



**The professional Newsletter for Greater Orlando's Society of  
Gastroenterology Nurses and Associates | November 2019**

**Join our Facebook group!**



## **Mark Your Calendar!**

**November 12, 2019 Tuesday**

**Time: 6:30 pm**

Host: ADVENT HEALTH ORLANDO

Topic: Submucosal tunneling endoscopic resection  
(STER)

Speaker: Nancy A. Melo, PA C

Location: Advent Health Orlando  
601 East Rollins Dr.  
Orlando, FL  
Barker A Conference Room

(basement of main tower)

Parking: King Street Parking Garage

**RSVP to:** [Nicolejeneive.tan@adventhealth.com](mailto:Nicolejeneive.tan@adventhealth.com),  
[Nadia.bateh@adventhealth.com](mailto:Nadia.bateh@adventhealth.com), or  
[Maryantonette.fullon@adventhealth.com](mailto:Maryantonette.fullon@adventhealth.com)

Dinner and 1 hr CE: SGNA Members free, Non-members \$10.00, Techs \$5.00

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## **GOSGNA Update *October 2019***

As we near the end of 2019, let's look at what we have done. We took a chance on reducing the number of Regional dinner meetings from six a year to just two. But we added a four-hour Saturday meeting and called it *Fall into Endoscopy*. We had four wonderful doctors speak. *Spring into Endoscopy* was held at Cape Canaveral Hospital. There were four physician speakers and two non-physician speakers. In June, there was a Regional dinner meeting at Viera Hospital. Our last meeting of this year will be hosted by Advent Health Orlando (see Mark Your Calendar.)

Membership to SGNA is down. Some people have retired, some have moved away or left Endoscopy for other types of work. But I have noticed that some people have not renewed their memberships. Remember that there are benefits to being a member of GOSGNA- dinner meeting/CE is free, the cost of Spring into END and Fall into ENDO is reduced. The State and National meetings have reduced

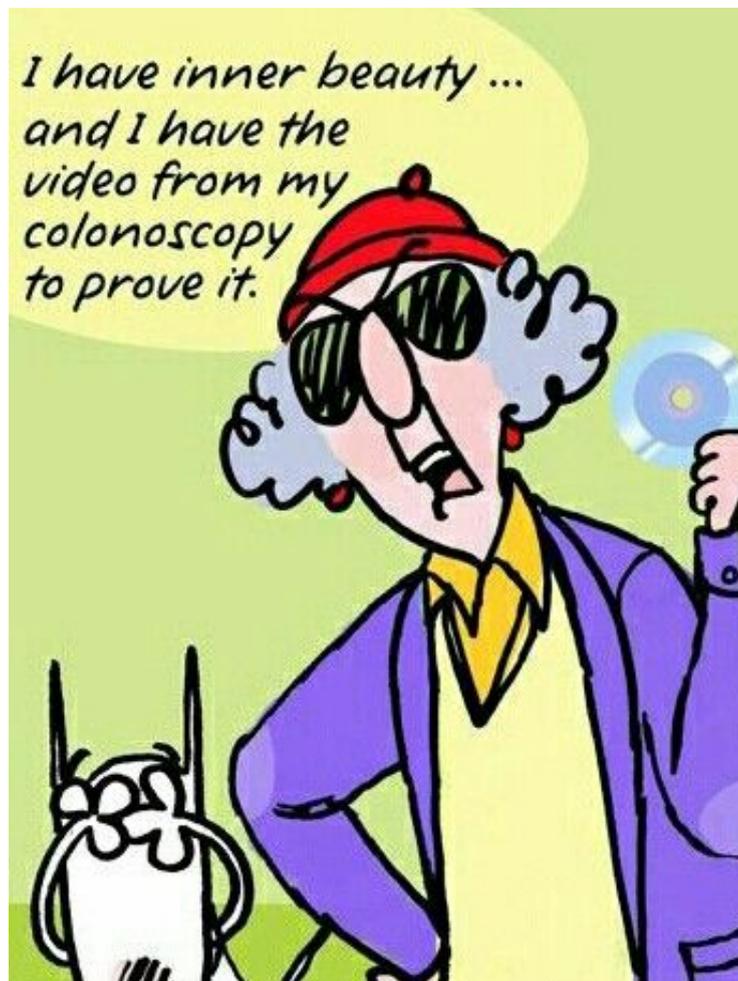
registration costs. As a member you have the opportunity for GOSGNA to give you scholarship toward attendance at the State meeting in September (4 people this year) and the National (Annual Course) (1 person this year) in May. Members also enjoy discounts at the SGNA website store. If you are new to Endo, I encourage you to join. If you are a member and have new people working in your area, encourage them to come to meetings for the learning and to become involved. If you have forgotten to renew your membership, please renew.

Let's talk about *Fall into Endo*, it was held at the National Training Center on the South Lake Hospital campus. The facilities were very nice for a larger meeting. There were 26 attendees and 3 vendors. Our South Lake nurses, Lynette Crawford and Pat Cruz, did a great job coordinating the site and catering. Four raffle tickets were drawn for 4 gift cards and the 50/50 cash prize were given.

At the November 12, 2019 meeting there will be elections for President-elect and a member at large. SGNA members are encouraged to attend to vote. Are you interested in being a part of your GOSGNA board of directors? Talk to a current Board member and get your name on the ballot.

The Joint FGS/SGNA meeting (State) was held at the Hilton Bonnet Creek in Orlando on September 13-15, 2019. This was a beautiful venue. As usual, there was a lot of excellent information presented. There was a hands-on lab for everyone to learn about new equipment and techniques. Our own Don Cooper won two raffle baskets. And Carole Lefrancois won the 50/50 cash prize.

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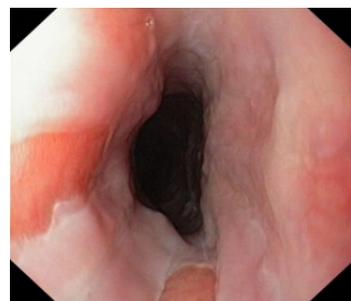


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## Identify This!

Can you identify this:

See Footer for Answer



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## Letter From the President

As this is my last newsletter as President, I want to say Thank-you to all of our Greater Orlando SGNA Board members. They do a great job in trying to have meeting that meet all the needs of our regional members. I want to say a big Thank-you to the Staff of Southlake Hospital for hosting

For those that were able to attend the State Meeting this September, we had a great time with those educational meetings, hands-on training, Vendor meet and greet opportunities, and to see our colleagues from around the state of Florida and the ability to network with them.

out first Fall Into Endoscopy on Saturday 8/24/2019. I want to say Thank-you to of Vendors (Boston Scientific, Pfizer, Cook Medical) that help us sponsor our meetings, for without them we would not survive and would not be able to have the educational opportunities and the ability to enhance our knowledge and skills to better care for our patients. I also want to say Thank-you to all of our speakers:

**Dr. Sam Giday**—Safety and Efficacy of Hemospray in Acute GI Bleed

**Dr. Jason Korenblit**—Advanced Therapeutic Endoscopy for GI Malignancy

**Dr. Justin Kelly**—The Role of the Colorectal Surgeon

**Dr. Andre Teixeira**—the Gastric Sleeve

Our next educational opportunity will be On Tuesday November 12th, at Advent Health Orlando. At this meeting we are having an election for Board-member at large, and for President-Elect. If you have any interest or just questions, Please do not hesitate to ask any Current Board Member and we will do our best to answer any question you might have.

Again this is my last newsletter as GOSGNA president. I want to thank everyone for allowing me the opportunity to serve you.

Thanks again.

***Don Cooper GOSGNA President.***



# Why Chocolate is Good for Your Gut

*Adapted from an article by*

**Yella Hewings-Martin Ph.D.**

**Published Friday 15 September 2017**

Chocolate lovers, rejoice; the sweet treat is not only delicious but studies show it can also promote friendly bacteria and reduce inflammation in our guts.

Trillions of bacteria live in our guts. They contribute to our immune system, metabolism and many other processes essential to human life.

When the balance of microbes in our intestines is disturbed, it can have serious consequences.

Irritable bowel syndrome, chronic fatigue syndrome, autism spectrum disorders, allergies, asthma, and cancer have all been linked to abnormal gut microbes.

A healthful diet supports bacterial diversity and health, but could chocolate be an integral part of this?

Cocoa is the dry non-fatty component prepared from the seeds of the *Theobroma cacao tree* and the ingredient that gives chocolate its characteristic taste.

Many health benefits have been attributed to cocoa and its antioxidant functions. These include lowering cholesterol, slowing down cognitive decline, and keeping the heart healthy.

Cocoa metabolism is partly dependent on the bacteria in our gut.

Our bodies can only absorb some of the nutrients in chocolate. We need the microbes to break complex molecules into smaller components in order to take them into our bodies. This allows us to make full use of the many health promoting molecules in cocoa.

Several studies show that cocoa increases the levels of friendly bacteria in the gut. Friendly bacteria including *Lactobacillus* and *Bifidobacterium* have been implicated in actively promoting anti-inflammatory processes in our intestines, keeping our gut healthy.

The cocoa extracts used in research studies do not contain the high levels of sugar and fat found in everyday chocolate bars.

Unsweetened cocoa powder or high cocoa content dark chocolate are the closest alternatives to the cocoa used in the studies. Consumed in moderation, chocolate may promote friendly bacteria.

So, when choosing a chocolate treat, join the *Medical News Today* editorial team in their choice and opt for dark chocolate.

## GOSGNA Officers for 2019

### **President:**

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## EVENTS & CALENDAR 2019/2020

### **November 12, 2019**

Regional GOSGNA dinner meeting  
Advent Health Orlando  
Elections for President and President-Elect 2020-2021 term

### **2020**

### **May 17-19, 2020**

47th Annual Course (National)  
Louisville, Kentucky

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## SGNA Florida

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FORWARD

**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!**

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inlet patch

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