

**March Madness  
Starts on the  
15th!!**

**Basketball Lingo Quiz**



- 1. Airball
- 2. Traveling
- 3. Empty the bench
- 4. Windmill
- 5. Pump fake
- 6. Rimmer
- 7. Buzzer beater
- 8. Charity stripe
- 9. Big Man
- 10. Pine time
- 11. Box
- 12. Alley-oop shot

- A. Time spent on the bench.
- B. A last-second shot that is made as the final buzzer sounds.
- C. The foul line.
- D. A tall player, often the center, who plays close to the basket.
- E. An acrobatic play in which a player jumps high in the air and dunks the ball into the basket.
- F. At the end of the game when the coach takes out his starters and puts in the players who have been on the bench.
- G. A dunk where the player brings the ball to his waist and raises it up in a circular motion.
- H. A missed shot that misses the backboard, the rim, and the net.
- I. A shot that rolls along the rim before going into the basket.
- J. To pretend to shoot the ball.
- K. When a player takes too many steps or moves both feet without dribbling.
- L. The square area painted or taped above the rim on the backboard.

**Answers**

1H; 2K; 3F; 4G; 5I; 6I; 7B; 8C; 9D; 10A; 11I; 12E



**SERVICE COORDINATION NEWS**

**Cancer Facts for People Over 50**

Cancer strikes people of all ages, but you are more likely to get cancer as you get older, even if no one in your family has had it. The good news is that the chances of surviving cancer are better today than ever before.

When cancer is found early, it is more likely to be treated successfully. You can help safeguard your health by learning the warning signs of cancer and by having regular checkups.

doctor can make a diagnosis. **Don't** wait to feel pain! Early cancer usually doesn't cause pain.

Some people believe that as they age their symptoms are due to "growing older." Because of this myth, many illnesses go undiagnosed and untreated. Don't ignore your symptoms because you think they are not important or because you believe they are normal for your age. Talk to your doctor.

**What Symptoms Should I Watch For?**

You should see your doctor for regular checkups; don't wait for problems to occur. But you also should know that the following symptoms may be signs of cancer:

- Changes in bowel or bladder habits,
- A sore that does not heal,
- Unusual bleeding or discharge,
- Thickening or lump in the breast or any other part of the body,
- Indigestion or difficulty swallowing,
- Obvious change in wart or mole,
- Nagging cough or hoarseness, or
- Unexplained change in weight.

**What If I Have One of These Symptoms?**

These symptoms are not always a sign of cancer. They also can be caused by less serious conditions. It's important to see a doctor if you have symptoms because only a

**What Regular Tests Should I Have?**

Most cancers in their earliest, most treatable stages don't cause any symptoms or pain. That is why it's important to have regular tests to check for cancer long before you might notice anything wrong.

Checking for cancer in a person who does not have any symptoms is called screening. Screening may involve a physical exam, lab tests, or procedures to look at internal organs. Medicare now covers a number of screening tests for cancer. For details, check with the Medicare toll-free help line at 800-633-4227.

Before recommending a screening test, your doctor will consider your age, medical history, general health, family history, and lifestyle. You may want to discuss your concerns or questions with your doctor, so that together you can weigh the pros and cons and make an informed decision about whether

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to have a screening test. If you are 50 or older, the following are some of the cancer screening tests that you and your doctor should consider:

- **Mammogram.** A woman's risk of breast cancer increases with age; about 80 percent of breast cancers occur in women over age 50. A mammogram is a special x-ray of the breast that often can find cancers that are too small for a woman or her doctor to feel. The National Cancer Institute (NCI) recommends that women in their 40s or older have a screening mammogram on a regular basis, every 1-2 years.
- **Clinical Breast Exam.** During a clinical breast exam, the doctor or other health care professional checks the breasts and underarms for lumps or other changes that could be a sign of breast cancer.
- **Fecal Occult Blood Test.** Colorectal cancer is the third leading cause of

death from cancer in the United States. The risk of developing colorectal cancer rises after age 50. It is common in both men and women. Studies show that a fecal occult blood test every 1-2 years in people between the ages of 50 and 80 decreases the number of deaths due to colorectal cancer. For this test, stool samples are applied to special cards, which are examined in a lab for occult (hidden) blood.

- **Sigmoidoscopy.** A doctor uses a thin, flexible tube with a light (sigmoidoscope) to look inside the colon and rectum for growths or abnormal areas. Fewer people may die of colorectal cancer if they have regular screening by sigmoidoscopy after age 50.
- **Pap Test.** The risk of cancer of the cervix (the lower, narrow part of the uterus or womb) increases with age. Most invasive cancers of the cervix can be prevented if women have Pap tests and pelvic exams regularly. Older women should continue to have regular Pap tests and pelvic exams. The doctor uses a wooden scraper or a small brush to collect a sample of cells from the cervix and upper vagina. The cells are sent to a lab to check for abnormalities.
- **Pelvic Exam.** In a pelvic exam, the doctor checks the uterus, vagina, ovaries, fallopian tubes, bladder, and rectum for any changes in their shape or size. During a pelvic exam, an instrument called a speculum is used to widen the vagina so that the upper part of the vagina and the cervix can be seen.
- **Digital Rectal Exam.** Prostate cancer is the most common cancer in American men—especially older men. More than

80 percent of prostate cancers occur in men 65 or older. Research is being done to find the most reliable screening test for prostate cancer. Scientists at the NCI are studying the value of digital rectal exam and prostate-specific antigen (PSA) in reducing the number of deaths caused by prostate cancer. For a digital rectal exam, the doctor inserts a gloved finger into the rectum and feels the prostate gland for bumps or abnormal areas.

- **Prostate Specific Antigen (PSA).** This test measures the amount of PSA in the blood stream. Higher-than-average amounts of PSA may indicate the presence of prostate cancer cells. However, PSA levels also may be high in men who have non-cancerous prostate conditions. Scientists are studying ways to improve the validity of the PSA test.
- **Skin Exam.** Skin cancer is the most common form of cancer in the United States. Routine examination of the skin increases the chance of finding skin cancer early.

A positive result on any of these tests doesn't mean that you have cancer. You may need more tests. A biopsy is the only sure way to know whether the problem is cancer. In this test, a sample of tissue is removed from the abnormal area and examined under a microscope to check for cancer cells.

--Adapted from <http://nihseniorhealth.gov>



## MARCH

**National Nutrition Month.** the American Dietetic Association aims to educate consumers about the importance of making good nutrition choices and developing sound eating habits. For the latest scientifically based nutrition information, go to [www.eatright.org](http://www.eatright.org).

**National Women's History Month.** Celebrate the wide range of contributions and achievements made by women that have been overlooked in many U.S. history classes. Visit [www.nwhp.org](http://www.nwhp.org) for ideas and activities.

**National Colorectal Cancer Awareness Month.** To generate widespread awareness about colorectal cancer and to encourage people to learn more about how to prevent the disease through a healthy lifestyle and regular screening. for more information, browse [www.preventcancer.org](http://www.preventcancer.org).

**St. Patrick's Day. March 17.** Commemorates the patron saint of Ireland, Bishop Patrick (A.D. 389-461) who, in about A.D. 432, left his home in the Severn Valley, England, and introduced Christianity into Ireland.

**First Day of Spring. March 20.** In the Northern Hemisphere, spring begins with the vernal equinox, at 7:44 a.m. EDT. In the Southern Hemisphere, fall begins at the same time.

**Service Coordination** is a service of the Area Agency on Aging District 7, Inc. under the direction of the Ohio Department of Aging. The **Area Agency on Aging District 7, Inc.** serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

For information on **Ohio Medicaid** programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Consumer Hotline: 1-800-324-8680 or 614-466-6742.

The **Ombudsman** program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277.

"Services provided on a non-discriminatory basis."