‘Spring into Endoscopy’ is coming! Saturday, March 30, 2019 at the Cape Canaveral Hospital. This is a great site for our annual event. The speakers are all signed up. Vendors will be on site to share information on their products. The vendors support our educational events, so please make sure you spend some time visiting their tables. There will be raffle baskets and a 50/50 raffle. Lunch is included in the cost of SIE. Brochures will be mailed soon (maybe by the time you read this). The brochure will also be available on our web site, sgnaflorida.org, choose Region 14, Greater Orlando.

Are you going to the SGNA 46th Annual Course in Portland, Oregon on April 14-16, 2019 and want to apply for scholarship money? Applications must be turned in at Spring into Endoscopy On 3/30/19. You must be a member of SGNA, attend SIE and 2 Regional meetings. Did you host a meeting? Provide a speaker? Provide a raffle basket for SIE? Done any exceptional volunteer activity? Bring your filled-
Hello Everyone and welcome to a new year. We hope you all are ready for the new changes we have instituted in hopes of better serving you. Our first meeting of the year, Spring Into Endoscopy is coming soon in March, at the Cape Canaveral Hospital with a great lineup of speakers.

Next will be the National Meeting in April in Portland Oregon. If you are interested in going and want a out application to Spring into Endoscopy for consideration.

We will need baskets for the raffle. Can you or your team provide one?

Check the ‘Events & Calendar” section of the newsletter. There are more opportunities to volunteer. The August meeting will need 4 speakers. The November Regional dinner meeting will need a host site, speaker and sponsor.

Hope to see everyone at Spring into Endoscopy.

Identify This!

Can you identify this:

See Footer for Answer

Letter from the President

Hello Everyone and welcome to a new year. We hope you all are ready for the new changes we have instituted in hopes of better serving you. Our first meeting of the year, Spring Into Endoscopy is coming soon in March, at the Cape Canaveral Hospital with a great lineup of speakers.

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We are needing a host for our November 1 hour midweek meeting.

But now to talk about leadership. We try to have great presentations for you but the current leadership is needing our help. We are looking for speakers for our presentations. And we are looking for new leaders to take on board positions. In November we will be having a Board Member at Large and President Elect elections. Any
scholarship you need to attend SIE and turn in your request for scholarship there for review.

We have a June midweek meeting and another 4 hour Saturday meeting planned in August.

board member is willing to talk to you and explain what is expected, benefits to you, and time requirements. We the board look forward to helping you in your next great adventure.

Thank you all.

Don Cooper
GOSGNA President

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**Exercise Boosts Well-Being By Improving Gut Health**

*Adapted from an article*

**By Maria Cohut**

*Published Saturday February 16, 2019*

Bacterial diversity in the gut and regular exercise are both important when it comes to health. But how are the two related? A new study uncovers the effect that exercise has on our gut microbiota.

The participants agreed to perform graded exercises so that researchers could assess their peak cardiorespiratory fitness and total energy expenditure. The investigators also collected fecal samples from the volunteers and used them to analyze the participants’ gut microbiota.

Following the assessments and
health by adjusting the balance of the gut microbiome.

Human bodies are made, according to recent estimates, of about as many bacteria and other microorganisms as regular human cells.

In the colon alone there are approximately 38 trillion bacteria. These bacteria have important effects on the state of our health. Loss of bacterial diversity in the gut is linked to a heightened risk of disease.

A new study suggests the level of a person’s physical activity may affect the bacterial diversity in their gut, and therefore influence their health.

The researchers knew that cardiorespiratory fitness was associated with greater bacterial diversity, but it was unclear whether this was due to physical activity or an individual’s percentage of body fat.

In order to find out, the team worked with a group of 37 patients who had been successfully treated for nonmetastatic breast cancer. The decision to work with this group resulted from the fact that cancer treatment typically has a negative impact on metabolic health, including cardiorespiratory fitness.

Analyses, the researchers established that participants with higher cardiorespiratory fitness also had more diverse bacterial populations in the gut, compared with those with low cardiorespiratory fitness.

The date indicates that exercising with an intensity that is adequately high and can boost cardiorespiratory effectiveness will improve overall health by supporting a better balance gut.

The researchers warn that their findings are only correlative, and further research should aim to test potential causational relationships.

This was a small study of patients treated for breast cancer. The researchers plan to aim to uncover how exercise may affect functional outcomes of gut microbiota, as well as studying how exercise prescription may be optimized to enhance health outcomes among clinical populations.
Our website has undergone a major update. Check it out!

Click HERE!

GOSGNA Officers for 2019

**President:**
Don Cooper, MBA, BSN, RN, CGRN, LNC
Florida Hospital Heartland
[Don.cooper@adventhealth.com](mailto:Don.cooper@adventhealth.com)
(c) 863-221-8397, (w) 863-402-3279

**Past President/ CE Coordinator:**
Andrea Jenkins, MSN, RN, CGRN
ORMC Orlando Health
[Andrea.jenkins@orlandohealth.com](mailto:Andrea.jenkins@orlandohealth.com)
[Dreaj777@gmail.com](mailto:Dreaj777@gmail.com)
(c) 407-432-1207, (w) 321-841-8955

**President-Elect:**

**Secretary:**
Sherry Golden RN, CGRN
So. Seminole Hospital Orlando Health
[Mom2rkgs@aol.com](mailto:Mom2rkgs@aol.com)
407-474-2938

**Director at Large/SIE Coordinator:**
Monica Kirkpatrick RN, CGRN
Melbourne GI Center
[Monica.Kirkpatrick@health-first.com](mailto:Monica.Kirkpatrick@health-first.com)
(w) 31-434-1929, (c) 321-482-4373

**GOSGNA Legislative Liaison for National SGNA:**
Leslie McRae-Matthews MSN CGRN
March 30, 2019
Spring into Endoscopy
Cape Canaveral Hospital

April 14-16, 2019
SGNA 46th
ANNUAL COURSE
Portland, Oregon

June 11, 2019
Regional GOSGNA dinner meeting
Viera Hospital Surgical Services
Endoscopy

August 24 or 31, 2019 (new event) Saturday
Fall into Endo 4 hour meeting
Orlando Health, South Lake Hospital Campus
National Training Center Building

September 13-15, 2019
Annual Joint SGNA-FGS Meeting
Bonnet Creek Hilton
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:
sigmoid diverticulosis