

Many studies in women have looked at the possible link between talcum powder and cancer of the ovary. Findings have been mixed, with some studies reporting a slightly increased risk and some reporting no increase. Many case-control studies have found a small increase in risk. But these types of studies can be biased because they often rely on a person's memory of talc use many years earlier. Two prospective cohort studies, which would not have the same type of potential bias, have not found an increased risk.

For any individual woman, if there is an increased risk, the overall increase is likely to very be small. Still, talc is widely used in many products, so it is important to determine if the increased risk is real. Research in this area continues.

Other Cancers - Talc use has not been strongly linked to other cancers, although not all possible links with other cancers have been studied extensively.

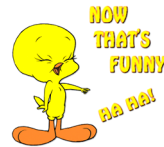
One study suggested genital talcum powder use may slightly increase the risk of endometrial (uterine) cancer in women who are past menopause. But other studies have not found such a link. Further studies are needed to explore this topic.

Some limited research has also looked at a possible link between inhaled talc exposure at work and other cancers, such as stomach cancer. But there is no strong evidence of such links at this time.

Can I reduce my exposure to talcum powder? It is not clear if consumer products containing talcum powder increase cancer risk. Studies of personal use of talcum powder have had mixed results, although there is some suggestion of a possible increase in ovarian cancer risk. There is very little evidence at this time that any other forms of cancer are linked with consumer use of talcum powder.

Until more information is available, people concerned about using talcum powder may want to avoid or limit their use of consumer products that contain it.

For additional information visit www.Cancer.org. Search terms: **"talcum powder."**



Blonde: What does IDK stand for? **Brunette:** I don't know. **Blonde:** OMG, nobody does! **Two blondes fell down a hole.** One said, "It's dark in here isn't it?" The other replied, "I don't know; I can't see."

Q: Why can't a blonde dial 911? **A:** She can't find the eleven. [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

June 2016
Volume 20 - 6
Monthly



Meeting Dates/Time: **Wednesday, June 22nd** (10:00 a.m.) and **Wednesday, July 27th** (10:00 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
Secretary	James Erdmanczyk	217-1778	Peregrina Guillet	397-6691
Treasurer	Marieta Magerkurth	922-2344	Soledad White	953-5700
"Choice" Editor	Greg Davis	318-0471		

Birthdays For June

David Milby 17th Anita V. McGhee 20th **Ruth Davis** 26th Sonia Thompson 26th
*** Nonagenarian***

Birthdays For July

Helen Daly 1st Julie Heishman 3rd Maureen Echols 24th Nancy Bartlett 31st

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 May 2016 Meeting: **Alesha Mathis/Houston County Meals-On-Wheels** shared informative, impressionable and emotional information about this program whose **INVALUABLE** mission is **"... to provide nutritious meals to eligible persons, allowing them to maintain their independence."** From humble beginnings in 1977 (in Warner Robins, GA) - Meals-On-Wheels delivers meals 52 weeks a year. Currently 163 people receive a meal, and about 76 are on a waiting list. Just recently the organization received a grant that will allow it to provide a hot meal to 52 more people starting in July! All meals are delivered via volunteer drivers and - with the increased number of clients - there's an immediate need for additional volunteer drivers. Many of the recipients are at a high nutrition risk, they have trouble either procuring food or preparing food. Via volunteer drivers recipients are **"guaranteed"** that Monday through Friday, they will get a hot healthy meal. For some, the volunteer (driver) is the only contact the recipient will see during the week :(For additional information please visit www.HoCoMOW.org or contact Alesha @ 478/328-6070

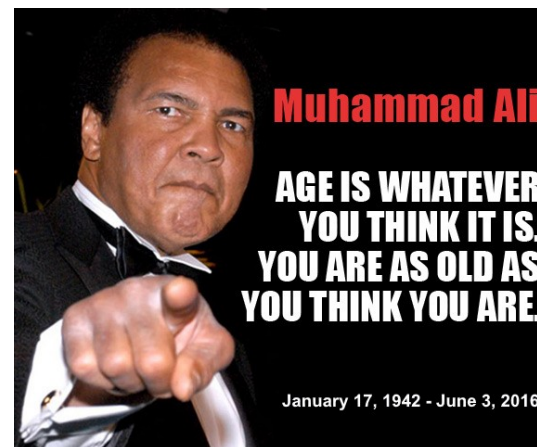


Membership Drive + Summer Picnic!
Guest Speaker | Denise Creel/Easter Seals of Middle Georgia
Wednesday - June 22, 2016 | 10:00 a.m.



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Chapter 1952
(Houston County, Georgia)



Invite/Bring A Friend! Invite/Bring A Friend! Invite/Bring A Friend!

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 | 7/27/2016 | 10:00 a.m. - 12 Noon | **Program: Jimmy Autry/Flint Energies**
- Wednesday | 8/24/2016 | 10:00 a.m. - 12 Noon | **Program: Blake Poole/Georgia Cattlemen's Association**
- Wednesday | 9/28/2016 | **TBD**
- Wednesday | 10/26/2016 | 10:00 a.m. - 12 Noon | **Program: Terry Berry/UGA Extension**
- **Monday Meeting** | 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"**

Home Safety Tips



Slip, Trip and Fall Prevention will Keep Older Adults Safe and Independent | Is your home fall-proof?

What are the Risks?

Today, Americans are living longer while staying active and healthy. But adults 65 and older are at risk for falls, which can signal the beginning of the end of that active life – and their independence. Injuries from falls can lead to limited activity, reduced mobility, loss of fitness and a fear of falling, all of which increase risk of additional injury.

Falls also are the leading cause of injury-related death for adults age 65 and older, according to **Injury Facts 2016**, the statistical report on unintentional injuries created by the **National Safety Council**. This is not surprising considering falls are among the most common causes of traumatic brain injury. About 20,400 people died from falls at home in 2014, and the vast majority of them were over age 65.

According to the Centers for Disease Control and Prevention:

- One in three older adults falls each year
- About 2.5 million nonfatal falls were treated in emergency departments in 2013
- Of those, 734,000 people were admitted to the hospital
- That year, 25,500 older adults died from unintentional falls
- More than 250,000 hip fractures are reported every year, and 95 percent of those are from falls

The Good News

Falls are preventable and aging, itself, does not cause falls.

Some of the underlying causes of older-adult falls, such as muscle weakness, medications that cause dizziness, improper footwear, impaired vision, slick floors, poor lighting, loose rugs, clutter and uneven surfaces, can be improved.

While falls can happen anywhere, they most often occur at home. What can you do to make your home or the home of someone you love safer?

Remove clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip.

- Arrange or remove furniture so there is plenty of room for walking
- Secure carpets to the floor
- Wipe up spills immediately
- Make sure outdoor areas are well lit and walkways are smooth and free from ice
- Use non-slip adhesive strips on stairs
- Use non-skid mats or appliques in the bath and shower
- Install grab bars in the tub, shower and near the toilet
- Install railings on both sides of stairs
- Provide adequate lighting in every room and stairway
- Place nightlights in kitchen, bath and hallways
- Make often-used items more accessible, like food, clothing, etc., so an older person won't be tempted to use a stool or ladder to get to them
- If necessary, provide personal walking devices, such as a cane or walker, to aid in stability
- (Consistently) wear a home/fall/emergency monitoring pendant/device to quickly contact "emergency" services ggd ☺

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



AARP National + AARP Chapter 1952

Baby Powder Lawsuit Raises Questions About Talc



A \$72 million jury verdict against **Johnson & Johnson** for failing to warn consumers of a potential cancer risk from talc in baby and bath powder has raised questions about the safety of using these items, especially for feminine hygiene.

Jurors in St. Louis awarded the money to the family of a woman who said her fatal ovarian cancer was due to using the company's talc-based Baby Powder and Shower-to-Shower powder for decades.

In a written statement from Johnson & Johnson, the company said the verdict "**goes against decades of sound science proving the safety of talc as a cosmetic ingredient in multiple products**," citing research by the U.S. Food and Drug Administration and National Cancer Institute, the Associated Press reported.

Talcum powder is made from talc, a mineral made up mainly of the elements magnesium, silicon, and oxygen. As a powder, it absorbs moisture well and helps cut down on friction, making it useful for keeping skin dry and helping to prevent rashes. It is widely used in cosmetic products such as baby powder and adult body and facial powders, as well as in a number of other consumer products.

In its natural form, some talc contains asbestos, a substance known to cause cancers in and around the lungs when inhaled. All talcum products used in homes in the United States have been asbestos-free since the 1970s.

Most concerns about a possible link between talcum powder and cancer have been focused on:

- Whether people who have long-term exposure to natural talc fibers at work, such as talc miners, are at higher risk of lung cancer from breathing them in.
- Whether women who apply talcum powder regularly in the genital area have an increased risk of ovarian cancer.

Does talcum powder cause cancer?

When talking about whether or not talcum powder is linked to cancer, it is important to distinguish between talc that contains asbestos and talc that is asbestos-free. Talc that has asbestos is generally accepted as being able to cause cancer if it is inhaled. This type of talc is not used in modern consumer products. The evidence about asbestos-free talc, which is still widely used, is less clear.

Ovarian Cancer

It has been suggested that talcum powder might cause cancer in the ovaries if the powder particles (applied to the genital area or on sanitary napkins, diaphragms, or condoms) were to travel through the vagina, uterus, and fallopian tubes to the ovary.

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