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| **Program** | 24-18 | **Written & Produced** | Kristen Farrah |
| **Air Week** | 5/05/24 | **Production Manager** | Jason Dickey |

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| **Time** | **Segment** | **Dur.** |
| :00 | INTRO | :46 |
| :46 | SPOTBREAK 1: Procter & Gamble “Metamucil”  Indeed “Indeed” OUTCUE: …conditions apply | :30  :30 |
| 1:46 | :02 PAUSE FOR LOCAL AVAIL | :02 |
| 1:48 | **SEGMENT 1: LEARN THE SKILLS THAT CAN TAKE YOUR CAREER TO THE NEXT LEVEL** | 12:45 |
|  | Synopsis: Some people naturally have that *it* factor where it seems like they’re in control of any situation. Thankfully, our experts have broken this coveted trait down into various micro skills that can be learned and practiced. Their tips are valuable for both personal and career growth.  Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Resa E. Lewiss, Professor of Emergency Medicine, University of Alabama, Birmingham, Host, The Visible Voices Podcast, Co-Author, *Micro Skills*; Dr. Adaira Landry, Assistant Professor, Harvard Medical School, Emergency Medicine Physician, Brigham and Women’s Hospital, Co-Author, *Micro Skills*  Compliancy issues covered: life skills; workplace issues; public health; self-help; healthy communication; friendships; relationships; career growth; personal growth; personal hygiene; conflict-resolution; mental health  Links for information: <https://www.resalewiss.com/> <https://www.instagram.com/resaelewiss/> <https://www.thevisiblevoicespodcast.com/> <https://twitter.com/ResaELewiss> <https://www.harpercollins.ca/9781335013293/microskills/> <https://adairalandrymd.com/> <https://www.instagram.com/adairalandrymd/?hl=en> <https://twitter.com/AdairaLandryMD> |  |
| 14:33 | SPOTBREAK 2: SPM “RHJ VP PODCAST”  Procter & Gamble “Bounce Fab ENH” OUTCUE: ...it’s the sheet | :30  :31 |
| 15:34 | :02 PAUSE FOR LOCAL AVAIL | :02 |
| 15:36 | **SEGMENT 2: THE NEW THERAPY THAT’LL GIVE SOME PATIENTS A “CURE FOR THEIR CANCER”** | 7:00 |
|  | Synopsis: The FDA recently approved a new cancer therapy that’s been shrinking tumors to the point that they’re undetectable. TIL therapy strengthens the body’s natural defenses against cancer and is showing incredible results. Our expert explains how this treatment is a step above other options like chemotherapy and targeted therapy.  Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Joal Beane, Surgical Oncologist, The Ohio State University, John Kosik, Cancer Patient  Compliancy issues covered: cancer; cancer therapy; chronic disease; cancer treatment; cellular biology; tumors; TIL therapy; pain management; anemia; clinical trials; patient safety; oncology; surgery  Links for information: <https://cancer.osu.edu/find-a-doctor/search-physician-directory/joal-beane> <https://twitter.com/JoAl_Beane> <https://www.fda.gov/news-events/press-announcements/fda-approves-first-cellular-therapy-treat-patients-unresectable-or-metastatic-melanoma> |  |
| 22:36 | SPOTBREAK 3: Procter & Gamble “Pepto Bismol”  Verizon “Value Brands”  Pfizer Consumer Healthcare “Ibrance” OUTCUE: …loss of appetite | :30  :30  :60 |
| 24:36 | **MEDICAL NOTES: SCIENCE HAS CREATED ARTIFICIAL OVARIES, AI CAN DIAGNOSE BREAST CANCER, AND WHY ‘BABY TALK’ CAN MAKE YOUR KID SMARTER**  Host: Shel Lustig Producer: Kristen Farrah | 1:50 |
| 26:26 | SPOTBREAK 4: SPM “RHJ VP Podcast”  Procter & Gamble “Metamucil” OUTCUE: ….any disease | :30  :30 |
| 27:26 | Program Conclusion | :30 |
| 27:56 | TOTAL TIME |  |