

MARCH, 2015

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Radio Health Journal®

Quarterly Issues Report – Q1 2015
Radio Health Journal Programs 15-01 through 15-13

During the first quarter of 2015 the following compliancy issues were covered:

Aging	Mental Illness
Arts And Entertainment	Military And National Defense
Consumerism	Parenting Issues
Death And Dying	Pop Culture
Disabilities	Population Growth
Discrimination	Prevention
Economics	Psychology
Education	Public Health
Employment	Recreation And Entertainment
Environment	Relationship Issues
Ethics	Sexually Transmitted Diseases
Evolution	Technology
Family Issues	Unemployment
Federal Government	Vaccination
Gender Issues	Women's Issues
Health Care	Workplace Health And Safety
Legal Issues	Workplace Issues
Leisure	Youth At Risk
Mental Health Workplace	

Description of Issue	Program/Segment	Date	Duration	Description of Segment
employment and workplace issues; ethics; youth at risk; relationship issues	Program # 15-01 Segment 1	1-4-15	12:13	<p>Sharks in suits: workplace "almost psychopaths"</p> <p>Synopsis: Almost everyone is victimized at some point by a cutthroat co-worker who lies with ease and feels no remorse. These people may be "almost psychopaths," people with psychopathic characteristics too subtle to be diagnosed. Two experts explain how these people operate and how the rest of us can avoid being played.</p> <p>Host: Reed Pence. Guests: Jim Silver, former federal prosecutor, and Dr. Ronald Schouten, Assoc. Prof. of Psychiatry, Harvard Medical School and Director, Law and Psychiatry Service, Massachusetts General Hospital. They are co-authors, Almost a Psychopath: Do I (Or Someone I Know) Have a Problem with Manipulation and Lack of Empathy</p>
health care; economics; aging; disabilities	Program # 15-01 Segment 2	1-4-15	7:51	<p>Heart failure</p> <p>Synopsis: Heart failure is a major source of death and disability. Experts discuss causes, consequences and new treatments that may greatly lessen its toll.</p> <p>Host: Nancy Benson. Guests: Dr. Deborah Weinstein, Chief Medical Officer, Atlantic Clinical Research Collaborative; Dr. William Abraham, Prof. of Internal Medicine and Director, Division of Cardiovascular Medicine, Ohio State Univ.</p>

Description of Issue	Program/Segment	Date	Duration	Description of Segment
workplace health and safety; consumerism; employment; arts and entertainment	Program15-02 Segment 1	1-11-15	12:35	<p>Performer's injuries</p> <p>Synopsis: Professional musicians often suffer from repetitive motion injuries, while dancers suffer athletic injuries. Both often "play hurt," in part due to fear of losing position or income, or because they are more likely than most professions to have no health insurance.</p> <p>Host: Reed Pence. Guests: Amy Roisum Foley, Prof. of Music and Director of Bands, Minnesota State Univ.; Lynne Krayner-Luke, professional flutist and licensed Andover Educator; Dr. George Shybut, Wellington Orthopedics and Sports Medicine; Julie Daugherty, physical therapist, American Ballet Theater.</p>
youth at risk; employment; economics	Program #15-02 Segment 2	1-11-15	8:20	<p>Failure to launch</p> <p>Synopsis: It's much more common today for 20-somethings to delay moving out of Mom and Dad's house to start an independent life.</p> <p>Host: Nancy Benson. Guest: Dr. Jeffrey Jensen Arnett, Prof. of Research Psychology, Clark Univ. and author, When Will My Grown Up Child Grow Up? Loving and Understanding Your Emerging Adult</p>

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military and national defense; federal government; disabilities; public health; health care; mental illness	Program 15-03 Segment 1	1-18-15	12:25	<p>Moral injury</p> <p>Synopsis: The military is beginning to recognize a new category of emotional and spiritual injury in war--moral injury, a result of committing or witnessing an event such as an atrocity that violate deeply held ethical beliefs.</p> <p>Host: Reed Pence. Guests: Dr. Brett Litz, clinical psychologist, VA Boston Healthcare System and Director, Mental Health Core, Massachusetts Veterans Epidemiological Research & Information Center; Dr. William Nash, co-editor, <i>Combat Stress Injury: Theory, Research & Management</i> and independent consultant, Boston VA Research institute</p>
consumerism; education	Program 15-03 Segment 2	1-18-15	7:26	<p>Making and breaking habits</p> <p>Synopsis: The New Year is a time for people to stop bad habits and start new, good routines. An expert discusses the psychology of habits and how people can be more successful in changing their lives for the better.</p> <p>Host: Nancy Benson. Guest: Jeremy Dean, psychologist and author, <u>Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick</u></p>

Description of Issue	Program/Segment	Date	Duration	Description of Segment
public health; sexually transmitted diseases; health care; vaccination; youth at risk	Program #15-04 Segment 1	1-25-15	13:33	<p>HPV, cancer, and the HPV vaccine</p> <p>Synopsis: Human papilloma viruses are responsible for many cancers, especially cervical cancer and throat cancer. Vaccines exist for the major HPV's that cause these cancers, yet relatively few eligible youths have gotten them.</p> <p>Host: Reed Pence. Guests: Dr. Rodney Willoughby, Prof. of Pediatrics, Medical College of Wisconsin and member, American Academy of Pediatrics Committee on Infectious Diseases; Dr. Susan Vadaparampil, Senior Member, Division of Population Sciences, Moffitt Cancer Center, Tampa, FL; Dr. Leah Smith, postdoctoral fellow, Queen's Univ.; Dr. Linda Levesque, Asst. Prof. of Health Sciences, Queen's Univ.</p>
health care; psychology; death and dying	Program #15-04 Segment 2	1-25-15	7:25	<p>Music Thanatology</p> <p>Synopsis: Music Thanatology is a specialized practice of playing harp music for the dying. A practitioner of the art explains how there is also science to it as well.</p> <p>Host: Nancy Benson. Guests: Betsy Haraf, family member who witnessed Thanatology vigil; Tony Pederson, certified music Thanatologist, Midwest Palliative and Hospice Care Center, Northbrook, IL and President,</p>

Description of Issue	Program/Segment	Date	Duration	Description of Segment
technology; pop culture; relationship issues; consumerism	Program #15-05 Segment 1	2-1-15	11:34	<p>THE PITFALLS OF ONLINE DATING</p> <p>Synopsis: : For the first time in history, today more than half of American adults are single. Many are still looking for love--more than 40 million are members of online dating sites, which have their busiest time of the year between now and Valentine's Day. A noted psychologist explains research showing most users have exactly the wrong approach when seeking a good match online, and discusses how they can better their odds of finding true love</p> <p>Host: Reed Pence. Guest: Ken Page, psychotherapist in private practice, blogger on <i>Psychology Today</i> and author, <i>Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy</i></p>
health care; public health; vaccination; youth at risk; consumerism	Program #15-05 Segment 2	2-1-15	8:11	<p>THE FLU: IT'S BAD THIS YEAR</p> <p>Synopsis: The 2014-2015 flu season started much earlier than normal and so far has been much more severe than usual. Experts explain how this year's mismatch occurred between the flu vaccine and the predominant strain of flu, and how people can protect them in spite of the ineffective vaccine.</p> <p>Host: Nancy Benson. Guests: Dr. Helmut Albrecht, Chief, Division of Infectious Diseases & Haywood Gibbes Prof. of Internal Medicine, Univ. of South Carolina; Dr. William Schaffner, Prof. of Infectious Diseases, Vanderbilt Univ. School of Medicine</p>

Description of Issue	Program/Segment	Date	Duration	Description of Segment
gender issues; women's issues; discrimination; education	Program #15-06 Segment 1	2-8-15	12:51	<p>GENDER BIAS IN SCIENCE</p> <p>Synopsis: Few female role models exist at major research universities in scientific fields, subverting efforts to get more women into math and science. Many scientists have dismissed gender bias as a factor. However, new research shows that unintentional bias results in women being subconsciously considered less competent than their male scientific counterparts. Experts explain how unconscious bias exists and its pervasive effect in academia and society at large.</p> <p>Host: Reed Pence. Guests: Dr. Joan Herbers, Prof. of Evolution, Ecology and Organismal Biology, Ohio State Univ. and Past President, Assn. for Women in Science; Dr. Jo Handelsman, Associate Director for Science, US Office of Science and Technology Policy</p>
public health; health care; prevention; consumerism	Program #15-06 Segment 2	2-8-15	7:04	<p>YOUR EYE EXAM: MORE THAN MEETS THE EYE</p> <p>Synopsis: Eye exams are looking for a lot more than just eye diseases or how well you see. The eye is the window to the rest of our body's health, and many diseases can be spotted there first. An ophthalmologist explains.</p> <p>Host: Nancy Benson. Guest: Dr. Christopher Starr, Asst. Prof. of Ophthalmology, Weill-Cornell Medical Center, New York.</p>

Description of Issue	Program/Segment	Date	Duration	Description of Segment
public health; technology; consumerism; environment; prevention	Program #15-07 Segment 1	2-15-15	13:29	<p>THE GUT MICROBIOME</p> <p>Synopsis: Scientists are learning that the bacteria living inside us, most notably in the intestines, influence our bodies far more than previously suspected. Our microbiome influences many other organs, particularly the liver, brain, and immune system. Different mixes of these bacteria may account for a great deal of the variability among people, particularly in our weight. Two researchers explain.</p> <p>Host: Reed Pence. Guests: Dr. Jack Gilbert, Group Leader, Microbial Ecology, Argonne National Laboratory; Dr. Rob Knight, Prof. of Pediatrics and Computer Science & Engineering, Univ. of California, San Diego</p>
public health; prevention; consumerism	Program #15-07 Segment 2	2-15-15	6:29	<p>MINDLESS EATING</p> <p>Synopsis: People eat for reasons other than satisfying hunger, and those reasons play a great role in whether we eat too much or not. Experts discuss the role of the environment in our appetites and how we may use it to stay slim.</p> <p>Host: Nancy Benson. Guests: Dr. Brian Wansink, Director, Cornell Univ. Food and Brand Lab and author, <i>Slim By Design: Mindless Eating Solutions for Everyday Life</i>; Dr. Barbara Rolls, Prof. of Nutritional Sciences, Penn State Univ. and author, <i>The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping It Off</i></p>

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family issues; youth at risk; parenting issues	Program #15-08 Segment 1	2-22-15	12:05	<p>ONLY CHILDREN...AND THEIR PARENTS</p> <p>Synopsis: Only children have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing. Experts refute the myths about only children and discuss how parents can help children navigate life with no siblings.</p> <p>Host: Reed Pence. Guests: Beth Apone Salamon, Director of Communications, School of Social Work, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, <i>One and Only: The Freedom of Having an Only Child and the Joy of Being One</i>; Dr. Susan Newman, psychologist.</p>
consumerism; youth at risk; aging	Program #15-08 Segment 2	2-22-15	8:54	<p>THE SENSE OF TOUCH</p> <p>Synopsis: The sense of touch is often taken lightly, yet it conveys more emotion than any other sense because it literally has a separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it's not working, as it should.</p> <p>Host: Nancy Benson. Guest: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, <i>Touch: The Science of Hand, Heart, and Mind</i></p>

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youth at risk; health care; technology; consumerism	Program #15-09 Segment 1	3-1-15	11:28	<p>LATE EFFECTS OF CHILDHOOD CANCER</p> <p>Synopsis: Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects.</p> <p>Host: Reed Pence. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan Green, cancer survivor</p>
consumerism; youth at risk; family violence	Program #15-09 Segment 2	3-1-15	8:25	<p>INFANT SLEEP AND SHAKEN BABIES</p> <p>Synopsis: New parents are often at wits' end when their baby won't sleep. Infants who won't sleep and cry inconsolably are also at major risk of being victims of shaken baby syndrome. Experts discuss the connection and ways babies can be more reliable sleepers.</p> <p>Host: Nancy Benson. Guests: Dr. Ronald Barr, Prof. of Pediatrics, Univ. of British Columbia and Fellow, Canadian Institute for Advanced Research; Dr. Janet Krone Kennedy, clinical psychologist, founder, NYC Sleep Doctor and author, <i>The Good Sleeper: The Essential Guide to Sleep For Your Baby and You</i></p>

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youth at risk;	Program #15-10	3-8-15	12:32	MEASLES & VACCINATION--EXPLORING
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health care; public health; parenting issues; legal issues; consumerism criminal justice system	Segment 1			<p>THE "SOCIAL CONTRACT"</p> <p>Synopsis: Measles is more widespread than it has been in years. The current measles outbreak in several states has prompted questions about the responsibility of parents to have their children immunized against vaccine-preventable diseases.</p> <p>Host: Reed Pence. Guests: Dr. John Swartzberg, Clinical Prof. Emeritus, Univ. of California Berkeley School of Public Health; Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Disease, Vanderbilt Univ.; Alta Charro, Warren P. Knowles Prof. of Law and Bioethics, Univ. of Wisconsin.</p>
consumerism; mental health	Program #14-49 Segment 2	3-8-15	7:13	<p>BOTOX AND DEPRESSION</p> <p>Synopsis: Many people are familiar with the use of Botox to reduce wrinkles and frown lines. But Botox can also be used to reduce the effects of depression.</p> <p>Host: Nancy Benson. Guest: Dr. Eric Finzi, dermatologic surgeon, Washington, DC and author, <i>The Face of Emotion: How Botox Affects Mood and Relationships</i></p>

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workplace, employment and unemployment; economics; public health; legal issues; discrimination	Program #15-11 Segment 1	3-15-15	12:09	<p>WORKPLACE BULLIES</p> <p>Synopsis: Studies estimate that at some point in their careers, 35 percent of workers will be bullied badly enough to affect their health. Experts discuss the reasons for workplace bullying, the outcomes, and some of the few ways to prevent it.</p> <p>Host: Reed Pence. Guests: Dr. Gary Namie, Director, Workplace Bullying Institute; Meredith Fuller, psychologist and author, <i>Working With Bitches: Identifying Eight Types of Office Mean Girls and How to Deal With Them</i></p>
health care; consumerism; technology; economics	Program #15-11 Segment 2	3-15-15	7:46	<p>SMART BANDAGES</p> <p>Synopsis: Hospitals and clinics often have to stock a huge variety of bandages and dressings to address the moisture needs of different kinds of wounds. Now a high-tech "smart dressing" can replace them. It absorbs moisture when necessary but can also supply the right amount of moisture in places where it's needed.</p> <p>Host: Nancy Benson. Guests: Dr. Alexander Reyzelman, Assoc. Prof. of Medicine, California School of Podiatric Medicine and Co-Director, Limb Preservation Center, Univ. of California San Francisco; Vicki Fischenich, geriatric nurse-practitioner and Director, Clinical Affairs, Osnovative Systems.</p>

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workplace, employment and unemployment; economics; women's issues; gender issues; federal government; youth at risk	Program #15-12 Segment 1	3-22-15	12:17	<p>WOMEN AND WORK</p> <p>Synopsis: The US once led the world in proportion of women in the workplace, but that number has declined the last 15 years. Experts explain the social, economic, and governmental factors that are leading women to quit their jobs--often unwillingly--and stay home.</p> <p>Host: Reed Pence. Guests: Dr. Pamela Stone, Visiting Scholar, Stanford Univ. Clayman Institute for Gender Research, Prof. of Sociology, Hunter College and the Graduate Center, City Univ. of New York, and author, <i>Opting Out: Why Women Really Quit Careers and Head Home</i>; Dr. Claudia Goldin, Prof. of Economics, Harvard Univ.</p>
evolution; population growth; youth at risk; public health	Program #15-12 Segment 2	3-22-15	8:21	<p>LEARNING FROM TRADITIONAL SOCIETIES</p> <p>Synopsis: An expert discusses his study of traditional native societies, which shows how human genetics have not adapted to change</p> <p>Host: Nancy Benson. Guest: Jared Diamond, author, <i>The World Until Yesterday: What Can We Learn from Traditional Societies?</i></p>

workplace, employment and unemployment; economics; women's issues; gender issues; federal government; youth at risk	Program #15-13 Segment 1	3-29-15	11:49	TONE DEAFNESS Synopsis: Millions of people can't carry a tune when they sing and believe they're tone deaf. However, most simply have trouble matching tones when they sing and would benefit from more practice. To the truly tone deaf person, all pitches sound alike. No amount of practice would help. Experts discuss the concept and offer hope to the karaoke-challenged. Host: Reed Pence. Guests: Dr. Psyche Loui, Assistant Professor of Psychology and Neuroscience, Wesleyan University; Dr. Dominique Vuvan, post-doctoral fellow, International Laboratory for Brain, Music and Sound Research; Dr. Steven Demorest, Professor of Music Education, Northwestern University
public health; health care; mental health	Program #15-13 Segment 2	3-29-15	8:00	ANXIETY Synopsis: Anxiety is normal, but too much can be crippling; an author and anxiety sufferer discusses the nature of crippling anxiety and what people can do about it. Host: Nancy Benson. Guest: Scott Stossel, editor, <i>Atlantic</i> magazine and author, <i>My Age of Anxiety: Fear, Hope, Dread and the Search for Peace of Mind</i>

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