



**The professional Newsletter for Greater Orlando's Society of
Gastroenterology Nurses and Associates | July 2023**

Join our Facebook group!



Save the Date!
Saturday, October 14th, 2023
Fall into Endoscopy
Location and Times TBD



GOSGNA Updates

We are well into 2023 and grateful for how we started our year. We started 2023 with SPRING INTO ENDOSCOPY, held on Saturday, April 1st at Cape Canaveral Hospital. We had several wonderful speakers with new and interesting topics. We even had our first “virtual” speakers with Grace Thornhill presenting an enlightening talk on the rise of Superbugs. Grace presented from her snow-surrounded hotel room in Minnesota! Dr. Agarwal had a prerecorded talk on “Introduction to Inflammatory Bowel Disease” due to the fact she was on call the same weekend. Norman Tomaka has been a regular speaker for us at SIE and always provides new and helpful information from a pharmacist perspective. We appreciate speakers like him who regularly take the time to participate in our events. Dr. Norbert Garcia-Henriquez provided an engaging talk on Low Anterior Resection Syndrome and had high audience involvement during his talk. We are grateful to all our sponsors who provide funding and speakers to our region. Without them, we would not be able to provide scholarships for our members to attend educational events. Thanks again to ERBE for providing our last speaker at SIE.

We had wonderful baskets and door prizes donated by various members in our region. There were several happy winners! Chris Murphy won the 50/50 and Lisa Brown won the free SGNA membership for 2024.

With membership waning, and meetings becoming fewer and further between, we took the opportunity to have an election for two of our board positions. Jackie Thornton was elected as the upcoming Treasurer for 2024/2025, and Jessica Holuka was elected as the upcoming Secretary for 2024/2025. They will commence their positions in January 2024. Our President-Elect position remains vacant. Don Cooper remains in his role of past president and serves as an SGNA Liaison and CE coordinator in his present role.

Serving on our GOSGNA board provides wonderful networking opportunities as well as funding to attend educational events, including the State Meeting, SIE, FIE, and the SGNA National Convention.

The SGNA National Meeting took place in Phoenix from May 7-9th 2023. I do not believe we had anyone attend from our region.

Check the Calendar of Events for upcoming Events, including the State meeting in September, and Fall into Endoscopy in October. We are presently looking for a venue for this meeting and will keep you updated with the final decision.

For those of you applying for scholarships for the State meeting, please bring your applications with you to the State meeting and turn them into Linda or Monica. You will receive a check once you have attended the meeting.



4 Exercises to Ease Constipation

Find out how regular exercise can improve digestive health and help you stay regular.

By [K. Aleisha Fетters](#) Medically Reviewed by [Ira Daniel Breite, MD](#)
Reviewed: January 26, 2023

When you're battling constipation and struggling to get things moving, one of the best solutions can be to literally get moving.

A research review published in the Scandinavian Journal of Gastroenterology found that exercise can improve symptoms of constipation. Studies have even linked regular exercise to significant relief from irritable bowel syndrome symptoms, including constipation.

After all, it's important to note that while a single exercise session may or may not trigger an immediate need to go, the digestive benefits of exercise are the greatest over the long term, says Bethany Doerfler, RDN, a gastrointestinal research specialist with the Northwestern Medicine Digestive Health Center in Chicago.

So how does it work? In broad strokes, regular exercise reduces the amount of time it takes for food to move through the gastrointestinal tract. This reduced transit time means that the body has less opportunity to absorb water content from the stool during the digestive process. Put simply, hydrated stools pass easier than hard, dry ones, Doerfler says.

[CONTINUE READING THE ARTICLE HERE](#)

Belly Laugh!



Identify This!

Answer in the footer.



GOSGNA Officers for 2023

President

Eton Stebbins BSN, RN, CGRN

Care at ORMC

eton40@gmail.com

eton.stebbins@orlandohealth.com

402 499 4505

President-Elect

Vacant

Interim Past President

Don Cooper MBA, BSN, RN, CGRN, LNC

Advent Health Heartland

don.cooper@adventhealth.com

863 221 8397

Treasurer

Monica Kirkpatrick RN, CGRN

Melbourne Gi Center

monica.kirkpatrick@hf.org

Secretary

Linda Fitzstevens BSN, RN, CGRN

Advent Health Village Endoscopy

linda.fitzstevens@adventhealth.com

linsufit@hotmail.com

407 529 5326

Sgna Legislative Liaison for National Sgna

Vacant



EVENTS & CALENDAR 2023

FGS Annual Meeting (AKA State Meeting)

September 8-10th 2023

Renaissance Orlando at SeaWorld-
Orlando, Florida

51st SGNA Annual Course

May 9th-11th, 2024

Louisville, Kentucky

Fall Into Endoscopy

October 2023

The exact date and location TBD



SGNA Florida

Don't forget to renew your SGNA membership for 2023 and update your information so you can continue to enjoy all the benefits of SGNA!
Identify this: Eosinophilic Gastritis



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