

- **Stage I.** Cancer is confined to the pancreas.
- **Stage II.** Cancer has spread beyond the pancreas to nearby tissues and organs and may have spread to the lymph nodes.
- **Stage III.** Cancer has spread beyond the pancreas to the major blood vessels around the pancreas and may have spread to the lymph nodes.
- **Stage IV.** Cancer has spread to distant sites beyond the pancreas, such as the liver, lungs and the lining that surrounds your abdominal organs (peritoneum).

Treatment for pancreatic cancer depends on the stage and location of the cancer as well as on your age, overall health and personal preferences. The **first goal** of pancreatic cancer treatment is to **eliminate** the cancer, when possible. When that isn't an option, the focus may be on **preventing the pancreatic cancer from growing** or causing more harm. When pancreatic cancer is advanced and treatments aren't likely to offer a benefit, your doctor will help to relieve symptoms and make you as comfortable as possible.

- **Surgery** may be an option if your pancreatic cancer is confined to the pancreas.
- **Radiation therapy** uses high-energy beams, such as X-rays, to destroy cancer cells.
- **Chemotherapy** uses drugs to help kill cancer cells. Chemotherapy can also be combined with radiation therapy (chemoradiation) and **targeted therapy** (using drugs that attack specific abnormalities within cancer cells).
- **Clinical trials** - studies to test new forms of treatment, such as new drugs, new approaches to surgery or radiation treatments and novel methods such as gene therapy.

Complementary and alternative therapies may also help you cope with distress. Examples include:

- Art Therapy | Exercise | Meditation | Music therapy | Relaxation Exercises | Spirituality

Learning you have a life-threatening illness can be devastating. Although there are no easy answers for people dealing with pancreatic cancer, **BE/GET INFORMED** and learn enough about your cancer to help you make decisions about your care. If you're doing your own research, good places to start include the **National Cancer Institute** and the **Pancreatic Cancer Action Network**. Assemble a support system, connect with other cancer survivors and find someone to talk with. Although friends and family can be your best allies, in some cases they have difficulty coping with the shock of your diagnosis. In these cases, talking with a counselor, medical social worker, or a pastoral or religious counselor can be helpful. "Finally" ... consider/embrace hospice. **ggd** ☺

Choice

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
 "To Serve - Not To Be Served"
www.Choice1952.com

October 2014
 Volume 18 - 10
 Monthly



Meeting Dates/Time: **Wednesday, October 22nd** (10:00 A.M.) and **Wednesday, November 26th** (10:00 A.M.)
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Vacant		Suzanne Burgess	922-2003
Vice President	Frank Gadbois	953-7788	Betty Lou Lovain	922-7774
Secretary	James Erdmanczyk	280-6094		
Treasurer	Benedicta Edge	333-2310		
"Choice" Editor	Greg Davis	318-0471		



Birthdays For October

Martha Kimbrough 12th Oneida Nasser 16th Jack Peck 18th Mike Roberson 24th

Jimmy Selph 25th

Birthdays For November

Tracy Marshall 1st Tommy Stalnaker 4th Suzanne Baer 6th Swarn Arora 15th

David Morton 19th William Hyslip 22nd

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** We wish health/wellness to all past/current members! **ggd**☺*



Highlights From September's Meeting: Guest Speaker | George Hartwig | Houston County District Attorney (DA). The Houston County DA's Office has the responsibility and authority to investigate and prosecute crimes in Houston County, Georgia. In each case brought before the court, the DA's office represents **"The People of the State of Georgia."**

George Hartwig joined the Houston DA's Office in July 2001 and was elected into the position of District Attorney in 2010. Prior to joining the DA's Office, Mr. Hartwig practiced civil law in Macon for ten years (1991-2001), including seven years at his own firm, Knott & Hartwig, LLP.

District Attorney Hartwig covered several topics including **Victim's Rights, Georgia's (Concealed) Weapons Carry Laws, Grand Jury Procedures, Senior/Elder Abuse, Crime Statistics** and many other interesting topics! His extensive law enforcement experience, included undercover narcotics investigations, police officer (Broward County, Florida - 1978 to 1984) - where he served in various capacities, including Broward Sheriff's Municipal Deputy, Sergeant and undercover drug agent. He also served as a Captain on the Charlotte County (FL) Sheriff's Office where he was commander of several units, including VOCC (narcotics), Traffic & Crime, and Marine Patrol. According to **District Attorney Hartwig** ... **"Crimes of violence that threaten our community will not go unpunished in Houston County. My office will continue to seek a full measure of justice for all those who are affected by violence and the people of Houston County."** **AMEN!** **ggd** ☺

BBB-Sponsored Senior EXPO! Friday | November 7, 2014 | 9:00 A.M. - 12:00 P.M. | Central Georgia Technical College - Building G | 80 Cohen Walker Drive | Warner Robins! **ggd ☺**

It was **Halloween** night when a driver called the road service dispatch office complaining that he was locked out of his car. The information was forwarded to a locksmith, along with one more detail. The car was parked at a **nudist colony**. Of course *the locksmith arrived in record time*, but when he called in later, he wasn't amused. **"Figures,"** he said ... **"I finally get to go to a nudist colony, and they're having a costume party!"** Thanks Miss Ivis! **ggd** ☺



Development Director | Houston County Habitat For Humanity
Ashley Williamson
Guest Speaker:
 Wednesday - October 22, 2014/10:00 A.M.
Meeting Date/Time:



P.O. Box 7481
 Warner Robins, GA 31095
www.Choice1952.com
 Tel: 478/953-7788



Editor's Notes: **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 **STILL** at only \$4.00 (or \$8.00)/Month [**\$48.00 (or \$96.00)/Year - Prorated**] and helps tremendously to offset printing/production costs. *** **Special Rates/Web Banner Spots Available As Well** *** **Thank You ... Thank You ... Thank You!**

ALL: As **your** Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and - collectively - we'll get/keep advertisers/sponsors!

Sincerely,

Greg (Formerly Known As "Da Baby") Davis ggd ☺
Tel: 478/318-0471 | E-Mail: gdvismail@gmail.com!

PANCREATIC CANCER

This month's newsletter topic is (another) "personal" reflection having recently (10/9/2014) lost a childhood friend to Pancreatic Cancer. My "research" revealed some very interesting items about this "killer." I hope my sharing this information will be as informative to you as it was (is) to me.

The pancreas is about 6 inches long and sits across the back of the abdomen, behind the stomach. The head of the pancreas is on the right side of the abdomen and is connected to the duodenum (the first section of the small intestine) through a small tube called the pancreatic duct. The narrow end of the pancreas, called the tail, extends to the left side of the body. It secretes hormones, including insulin, to help your body process sugar in the foods you eat. And, it produces digestive juices to help your body digest food.

Pancreatic cancer begins in the tissues of the **pancreas** and often has a poor prognosis, even when diagnosed early. Pancreatic cancer occurs when cells in the pancreas develop mutations in their DNA. These mutations cause cells to grow uncontrollably and continue living after normal cells would die ... ultimately forming tumors. Since pancreatic cancer typically spreads rapidly it is seldom detected in its early stages, which is [a major reason why it's a leading cause of cancer death](#). Signs and symptoms may not appear until pancreatic cancer is quite advanced and complete surgical removal isn't possible.

Most pancreatic cancer begins in the cells that line the ducts of the pancreas. This type of cancer is called **pancreatic adenocarcinoma** or **pancreatic exocrine cancer**.

Rarely, cancer can form in the **hormone-producing** cells of the pancreas. This type of cancer is called **islet cell cancer** or **pancreatic endocrine cancer**.

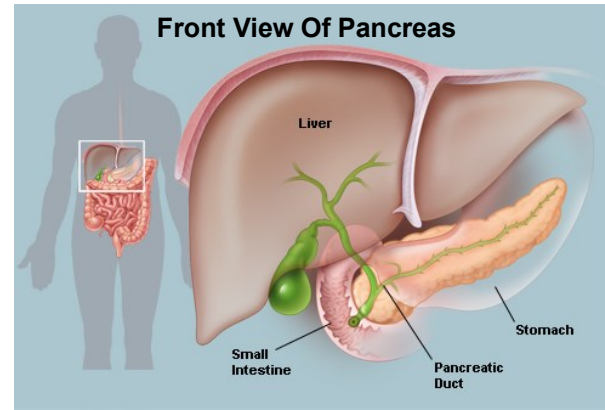
Signs and symptoms of pancreatic cancer often don't occur until the disease is advanced. When signs and symptoms do appear, they may include:

- Upper abdominal pain that may radiate to your back
- Yellowing of your skin and the whites of your eyes (jaundice)
- Loss of appetite
- Weight loss
- Depression
- Blood clots

When to see a doctor - See your doctor if you experience unexplained weight loss, abdominal pain, jaundice, or other signs and symptoms that bother you. Many diseases and conditions other than cancer may cause similar signs and symptoms, so your doctor may check for these conditions as well as for pancreatic cancer.

Risk factors - Factors that may increase your risk of pancreatic cancer include:

- African-American race
- Excess body weight
- Chronic inflammation of the pancreas (pancreatitis)
- Diabetes
- Family history of genetic syndromes that can increase cancer risk, including a BRCA2 gene mutation, Lynch syndrome and familial atypical mole-malignant melanoma (FAMMM)
- Personal or family history of pancreatic cancer

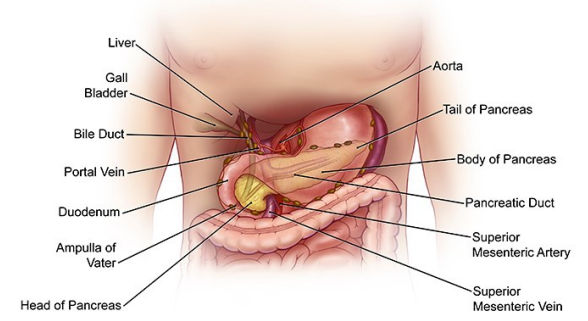


Check out our website - www.Choice1952.com - and enjoy the newsletters in full COLOR! ggd ☺

- Smoking

Although there's no proven way to prevent pancreatic cancer, you can take steps to reduce your risk, including:

- Stop smoking. If you smoke, stop. Talk to your doctor about strategies to help you stop, including support groups, medications and nicotine replacement therapy. If you don't smoke, don't start.
- Maintain a healthy weight. If you currently have a healthy weight, work to maintain it. If you need to lose weight, aim for a slow, steady weight loss — 1 or 2 pounds (0.5 or 1 kilogram) a week. Combine daily exercise with a diet rich in vegetables, fruit and whole grains with smaller portions to help you lose weight.
- Choose a healthy diet. A diet full of colorful fruits and vegetables and whole grains may help reduce your risk of cancer.



As pancreatic cancer progresses, it can cause complications such as:

- **Jaundice.** Pancreatic cancer that blocks the liver's bile duct can cause jaundice. Signs include yellow skin and eyes, dark-colored urine, and pale-colored stools. Your doctor may recommend that a plastic or metal tube (stent) be placed inside the bile duct to hold it open. In some cases a bypass may be needed to create a new way for bile to flow from the liver to the intestines.
- **Pain.** A growing tumor may press on nerves in your abdomen, causing pain that can become severe. Pain medications can help you feel more comfortable. Radiation therapy may help stop tumor growth temporarily to give you some relief. In severe cases, your doctor may recommend a procedure to inject alcohol into the nerves that control pain in your abdomen (celiac plexus block). This procedure stops the nerves from sending pain signals to your brain.
- **Bowel obstruction.** Pancreatic cancer that grows into or presses on the small intestine (duodenum) can block the flow of digested food from your stomach into your intestines. Your doctor may recommend a tube (stent) be placed in your small intestine to hold it open. Or bypass surgery may be necessary to attach your stomach to a lower point in your intestines that isn't blocked by cancer.
- **Weight loss.** A number of factors may cause weight loss in people with pancreatic cancer.
 - The cancer itself may cause weight loss. Nausea and vomiting caused by cancer treatments or a tumor pressing on your stomach may make it difficult to eat. Or your body may have difficulty properly processing nutrients from food because your pancreas isn't making enough digestive juices.

Pancreatic enzyme supplements may be recommended to aid in digestion. Try to maintain your weight by adding extra calories where you can and making mealtime as pleasant and relaxed as possible.

Diagnosing pancreatic cancer - If your doctor suspects pancreatic cancer, you may have one or more of the following tests to diagnose the cancer:

- Imaging tests to create pictures of your internal organs. Imaging tests help your doctor visualize your internal organs, including your pancreas.
- Using a scope to create ultrasound pictures of your pancreas. An **endoscopic ultrasound (EUS)** uses an ultrasound device to make images of your pancreas from inside your abdomen. The ultrasound device is passed through a thin, flexible tube (endoscope) down your esophagus and into your stomach in order to obtain the images. Your doctor may also collect a sample of cells (biopsy) during EUS.
- Using a scope to inject dye into the pancreatic ducts. **Endoscopic retrograde cholangiopancreatography (ERCP)** uses a dye to highlight the bile ducts in your pancreas
 - During **ERCP**, an endoscope is passed down your throat, through your stomach and into the upper part of your small intestine. A dye is then injected into the pancreatic and bile ducts through a small hollow tube (catheter) that's passed through the endoscope. Finally, X-rays are taken of the ducts.
 - A tissue or cell sample (**biopsy**) can be collected during ERCP.
- Removing a tissue sample for testing (**biopsy**). A biopsy is a procedure to remove a small sample of tissue from the pancreas for examination under a microscope.
 - A **biopsy** sample can be obtained by inserting a needle through your skin and into your pancreas (fine-needle aspiration). Or it can be done using endoscopic ultrasound to guide special tools into your pancreas where a sample of cells can be obtained for testing.

Staging pancreatic cancer - Once a diagnosis of pancreatic cancer is confirmed, your doctor will work to determine the extent (stage) of the cancer. Your cancer's stage helps determine what treatments are available to you. The stages of pancreatic cancer are: