



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

Join our Facebook group!



Mark Your Calendar! December 4, 2018

Host: Florida Hospital Village
Endoscopy

Place: Florida Hospital Orlando,
Creation Health Center
Park in Aldean Garage and take the
walkway to hospital Take escalator
down in main hospital and turn left for
Creation Health Center. Parking will be
validated.

Speaker: Dr. Irteza Inayat

Topic: The "flip" side of managing
esophageal disorders.

Dinner & 1 CE (must have license #
to get CE)

Members free, non-members \$10.00,
techs \$5.00 Payment with cash or
check and NOW with Apple Pay. Eton
Stebbins, Treasurer can take the Apple
Pay his # is 402-499-4505

RSVP to



GOSGNA Update

On October 9, 2018 we met at Celebration Hospital. Dr. Giday gave a very interesting talk on Hemospray. What an innovative product for the GI bleeds that just won't stop. Thank you, Boston Scientific for sponsoring our meal and education again.

We had 18 attendees. Raffle door prize gift cards were won by Jenny Tooker, Jackie Thorton and Eton Stebbins.

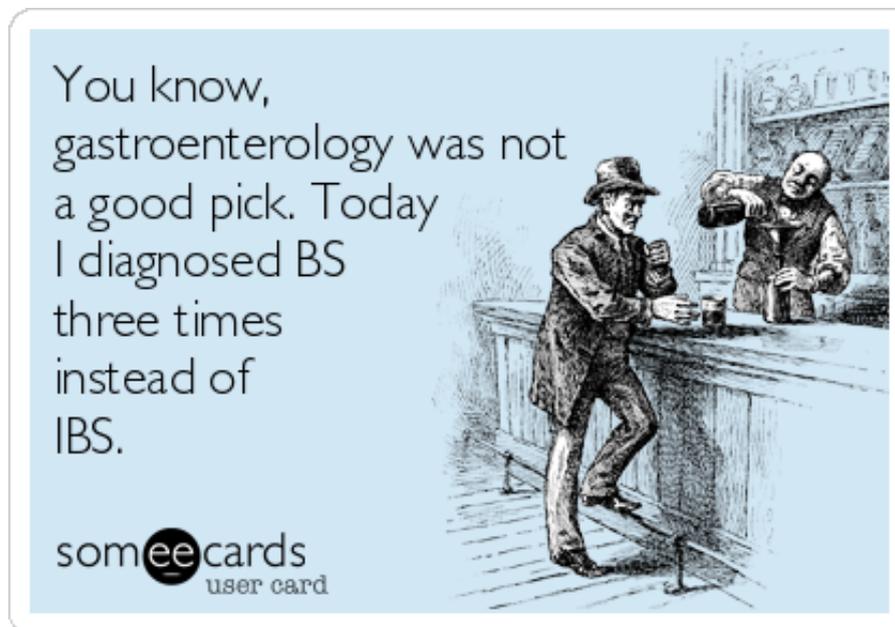
Our last meeting of 2018 is going to be on December 4, 2018. (See Mark Your calendar). This is an important meeting. We will have elections for Secretary and Treasurer. Are you ready to serve on the Board? There are many perks to compensate for the work you put in. Talk to a Board member.

NEW: Eton has set up an Apple Pay account for people to be able to pay for their CE/meals at meetings. A lot of us don't carry cash or checks. Eton has made it easier for people who use a card.

In 2019, we are going to try a new meeting schedule. Please look at the Events list for dates. Then Mark your calendars! Scholarship applications for April 2019 Annual Course in Portland, Oregon will be based on the current application form requirements - Membership in SGNA, 3 Regional meetings, Spring int Endoscopy 2019, and volunteer or hosting a meeting. Attending the National SGNA meeting is exciting and educational.

Thank you to all who participate in our Region 14 activities.

Bring a friend/co-worker to the next meeting.



Identify This!

Can you identify this:

See Footer for Answer



Letter from the President

Hello Everyone and Happy Holidays,

I just wanted to say it has been a great year. We have had time to learn and network with great speakers and our colleagues. I want to say a big thank you to everyone that has attended and supported our bi-monthly meetings. As an update we are going to Quarterly meetings next year. We are going to have 2 midweek meetings and 2 weekend meetings.

You always hear me talking about education. Here is why. For me it is important to continue to learn. I see new Ideas for the work I am doing every day. I hear the problems others are having and realize I am not the only one having the same troubles. I keep the brain working with classes, puzzles, and games. I have also said for me personally, that when I cease to learn, then maybe I will cease to

We are looking for someone/place to hold our meetings for next year; if you are willing to host a meeting please contact one of the board members.

As we come to the end of the year we also will also have elections for Secretary and Treasurer at our December meeting. If you are interested in running for one of these board positions please contact me and let me know, or even if you have questions about running for a board position. You need to be a member in good standing with a willingness to serve.

exist.

So in closing, I hope to be able to meet each of you, work alongside you on the board, and see you at meetings in the new year.

Thank you all.

Don Cooper
GOSGNA President



**Our website has undergone a major update.
Check it out!**

[Click HERE!](#)



Region 11

Welcome to Central Florida Region 11

Our chapter hosts four Regional Educational meetings. We appreciate our active membership and applaud all of our dedicated GI Professionals!



Region 12

Welcome to Gulf Coast Region 12

We are an organization dedicated to the education, advocacy, and networking of nurses and associates in the field of gastroenterology.



Region 13

Welcome to First Coast Region 13

We are Florida's First Coast SGNA Region 13. Our goal is to promote continuing education, membership, networking and growth.



Region 14

Welcome to Greater Orlando Region 14

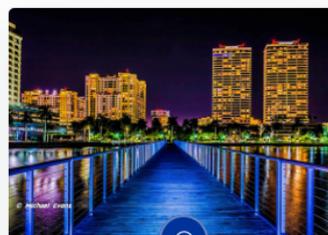
Welcome to the Greater Orlando Region page! The Greater Orlando region was originally chartered in 1977. Check back often for updated information.



Region 16

Welcome to South Florida Region 16

Welcome to South Florida's web page! We are South Florida Region 16. Our primary goals are education, membership, networking and growth.



Region 69

Welcome to Treasure Coast Region 69

Welcome to the Palm Beach Treasure Coast page! Check back often for updated information.



Stomach Acid Drugs May Cause Depression

Adapted from an article

By Ana Sandolu

Published Friday March 9, 2018

A new study has found a link between

Huang and team examined data on 2,366 individuals who had been taking PPIs and went on to develop depression, and compared them with 9,464 people who also took the drugs

proton pump inhibitors and depression. The researchers suggest that the pills might lead to major depressive disorder by disrupting the gut's bacteria.

More studies are now pointing the numerous ways in which our gut bacteria may influence both our mental and well-being.

Researchers have found that germ-free mice that had been deprived of beneficial gut bacteria displayed symptoms of anxiety, depression, and cognitive impairment.

Since the bacteria in our gut can alter the function of our brain by producing certain hormones or neurotransmitters- and emotional responses can, in turn, affect our gut bacteria-it should come as no surprise that some studies have found a link between post-traumatic stress disorder and certain strains of bacteria.

Other studies have not only pinpointed specific bacteria whose absence can trigger symptoms of depression in rodents, but they have also shown that supplementing said bacteria can reverse signs of depression.

An observational study suggests that proton pump inhibitors increase the risk of developing major depressive disorder. This is a leading cause of disability in the United States and worldwide.

The first author of the new study is Wei-Sheng Huang, from the Department of Psychiatry at Taipei Veterans General Hospital in Taiwan.

but did not develop depression.

The latter group of participants was 'matched for age, sex, enrollment time, end point time and follow-up period.'

The researchers applied logistic regression analysis and adjusted for various demographic factors, as well as for psychiatric comorbidities such as anxiety and substance abuse disorders.

The study revealed that, compared with those who did not develop major depressive disorder, 'patients with major depression had a greater prevalence of higher cumulative defined daily dose' of proton pump inhibitors.

The risk of clinical depression increased for those who took the drugs pantoprazole, lansoprazole, and rabeprazole, while in those who used omeprazole and esomeprazole, 'only a trend significance was noted.'

While the mechanisms behind such an association remains mysterious, the authors venture a couple of possible explanations.

The drugs might raise depression risk by dysregulating the gut-brain axis, they suggest, or by preventing the organism from properly absorbing nutrients after the use of stomach drugs.

Researchers caution that physicians should continue to continue to prescribe the drugs as and when needed, bearing in mind the range of side effects that these drugs may have.

Huang and team recommend that future studies investigate the pathophysiology behind the association they found.

GOSGNA Officers for 2018

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EVENTS & CALENDAR 2018-2019

December 4, 2018

Health Village Endoscopy, Florida
Hospital, Orlando

March 30, 2019

Spring into Endoscopy
Cape Canaveral Hospital

**August 24 or 31, 2019 (new
event) Saturday**

Fall into Endo 4-hour meeting

September 13-15, 2019

Annual Joint SGNA-FGS Meeting
Bonnet Creek Hilton

April 14-16, 2019

SGNA 46th ANNUAL COURSE

Portland, Oregon

June 11, 2019

Regional GOSGNA dinner meeting

TBA

Orlando, FL

November 12, 2019

Regional GOSGNA dinner meeting

TBA

Elections for President and President-

Elect 2020-2021 term



SGNA Florida

Don't forget to renew your SGNA membership for 2019 and update your information so you can continue to enjoy all the benefits of SGNA!

Identify This:
crohn's

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