

# UEN-TV Monthly Health Highlights - March 2020



## Sidelined: Concussions in Sports

Thursday, March 5 at 8 p.m.

Meet high school athletes and former NFL players struggling to recover from concussions.



## Painted Nails

Thursday, March 5 at 9 p.m.

In a well-told and beautifully crafted film, viewers will cheer the shy Van on as she becomes a key catalyst in the fight to bring reform to an \$8.54 billion industry that touches the lives of nearly every woman in America.



## Gluten Free

Tuesday, March 10 at 9 p.m.

Explore the front line of fact and controversy surrounding gluten-related illnesses. Is gluten harmful or not? Is it a fad diet, or can it actually kill people?



## Ireland's Great Hunger and the Irish Diaspora

Saturday, March 14 at 9 p.m.

Explore not just the potato failure that caused mass starvation, death and emigration in Ireland from 1845 to 1852, but the historic and socio-political circumstances that made the Great Famine almost inevitable.



## Heartland Local Food

Tuesday, March 17 at 9 p.m.

This documentary examines the challenges facing local food systems and how farmers' markets represent the heart of the American Food System.



## NHK Medical Frontiers Special: Search for Superfoods in Niigata

Tuesday, March 24 at 9 p.m.

Rice is Japan's staple food. Although high in sugar, rice promotes health. Men in Niigata Prefecture, a main producer, boast Japan's lowest BMI, a gauge of obesity. Rice reduces blood cholesterol and "komekoji" made from rice rids the body of fat. A hospital uses mirin, a rice-based sweetener, which curbs after-meal blood sugar rises, for patients with diabetes. We'll also share recipes for easy-to-make, gluten-free dishes using rice flour. The program explores the secret of superfood, rice, in Niigata.



## Media Coverage and the Female Athlete

Thursday, March 26 at 9 p.m.

Forty percent of all sports participants are female, yet women's sports receive only 4% of all sport media coverage and female athletes are much more likely than male athletes to be portrayed in sexually provocative poses.



## Going the Distance: Journeys of Recovery

Saturday, March 28 at 8 p.m.

Four survivors take us inside the experience of traumatic brain injury (TBI) to reveal their personal stories of devastation, heroism and hope. Called "the Silent Epidemic," TBI impacts 1.5 million Americans and costs American society \$60 billion every year.



## Bell Ringer: the Invisible Brain Injury

Tuesday, March 31 at 9 p.m.

dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play.

