



**The professional Newsletter for Greater Orlando's Society of
Gastroenterology Nurses and Associates | February 2020**

Join our Facebook group!



Mark Your Calendar!

**Spring Into Endoscopy
Saturday, March 21, 2020**

Time: 7:00 am to 3:45 pm

Location:

Cape Canaveral Hospital

701 West Cocoa Beach CSWY

Cocoa Beach, Florida 32931



GOSGNA Updates

Happy New Year! Can you believe we are now in 2020? We have lots to look forward to this year. I want to encourage everyone to become more involved in our professional organization. This year there are vacancies on the Board. We need new people to get involved in Region 14, Greater Orlando SGNA. Being a Board member offers great incentives for the work you do. SGNA is a great resource for learning new endoscopy procedures, trends, treatments etc. It also has the benefit of making friends with other professionals who work in endoscopy. SGNA offers educational opportunities. For those of us who are CGRNs, GI specific education is required. And we have fun!

Welcome our new President, Lorraine Blake. Let's all lend her our support for a successful term.

This year we will offer the same format as last year. There will be two Saturday meetings-Spring into Endo at Cape Canaveral and Fall into Endo at South Lake in Clermont, and two Tuesday evening dinner meetings. Mark your calendars now, the dates are listed in this newsletter under EVENTS.

The SGNA 47th Annual Course (National) will be held in Louisville, KY on May 17-19, 2020. And the Joint FGS/SGNA Annual Meeting (State) will be held at the Buena Vista Palace on September 11-13, 2020. Scholarships are available for members who attend meetings and volunteer by hosting a meeting, finding a speaker for a meeting, providing raffle baskets for Spring into Endo or other volunteer activities.

Do you have news to share? Weddings, babies, retirements? New Certifications? Let us celebrate and share the news.

Bring yourselves and your co-workers to the meetings. Let's have a fabulous year!



Identify This!

Can you identify this:

See Footer for Answer



Letter From the President

The vision for SGNA 2020 for The Greater Orlando Region will be filled with multitude opportunities that will award our specialty for growth and networking this year. The possibilities that exist when you get like minded

I challenge each of you this year to get involved and be a visionary for yourself, your patients and your community. We are vast group with outstanding GI professionals with potential to always strive for

professional to come together and share our professional knowledge and growth create a momentum to bring greater outcomes and excellence to our communities.

I share with you as we grow together this year and make 2020 a great prospecting year with your advancements and with opportunities as SGNA rolled out key to online in-services for our members, tele-conferences, and networking platforms to keep us engaged as a community along with our National organization.

excellence. I hope to see you and meet you all this year at our networking events and growth platforms that our region will be sponsoring. I am grateful to Lead for 2020 and personally thank each and everyone of you for being part and supporting your local chapter in Greater Orlando.

- **Lorraine Blake BSN**

President GOSGNA 2020



Does Turmeric have anticancer properties?

**From an article in Medical News
written by Tim Newman on
January 17, 2020**

A recent investigation of literature

For instance, if a person takes curcumin orally- in a turmeric latte, for example-the body rapidly breaks it down into metabolites. As a result, any active ingredients are unlikely to

reviews whether turmeric may be useful for treating cancer. The authors conclude that it might be but there are many challenges to overcome before it makes it to clinics.

Turmeric is a member of the ginger family. Native to India and Southeast Asia, people have used turmeric root to flavor food for thousands of years.

Turmeric has been associated with many healing properties. Some hail turmeric as a panacea for many ills. Recently, its popularity has surged with the turmeric latte fad.

Medical researchers are interested in the chemical in turmeric called diferuloylmethane, commonly known as curcumin. Most of the research of turmeric's potential powers focus on curcumin.

Over the years, researchers have pitted curcumin against a number of symptoms and conditions, including inflammation, metabolic syndrome, arthritis, liver disease, obesity, and neurodegenerative diseases, with varying degrees of success.

About 37% of papers published on curcumin from 1924 to 2018 focused on cancer. In the current review the authors mainly focused on cell signaling pathways that play a role in cancer's growth and development and how turmeric might influence them.

In their review, the scientists paid particular attention to research involving breast cancer, lung cancer, cancers of the blood and the digestive system.

The authors conclude that 'curcumin represents a promising candidate as

reach the site of a tumor.

With this in mind, researchers are trying to design ways of delivering curcumin into the body and protecting it from undergoing metabolism. For instance, researchers who encapsulated the chemical within a protein nanoparticle noted promising results in the laboratory and in rats.

Although scientists have published many papers on curcumin and cancer, there is need for more work. Many current studies are being done in laboratory studies, using cells or tissue. Although this type of research is vital to understanding which interventions may or may not influence cancer, not all *in vitro* studies translate to humans.

Few tests using turmeric or curcumin's anticancer properties in humans and the human studies have taken place on a small scale. However, aside from the difficulties and limited data, curcumin still has potential as an anticancer treatment.

Scientists continue to work on the problem. The authors mention two clinical trials that are underway, both of which aim to 'evaluate the therapeutic effect of curcumin on the development of primary and metastatic breast cancer, as well as estimate the risk of adverse events.'

The authors believe that curcumin belongs to 'the most promising group of bioactive natural compounds, especially in the treatment of several cancer types.' However, their praise for curcumin as an anticancer hero is tempered by the realities that their review has unearthed, and they end

an effective anticancer drug to be used alone or in combination with other drugs.'

According to the review, curcumin can influence a wide range of molecules that play a role in cancer, including transcription factors, which are vital for DNA replication; growth factors, cytokines, which are important for cell signaling; and apoptotic proteins, which help control cell death. Authors also address the possible issues with using curcumin as a drug.

their paper on a low note.

'Curcumin is not immune from the side effects, such as nausea, diarrhea, headache, and yellow stool. Moreover, it showed poor bioavailability due to the fact of low absorption, rapid metabolism, a systemic elimination that limit its efficacy in diseases treatment. Further studies and clinical trials in humans are needed to validate curcumin as an effective anticancer agent.'

GOSGNA Officers for 2020

President:

Lorraine Blake, RN BSN
Viera Hospital Surgical Service
Endoscopy
Lorraine.blake@steward.org
Lorraineblake@me.com
321-427-5200

Past President/ CE Coordinator:

Don Cooper, MBA, BSN, RN, CGRN,
LNC
Advent Health Heartland
Don.cooper@adventhealth.com
(c) 863-221-8397, (w) 863-402-3279

President-Elect:

Vacant

Treasurer:

Eton Stebbins, BSN, RN, CGRN
ORMC Orlando Health
15336 Southern Martin St.
Winter Garden, FL 34787
Eton.stebbins@orlandohealt.com
Eton40@gmail.com
402-499-4505

Secretary:

Sherry Golden RN, CGRN
So. Seminole Hospital Orlando Health
Mom2rkgs@aol.com
407-474-2938

Director at Large/SIE Coordinator:

Monica Kirkpatrick RN, CGRN
Melbourne GI Center
Monica.Kirkpatrick@hf.com
(w) 31-434-1929, (c) 321-482-4373

GOSGNA Legislative Liaison for National SGNA:

Vacant

Board member at large/ CE coordinator:

Vacant

EVENTS & CALENDAR 2019/2020

Spring into Endo

March 21, 2020

Cape Canaveral Medical Plaza

47th Annual Course (National)

May 17-19, 2020

Louisville, KY

GOSGNA Regional dinner/CE meeting

June 9, 2020 6:30pm

Host Stewart Melbourne Regional Hospital

Fall into Endo

August 15, 2020

Clermont, FL

2020 FGS/SGNA Annual Meeting (State)

September 11-13, 2020

Buena Vista Palace

GOSGNA Regional dinner/CE meeting

November 10, 2020 6:30pm

Host TBA



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:
gastric lymphoma

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

mailerlite