

# SECOND BEST HEALTH

A PODCAST



PRESENTED BY  
EMILY OSTER &  
DR. F. PERRY WILSON



# EMILY OSTER

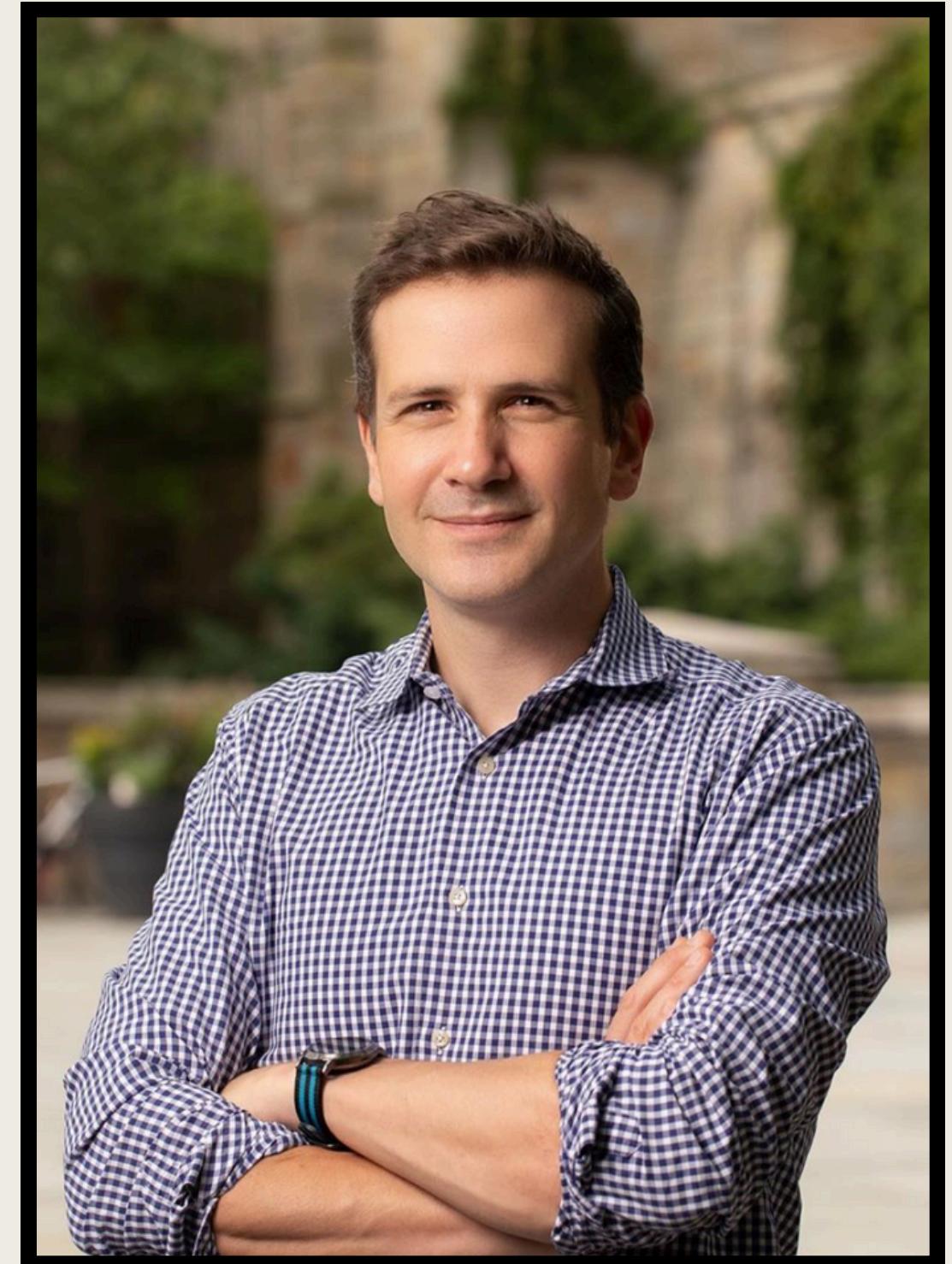
Emily Oster is on a mission to empower parents by providing the data and tools they need to make confident decisions. She is a professor of economics at Brown University and the founder and CEO of ParentData, a data-driven guide to pregnancy, parenting, and beyond. ParentData's weekly newsletter has hundreds of thousands of subscribers, along with a strong social media community. Emily is also a New York Times best-selling author, whose books include Expecting Better, Cribsheet, The Family Firm, and The Unexpected.



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# DR. F. PERRY WILSON

Dr. F. Perry Wilson is an Associate Professor of Medicine (Internal Medicine/Nephrology) and Public Health (Chronic Disease Epidemiology) at Yale University, where he runs Yale's Clinical and Translational Research Accelerator, conducting research in digital health interventions. An expert in interpreting medical studies, he created the wildly popular online course "Understanding Medical Research: Your Facebook Friend is Wrong," which has been taken by more than 100,000 people around the world. Dr. Wilson appears frequently on CNN and Radio stations around the country. His latest book, "*How Medicine Works and When It Doesn't: Learning Who to Trust to Get and Stay Healthy*," is available now.



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# THE PODCAST

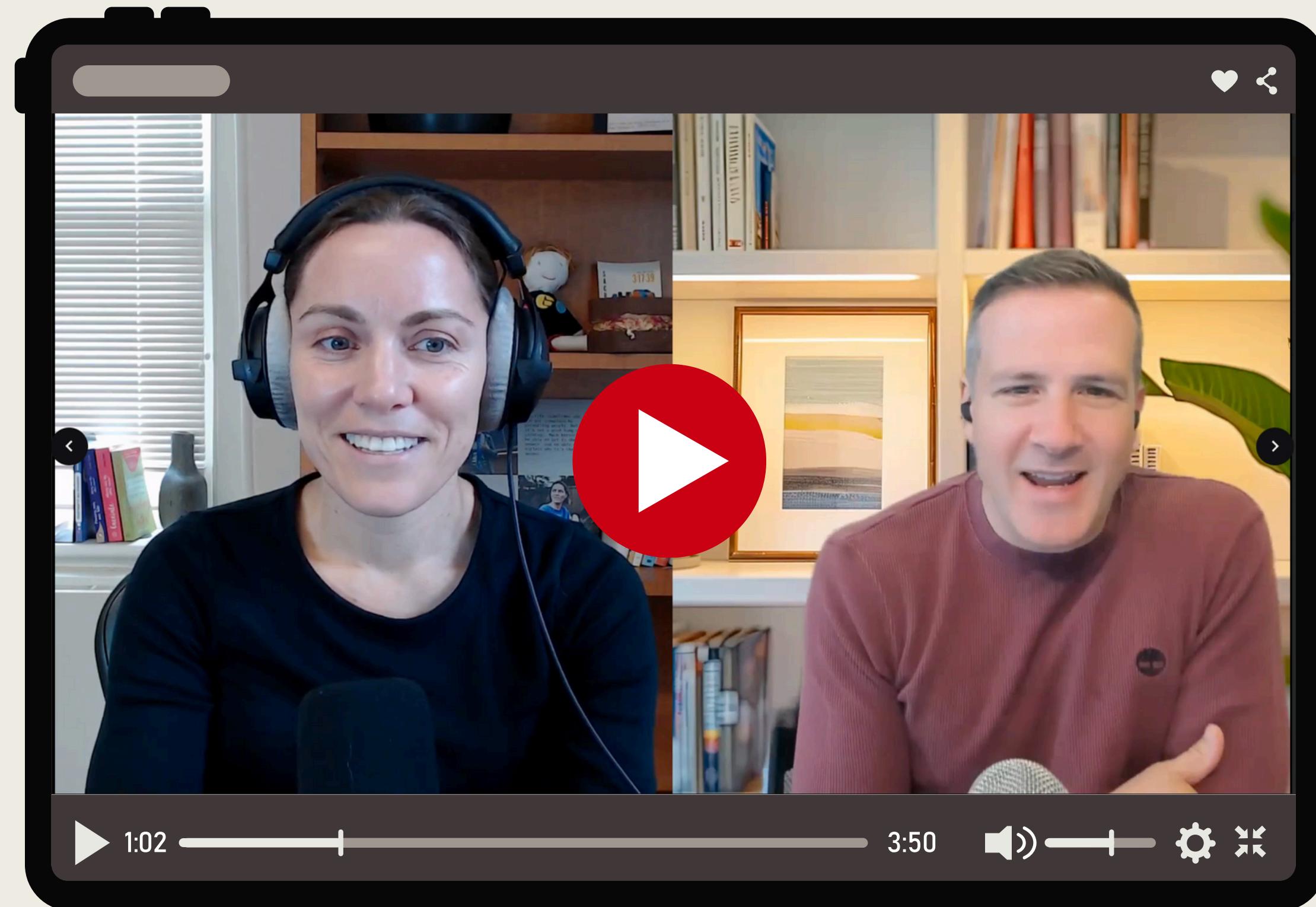
***Smart takes. Low stakes.***

The Second Best Health Podcast is a weekly show that unpacks buzzy headlines, overhyped wellness trends, and confusing health advice with clarity, curiosity, and humor. Each episode blends timely news, deep dives into misunderstood topics (think: microplastics, fluoride bans, Ozempic pricing), and real listener questions, offering second-best answers that are often better than the first.

Grounded in data but never dry, the show is a trusted guide for people who want to stay informed without getting overwhelmed. It's thoughtful, skeptical, and occasionally a little unhinged, in the best way.

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# PILOT EPISODE



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# PILOT EPISODE

In this pilot episode, the duo tackles microplastics, what they are, where they come from (spoiler: basically everywhere), and what we actually know (or don't know) about their effects on human health. From seafood and bottled water to indoor air and even fruit, microplastics have infiltrated daily life. The hosts break down the research on potential links to inflammation, reproductive harm, and brain toxicity, with their signature banter and skepticism intact.

The episode also dives into recent headlines, including:

- FDA restricting COVID Vaccine for healthy people
- Joe Biden's diagnosis of metastasis prostate cancer, (and the implications of PSA testing)
- RFK Jr's "Make Americans Healthy Again" Report,
- And whether Golf Courses cause Parkinson's disease.

They round things out with a lighthearted Q&A (including drug pricing under Trump) and "off-topic" picks like rollerblading.

# LET'S CHAT

**CONTACT INFO**

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