

UEN-TV Monthly Health Highlights - January 2018



Gluten Free

Tuesday, January 2 at 9 p.m.



Is gluten harmful or not? Is it a fad diet or can it actually kill people? Millions of people have joined the conversation but little has been clarified as the food industry today sells more than \$5 billion a year in gluten-free foods.

Portraits of Professional Caregivers: Their Passion, Their Pain

Friday, January 5 at 8 p.m.



This program depicts the dramatic emotional costs experienced by professional providers such as nurses, social workers, clinical psychologists, doctors and firefighters. It also puts a spotlight on first responders who rescue, assist and when possible - heal the injured and traumatized. The documentary chronicles how caregiving can be an occupational hazard and asks the questions, "How is the professional care provider affected emotionally and physically, and who helps him or her?"



Prescription Drug Addiction

Tuesday, January 9 at 9 p.m.



This program focuses on the runaway opioid epidemic in the United States. Michael Botticelli, Director of the White House Office of National Drug Control Policy speaks to host Dennis Wholey about prescription drug and heroin addiction and warning signs for family members. This brief interview is followed by a roundtable discussion with four medical experts about the past year's 23,000 opioid deaths as well as addiction and treatment.

The Painful Truth

Tuesday, January 16 at 9 p.m.



What happens when lives are dramatically torn apart by chronic pain? We hear patients tell us their stories and we understand the social barriers and prejudices they face every day.

RX: Doctors of Tomorrow

Thursday, January 18 at 8:30 p.m.



How will the health professionals of the future be trained? The new Hofstra Medical School has taken the standard medical curriculum and stood it on its head. Students are taught to work together - that being a doctor is not like being a superstar fighter pilot. It's like being a member of the pit crew of a racing team.



Healthy Minds with Dr. Jeffrey Borenstein

Fridays at 8 p.m. beginning January 19



One in five people has a diagnosable mental disorder but often fear and shame prevent people from seeking help. Dr. Borenstein aims to remove the stigma of mental illness and demonstrate that with help there is hope

Grey Ambition

Friday, January 19 at 8:30 p.m.



The documentary shows Canadian seniors over sixty-five who are taking their brain power to new levels long after retirement. It includes seniors who are involved in the arts, volunteerism, education, entrepreneurship and those still working in the business world and proves that life begins at any age.

A Parent's Survival Guide: Childhood Obesity

Tuesday, January 23 at 9 p.m.



Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. The program addresses parent roles and offer prevention and intervention.