pregnant women to occur. Experts discuss how and why discrimination occurs, how women can help prevent it, and how a Congressional bill would tighten up enforcement.</p> <p>Host: Reed Pence. Guests: Emily Martin, Vice President and General Counsel, National Women's Law Center; Dr. Whitney Botsford Morgan, Asst. Prof. of Management, Univ. of Houston-Downtown.</p>
: health care; prevention; technology	Radio Health Journal 02	2/16/14		7:52	<p>SEGMENT 2: Probiotics</p> <p>Synopsis: Scientists are learning that they can affect many areas of function of the body through supplementation of "good bacteria" in the intestinal tract. Experts discuss new methods.</p> <p>Host: Nancy Benson. Guests: Dr. Mitchell Jones, Chief Scientific Officer, MicroPharma, Ltd.; Graham Rigby, Senior Vice President of Innovation and Research and Development, New Chapter Supplements.</p>
health care; public health; consumerism; economics; regulation and federal government	Radio Health Journal 01	2/23/14		11:35	<p>SEGMENT 1: Do we need vitamins?</p> <p>Synopsis: Rigorous scientific studies increasingly show that for healthy people, vitamins do not prevent many major diseases, such as cancer and heart disease. However, the supplement industry contends</p>

					<p>that's not why people take vitamins. They see an effort to amass disputable ammunition to further regulate the supplement industry. Experts discuss both sides of the issue.</p> <p>Host: Reed Pence. Guests: Dr. Edgar Miller, Prof. of Medicine and Epidemiology, Johns Hopkins Univ. co-author of vitamin editorial, Annals of Internal Medicine; John Shaw, Executive Director and CEO, Natural Products Association.</p>
senior citizens and elderly; consumerism; public safety	Radio Health Journal 02	2/23/14		8:19	<p>SEGMENT 2: Alzheimer's wandering</p> <p>Synopsis: A majority of Alzheimer's disease patients will experience wandering behavior. Yet many families and caregivers have no plan to prevent wandering or find their loved one when they get lost. Experts discuss wandering and how to deal with it.</p> <p>Host: Nancy Benson. Guests: Beth Kallmyer, Vice President, Constituent Services, Alzheimer's Assoc.; Dr. Michael Raffi, Director, Memory Disorders Clinic and Asst. Prof. of Neurosciences, Univ. of California, San Diego.</p>
agriculture; weather and climate change; disaster preparedness;	Radio Health Journal 01	3/2/14		13:45	<p>SEGMENT 1: Weather, agriculture and the food supply</p> <p>Synopsis: Wild extremes in weather have become the</p>

drought; economics; food supply; property and water rights; technology					<p>norm in the nation's breadbasket. Experts discuss climatological reasons, predictions of how weather and climate will change over time, and how farmers are changing practices to keep producing.</p> <p>Host: Reed Pence. Guests: John Hansen, President, Nebraska Farmer's Union; Dr. Robert Oglesby, Prof. of Earth and Atmospheric Sciences, Univ. of Nebraska; Dr. Jennifer Francis, Research Prof., Institute of Marine and Coastal Sciences, Rutgers Univ.; Dr. Jayson Lusk, Regents Prof. of Agricultural Economics, Oklahoma State Univ.</p>
health care; food additives	Radio Health Journal 02	3/2/14		6:14	<p>SEGMENT 2: Thyroid disease</p> <p>Synopsis: Thyroid disease affects millions of Americans, many of whom have not been diagnosed. Experts discuss symptoms, causes, and treatments.</p> <p>Host: Nancy Benson. Guests: Dr. Jordan Geller, endocrinologist, Beverly Hills, CA; Shannon Rosen, thyroid disorder patient, Cincinnati, OH; Dr. Jeffrey Garber, Chief of Endocrinology, Harvard Vanguard Medical Assoc., Associate Prof. of Medicine, Harvard Medical School and lead author, <u>Clinical Practice Guidelines for Hypothyroidism in Adults</u>.</p>

psychology; crime; volunteerism; technology and society	Radio Health Journal 01	3/9/14		11:50	<p>SEGMENT 1: The bystander effect</p> <p>Synopsis: It's a psychological paradox that the greater the numbers of people present when a person needs help, the less likely help will be rendered. Experts discuss reasons why this effect occurs, how it can be broken by technology, and the background of intense research into the effect sparked by the first internationally famous "bystander effect" crime.</p> <p>Host: Reed Pence. Guests: Kevin Cook, author, <u>Kitty Genovese; the Murder, the Bystanders, the Crime That Changed America</u>; Dr. Jan-Willem van Prooijen, Assoc. Prof. of Social and Organizational Psychology, V-U Univ., Amsterdam, Netherlands and Senior Researcher, Netherlands Institute for Criminology; Dr. James Strickland, psychologist in private practice, Comack, NY.</p>
health care; consumerism; federal government and food regulations	Radio Health Journal 02	3/9/14		7:57	<p>SEGMENT 2: Silent reflux</p> <p>Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms</p>

					<p>and the dietary triggers that can cause the disorder.</p> <p>Host: Nancy Benson. Guest: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, <u>The Chronic Cough Enigma</u>.</p>
children & family issues; bullying; therapy; education	Radio Health Journal 01	3/16/14		13:03	<p>SEGMENT 1: Birth control sabotage</p> <p>Synopsis: Health clinic counselors have learned that reproductive coercion is much more rampant than they imagined. Many young men try to get their girlfriends pregnant against their will, and often even sabotage birth control to do it. Experts discuss what might be behind this form of abuse, and how relationship education in clinics and schools could help combat it.</p> <p>Host: Reed Pence. Guests: Dr. Elizabeth Miller, Chief of Adolescent medicine, Children's Hospital of Pittsburgh and Assoc. Prof. of Pediatrics, Univ. of Pittsburgh; Lisa James, Director of Health, Family Violence Prevention Fund; Dr. Aisha Mays, Family practice specialist, Oakland, CA</p>
employment, business, government	Radio Health Journal 02	3/16/14		7:40	<p>SEGMENT 2: Snowsport helmets</p> <p>Synopsis: Helmet use in skiing and snowboarding has skyrocketed in the last decade, and while it has reduced less severe injuries, it has not resulted in a drop in catastrophic head injuries.</p>

					<p>Experts discuss helmet use and its limitations, and the behaviors that could explain a continued high level of severe injuries.</p> <p>Host: Nancy Benson. Guest: Dr. Jake Shealey, Prof. Emeritus of Industrial and Systems Engineering, Rochester Institute of Technology; Dave Byrd, Director of Risk and Regulatory Affairs, National Ski Areas Assn.; Dr. Jeff Mjaanes, sports medicine specialist, Midwest Orthopedics at Rush Univ. Medical Center, Chicago and Director, Chicago Sports Concussion Clinic.</p>
health care; public health; discrimination; media and society; consumerism	Radio Health Journal 01	3/23/14		12:26	<p>SEGMENT 1: Obesity as a disease</p> <p>Synopsis: Last summer, the American Medical Association labeled obesity as a disease in hopes of getting physicians and society to take it more seriously as a medical problem and not as a lack of willpower. However, some researchers are finding psychological side effects of "having a disease." Experts discuss the effects of the declaration on the public and medical community.</p> <p>Host: Reed Pence. Guests: Ted Kyle, spokesman, Obesity Society (obesity.org); Dr. David Katz, Director, Yale Univ. Prevention Research Center and author, <u>Disease Proof: The Remarkable Truth About What Makes Us Well</u> (davidkatzmd.com); Dr. Crystal Hoyt, Assoc. Prof. of Leadership Studies and</p>

					Psychology, Univ. of Richmond; Dr. Jenny Bernette, Asst. Prof. of Psychology, Univ. Of Richmond (richmond.edu).
health care; consumerism; youth at risk; consumer safety; drugs and medications	Radio Health Journal 02	3/23/14		8:37	<p>SEGMENT 2: OTC drugs and kids</p> <p>Synopsis: Young adolescents often are allowed to take over the counter drugs on their own, but many OTC medicines, especially acetaminophen, can be dangerous. Experts discuss how to educate 'tweens on taking OTC drugs safely.</p> <p>Host: Nancy Benson. Guests: Dr. Tanya Altman, Asst. Clinical Prof. of Pediatrics, Mattel Children's Hospital, UCLA and spokesperson, American Academy of Pediatrics; Dr. Janet Engle, Exec. Assoc. Dean, Prof. and head of Dept. of Pharmacy Practice, Univ. of Illinois at Chicago College of Pharmacy; Sharon Mielke, mother of victim of OTC drug death.</p>
health care; public health; discrimination; economics; consumerism and insurance; consumer safety	Radio Health Journal 01	3/30/14		12:51	<p>SEGMENT 1: Weight loss surgery and insurance</p> <p>Synopsis: If obesity is defined a disease, why do a majority of employer-sponsored health plans refuse to cover weight loss surgery? Experts discuss reasons for this exclusion and new research showing the high costs of obesity's consequences, raising the possibility that paying for weight loss surgery could ultimately save insurers money.</p> <p>Host: Reed Pence. Guests: Karin Anderson, weight loss</p>

					<p>surgery patient; Dr. John Morton, Chief of Bariatric Surgery, Stanford Univ.</p> <p>and President-Elect, American Society of Metabolic and Bariatric Surgeons (asmbs.org); Susan Pisano, Vice President for Communications, America's Health Insurance Plans (ahip.org); Dr. Marianne Udow-Phillips, Director, Center for Healthcare Research and Transformation, Univ. of Michigan (chrt.org)</p>
health care; consumerism; senior citizens; disabilities	Radio Health Journal 02	3/30/14		7:04	<p>SEGMENT 2: Low vision</p> <p>Synopsis: Vision difficulties that mere glasses can't correct are often referred to as low vision. Experts discuss the various major causes of low vision and how they can be treated and prevented.</p> <p>Host: Nancy Benson. Guests: Dr. Mark Wilkinson, Clinical Prof. of Ophthalmology, University of Iowa and Chairman, Low Vision Committee, National Eye Health Program of the National Institutes of Health; Dr. James Tsai, Chair and Chief of Ophthalmology, Yale New have Medical Center</p>