

# UEN-TV Monthly Health Highlights - July 2020

## Special July Programs



### Burden of Genius: Dr. Thomas Starzl's Journey into Organ Transplantation



Monday, July 8 at 9 p.m.

The world of neuroscience has led to groundbreaking treatments for many mental illnesses but still has many unknowns. Narrated by stroke survivor Lotje Sodderland, *Can You Fix A Brain Like Mine?* follows scientists operating at the far-flung frontiers of neuroscience and takes an in-depth look at the moral and ethical implications of trying to "fix a broken brain."

### Sleep Deprived



Friday, July 17 at 8 p.m.

Do you think you got enough sleep last night? For many Americans, the answer is no -- and they may suffer devastating health consequences because of it. Insomnia, sleep apnea, restless leg syndrome and parasomnias are just some of the disorders keeping people awake at night. We'll explore some of the most common sleep disorders and look into treatments ranging from medication to mindfulness.

## Special July Programs



### Roads to Recovery: Overdose and Brain Injury



Friday, July 24 at 8 p.m.

When a person overdoses, their respiratory system is suppressed. If they survive, it's likely they will live with some level of anoxic brain injury. The problem is the brain injury can impede treatment and recovery because of cognitive impairment and the loss of impulse control. The program looks at the science of overdose and brain injury with researchers, doctors, family of those who survive and policy makers. We examine the problems associated with overdose and look to solutions.

### The Not-Dying Girl



Friday, July 31 at 8 p.m.

Discover the emotional story of Lauren McCullough, a star high school athlete who was diagnosed with Ewing's Sarcoma and spent her time spreading awareness about the cancer and completing inspiring bucket-list items.

## Daily Health Programs



The programs are UEN-TV regularly scheduled weekday and Sunday programs for your health.

### Classical Stretch



Mondays, Wednesdays and Fridays at 8 a.m.

People of all ages and fitness levels can rebalance their bodies, increase mobility and keep joints healthy and pain-free.

### Sit and Be Fit



Mondays, Wednesdays and Fridays at 8:30 p.m.

Designed to make exercise fun, easy and safe for people of all ages.

### A Wider World



Sundays at 10 a.m.

This is a positive, informative, resource for persons with disabilities.

### Second Opinion



Sundays at 10:30 a.m.

Experts grapple with diagnosis and treatment options.

### Innovations in Medicine



Sundays at 11 a.m.

Explore the latest breakthroughs in research and treatment from some top U.S. medical and scientific centers.