

**2018-Q2 (April-June) Radio Health Journal Quarterly Report  
Compliance Issues covered this quarter:**

Addictions and treatment	Health care
Adolescents	Insurance
Alcohol and substance abuse and treatment	Interpersonal relationships
Animal welfare	Legal and justice system
Anti-trust	Local government
Autism	Medicare
Business and industry	Mental health and suicide
Consumer safety	Military
Consumerism	Opioid crisis
Crime and justice system	Parenting
Disabilities	Patient safety
Drug and substance abuse and treatment	Public health
Economics	Public safety
Education	Religion
Emergency response	Sexual assault and abuse
Ethics	Social media
Family and parenting issues	Sports, recreation and entertainment
Federal government, laws, legislation and regulation	State government regulation
First responders	Underage drinking
Food safety	Vaccines
Foreign trade	Water safety
Gifted youth	Women's issues
Government regulation	Workplace issues
Harm reduction	Youth at risk

## Program Log for *Radio Health Journal*

Program 18-13 Producers Polly Hansen, Reed Pence  
Air Week 4/1 – 4/7/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:33	SEGMENT 1: SEXUALLY ABUSIVE DOCTORS	12:10

**Synopsis:** The Dr. Larry Nasser case has publicized doctors who sexually abuse patients. However, the extent of these assaults is unknown, as few doctors are ever punished and their misdeeds are never known. A reporter who investigated the official response to the problem and a physician who has worked on a sexual assault crisis line discuss the issue.

**Host:** Reed Pence. **Guests:** Dr. Altaf Saadi, neurologist and former sexual assault crisis line worker; Danny Robbins, investigative reporter, *Atlanta Journal-Constitution*

**Compliance issues covered:** sexual assault and abuse, crime and justice system, women's issues, state government regulation

**Links for more information:** <https://www.huffingtonpost.com/author/altaf-saadi>, <https://www.ajc.com/news/danny-robbins/bOyk2t5r6yheu3XxAFNa8J/>

15:15	SEGMENT 2: TEACHING DOCTORS TO LISTEN	7:34
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**Synopsis:** Studies have found that many doctors don't really listen to their patients, and so miss how illness is affected by the "other things" in life. Experts discuss how to help doctors consider the patient as a whole.

**Host:** Nancy Benson. **Guests:** Dr. Saul Jeremy Weiner, Prof. of Medicine, pediatrics & Medical Education, Univ. of Illinois and co-author, *Listening For What Matters: Avoiding Contextual Errors in Health Care*; Dr. Alan Schwartz, Michael Reese Endowed Prof. of Medical Education, Univ. of Illinois, Chicago, and co-author, *Listening For What Matters: Avoiding Contextual Errors in Health Care*.

**Compliance issues covered:** health care, education, consumerism, patient safety

**Links for more information:** <http://www.contextualizingcare.org>

## Program Log for *Radio Health Journal*

Program 18-14 Producers Reed Pence, Polly Hansen  
Air Week 4/8 – 4/14/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:06	SEGMENT 1: THE PRICE CONSEQUENCES OF DOCTOR CONSOLIDATION	12:04

**Synopsis:** Hospitals and very large medical groups are buying up independent physician practices to the point that in some areas, it's hard to find independent doctors. Studies show purchased practices cost more for patients. Experts discuss the incentives that have prompted consolidation and moves to eliminate them.

**Host:** Reed Pence. **Guests:** Dr. Laurence Baker, Prof. of Health Research and Policy, Stanford Univ. School of Medicine; Dr. Christopher Ody, Research Asst. Prof., Kellogg School of Management, Northwestern Univ.

**Compliance issues covered:** health care, economics, federal government and regulations, anti-trust

**Links for more information:** <https://profiles.stanford.edu/laurence-baker>,  
[http://www.kellogg.northwestern.edu/faculty/directory/ody\\_christopher.aspx](http://www.kellogg.northwestern.edu/faculty/directory/ody_christopher.aspx)

15:10	SEGMENT 2: THE VACCINE RACE AND ETHICS	7:38
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**Synopsis:** Millions of lives have been saved as a result of vaccines. But in the development of desperately needed vaccines, scientists cut corners in ways that wouldn't be allowed today. An expert discusses the balance of need and ethics in science and medicine.

**Host:** Nancy Benson. **Guest:** Dr. Meredith Wadman, reporter, Science magazine and author, *The Vaccine Race: Science, Politics, and the Human Costs of Defeating Disease*

**Compliance issues covered:** health care, public health, ethics, religion, vaccines

**Links for more information:** <http://meredithwadman.com>

## Program Log for *Radio Health Journal*

**Program** 18-15      **Producers** Pat Reuter, Reed Pence  
**Air Week** 4/15 – 4/21/2018      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	SEGMENT 1: ADVENTURES OF A PARAMEDIC	11:46

**Synopsis:** Paramedics and EMTs are the first responders of the health system and often find violent, confusing situations on their arrival. A former paramedic describes the "inside story" of the job, its dangers and rewards.

**Host:** Reed Pence. **Guests:** Kevin Hazzard, author, *A Thousand Naked Strangers: A Paramedic's Wild Ride to the Edge and Back*

**Compliance issues covered:** health care, emergency response, public safety

**Links for more information:** <http://udayjanimd.com>, <http://glenvillemedicalconciergecare.com>

14:53	SEGMENT 2: THE MYSTERY OF MENIERE'S DISEASE	7:49
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**Synopsis:** Experts discuss symptoms and treatments of Meniere's disease, an often-misdiagnosed disorder producing loss of hearing and crippling vertigo.

**Host:** Nancy Benson. **Guest:** James Raath, business consultant and author, *Love Mondays*; Dr. David Friedland, Prof. and Vice Chair, Otolaryngology and Communication Sciences, Medical College of Wisconsin

**Compliance issues covered:** health care, disabilities

**Links for more information:** <https://www.nidcd.nih.gov/health/menieres-disease>, <http://www.lovemondays.global/-!blog/iphv2>, <http://www.mcw.edu/ear-nose-throat/faculty/david-friedland.htm>

## Program Log for *Radio Health Journal*

Program 18-16 Producer Reed Pence  
Air Week 4/22 – 4/28/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: DIAGNOSING PERINATAL DEPRESSION	12:56

**Synopsis:** Perinatal depression (previously known as postpartum depression) is seldom brought up by a new mother, so healthcare providers must screen for it carefully. However, sometimes they err on the side of caution in efforts to prevent the mother from harming herself or her baby. Experts discuss the balancing act.

**Host:** Reed Pence. **Guests:** Jessica Porten, new mother diagnosed with depression; Dr. Darby Saxbe, Asst. Prof. of Psychology, Univ. of Southern California; Dr. Tiffany Moore Simas, Assoc. Prof. of Obstetrics and Gynecology, Pediatrics, Psychiatry and Quantitative Health Sciences, Univ. of Massachusetts Medical School & co-chair, Maternal Mental Health Expert Work Group, Amer. College of Obstetrics and Gynecology

**Compliance issues covered:** health care, women's issues, youth at risk, public health and safety

**Links for more information:** [https://dornsife.usc.edu/cf/psyc/psyc\\_faculty\\_display.cfm?person\\_id=1032709](https://dornsife.usc.edu/cf/psyc/psyc_faculty_display.cfm?person_id=1032709),  
<https://profiles.umassmed.edu/display/129886>

16:03	SEGMENT 2: FOREIGN ACCENT SYNDROME	6:56
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**Synopsis:** People who suddenly speak with what sounds like a foreign accent often have a brain injury due to a stroke or other trauma. Experts discuss the symptoms the syndrome and chances of recovery.

**Host:** Nancy Benson. **Guests:** Dr. Sheila Blumstein, Albert D. Mead Prof. of Cognitive Linguistics and Psychological Sciences, Brown Univ.; Dr. Jack Ryalls, Prof. of Communication Sciences and Disorders, Univ. of Central Florida

**Compliance issues covered:** health care, disabilities

**Link for more information:** <https://www.brown.edu/Departments/CLPS/people/sheila-blumstein>,  
<https://www.cohpa.ucf.edu/directory/john-ryalls/>

## Program Log for *Radio Health Journal*

**Program** 18-17      **Producer** Reed Pence  
**Air Week** 4/29 – 5/5/2018      **Production Director** Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: MEDICARE TACKLES THE OPIOID EPIDEMIC	12:55

**Synopsis:** New limits on Medicare prescriptions of opioids are controversial, as some doctors believe patients could suffer more pain. Others believe the limits will achieve a much-needed brake on the temptation to overprescribe while allowing legitimate treatment. Experts discuss.

**Host:** Reed Pence. **Guests:** Dr. Anna Lembke, Assoc. Prof. and Chief, Addiction Medicine, Stanford Univ. School of Medicine; Dr. Sally Satel, addiction psychiatrist and lecturer, Yale Univ. School of Medicine & Resident Scholar, American Enterprise Institute

**Compliance issues covered:** health care, drug addiction, Medicare, federal government and regulation

**Links for more information:** <https://profiles.stanford.edu/anna-lembke>, <https://sallysatelmd.com/about/>

16:00	SEGMENT 2: CURING CHRONIC SINUSITIS	7:02
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**Synopsis:** Many people confuse allergies, colds, and sinus infections. A physician specializing in these maladies describes the differences, and the new ways sinusitis can be treated.

**Host:** Nancy Benson. **Guests:** Dr. Lisa Liberatore, otolaryngologist specializing in sinus and sleep issues, Totum Health, New York

**Compliance issues covered:** health care, consumerism

**Links for more information:** <http://livetotum.com>

## Program Log for *Radio Health Journal*

Program 18-18 Producer Reed Pence  
Air Week 5/6 – 5/12/2018 Production Director Sean Waldron

Time	Segment	Dur.
1:54	SEGMENT 1: USING ANIMALS TO SNIFF OUT DISEASE	12:39

**Synopsis:** Diseases apparently have distinctive odors that humans can't detect. Researchers are using dogs, mice, rats and other animals to literally sniff out cancer and other diseases in the laboratory. In the 3rd World, rats are used to diagnose TB. Experts discuss the use of animals to diagnose disease and their efforts to build machines that can do the same thing.

**Host:** Reed Pence. **Guests:** Dr. Cindy Otto, Exec. Director, Penn Vet Working Dog Center, Univ. of Pennsylvania; Dr. Gary Beauchamp, Emeritus Director and President, Monell Chemical Senses Center; Dr. Christiaan Mulder, Director, TB program, Apopo

**Compliance issues covered:** health care, public health, animal welfare, consumerism, economics, federal government regulation

**Links for more information:** <http://pennvetwdc.org>, <http://www.monell.org>, <https://www.apopo.org/en/>

15:35	SEGMENT 2: PROCESSED FOOD ADDICTION	7:20
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**Synopsis:** Researchers are discovering that for some people, eating processed foods produces some of the same brain effects as people addicted to alcohol or drugs. An expert discusses how dietary adjustment can end this addiction and its effects.

**Host:** Nancy Benson. **Guests:** Dr. Joan Iffland, lead editor, *Processed Food Addiction: Foundations, Assessment and Recovery*

**Compliance issues covered:** addictions and treatment, public health, consumerism, food safety

**Links for more information:** <https://www.foodaddictionreset.com>

## Program Log for *Radio Health Journal*

Program 18-19 Producers Reed Pence, Polly Hansen  
Air Week 5/13 – 5/19/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: FIREFIGHTERS AND PTSD	12:20

**Synopsis:** Firefighters have extremely high rates of PTSD, similar to combat soldiers, yet are very reluctant to seek help. Experts discuss reasons for this reluctance, results of it, and how new efforts at peer counseling may help ease the psychological strain.

**Host:** Reed Pence. **Guests:** Dan Robertson, Oakland CA fire lieutenant and President, Local 55, International Assn. of Firefighters; Dr. Suzy Bird Gulliver, Director and Chief, Warriors Research Institute, Baylor Scott & White health, Dallas, and Prof. of Psychiatry, Texas A&M College of Medicine Health Science Center

**Compliance issues covered:** health care, first responders, public safety, local government, military

**Links for more information:** <https://twitter.com/ofd20dr?lang=en>, <http://researchers.sw.org/wri/team>

15:26	SEGMENT 2: AUTISM AND PRODIGIES	7:30
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**Synopsis:** Behavioral similarities between prodigies and some people with autism have long been noted. Now some researchers are beginning to find genetic links between the two phenomena. Experts discuss findings and their implications for autism treatment.

**Host:** Nancy Benson. **Guest:** Dr. Joanne Ruthsatz, Asst. Prof. of Psychology, The Ohio State Univ. and author, *The Prodigy's Cousin: The Family Link Between Autism and Extraordinary Talent*; Dr. Jennifer Gerdtts, Asst. Prof. of Psychiatry and Behavioral Sciences, Univ. of Washington and attending psychologist, Seattle Children's Autism Center

**Compliance issues covered:** youth at risk, gifted youth, health care

**Links for more information:** <http://www.prodigyscousin.com>, <http://theautismblog.seattlechildrens.org/author/jgerdts/>

## Program Log for *Radio Health Journal*

Program 18-20 Producer Reed Pence  
Air Week 5/20 – 5/26/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: PRESENTEEISM	11:45

**Synopsis:** Presenteeism is when people go to work at less than peak efficiency due to illness, injury or distraction. Experts discuss the huge cost to the economy, the chronic illnesses that exact the most cost, and the accommodations that could save businesses billions of dollars.

**Host:** Reed Pence. **Guests:** Rob Hosking, Senior Vice President, Ranstad USA; Todd Whitthorne, President, ACAP Health; Michael Klachevsky, Practice Consultant for Absence Management, Standard Insurance Co.

**Compliance issues covered:** economy, business and industry, workplace issues, public health, disabilities, employment

**Links for more information:** <https://www.randstadusa.com/staffing-and-solutions/staffing/>, <http://www.acaphealth.com/leadership/>, <http://www.workplace-gps.com/about.htm>

14:51	SEGMENT 2: COPING WITH THE EMPTY NEST	8:05
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**Synopsis:** Parents who have spent 18 years or more raising children often feel lost when the last child leaves home for college or their own place. A psychotherapist discusses common reactions and strategies for renewing purpose living in the empty nest.

**Host:** Nancy Benson. **Guests:** Wendy Aronssen, psychotherapist and author, *Refathering the Empty Nest: Life After the Children Leave*

**Compliance issues covered:** interpersonal relationships, family and parenting issues, youth at risk

**Links for more information:** <http://www.wendyaronssonlcsw.com>

## Program Log for *Radio Health Journal*

Program 18-21      Producer Reed Pence  
Air Week 5/27 – 6/2/2018      Production Director Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: AUTISM AND SUBSTANCE ABUSE	12:26

**Synopsis:** Recent studies show that people with autism are twice as likely as others to engage in substance abuse, contrary to previous belief that they are extremely unlikely to use drugs or alcohol. An expert and an author who has used alcohol to cope with his autism discuss the developments and their impact.

**Host:** Reed Pence. **Guests:** Elizabeth Kunreuther, Clinical Instructor, Univ. of North Carolina Wakebrook Addiction Treatment Center and co-author, *Drinking, Drug Use and Addiction in the Autism Community*; Matthew Tinsley, Asperger syndrome patient and co-author, *Asperger Syndrome and Alcohol: Drinking to Cope*

**Compliance issues covered:** autism, disabilities, alcohol and substance abuse and treatment, education

**Links for more information:** <https://www.med.unc.edu/psych/directories/faculty/elizabeth-kunreuther>,  
<http://www.asperger-training.com/matthew-tinsley/>

15:31	SEGMENT 2: DROWNING: IT DOESN'T LOOK LIKE YOU THINK	8:05
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**Synopsis:** Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult. Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble.

**Host:** Nancy Benson. **Guest:** Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, US Coast Guard.

**Compliance issues covered:** public health, public safety, youth at risk, water safety, consumerism

**Links for more information:** <http://poolsafely.gov>, <https://www.youtube.com/watch?v=-dmYka7jLiA>

## Program Log for *Radio Health Journal*

Program 18-22 Producer Reed Pence  
Air Week 6/3 – 6/9/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: DOCTOR SUICIDE	12:13

**Synopsis:** Doctors are attempting suicide in high numbers, and are much more likely than the general population to complete it. Experts discuss the coverup of doctor suicides, the reasons behind depression in doctors, and why doctors who are depressed are less likely than normal to get help.

**Host:** Reed Pence. **Guests:** Dr. Pamela Wible, founder, Ideal Medical Care movement and author, *Physician Suicide Letters, Answered*; Dr. Louise Andrew, founder, MD Mentor

**Compliance issues covered:** health care, public health, mental health and suicide, education, government regulation

**Links for more information:** <http://www.idealmedicalcare.org/blog>, <http://www.mdmentor.com/who-we-are/>

15:20	SEGMENT 2: ENHANCING FOOD SAFETY	7:27
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**Synopsis:** Increasing recalls for food contamination have scared many Americans. A noted expert discusses why contamination scares are becoming more common, what government and producers are doing to protect us, and what we can do in our own kitchens to make foods safer.

**Host:** Nancy Benson. **Guest:** Dr. Mark Tamplin, former food safety adviser, World Health Organization and US Centers for Disease Control and Prevention and author, *Phage*.

**Compliance issues covered:** food safety, consumer safety, health care, public health, government regulation, agriculture, business and industry

**Links for more information:** <http://marktampin.com/index.html>

## Program Log for *Radio Health Journal*

Program 18-23 Producer Reed Pence  
Air Week 6/10 – 6/16/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: TACKLING HIGH DRUG PRICES	12:13

**Synopsis:** The White House has rolled out a plan to reduce the cost of prescription drugs nationally. Experts and those involved discuss elements of the plan and how it might work.

**Host:** Reed Pence. **Guests:** Donald Trump, President of the United States; Eric Hargan, Deputy Secretary, US Dept. of Health and Human Services; Dr. David Hyman, Prof. of Law, Georgetown Univ. Law Center and co-author, *Overcharged: Why Americans Pay Too Much for Healthcare*; Alex Azar, Secretary, US Department of Health and Human Services

**Compliance issues covered:** health care, public health, Medicare, federal government, laws, legislation and regulation, economics, foreign trade, insurance

**Links for more information:** <https://www.whitehouse.gov>, <https://www.hhs.gov/about/leadership/eric-d-hargan/index.html>, <https://www.law.georgetown.edu/faculty/david-hyman/>, <https://www.hhs.gov/about/leadership/secretary/alex-m-azar/index.html>

15:20	SEGMENT 2: THE “BASEBALL RULE”	7:35
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**Synopsis:** People injured by foul balls at major league baseball games have little chance of recovering damages against teams because of a more-than century old judicial rule that essentially says fans know the risk they’re taking by attending. Experts explain the rule and recent moves by teams to play it safe.

**Host:** Nancy Benson. **Guests:** Eldon Ham, sports attorney and faculty member, Chicago-Kent College of Law; Nathaniel Grow, Assoc. Prof. of Business Law and Ethics, Kelley School of Business, Indiana Univ.

**Compliance issues covered:** sports, recreation and entertainment, legal and justice system, youth at risk

**Links for more information:** <http://eldonham.com>, <https://kelley.iu.edu/faculty-research/faculty-directory/profile.cshhtml?id=GROWN>

## Program Log for *Radio Health Journal*

**Program** 18-24      **Producer** Polly Hansen and Reed Pence  
**Air Week** 6/17 – 6/23/2018      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	SEGMENT 1: DRUG ABUSE AND HARM REDUCTION	12:21

**Synopsis:** As the opioid crisis continues, the city of Vancouver, BC, has found that a harm reduction approach helps addicts move to safer drug use and eventually getting clean. An author who's watched the process discusses the controversial approach of officially allowing drug use, but in safer conditions.

**Host:** Reed Pence. **Guest:** Travis Lupick, author, *Fighting for Space: How a Group of Drug Users Transformed One City's Struggle With Addiction*

**Compliance issues covered:** drug and substance abuse and treatment, opioid crisis, local government, harm reduction

**Links for more information:** <https://www.fightingforspace.com>

15:28	SEGMENT 2: LIVING THROUGH EXCRUCIATING PAIN	6:59
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**Synopsis:** Pain is an often misunderstood reality for millions of people. A noted university professor who became a quadriplegic in a bicycle accident discusses her constant pain and the way it changes life.

**Host:** Nancy Benson. **Guest:** Dr. Christina Crosby, Prof. of English and Feminist, Gender and Sexuality Studies, Wesleyan Univ. and author, *A Body, Undone: Living On After Great Pain*

**Compliance issues covered:** consumerism, health care

**Links for more information:** <http://magazine.wesleyan.edu/2016/04/05/christina-crosby-a-body-undone/>

## Program Log for *Radio Health Journal*

Program 18-25 Producer Reed Pence  
Air Week 6/24 – 6/30/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: VANISHING TEEN RITES OF PASSAGE	12:39

**Synopsis:** Teenagers used to experience rites of passage including getting a driver's license, going out on dates, drinking, having sex, & getting a job. They're engaging in these activities much less often today. It means less risk, but may leave adolescents less ready for adulthood and independence. Experts discuss.

**Host:** Reed Pence. **Guests:** Dr. Jean Twenge, Prof. of Psychology, San Diego State Univ. & author, *I-Gen: Why Today's Superconnected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy and Completely Unprepared for Adulthood*; Rachel Simmons, Leadership Development Specialist, Smith College and author, *Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Happy, Healthy and Fulfilling Lives*; Dr. Dan Siegel, Clinical Prof. of Psychiatry, UCLA School of Medicine, Exec. Director, Mindsight Institute and author, *Brainstorm: The Power and Purpose of the Teenage Brain*

**Compliance issues covered:** youth at risk, adolescents, parenting, education, underage drinking, social media

**Links for more information:** <http://www.jeantwenge.com>, <https://www.rachelsimmons.com>, <http://www.drdansiegel.com>

15:42	SEGMENT 2: BABIES AND THEIR GUT BACTERIA	7:22
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**Synopsis:** Children have up to five times as much asthma and allergies as their grandparents, and a new study shows that an imbalance of gut bacteria in the first year of life may be why. An expert pediatrician discusses why this occurs and ways to address the problem.

**Host:** Nancy Benson. **Guest:** Dr. Tanya Altmann, Asst. Clinical Prof. of Pediatrics, UCLA Mattel Children's Hospital and Editor In Chief, American Academy of Pediatrics parenting book series

**Compliance issues covered:** youth at risk, public health, consumerism

**Links for more information:** <https://www.drtanya.com>