

Radio Health Journal Q2 2014

| Description of Issue | Program/Segment | Date | Time | Duration | Description of Segment |
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| education; youth at risk; school truancy; parenting issues; mental health issues | Program # 14-14 SEGMENT 1 | 4/6/14 | | 11:36 | <p>SEGMENT 1: "School refusal"</p> <p>The start of the school year and returning from spring break are the two most common times for children to suffer from what used to be called "school phobia," anxiety leading them to claim they are ill and cannot go to school. Experts discuss how these children should be treated, and how they differ from children who are simply "playing hooky."</p> <p>Host: Reed Pence. Guests: Dr. Christopher Kearney, Prof. of Psychology, Univ. of Nevada-Las Vegas; Dr. Karen Cassiday, clinical director, Anxiety and Agoraphobia Treatment Center, Northbrook, IL</p> |
| Health, recreation, relationships, addiction | Program # 14-14 SEGMENT 2 | 4/6/14 | | 8:13 | <p>SEGMENT 2: Changes in the family as women become primary breadwinners</p> <p>Nearly half of married working women outearn their husbands, and the trend is likely to accelerate with women making up 60 percent of college students. A journalist examines the trend and what it means for families and life at home.</p> <p>Host: Nancy Benson. Guest: Liza Mundy, reporter, Washington Post, Fellow, New American Foundation, and author, The Richer Sex: How the New Majority of Female Breadwinners is Transforming Sex, Love, and Family</p> |

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| consumerism; agriculture; food safety and product safety; federal government regulation; environment | Program # 14-15 SEGMENT 1 | 4/13/14 | | 11:36 | <p>SEGMENT 1: Genetically modified crops in our foods</p> <p>Synopsis: Genetically modified organisms or GMOs have come to represent nearly half of all crop acres in the US. More than half of all processed foods contain GMO's. Experts discuss whether this is a food safety threat and if GMO products should be labeled.</p> <p>Host: Reed Pence. Guests: Dr. Lara De Francesco, Senior Editor, <u>Nature Biotechnology</u>; Steve Hughes, Founder, Chairman and CEO, Boulder Brands; Gregory Jaffe, Director, Biotechnology Project, Center for Science in the Public Interest; Ronnie Cummins, National Director, Organic Consumers Association; Mark Lynas, Visiting Scholar, Cornell Univ. College of Agriculture and Life Sciences</p> |
| youth at risk; sports and recreation | Program # 14-15 SEGMENT 2 | 4/13/14 | | 7:07 | <p>SEGMENT 2: Spring youth sports injuries</p> <p>Synopsis: With the arrival of spring, baseball, softball and soccer take over neighborhood sports fields. A sports physician discusses the most common injuries in spring and summer sports and preventive steps to keep kids healthy.</p> <p>Host: Nancy Benson. Guest: Dr. Greg Canty, Medical Director, Center for Sports Medicine, Children's Mercy Hospitals and Clinics, Kansas City, MO.</p> |

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| consumerism; health care; public health; self-help | Program # 14-16 SEGMENT 1 | 4/20/14 | | 11:49 | <p>SEGMENT 1: Pre-surgical anxiety</p> <p>Synopsis: Surgeons are learning that a high proportion of people facing surgery are terrified of what might happen. This stress adversely affects outcomes, so many large hospitals are turning to relaxation and visualization programs to combat the problem. Experts discuss.</p> <p>Host: Reed Pence. Guests: Walter Martin and Kathy Mellendy, surgical patients; Dr. Lawrence Cohn, Hubbard Prof. of Cardiac Surgery, Harvard Medical School and Chief Emeritus, Cardiac Surgery, Brigham & Women's Hospital, Boston; Peggy Huddleston, psychotherapist and author, Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques (healfaster.com)</p> |
| health care; consumerism | Program # 14-16 SEGMENT 2 | 1/19/14 | | 7:23 | <p>SEGMENT 2: Restless Legs Syndrome</p> <p>Synopsis: Restless legs syndrome, a neurological condition, strikes people at night, creating some of the worst sleep conditions known by any patients. Experts discuss identifying and treating the syndrome.</p> <p>Host: Lynn Holley. Guests: Karla Dzienkowski, Interim Director, Willis-Ekbom Disease Foundation and parent of daughter with restless legs syndrome; Dr. William Ondo, Prof. of Neurology, Univ. of Texas Health Science Center, Houston and advisory board member, Restless Legs Syndrome Foundation</p> |

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| health care; public health; HIV and AIDS; science and technology; consumerism and consumer activism; federal government and regulation | Program # 14-17 SEGMENT 1 | 4/27/14 | | 11:14 | <p>SEGMENT 1: "The HIV Cure"</p> <p>Synopsis: HIV has become a treatable chronic disease in the US, yet around the world, millions still die of AIDS. Two people called The Berlin Patients have apparently been cured of HIV, and their biology is informing a great deal of developing science to defeat the disease. A noted HIV researcher discusses where we are and where we are headed in the fight.</p> <p>Host: Reed Pence. Guest: Dr. Nathalia Holt, HIV research scientist and author, <u>Cured: How the Berlin Patients Defeated HIV and Forever Changed Medical Science</u></p> |
| health care; communications; technology; disabilities | Program # 14-17 SEGMENT 2 | 4/27/14 | | 8:31 | <p>SEGMENT 2: Spasmodic dysphonia</p> <p>Synopsis: Experts discuss an unusual "voice strangling" disorder and the toxin that can treat it.</p> <p>Host: Nancy Benson. Guests: Dr. Ramon Franco, Jr., Director, Division of Laryngology, Harvard Medical School; Dr. Susan Miller, Principal, Voice Trainer, Washington, DC</p> |

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| health care; public health; education; consumer safety | Program # 14-18 SEGMENT 1 | 5/4/14 | | 12:18 | <p>SEGMENT 1: Cutting medical training</p> <p>Synopsis: In an age of increasing medical complexity, some leading thinkers in medical education are proposing that the time spent on medical education be cut by nearly one third.</p> <p>Host: Reed Pence. Guests: Dr. Ezekiel Emanuel, Vice Provost for Global Initiatives and Chari, Department of Biomedical Ethics and Health Policy, Univ. of Pennsylvania; Dr. Victor Fuchs, Henry J. Kaiser Prof. Emeritus of Economics and Health Policy, Stanford Univ. and Senior Fellow, Stanford Institute for Economic Policy Research; Dr. Gail Morrison,</p> |
| mental health, popular culture, | Program # 14-18 SEGMENT 2 | 5/4/14 | | 7:31 | <p>SEGMENT #2- Phobias: Living in a fearful world</p> <p>SYNOPSIS: Some people live in fear of things that don't even phase the vast majority of us: sailing on a ship; the number 13; crowds; untidiness; even otters! Phobias of all types are uncomfortable for anyone who suffers from them and can sometimes ruin their lives and those of their loved ones. We talk to two anxiety disorder specialists about what phobias are, how they differ from other fear-based conditions, and what can be done to treat victims so they can lead normal lives.</p> <p>Host: Marty Peterson. Guests: Dr. Dean McKay, Prof. of Psychology, Fordham University. Dr. David Tolin, psychologist, Dir. of the Anxiety Disorders Center at the Institute of Living in Hartford, CT, Assoc. Prof. in the Yale University School of Medicine, author of the book, "Face Your Fears"</p> |

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| health care; disabilities; federal government and regulation; consumer safety; travel and tourism; business and industry; economics | Program # 14-19 SEGMENT 1 | 5/11/14 | | 11:48 | <p>A change in judging MS drugs?</p> <p>Synopsis: Physicians say more treatments are needed for multiple sclerosis because for some patients, no existing treatments work. Many experts have been stunned at the FDA's rejection of a promising new drug which has been approved in much of the rest of the world. Experts discuss the consequences of rejection and whether the FDA has changed how it evaluates medicines.</p> <p>Host: Reed Pence. Guests: Dr. Dr. Aaron Miller, Medical Director, Corinne Goldsmith Dickinson Center for Multiple Sclerosis, Icahn School of Medicine at Mount Sinai, New York; Dr. Tim Coetzee, Chief Advocacy Services and Research Officer, National Multiple Sclerosis Society</p> |
| family issues, war, immigration, business, media | Program # 14-19 SEGMENT 2 | 5/11/14 | | 8:11 | <p>SEGMENT 2: Physical therapy for war veteran amputees</p> <p>Synopsis: A physical therapist working at Walter Reed Army Medical Center during its last days discusses how veterans who've lost their limbs in combat are treated.</p> <p>Host: Nancy Benson. Guest: Adele Levine, author, <u>Run Don't Walk: The Curious and Chaotic Life of a Physical Therapist Inside Walter Reed Army Medical Center</u></p> |

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| mental health; interpersonal relationships; family issues; abuse; employment; workplace issues | Program # 14-20 SEGMENT 1 | 5/18/14 | | 12:42 | <p>SEGMENT 1: Verbal abuse from sweethearts and bosses</p> <p>Synopsis: Incessant verbal abuse by a significant other can take a huge toll in misery. Abusers may be psychologically compensating for verbal, emotional, or sexual abuse they themselves received in childhood. Bosses are also significant abusers of subordinates, though for different reasons.</p> <p>Host: Reed Pence. Guests: Patricia Evans (verbalabuse.com), author, Victory Over Verbal Abuse and five other books; Dr. Meredith Ferguson, Asst. Prof. of Management, Jon Huntsman School of Business, Utah State Univ.</p> |
| health care; aging; elderly and senior citizens; federal government and Medicare; economics; prevention | Program # 14-20 SEGMENT 2 | 5/18/14 | | 8:08 | <p>SEGMENT 2: Senior teeth</p> <p>Synopsis: People are keeping their teeth much longer than in previous generations, creating new issues for them and for their dentists. Experts discuss.</p> <p>Host: Nancy Benson. Guests: Dr. Ira Lamster, Prof. of Health Policy and Management, Mailman School of Public Health, Columbia Univ. and Dean Emeritus, Columbia Univ. College of Dental Medicine</p> |

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| health care; public health; consumer safety; technology; youth at risk | Program # 14-21 SEGMENT 1 | 5/25/14 | | 11:28 | <p>SEGMENT 1: CT scans: benefit vs. radiation risk</p> <p>Synopsis: CT scans provide doctors with a look inside the body to help make much more precise diagnoses, guiding treatment, avoiding mistakes and preventing unneeded surgeries. However, the x-rays emitted create a cancer risk, and doctors admit they don't know exactly how much risk they create. Experts discuss the benefit vs. risk calculation for patients.</p> <p>Host: Reed Pence. Guests: Dr. Donald Frust Prof. of Radiology and Pediatrics and Vice President of Safety and Quality, Dunk Univ. Medical Center; Dr. Susanna Lee, Chief of Women's Imaging, Massachusetts General Hospital and Harvard Medical School; Dr. James Brink, Radiologist in Chief, Massachusetts General Hospital and Harvard Medical School.</p> |
| health care; public health; laws and legal system; state government; youth at risk; women's issues; | Program # 14-21 SEGMENT 2 | 5/25/14 | | 8:57 | <p>SEGMENT 2: Home births and the law</p> <p>Synopsis: Home births have increased by more than 50 percent since 2004. But in 22 states, certified professional midwives have to work outside the law to assist women in home birth.</p> <p>Host: Nancy Benson. Guests: Emily Fetterer and Kimberlie Kranich, new parents; Angelica Pinkevich, mother of home-birther children; "Anne," Certified Professional Midwife; Ashley Price, President, Illinois Friends of Midwives; Dr. Maura Quinlan, Chair, William Haine,</p> |

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| courts and legal system; ethics; malpractice; economics; states and regulation | Program # 14-22 SEGMENT 1 | 6/1/14 | | 12:31 | <p>SEGMENT 1: Medical expert witnesses</p> <p>Synopsis: Doctors say frivolous malpractice suits are a major issue in driving up medical cost. Many doctors believe they're too often victimized by unethical "expert witnesses" who testify incompletely or untruthfully. Experts discuss why the justice system is relatively blind to erroneous medical testimony and the efforts that doctors are taking to get rid of it.</p> <p>Host: Reed Pence. Guests: Dr. Louise B. Andrew, emergency physician and attorney, MD Mentor.com; Dr. Bob Patton, nephrologist and attorney, MediateNow.biz; Dr. Jeffrey Segal, neurological surgeon and CEO, MedicalJustice.com.</p> |
| interpersonal relationships; family and parenting issues; youth at risk. | Program # 14-22 SEGMENT 2 | 6/1/14 | | 8:06 | <p>SEGMENT 2: Temperament</p> <p>Synopsis: The creation of personality is little understood. It is formed from natural-born temperament plus experience. Here, one of the world's foremost experts on temperament explains its origins and the extent it can be changed or subverted.</p> <p>Host: Nancy Benson. Guest: Dr. Jerome Kagan, Prof. Emeritus of Psychology, Harvard Univ., and author, <u>The Temperamental Thread</u>.</p> |

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| economy; business and industry; workplace issues; public health; disabilities; employment | Program # 14-23 SEGMENT 1 | 6/8/14 | | 12:54 | <p>SEGMENT 1: Presenteeism</p> <p>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.</p> <p>Host: Reed Pence. Guests: Rob Hosking, Executive Director, Office Team staffing service; Todd Whitthorne, President, ACAP Health; Michael Klachevsky, Practice Consultant for Absence Management, Standard Insurance Co.</p> |
| interpersonal relationships; family and parenting issues; youth at risk. | Program # 14-23 SEGMENT 2 | 6/8/14 | | 7:54 | <p>SEGMENT 2: The empty nest</p> <p>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.</p> <p>Host: Nancy Benson. Guest: Wendy Aronssen, psychotherapist and author, <u>Refeathering the Empty Nest: Life After the Children Leave</u></p> |

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| youth at risk; children; parenting issues | Program # 14-24 SEGMENT 1 | 6/15/14 | | 11:24 | <p>SEGMENT 1: Spoiled children</p> <p>Synopsis: Every generation thinks the one behind it is full of spoiled, entitled, lazy kids, prompting parenting advice that research shows is actually harmful to children. An expert discusses why conventional wisdom about raising kids is often all wrong.</p> <p>Host: Reed Pence. Guest: Alfie Kohn, author, <u>The Myth of the Spoiled Child: Challenging the Conventional Wisdom About Children and Parenting.</u></p> |
| interpersonal relationships; family issues; technology | Program # 14-24 SEGMENT 2 | 6/15/14 | | 9:23 | <p>SEGMENT 2: The powerful influence of friends</p> <p>Synopsis: Research shows that friends are the most powerful people in our lives, influencing our behavior, attitudes and health even more than our parents or spouses. An expert discusses the many ways friends determine our destinies.</p> <p>Host: Nancy Benson. Guest: Carlin Flora, author, <u>Friendfluence: The Surprising Ways Friends Make Us Who We Are</u></p> |

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| health care; public health; women's issues | Program # 14-25 SEGMENT 1 | 6/22/14 | | 12:14 | <p>SEGMENT 1: SCAD: spontaneous coronary artery dissection</p> <p>Synopsis: A form of heart attack that strikes young, seemingly healthy people-- most of them women, often near childbirth--is increasing. Experts discuss heart attacks caused by arteries that split open rather than blockages.</p> <p>Host: Reed Pence. Guests: Shelley Simonton, SCAD patient; Dr. Sharonne Hayes, Founder, Women's Heart Clinic, Mayo Clinic; Carol Vich, SCAD patient</p> |
| interpersonal relationships; media and society | Program # 14-25 SEGMENT 2 | 6/22/14 | | 7:19 | <p>SEGMENT 2: Why gossip is a good thing</p> <p>Synopsis: Most people regard gossip with disdain. While backbiting, vicious slander is usually disruptive, researchers have found that informational gossip has benefits for society by keeping people in line with societal norms. Experts discuss.</p> <p>Host: Nancy Benson. Guests: Dr. Robb Willer, Prof. of Sociology, Stanford Univ; Dr. Matthew Feinberg, Postdoctoral Fellow, Stanford Univ.</p> |

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| slavery, labor, crime & law enforcement, immigration, criminal justice system, business | Program # 14-26 SEGMENT 1 | 6/29/14 | | 13:01 | <p>SEGMENT #1 - Human Trafficking and Its Toll</p> <p>SYNOPSIS: Slavery is alive in the United States and around the world in the 21st century. That's hard to believe, but all over the world people are being forced to work long hours as laborers or the sex trades, in horrible conditions for little or no money – and there's no way for them to get out. We talk to two specialists in human trafficking about the issue and what's being done to help the survivors of this horrible crime and their families.</p> <p>Host: Gary Price. Guests: Melysa Sperber, Dir. of the Alliance to End Slavery and Trafficking, a project of Humanity United Kay Buck, CEO of Coalition to Abolish Slavery and Trafficking, CAST, Los Angeles, CA</p> |
| medicine, science and technology, education | Program # 14-26 SEGMENT 2 | 6/29/14 | | 7:21 | <p>SEGMENT #2- The Future of the Mind</p> <p>SYNOPSIS: It's amazing that in the 21st century, science knows so much about all of the organs of the body save one: the brain. We talk to a scientist and author about the unbelievable abilities of the brain, how memories help us predict the future, where dreams are located, how brain injury can sometimes make someone a genius, and how research into brain function is opening up new areas of understanding the mind and its possibilities.</p> <p>Host: Marty Peterson. Guests: Dr. Michio Kaku, physicist, professor of theoretical physics City College and City University of New York, co-founder of string theory, and author of "The Future of the Mind: The scientific quest to understand, enhance, and empower the mind,"</p> |

