



Saturdays • 7 p.m.
Sundays • 11 a.m.

STOCKTON CHANNEL 9

Tuesdays • 9 p.m.
Thursdays • 11 a.m. & 9 p.m.

MAINLAND CHANNEL 2

Saturdays • 9 a.m. & 4 p.m.
Wednesdays • 9 a.m., 3 p.m. & 11 p.m.

ON THE RADIO

WTKU 98.3 FM • WMGM 103.7 FM
WJSE 102.7 FM
Sundays • 5:30 a.m.

WOND 1400 AM • WGYM 1580 AM
Saturdays • 6 a.m.

*Dates and times are subject to change.
Please refer to your local channel guide
for current program schedule.

HEALTH TODAY

is a production of
Shore Memorial Hospital

Visit the online Physician Finder at
ShoreDoctors.com or call **(609) 653-4600**
for a Shore Doctor



Penn Medicine



The Children's Hospital of Philadelphia®
CARE NETWORK

Affiliated with

Penn Medicine

and part of

The Children's Hospital

of Philadelphia

Care Network



SHORE MEMORIAL
HOSPITAL

Marketing & Public Relations
One East New York Avenue
Somers Point, New Jersey 08244
609-653-3670
ShoreHealthToday.com



Health
TODAY

South Jersey's Only Weekly TV Health Show

Program Schedule
April 2011 - October 2011



SHORE MEMORIAL
HOSPITAL

Embracing Excellence

Health Today TV Show Schedule

Understanding Melanoma

Guests: Dr. Leonard Galler, chairman of the department of surgery, Joseph McLean, patient

Special Report: Osteoporosis with Stacy Ross, RN, BSN-BC, orthopedic manager

Healthy Cooking: Ram's Head Inn with Chef Gregory Baudermann

NBC40

Saturdays, 4/16, 6/18, 8/20 - 7 p.m.

Sundays, 4/17, 6/19, 8/21 - 11 a.m.

Stockton Channel 9

Tuesdays, 4/19, 6/21, 8/23 - 9 p.m.

Thursdays, 4/21, 6/23, 8/25 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 4/16, 6/18, 8/20 - 9 a.m. & 4 p.m.

Wednesdays, 4/20, 6/22, 8/24 - 9 a.m., 3 p.m. & 11 p.m.

Weight Control: Recipe for Success

Guests: Jennifer E. Crowley, RD, CNSC, clinical nutrition manager, Mark Zaleskiewicz, MS, FAACVPR, clinical exercise specialist

Special Report: Food Allergies with Jennifer E. Crowley, RD, CNSC, clinical nutrition manager

Fit Tip: TRX Workout with Robin Stoloff, NBC40 health reporter

NBC40

Saturdays, 4/23, 6/25, 8/27 - 7 p.m.

Sundays, 4/24, 6/26, 8/28 - 11 a.m.

Stockton Channel 9

Tuesdays, 4/26, 6/28, 8/30 - 9 p.m.

Thursdays, 4/28, 6/30, 9/1 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 4/23, 6/25, 8/27 - 9 a.m. & 4 p.m.

Wednesdays, 4/27, 6/29, 8/31 - 9 a.m., 3 p.m. & 11 p.m.

Inside the OR: Thyroid Surgery

Guests: Dr. Gary Feinberg, attending surgeon, Janeen Yacovelli, patient

Special Report: Nuclear Medicine with Debbie Nickerson, CNMT, RTR, certified nuclear medicine technologist

NBC40

Saturdays, 4/30, 7/2, 9/3 - 7 p.m.

Sundays, 5/1, 7/3, 9/4 - 11 a.m.

Stockton Channel 9

Tuesdays, 5/3, 7/5, 9/6 - 9 p.m.

Thursdays, 5/5, 7/7, 9/8 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 4/30, 7/2, 9/3 - 9 a.m. & 4 p.m.

Wednesdays, 5/4, 7/6, 9/7 - 9 a.m., 3 p.m. & 11 p.m.

Inside the OR: Shoulder Surgery to Repair the Labrum

Guests: Dr. Bradford S. Tucker, Rothman Institute orthopedic surgeon

Special Report: Hyperbaric Oxygen Chamber for Wound Care Treatment with Dr. Tom A. Papastamelos, board certified internal medicine and infectious disease

NBC40

Saturdays, 5/7, 7/9, 9/10 - 7 p.m.

Sundays, 5/8, 7/10, 9/11 - 11 a.m.

Stockton Channel 9

Tuesdays, 5/10, 7/12, 9/13 - 9 p.m.

Thursdays, 5/12, 7/14, 9/15 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 5/7, 7/9, 9/10 - 9 a.m. & 4 p.m.

Wednesdays, 5/11, 7/13, 9/14 - 9 a.m., 3 p.m. & 11 p.m.

Kids and Dehydration: How the CHOP Care Network Can Help

Guests: Dr. Magna Chang Dias, director of CHOP care network, the Pasceri family, patients

Healthy Cooking: Obadiah's with Chef Nicholas B. Riley

Fit Tip: Benefits of a Heart Monitor with Robin Stoloff, NBC40 health reporter

NBC40

Saturdays, 5/14, 7/16, 9/17 - 7 p.m.

Sundays, 5/15, 7/17, 9/18 - 11 a.m.

Stockton Channel 9

Tuesdays, 5/17, 7/19, 9/20 - 9 p.m.

Thursdays, 5/19, 7/21, 9/22 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 5/14, 7/16, 9/17 - 9 a.m. & 4 p.m.

Wednesdays, 5/18, 7/20, 9/21 - 9 a.m., 3 p.m. & 11 p.m.

Top Causes of Back Pain and How to Treat Them

Guests: Dr. Scott Strenger, neurosurgeon

Special Report: Back Strengthening Exercises with Jennifer Brooks, physical therapist

Healthy Cooking: Academy of Culinary Arts in Mays Landing with Chef Annmarie Chelius

NBC40

Saturdays, 5/21, 7/23, 9/24 - 7 p.m.

Sundays, 5/22, 7/24, 9/25 - 11 a.m.

Stockton Channel 9

Tuesdays, 5/24, 7/26, 9/27 - 9 p.m.

Thursdays, 5/26, 7/28, 9/29 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 5/21, 7/23, 9/24 - 9 a.m. & 4 p.m.

Wednesdays, 5/25, 7/27, 9/28 - 9 a.m., 3 p.m. & 11 p.m.

Understanding Breast Cancer Genetics and Detection

Guests: Dr. Philip Korzeniowski, obstetrician/gynecologist, Bobi Nevin, RN, nurse navigator of CEED program

Special Report: Cholesterol with Dr. Yatish Merchant, cardiologist

Healthy Cooking: Greate Bay Country Club with Chef Mike Carmody

NBC40

Saturdays, 5/28, 7/30, 10/1 - 7 p.m.

Sundays, 5/29, 7/31, 10/2 - 11 a.m.

Stockton Channel 9

Tuesdays, 5/31, 8/2, 10/4 - 9 p.m.

Thursdays, 6/2, 8/4, 10/6 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 5/28, 7/30, 10/1 - 9 a.m. & 4 p.m.

Wednesdays, 6/1, 8/3, 10/5 - 9 a.m., 3 p.m. & 11 p.m.

Preventing a Heart Attack

Guests: Dr. Steven Kornberg, chief of cardiology

Special Report: Stress Management with Donna Bingenheimer, BSN, RN, chairperson integrative care council

Fit Tip: Gym vs. Home Workout with Robin Stoloff, NBC40 health reporter

NBC40

Saturdays, 6/4, 8/6, 10/8 - 7 p.m.

Sundays, 6/5, 8/7, 10/9 - 11 a.m.

Stockton Channel 9

Tuesdays, 6/7, 8/9, 10/11 - 9 p.m.

Thursdays, 6/9, 8/11, 10/13 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 6/4, 8/6, 10/8 - 9 a.m. & 4 p.m.

Wednesdays, 6/8, 8/10, 10/9 - 9 a.m., 3 p.m. & 11 p.m.

Preterm Birth: Causes, Consequences, and Treatment

Guests: Dr. Robert Debbs, perinatologist

Special Report: Importance of Skin to Skin Contact with Constance L. Tyree, RN, MS, IBCLC, family life services coordinator

Fit Tip: Abdominal Exercises with Robin Stoloff, NBC40 health reporter

NBC40

Saturdays, 6/11, 8/13, 10/15 - 7 p.m.

Sundays, 6/12, 8/14, 10/16 - 11 a.m.

Stockton Channel 9

Tuesdays, 6/14, 8/16, 10/18 - 9 p.m.

Thursdays, 6/16, 8/18, 10/20 - 11 a.m. & 9 p.m.

Mainland Channel 2

Saturdays, 6/11, 8/13, 10/15 - 9 a.m. & 4 p.m.

Wednesdays, 6/15, 8/17, 10/19 - 9 a.m., 3 p.m. & 11 p.m.