

**PANCREAS CONTINUED** yellowing of the skin and eyes. This can occur when a tumor completely or partially blocks bile ducts of the liver, slowing the flow of bile. **Abdominal Pain.** It usually occurs on the upper abdomen and may even radiate to the back. Abdominal pain may worsen when lying down or 3 to 4 hours after eating. **Unintended Weight Loss.** While losing weight without trying may be welcomed by many, it can indicate something is wrong. It is one of the first symptoms a person usually notices, along with abdominal pain. (Weight loss is common in many types of cancer and other benign conditions.) **Nausea/Vomiting.** Another vague pancreatic cancer symptom that is common among many other conditions, as well as pancreatic cancer. Non-specific symptoms, like nausea, often result in a delay in a pancreatic cancer diagnosis. **Loss of Appetite.** Appetite loss is a symptom of hundreds of diseases and conditions, including pancreatic cancer. It can signal something severe or even be related to something as small as a stomach virus. When symptoms are vague like this, medical tests are necessary to make an accurate diagnosis. **Itchy Skin.** Itchy skin is a less common symptom experienced by people with pancreatic cancer. Again, it's a vague symptom, but when coupled with another symptom like abdominal pain or jaundice, it can be significant in making a more accurate and timely diagnosis. Unfortunately, when someone with undiagnosed pancreatic cancer is experiencing itchy skin, it is often misdiagnosed as a dermatological condition. **Unexpected Onset of Diabetes.** In some cases, pancreatic cancer may impede the pancreas' ability to produce insulin, resulting in diabetes. It is important to remember that most people develop diabetes because of reasons unrelated to pancreatic cancer. **Changes in Stool and Urine Color.** Urine may become much darker, while stools lose their brown color, becoming a pale, clay color. This is often due to the bile duct being blocked. Stools can also have a odd, strong smell.

If you are experiencing any of the symptoms of pancreatic cancer, see your doctor. Even if they are not related to pancreatic cancer in the end, they are symptoms that do warrant a medical evaluation. More than likely, you do not have pancreatic cancer. **Pancreatic cancer screening programs are available, but are not recommended for everyone.** It is a rare disease, so there is no need to screen the general population. However, some people with a family history of pancreatic cancer and certain *genetic syndromes* are at a heightened risk of pancreatic cancer.

Age (older population), race (African-Americans), gender (men) and religion (Jewish population due to inherited genetic mutation of the BRCA2 gene) increases the possibility of having pancreatic cancer.

There's much more about this subject than this newsletter has space to present. For additional information please "google" **pancreatic cancer.** There's a wealth of information to quench your knowledge thirst! **ggd ☺**

# Choice

November 2011  
Volume 15 - 11  
Monthly

The Newsletter Of AARP Chapter 1952  
Warner Robins, Georgia  
"To Serve - Not To Be Served"  
[www.Choice1952.com](http://www.Choice1952.com)

Meeting Dates/Time: **Wednesday, November 16<sup>th</sup>** (10:00 A.M.) and **Wednesday, December 28<sup>th</sup>** (10:00 A.M.)  
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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			Janet Morton	971-0746

### Birthdays For November

Doreen Newlin	5 <sup>th</sup>	Suzanne Baer	6 <sup>th</sup>	Lena Farr	10 <sup>th</sup>	Swarn Arora	15 <sup>th</sup>
Sam Hendry	20 <sup>th</sup>	William Hyslip	22 <sup>nd</sup>				

### Birthdays For December

Nancy Harrison	3 <sup>rd</sup>	Alexandra Talley	7 <sup>th</sup>	Betty Lou Lavain	10 <sup>th</sup>	Mitchell Nasser	12 <sup>th</sup>
Becky Kling	16 <sup>th</sup>	William Hancock	17 <sup>th</sup>	Earnest Braun	24 <sup>th</sup>	John Micek	26 <sup>th</sup>
Jan Rachels	31 <sup>st</sup>						

### WE CARE

Continued expressions of love/prayers for speedy recovery and wellness for **Mary Lappano** (recent home accident) and Rosita Huckeba's son **Mike.** ***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***

**Highlights From October's Meeting:** Honorable Janice Spires [Judge - Houston County Probate Court] provided some fascinating information about the probate court system/process. Topics included wills, powers of attorney, firearms registrations/licensing, estate planning and more. Please visit [www.houstoncountyga.org](http://www.houstoncountyga.org) for additional information.

Welcome to GUESTS [and new members] **Mitchell and Onieda Nasser!** Additionally, **Happy "Belated" Birthday** Onieda (10/16)! **ggd ☺**



## Attention - Attention - Attention!

Slate of Officers for 2012 - President/Jeanine Frey, Vice President/Frank Gadbois, Treasurer/John Echols ... still need someone for Secretary! **Our December/Post-Christmas meeting will be 12/28/2011.** January's meeting still projected to be a "New Year's" breakfast as well as again honoring our **Nonagenarians!** **Worth Repeating: ALWAYS** show/swipe your AARP card **FIRST** when you shop/checkout at **Walgreens.** They have different promotions throughout the year. This month - after swiping my AARP card not only did I get a discount on my purchases ... I also got coupons for \$3.00 off future purchases! **Translation:** Swipe your card ... get discount coupons! **ggd ☺**



Meeting Date/Time: Wednesday - November 16, 2011/10:00 A.M.  
Guest Speakers:  
[Former Warner Robins Police Chief] Dan  
(Dungeon Dan) And Kathy (Krue) Hart  
\*\* Pirate Reenactment Actors \*\*

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Please contact me at 478/318-0471 and/or via e-mail at [gdavismail@gmail.com](mailto:gdavismail@gmail.com)!

Sincerely,

**Greg (Formerly Known As "Da Baby") Davis** ggd ☺

## Veterans Day - A Remembrance

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War." Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

In the United States, an official wreath-laying ceremony is held each Veterans Day at the **Tomb of the Unknowns** in Arlington National Cemetery, while parades and other celebrations are held in states around the country. Veterans Day is not to be confused with Memorial Day -- a common misunderstanding, according to the U.S. Department of Veterans Affairs. Memorial Day (the fourth Monday in May) honors American servicemembers who died in service to their country or as a result of injuries incurred during battle, while **Veterans Day** pays tribute to all American veterans -- living or dead -- but especially gives thanks to living veterans who served their country honorably during war or peacetime.

Although we celebrate Veterans Day in November, it's never too late to "**Thank A Veteran**" ... anytime! ggd ☺

## November Is National Pancreatic Cancer Awareness Month!

I hope each of you take the time to learn about this devastating cancer, in hopes to raise awareness. People aren't as knowledgeable about pancreatic cancer as breast or prostate cancer, but it is just as a debilitating disease.

### Facts About Pancreatic Cancer

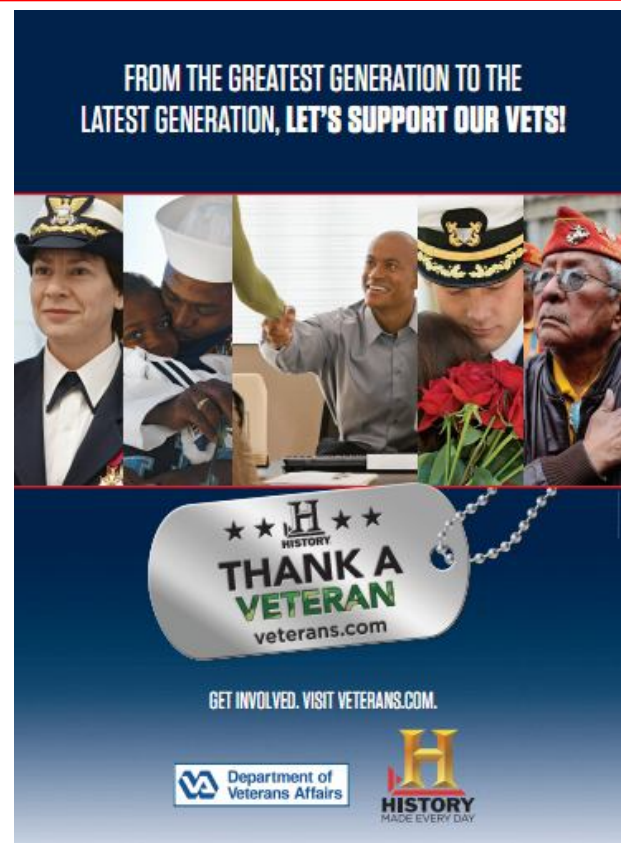
- Approximately 32,000 Americans are diagnosed with pancreatic cancer annually
- Approximately 31,800 Americans will die of pancreatic cancer each year
- Pancreatic cancer is the 4th ranked cause of cancer death
- Only 23% of people diagnosed with be alive 1 year from diagnosis
- 4% of people diagnosed with pancreatic cancer will live/reach the 5-year survival rate

### What Causes Pancreatic Cancer?

Although researchers are unsure as to what exactly causes pancreatic cancer, known risk factors of the disease have been identified, like smoking, diabetes, and more.

### Is Pancreatic Cancer Common?

Pancreatic cancer is a common cancer. However, it is very difficult to detect early and even more difficult to treat. The symptoms presented by pancreatic cancer are often very similar to that of many other illnesses, and they don't always show until the disease has progressed to an advanced stage.



BTW: I'm A "Baby" Veteran (9/1971 - 6/1997) ggd ☺

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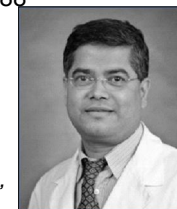
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### General Symptoms

Pancreatic cancer symptoms often do not appear until the disease is in an advanced stage, thus making early detection difficult. When they do appear, they can be vague and non-specific, such as stomach pain and weight loss. Additionally, a patient's symptoms will vary depending on the location of the cancer within the **pancreas**.

### What Is the Pancreas?

The pancreas is a gland about 6 inches long that is shaped like a thin pear lying on its side. The wider end of the pancreas is called the head, the middle section is called the body, and the narrow end is called the tail. The pancreas lies behind the stomach and in front of the spine. It cannot be felt during a physical exam and is located behind other organs like



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the stomach, liver, spleen, gallbladder, and small intestine.

**Additional Symptoms** include **Jaundice**, a painless condition marked **SEE PANCREAS ON BACK PAGE >>>**