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| **Program** | 23-43 | **Written & Produced** | Kristen Farrah |
| **Air Week** | 10/22/23 | **Production Manager** | Jason Dickey |

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| **Time** | **Segment** | **Dur.** |
| :00 | INTRO | :48 |
| :48 | SPOTBREAK 1: Skyrizi “Skyrizi” OUTCUE: …to learn more | :60 |
| 1:48 | :02 PAUSE FOR LOCAL AVAIL | :02 |
| 1:50 | **SEGMENT 1: CURING CANCER WITH VACCINES OF THE FUTURE** | 12:18 |
|  | Synopsis: The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to erradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.  Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jordan Green, Professor, Vice Chair of Biomedical Engineering, Johns Hopkins University School of Medicine  Compliancy issues covered: cancer; vaccines; oncology; breast cancer; colorectal cancer; mRNA; protein; immune system; virus; vulnerable populations; public health; patient safety; multiple sclerosis; diabetes  Links for information: <https://www.hopkinsmedicine.org/profiles/details/jordan-green> <https://greengroup.johnshopkins.edu/> <https://www.pnas.org/doi/full/10.1073/pnas.2301606120> <https://twitter.com/JGreenGroup> |  |
| 14:08 | SPOTBREAK 2: SPM “RHJ VP Podcast”  Procter & Gamble “Metamucil” OUTCUE: ...any disease | :30  :30 |
| 15:08 | :02 PAUSE FOR LOCAL AVAIL | :02 |
| 15:10 | **SEGMENT 2: DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON** | 7:49 |
|  | Synopsis: Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it’s a little of both. He breaks down what common characteristics resilient people share and how you can overcome hardships in your own life.  Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Dennis Charney, Dean of the Icahn School of Medicine, Mount Sinai, Expert in Neurobiology and Mood & Anxiety Disorders, Author, *Resilience*  Compliancy issues covered: resilience; gun violence; stalking; religion; neurology; anxiety; depression; genetics; fear conditioning; social support; goals; role models; optimism; community; environment  Links for information: <https://www.mountsinai.org/about/leadership/dennis-s-charney> <https://twitter.com/IcahnMountSinai> <https://www.linkedin.com/in/dennischarney/> <https://www.amazon.com/Resilience-Science-Mastering-Greatest-Challenges-ebook/dp/B0CCJWYY1Q/ref=sr_1_1?qid=1697132113&refinements=p_27%3ADennis+Charney&s=books&sr=1-1> |  |
| 22:59 | SPOTBREAK 3: Procter & Gamble “Pepto Bismol”  AZZ Autozone “Services Mash Up”  SPM “RHJ VP Podcast”  Pfizer Consumer Healthcare “Abrysvo” OUTCUE: …by pfizer | :30  :30  :30  :30 |
| 24:59 | **MEDICAL NOTES: RODENTS MAY BE THE KEY TO IMMORTALITY, NEW TREATMENTS FOR MUSCULAR DYSTROPHY, AND WHY DOGS ARE GREAT FOR YOUR HEALTH**  Host: Shel Lustig Producer: Kristen Farrah | 1:28 |
| 26:27 | SPOTBREAK 4: Pfizer Consumer Healthcare “Prevnar” OUTCUE: …twenty dot com | :60 |
| 27:27 | Program Conclusion | :30 |
| 27:57 | TOTAL TIME |  |