

also kills your infection-fighting white blood cells.

Is there a specific time I may be more likely to get an infection? An infection or sepsis can happen at any time. However, when your body has very low levels of a certain type of white blood cell (neutrophils), your risk of getting an infection and sepsis increases. This condition is a common side effect of chemo called **neutropenia**.

How will I know if I have neutropenia? Your doctor will routinely test for neutropenia by checking the level of your white blood cells (**neutrophils**).

How can I prevent an infection? In addition to receiving treatment from your doctor, the following suggestions can help reduce your risk for getting an infection:

- Wash your hands often and ask others around you to do the same.
- Avoid crowded places and people who are sick.
- Talk to your doctor about getting a flu shot or other vaccinations.
- Take a bath or shower every day (unless told otherwise).
- Use an unscented lotion to try to keep your skin from getting dry or cracked.
- Clean your teeth and gums with a soft toothbrush.
- Use a mouthwash to prevent mouth sores (if your doctor recommends one).
- Do not share food, drink cups, utensils or other personal items, such as toothbrushes.
- Cook meat and eggs all the way through to kill any germs.
- Carefully wash raw fruits and vegetables.
- Protect your skin from direct contact with pet bodily waste (urine or feces).
- Wash your hands immediately after touching an animal or removing its waste, even after wearing gloves.
- Use gloves for gardening.

In your fight against cancer, arm yourself with the facts about infection and sepsis.

Having cancer and certain treatments for cancer, such as chemotherapy, can put you at higher risk of developing an infection and sepsis.

Getting an infection or developing sepsis is a medical emergency.

Either condition can delay your treatment, put you in the hospital or be deadly.



What should I do if I think I have an infection or sepsis?

- Call your doctor or go to the emergency room immediately if you have any signs or symptoms of an infection or sepsis. This is a medical emergency.
- It's important that you say, **"I HAVE CANCER AND AM CONCERNED ABOUT INFECTION AND SEPSIS."**

Article Continues On Advertiser Insert ggd ☺

*** Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend!**

Choice

The Newsletter Of AARP Chapter 1952
(Houston County, Georgia)
— Established November 7, 1974 —
www.AARPChapter1952.org

August 2016
Volume 20 - 8
Monthly



Meeting Dates/Time: **Wednesday, August 24th** (10:00 a.m.) and **Saturday, September 24th** (9:00 a.m.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

| Officers | Names | Telephone | Board Of Directors | Telephone |
|-----------------|--------------------|-----------|--------------------------------|-----------|
| President | Greg Davis | 318-0471 | Herminia McMahon (Chairperson) | 953-2010 |
| Vice President | Frank Gadbois | 953-7788 | Benedicta Edge | 333-2310 |
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| Treasurer | Marieta Magerkurth | 922-2344 | Soledad White | 953-5700 |
| "Choice" Editor | Greg Davis | 318-0471 | | |

Birthdays For August

Teresita Palms 3rd Peregrina O. Guillet 24th

Birthdays For September

| | | | | | | | |
|---|------------------|--|------------------|------------------|------------------|--|------------------|
| Greg Davis | 1 st | Mary Lappano * Nonagenarian * | 1 st | Agnes Partlow | 6 th | Phyllis Blount | 8 th |
| Charles T. Bell * Nonagenarian * | 9 th | Benedicta Edge | 10 th | Roger L. Case | 11 th | Ivis Bedrick * Nonagenarian * | 15 th |
| Shirley Barthel | 19 th | Herminia McMahon | 23 rd | Maurecio Migabon | 23 rd | | |



WE CARE

For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. **Ralph Waldo Emerson (1803-1882)**. "Blessed are those who mourn, For they shall be comforted." **Matthew 5:4 NKJV Sick/Shut-Ins:** Ivis Bedrick, Ruth Davis, Bessie Howell and Mary Lappano. We wish health/wellness to all current/past members, family members and friends. **ggd ☺**



Highlights From The July 2016 Meeting: Jimmy Autry | Senior Vice President/Community Relations (Flint Energies) shared/discussed several topics such as Prepaid Electric Plans, Energy Audits, Water Heater Warranties, Solar Power Grids, and other programs! Very informative! According to Flint's website, the company's community involvement includes scholarships, teachers grants for innovative teaching solutions, Washington D.C. youth tours and the Touchstone Energy School Savings Program for Houston County Board of Education schools that conserve energy! Recently Flint enhanced it's 24-Hour service with new phone solutions and other initiatives! Flint Energies - a **"Not For Profit Organization"** — ... innovative solutions for energy-conscious consumers! For additional information please visit Flint Energies online at www.FlintEnergies.com **ggd ☺**



Update | New Members Since January 1, 2016: Rosita Antoniocelli, Shirley Barthel, Eric Bledsoe, Benita Cabaltica, Connie Case, Roger Case, Hildred Chesley, Nancy Hardin, Doris Killebrew, Brevwet Marcie, Hilaria Monk, Sherry Nichols, Yvonne Randolph-Ray and Bawana Sanders. Welcome To AARP Chapter 1952 ... We **ARE "Forever Young!"**



Wednesday - August 24, 2016 | 10:00 a.m.
Guest Speaker | **Blake Poole/Georgia Cattlemen's Association**



P.O. Box 7481
Warner Robins, GA 31095
www.AARPChapter1952.org
Tel: 478/318-0471



Mark Your Calendars:
Saturday 9/24/2016
9:00 a.m. - 5:00 p.m.

During our April 27, 2016 meeting **Patsy Goff** | Director/Operations Manager - Perry/Houston County Airport shared history, programs and future/ongoing projects for the Perry/Houston County Airport. Additionally, we discussed the possibility of a **"special event/field trip"** for our Chapter to visit the Perry/Houston County Airport in September! On **Saturday - September 24, 2016 (9:00 a.m. - 5:00 p.m.)** the **Experimental Aircraft Association (EAA), Chapter 38 (Warner Robins, GA)** will have a breakfast and **"fly in"** ... and - **we're invited!** Instead of meeting Wednesday, September 28, 2016 we will **"meet" Saturday, September 24, 2016!** **Beeeeeee There! ggd ☺**

Members: Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year!
Advertisers/Sponsors: Your support of our newsletter is an exceptional value at only \$5.00, \$10.00, \$20.00, \$30.00 or \$40.00 **PER MONTH - PRORATED** and helps tremendously to offset printing/production/marketing expenses. *** **Special Rates/Web Banner Spots Available As Well** *** **Thank You ... Thank You ... Thank You!**

ALL: As Chapter President and Editor I'm open to suggestions for our newsletter!

So please, keep your membership status/information current and get your newsworthy information and/or photographs to me as soon as possible!

Sincerely,

Greg Davis ggd ☺ Tel: 478/318-0471 | E-Mail: gdavismail@gmail.com!



"Relevance!"

NOTE: With the exception of **November, December** and "**special events**," our (monthly) meetings are held on the fourth (4th) Wednesday. As such, the newsletter is (usually) printed/mailed the third (3rd) Tuesday or Wednesday. We're **ALWAYS** "early" for the following month's special days/celebrations and SOMETIMES we're "early" for the current month's special days/celebrations as well. Upcoming **Meetings/Events**:

- Wednesday | 8/24/2016 | 10:00 a.m. - 12 Noon | **Program: Blake Poole/Georgia Cattlemen's Association**
- **Saturday | 9/24/2016 | "Meet" At Perry/Houston County Airport (9:00 a.m. - 5:00 p.m.)**
- Wednesday | 10/26/2016 | 10:00 a.m. - 12 Noon | **Program: Terry Berry/UGA Extension**
- **Monday** | 11/21/2016 | 10:00 a.m. - 12 Noon | **Program: Angela Bates/Ocmulgee National Park + Business Meeting**
- **Monday** | 12/19/2016 | 10:00 a.m. - 12 Noon | **Christmas "Meeting"**



Symptoms of Sepsis In the Elderly

This dangerous condition requires immediate medical attention!

Up/until late July/early August (2016) I never heard of "Sepsis." Since then I've come to learn more and more about this **SERIOUS** condition ... information which has given me an acute awareness of the importance of living a "healthy lifestyle!" There are so many (online) references - and (in my humble opinion) there's so much information about sepsis that you'll find yourself (just like me) researching to know more about this condition. ggd ☺

Sepsis is a serious systemic response to an infection. Basically, the entire body is experiencing an inflammation response. "**Blood poisoning**" or "**septicemia**" are terms that are also used by some to refer to sepsis, although they really mean that is an infection in the bloodstream, while "**sepsis**" describes the response to that infection. It is an extremely dangerous condition, requiring urgent medical attention.

Each year, about 90,000 people in the US die from septic shock. **Elderly people** account for 65% of sepsis cases — people over 65 are 13 times more likely to have sepsis than younger people.

Many doctors view sepsis as a three-stage syndrome:

- **SEPSIS** causes fever, rapid heart rate/breathing, and an increased white blood cell count. If you have an infection, even a minor sign or symptom can indicate sepsis, and you should seek medical treatment immediately.
- **SEVERE SEPSIS** is when there are also signs and symptoms which indicate an organ may be failing. Immediate hospital treatment is required.
- **SEPTIC SHOCK** is when you have severe sepsis, plus extremely low blood pressure that doesn't respond to fluid replacement. Immediate hospital treatment is required.

When can you get sepsis? Sepsis can occur to anyone, at any time, from any type of infection, and can affect any part of the body. It can occur even after a minor infection.

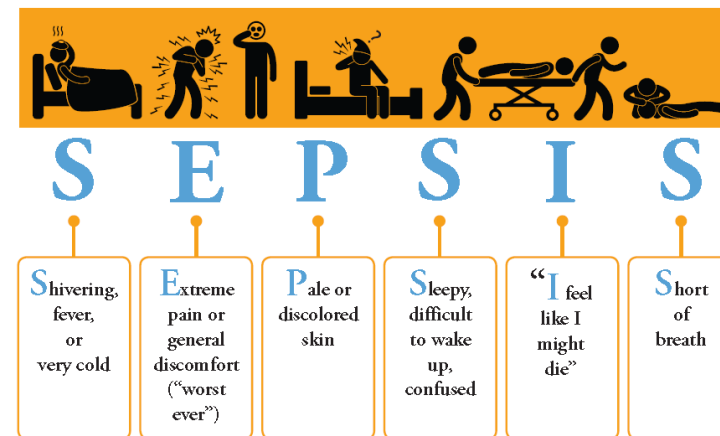
What causes sepsis? Any type of infection that is anywhere in your body can cause sepsis, including infections of the skin, lungs (such as pneumonia), urinary tract, abdomen (such as appendicitis), or other part of the body. An infection occurs when germs enter a person's body and multiply, causing illness and organ and tissue damage.

Who gets sepsis? Anyone can get sepsis as a bad outcome from an infection, but the risk is higher in:

- People with weakened immune systems
- Babies and very young children
- **Elderly** people
- People with chronic illnesses, such as diabetes, AIDS, cancer, and kidney or liver disease

What are the symptoms of sepsis?

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection signs (**diarrhea, vomiting, sore throat, etc.**), as well as **ANY** of these symptoms:



"Think joining AARP makes you old? **Get over it!**"

Why should I be concerned about sepsis? Sepsis can be deadly. It kills more than 258,000 Americans each year and leaves thousands of survivors with life-changing after effects. According to the Centers For Disease Control (CDC), there are over 1 million cases of sepsis each year, and it is the ninth leading cause of disease-related deaths.

How is sepsis diagnosed? Doctors diagnose sepsis using a number of physical findings like fever, increased heart rate, and increased breathing rate. They also do lab tests that check for signs of infection. Many of the symptoms of sepsis, such as fever and difficulty breathing, are the same as in other conditions, making sepsis hard to diagnose in its early stages.

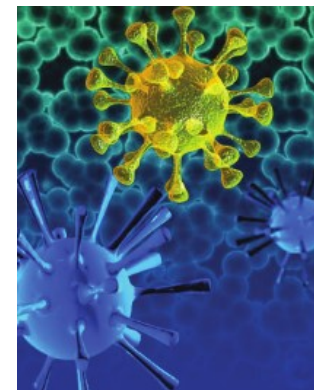
How is sepsis treated? People with sepsis are usually treated in the hospital. Doctors try to treat the infection, keep the vital organs working, and prevent a drop in blood pressure. Doctors treat sepsis with antibiotics as soon as possible. Many patients receive oxygen and intravenous (IV) fluids to maintain normal blood oxygen levels and blood pressure. Other types of treatment, such as assisting breathing with a machine or kidney dialysis, may be necessary. Sometimes surgery is required to remove tissue damaged by the infection.

Are there any long-term effects of sepsis? Many people who have sepsis recover completely and their lives return to normal. But some people may experience permanent organ damage. For example, in someone who already has kidney problems, sepsis can lead to kidney failure that requires lifelong dialysis.

How can I prevent sepsis?

- **Get vaccinated** against the flu, pneumonia, and any other infections that could lead to sepsis. Talk to your doctor for more information.
- **Prevent infections** that can lead to sepsis by:
 - **Cleaning** scrapes and wound
 - Practicing good **hygiene** (e.g., hand washing, bathing regularly)
- If you have an **infection, look for signs like:** fever, chills, rapid breathing and heartrate, rash, confusion, and disorientation.

Cancer, Infection And Sepsis - A Potentially Deadly Combination Every Cancer Patient Should Know About



Why does cancer put me at risk for developing an infection and sepsis? Having cancer and undergoing certain treatments for cancer, such as chemotherapy, can make your body unable to fight off infections the way it normally would.

What is the difference between infection and sepsis? An **INFECTION** occurs when germs enter a person's body and multiply, causing illness, organ and tissue damage, or disease. For cancer patients, an infection can turn serious, or even deadly, very fast.

SEPSIS is the body's overwhelming and life-threatening response to infection which can lead to tissue damage, organ failure, and death. For a person with cancer, any infection that is anywhere in your body can lead to sepsis.

How does chemotherapy increase my risk for infection and sepsis? Chemotherapy works by killing the fastest-growing cells in your body—both good and bad. This means that along with killing cancer cells, chemo

☺ ggd and enjoy the newsletters in full COLOR! www.AARPChapter1952.org - and enjoy the newsletters in full COLOR!