



The professional Newsletter for Greater Orlando's Society of
Gastroenterology Nurses and Associates | April 2018

Join our Facebook group!



Mark Your Calendar!

April 10, 2018 at 6:30 p.m.

Host: Southlake Hospital

Place: 1900 Don Wickham Dr., Clermont, FL 34711

Speaker: Grant from Boston Scientific

Topic: Advancements in EUS

Sponsor: Boston Scientific. They will provide Panera

dinner and Continuing Education

Rt. 50 and Citrus Tower- North 2 blocks on East side of street. Go in the main entrance. Meeting will be in Skytop Conference Room (near cafeteria)

RSVP: email Lynette.Crawford@orlandohealth.com or call/text Patti Cruz at 352-552-1957 By April 2, 2018.

Dinner and 1CE (must have license to get CE)

Members free, Non-members \$10.00, non-member techs \$5.00

GOSGNA Update



Photos from the Spring Into Endo. Click on a photo to see a larger version.

On February 13, 2018 we held our first Regional meeting. Lisa Brown and her team at Florida Hospital Orlando hosted the meeting. Dr. Ji Young Bang gave a very informative presentation on peroral endoscopic myotomy. This is an exciting treatment for achalasia. Thanks to ERBE for sponsoring this educational event. There were 21 attendees.

Spring into Endo was held on Saturday March 24, 2018. We had some new topics and new speakers. I hope you were able to attend. We had six speakers, vendors, lunch, 16 raffle baskets and 50/50 cash raffle and fellow Endoscopy nurses and techs to enjoy. There were 64 attendees.

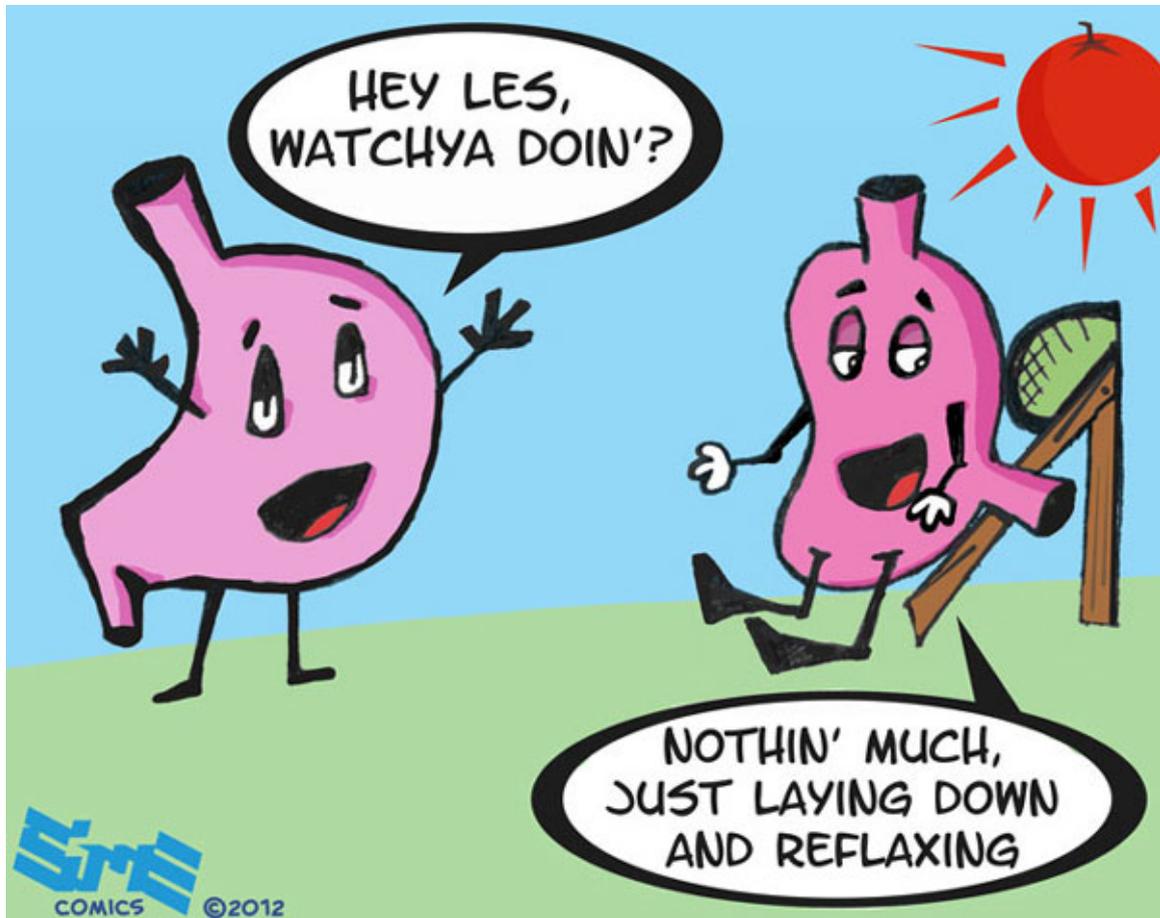
Don Cooper will be handing out a survey to find out what our regional members would like to have for future meetings. Please fill these out and return to the board members. We are trying to reach as many people as possible and utilize our resources wisely. It is getting harder to arrange for hosts and sponsors. Give us your feedback.

How many of you have seen the newsletter on the www.sqnaflorida.org site or on our Facebook page? Do you like it?

Next meeting will be at Southlake Hospital in Clermont.

National SGNA Annual Course will be held in Orlando on May 20-22, 2018. If you are hoping for scholarship, we need your application by the April meeting.

Remember to be eligible, you need to be a member of SGNA, attend SIE and 3 regional meetings from April to April, host a meeting or volunteer at an SGNA event.



Identify This!

Can you identify this:

See Footer for Answer



Letter from the President

I would like to thank Dr Bang for his presentation at our last meeting. I also want to thank ERBE for their support and help to host the meeting. I also want to thank Lisa Brown and FL Hospital Orlando for hosting the meeting.

I hope many of you attended our Spring Into Endoscopy 2018 at Cape Canaveral Hospital. We had a great lineup and were able to hear new things and get 6 contact hours. The board works hard to make sure the education presented is worth while and I think the board succeeded this year. I want to say a BIG thanks you to everyone that helped to make it a success.

As many of you know I talk a lot about education and what is coming up. I have stated that SGNA Nationals is in our own backyard this year May 19-22 at the Coronado Springs Disney Resort. Early registration ends April 16th.

It is a great opportunity for networking with other GI nurses from around the nation, a great way to get contact hours, and meeting with sales reps and seen the new products they are producing.

The same incentives apply to the State Meeting, being held at the Hyatt Grand Cypress Hotel September 14-16.

As many of you are aware attendance at our midweek meetings has decreased over the last several years. There is a questionnaire that is coming out and I hope you get it and will send back. It is about our local regional meetings and when you would like to have them hosted. Is it better to continue midweek meetings or weekend meetings? We need to hear from you, so we the board can better serve you. If you do not get the form, please contact me and I will get it to you. Don.cooper@ahss.org.



These plant-based fats could help you live longer

Adapted from an article by Catharine Paddock PhD/ Published Thursday 22 March 2018

A diet that is rich in plant-based monounsaturated fats is linked to a lower risk of death from heart disease and other causes. In contrast, if the monounsaturated fats come from animal sources, the link is to a higher risk of death from heart disease and other causes.

There are two sources of monounsaturated fat in the human diet: plant foods such as avocados, nuts, peanut butter, olive oil, sesame oil and other vegetable oils; and animal foods, including red meat, fish, eggs, and full-fat dairy products.

Guidelines in the United States recommend that no more than 30 percent of the calories in our diet should come from fats, most of which should be monounsaturated or

The records from these studies had detailed, validated information about diet that was collected every 4 years from questionnaires filled in by the participants.

On the average follow-up period of 22 years, 20,672 subjects died- including 4,588 from heart disease. Using this information and that of fat consumption, the researchers found that:

1. Having a diet higher in plant-based monounsaturated fats was linked to a 16% lower risk of dying from any cause over the follow-up compared with having a diet that was low in these fats.

2. Replacing 2-5% of calories derived from saturated fats,

polyunsaturated.

Dr. Marta Guasch-Ferre, who is a research associate in the Department of Nutrition at the Harvard T.H. Chan School of Public Health, and colleagues carried out their study because previous research about monounsaturated fats and mortality has yielded inconsistent results.

Monounsaturated fats are present in both plant and animal foods, and contain divergent nutrient components, they decided to investigate whether the source of the fats might be significant or not.

They combined and analyzed data from two studies. One dataset was collected in 1990-2012 from 63,412 females in the Nurses' Health Study. The other dataset, which was drawn from the Health Professionals Follow-up Study, included data collected in 1990-2010 on 29,966 males.

simple sugars, and other refined carbohydrates with the same number of calories from plant-based monounsaturated fats was linked to a 10-15% lower risk of death from heart disease and any other cause.

3. Substituting 5% of total calories sourced from animal-based monounsaturated fats with plant-based ones was tied to 24-26% lower risk of death from heart disease and any other cause

The results emphasize the importance of the source and quantity of monounsaturated fatty acids in the diet. We should eat more monounsaturated fatty acids from plant-based sources and less from animal sources.

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EVENTS & CALENDAR 2018

April 10, 2018

South Lake Hospital

May 18-22, 2018

National SGNA in Orlando

June 12, 2018

TBA

September 14-16, 2018

The Annual Joint Meeting of SGNA & FGS

October 9, 2018

TBA

December 4, 2018

TBA



SGNA Florida

Don't forget to renew your SGNA membership for 2018 and update your information so you can continue to enjoy all the benefits of SGNA!

Identify This:
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SHARE

TWEET

FORWARD

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