



Episode Synopses for March 2024

Pitch Day	Episode #	Synopsis
03.07.24	#DN-482	<p><u>Menopause Solutions</u></p> <p>Hot flashes. Night sweats. Those are two symptoms women around the world recognize as signs of menopause. While it's an inevitable part of life, it affects women differently. And for those who are struggling and looking for solutions, this is the show for you. Dr. Partha Nandi, MD, speaks with a woman who's struggled with severe menopause symptoms since age 30 and feels like she's stuck inside an 82-year-old body. Also, a Medical Doctor shares common patient complaints and offers potential treatments. Plus, a Naturopathic Doctor discusses a holistic approach to symptoms, and an acupuncturist walks us through a live demonstration and shares how this alternative therapy may alleviate symptoms.</p>
03.14.24	#DN-497	<p><u>Diabetes 2</u></p> <p>Suffering from high blood sugar due to diabetes can result in severe health complications over time. So, how can one lead a long and healthy life while minimizing the potentially life-altering effects of this chronic disease? That's precisely what Dr. Partha Nandi, MD, and his experts aim to tackle in this episode. You'll hear one guest share his journey from devastation upon diagnosis to resetting his outlook and becoming a fitness trainer and motivational speaker. Also, experts discuss the difference between Type 1 and Type 2 along with potential treatments. Plus, a board-certified naturopathic doctor shares alternative treatments for those with Type 2; a registered dietician presents healthy and delicious snacks; and a fitness instructor demonstrates three simple exercises anyone can do regardless of their fitness level.</p>
03.21.24	#DN-475	<p><u>Childhood Cancer</u></p> <p>No child deserves to have cancer. And no child should have to go through the pain and grueling medical procedures that accompany a cancer diagnosis. In this episode, you'll hear touching stories from moms of kids with brain cancer. Plus a 16-year-old shares how painful headaches led to a cancer diagnosis at the tender age of 11. Also, Dr. Partha Nandi, MD, and guests discuss causes, symptoms, and treatment including a Childhood Cancer Specialist, who shares how he also fought cancer as a child.</p>
03.28.24	#DN-500	<p><u>Working with Your Spouse</u></p> <p>The roles and responsibilities husbands and wives have at home are already challenging to understand. However, when you also work with your spouse, it's essential to establish clear expectations to help maintain a successful marriage and workplace. In this episode, Dr. Partha Nandi, MD, speaks with several couples about the ups and downs of working together, including his very own wife, Kali! Plus, a renowned author and couples therapist shares practical advice on working with your spouse while keeping your sanity intact.</p>