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# Michigan Nurses For Life

1637 W. Big Beaver Rd., Suite G • Troy, Michigan 48084

February 2002

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*"An educational group for pro-life nurses."*

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## Spring Conference March 23, 2002

### Circle your calendar today for March 23<sup>rd</sup>.

Michigan Nurses For Life in conjunction with the Educational Center for Life has planned an interesting and informative conference titled *Abstinence: Just Do It!* The conference will be held at Madonna University in Livonia.

**Dr. John Diggs Jr., M.D.** is our keynote speaker and will bring us a message of hope, using humor and analogies based on medical research. In his practice, he has seen the physical and emotional devastation resulting from premarital sex among young people today. He will speak on the dangers of "safe sex" and its potentially deadly consequences. Dr. Diggs has spoken to many different groups of people—schools, conferences and community audiences. He has been a guest on local and national radio and TV programs. His presentation will provide nurses with positive information in the area of abstinence that can be shared with friends and families in your community.

**Leslee J. Unruh**, Founder and President of the Abstinence Clearinghouse will also be speaking. The Abstinence Clearinghouse is a resource center that distributes information on sexual abstinence and provides training to educators and parents. Leslee has a very dynamic presentation combining humor, truth, and personal experience. She has been a guest speaker across the United States on subjects of concern to teenagers: self-respect, sexuality, and relationships. She has written newspaper columns, authored brochures, and produced a TV program on teen sexuality. Her lecture will be both informative and interesting.

**Teresa Tomeo** is a broadcast journalist who currently has a program aired daily on WMUZ. She will be speaking about the effects of media on sexual behavior and health. She has a long history in the Detroit area as a news reporter and public speaker. As a media consultant she trains executives in

communication skills and crisis management. She will provide our conference with up to date information in the area of the media as it effects sexual behavior among young people today.

Registration is \$40.00 for MNFL members, \$45.00, for non-member nurses, and \$10.00 for student nurses. 5.0 Contact hours have been applied for through MNA. The general public is also welcome for a fee of \$25.00. The cost includes an informational packet, continental breakfast and lunch. The conference will begin at 8:00 AM through 2:30 PM. Please register no later than March 18, 2002.

For more information about the Spring Conference or to obtain a registration form call the Educational Center for Life at (248) 816-8489 or visit our web site at [www.mnfl.org](http://www.mnfl.org).



**NEW! MNFL**  
**Web Site**  
**[www.mnfl.org](http://www.mnfl.org)**

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**Michigan Nurses for Life has a new web page.** You will find information there about our organization, upcoming events, past newsletters, as well as links to other pro-life web sites. You will also be able to download the registration forms to join Michigan Nurses For Life or to attend the Michigan Nurses For Life Spring Conference. **Check it out!**

## The Inside Story...

### **Abortion Increases Breast Cancer Risk**

**Dr. Joseph Anderson, MD on  
"Artificial Hydration and Nutrition"**

**MNFL Elections**

**Upcoming Events**

## Michigan Nurses



For Life

### Our Purpose:

...To raise the consciousness of the nursing profession to protect all human life from conception until natural death

...To form an educated core of nurses who can speak for their profession by acting as a community resource for life issues

...To promote public education and awareness about life issues on both ends of the spectrum, from abortion to euthanasia

...To uphold and defend human life in all stages and conditions of development

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### Michigan Nurses For Life

Coventry Place - Suite G  
1637 W. Big Beaver Road  
Troy, Michigan 48084-3540

(248) 816-8489 - Office  
(248) 816-9066 - Fax  
Email: [info@mnfl.org](mailto:info@mnfl.org)

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### Hours:

Monday through Friday  
10:00 a.m. - 3:00 p.m.

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### Officers:

Ann Bellar, President  
Patti Schmidt, Secretary  
Mary Bagazinski, Treasurer

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### Board Members:

Pat Leal  
Cheryl Richman  
Phyllis Sullivan  
Mary Lou Temple

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**Reporter:** Cheryl Richman

**Editor:** Susan Beardsley

# Abortion Increases Cancer Risk

By Jeanne Barrett, BSN

*During the year 2000, 182,800 women were diagnosed with breast cancer.*

*In the United States alone, breast cancer kills approximately 40,800 women each year.*

*Breast cancer is the leading cause of death among women between the ages of 40 and 59.*

---Susan G. Komen Foundation---

As of October 2000, twenty-seven out of the thirty-four studies in the world-wide literature indicate an increased risk of breast cancer associated with induced abortion. Seventeen of the twenty-seven are "statistically significant" <sup>1</sup>, a technical term which means the data provided at least 95% certainty that the association measured was not due to chance.

One of the leading researchers in this field is Dr. Joel Brind, a professor of biology and endocrinology at Baruch College in New York. "According to his meta-analysis, any woman who chooses to have an abortion, no matter how old she is or how many kids she has, or when she has them, will have a significantly increased risk for breast cancer." <sup>1</sup>

### *You may ask, "How does this happen"?*

A first pregnancy permanently changes the structure of a woman's breasts. When she becomes pregnant, estrogen and other hormones flood her system. Cells rapidly grow into a system of branching ducts and gland cells capable of producing milk. When these cells are changing, they are less stable and have much greater potential of becoming cancerous. If the woman completes her first pregnancy, this unstable phase passes and her gland cells mature and stabilize. However if she aborts her pregnancy in its early phase (when 90% of abortions are performed), these new cells are halted at an immature stage and may be predisposed to becoming cancerous later in life.

"The same breast cancer risk is not present in a woman who experiences a miscarriage because the same amount of estrogen produced in a normal pregnancy is not present in her body." <sup>1</sup> It appears that an early miscarriage does not cause reason for alarm due to a lesser hormone level.

We need to be aware of this information and share it with our friends and family. We give this information to our clients so they can know the future consequences of their actions. The following web sites can tell you more about the link between abortion and breast cancer: [www.abortionbreastcancer.com](http://www.abortionbreastcancer.com) and [www.abortioncancer.com](http://www.abortioncancer.com).

<sup>1</sup> Breast Cancer and Abortion: *What's the connection?*  
By Erin Broughton, Life Cycle Books, 2000.

# Artificial Hydration and Nutrition

Reported by Cheryl Richman/Edited by Ann Bellar



On January 8, 2002, nurses attending the quarterly MNFL meeting had the pleasure of hearing Dr. Joseph Anderson of Henry

Ford Hospital present a very interesting and informative lecture on the subject of artificial hydration and nutrition (AHN). Dr. Anderson is an oncologist and an expert in providing palliative care to the terminally ill patient. He addressed his use of AHN with these terminal patients.

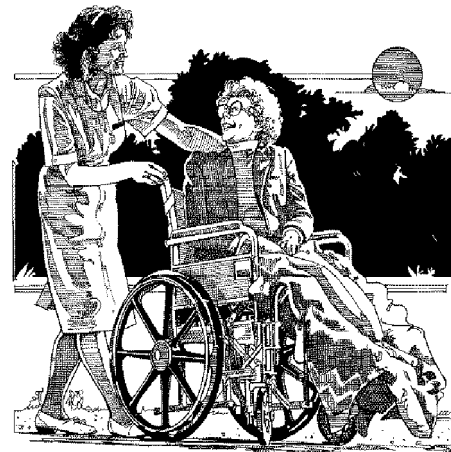
Dr. Anderson's philosophy of care for the terminally ill is that his role is not to hasten or postpone death, but to maintain the person's quality of life, which includes helping them achieve final goals if possible. He assesses his individual patients' needs and he and his patients set goals for what they want to finish before death. AHN is a treatment that he uses to help people achieve their goals. Some of these goals may be to live long enough to say goodbye to children, to see a wedding, or other upcoming family event. He also uses AHN to treat people who are suffering from side effects of cancer treatments, which prevent them from eating. These treatments, although generally not curative, may give the person significant additional time to accomplish his or her goals if their nutrition is supported before, during, and after the treatment. AHN is also a treatment that Dr. Anderson may recommend that the family not initiate if the person is in the final stages of his or her terminal illness.

There are identifiable benefits from withholding AHN as the person is dying. Fluids given to the dying person can precipitate pulmonary edema and cause the person to experience dyspnea. Foods and fluids can also cause nausea and vomiting. The one discomfort of withholding fluids is dry mouth. Expert nursing care can relieve this discomfort. When food is withheld, the body switches to the breakdown of lipids for its source of energy. This chemical process results in the accumulation of ketones in the blood stream. Ketones have an analgesic effect and may help the patient with pain control. There is no scientific evidence to support the idea that withholding AHN causes the person unnecessary suffering during the dying process.

He also addressed the phenomenon of cancer cachexia. People experiencing this have appetite suppression, an increased metabolic rate, and

dramatic weight loss. Increased levels of certain immune system substances called interleukins and tumor necrosis factor cause cancer cachexia or wasting. AHN will not solve this problem. In his practice he has found that prednisone, a drug that suppresses the immune system, has been helpful in treating this particular problem.

Dr. Anderson encourages all nurses to become knowledgeable about these issues in order to provide expert advice to patients and families who are currently facing these issues. He believes health care workers need to assume more responsibility in the decision-making process regarding AHN and other end of life issues.



## MNFL Elections

As the president suggested in his state of the Union Message, consider volunteering for a two year period for a leadership position in MNFL.

The following positions are open and will be filled at our evening meeting on March 12, 2002: Vice-President, Corresponding Secretary, Treasurer, Assistant Treasurer, and two Board Members.

If you would like to run for one of these positions, please plan to be at the March meeting or call the office at (248) 816-8489 and leave a message.

We hope all members will attend.

**FYI:** Assistant Treasurer is in charge of renewals only. Corresponding Secretary is in charge of responding to Web Page e-mail. All terms are for 2 years.



Check it out!



**NEW!** MNFL

Web Site

www.mnfl.org

## MNFL Upcoming Events!

**March 12th at 7:00 p.m.**



**Barbara Lubinski, RN, MSN,**  
Director of Precious Children Respite Center  
will speak on "Respite Care for Chronically Ill,  
Disabled Children" at Cross of Christ Lutheran  
Church

**March 23, 2002 from 8:00 a.m. to 2:30 p.m.**



**Michigan Nurses For Life**  
**Annual Spring Seminar**  
**"Abstinence: Just Do It!"**  
**with Educational Center For Life**  
**Keynote Speaker: Dr. John Diggs Jr., MD**  
**With: Leslee Unruh, and Teresa Tomeo**  
Location: Kresge Hall / Madonna University  
Livonia, Michigan

***Circle these dates on your calendar!***

## **MARK YOUR CALENDAR!**

### **The Challenges of Transcultural Counseling**

**Saturday, June 1, 2002**

**9:00 AM - 12:30 PM**

**St. Joseph Mercy Hospital, Pontiac  
Franco Conference Center**  
Sponsored by Michigan Nurses For Life  
and Crossroads Crisis Pregnancy Center

**Speakers:**

**Najah Bazy, RN**

Transcultural Nurse Consultant  
Oakwood Hospital, Dearborn

**Dr. David Strubler, PhD**

Kettering University,  
Cross-cultural Communications

**Panel:**

A variety of cultural backgrounds  
will be represented:

**Nadia Abuamsha**

ASL (Arabic as a Second Language) Director  
POBLO (People of the Book Lutheran Outreach),  
Dearborn

**Sonia Ashe,**

Executive Director,  
AAA Crisis Pregnancy Center, Livonia

**Elizabeth Thomas, RN,**

Volunteer, Allen Park Crisis  
Pregnancy Center

**Brenda Underwood,**

T.A.S.K. Abstinence Program Coordinator,  
AAA Crisis Pregnancy Center, Livonia

**Cost:**

- MNFL Members - \$20.00
- MNFL Non-members \$25.00
- CPC Volunteers / Staff- \$10.00
- Students - \$5.00

Fee includes Continental Breakfast.  
Please register no later than May 24, 2002.

**Approximately 3.6 contact hours  
applied for through MNA.**