

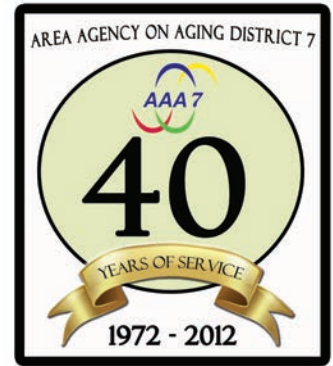
Caregiver Assistance News

"Caring for You - Caring for Others"

Area Agency on Aging District 7, Inc.

Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties in Ohio

www.aaa7.org **Helping You Age Better!**



SEPTEMBER 2012

Cancer Care - A Disease with Multiple Causes

A Disease with Multiple Causes

Advances in cancer treatment and a changing health care system mean shorter hospital stays and sicker people being cared for at home. Family caregivers find themselves taking on roles that, just a short time ago, were carried out only by trained health professionals.

What is Cancer?

Cancer describes over 100 different diseases in which normal cells suddenly go out of control, start to divide and grow, then invade other tissues. Most cancers are named for where they start (for example, cancer that begins in the colon is called colon cancer). Cancer can spread through the blood and lymph systems - this is called metastatic cancer.

How Cancer Starts

Nobody really knows what causes

cancer. In most cases, the cancer cells form a tumor (leukemias/blood cancers rarely form tumors), but not all tumors are cancerous. Benign (noncancerous) tumors can still cause health problems by growing very large and pressing on healthy organs. Because they cannot invade other tissues or spread to other parts of the body, benign tumors are almost never life threatening.

Because different types of cancer can behave very differently, grow at different rates, and respond to different treatments, people with cancer need treatment aimed at their particular kind of cancer.

Cancer is common, with half of all men and one-third of all women in the U.S. developing cancer during their lifetimes. The risk of most types of cancer can be reduced by a healthy lifestyle - quitting smok-

ing, limiting sun time, staying active, and eating healthy. Early detection and treatment mean better chances for living many years.

Source: National Cancer Institute at the National Institutes of Health; American Cancer Society.



Cancer Support Community Booklets for Family Caregivers

Frankly Speaking About Cancer: Support from a Distance and *Frankly Speaking About Cancer: Ten Tips for Caregivers* provides information helpful to all family caregivers.

Order free educational materials at www.cancersupportcommunity.org

Follow the Area Agency on Aging District 7 on Facebook to keep up-to-date on the latest news and happenings!

 **Find us on Facebook**

www.facebook.com/AreaAgencyOnAgingDistrict7

Coping with Cancer Pain

Most pain can be controlled with medication. When pain meds are prescribed, make sure they are taken exactly as ordered. (For chronic pain, medicine is usually given around the clock, on a schedule, not just when pain is severe.) Reassure the person that pain medicine, when used as directed, does not cause addiction. If medication doesn't seem to be working, or if new symptoms appear, contact the doctor immediately.



Keep in mind:

- Trouble sleeping and depression can make pain worse.
- Be alert for new pain, a change in pain, or reduced ability to move around.
- Use a pain rating scale (0 = no pain to 10 = worst pain) to help the person explain his or her pain. Ask about unrelieved pain.
- Keep at least a one-week supply of pain medicines on hand - most can only be refilled with a written prescription.
- Try warm baths or washcloths (avoid areas where radiation was given), ice or cool packs, gentle massage or pressure to relieve pain.
- Watch for confusion, dizziness and forgetfulness, especially with new meds or changed doses.
- Encourage pleasant distractions and plan activities for when the patient is comfortable and usually awake.
- Prevent constipation with plenty of fluids, fiber-rich food, stool softeners, laxatives and exercise.



Ask the doctor about:

- Other medications that can be taken between regularly scheduled doses if pain “breaks through.”
- Liquids, suppositories, skin patches, or other forms of medicines, if the patient has trouble taking pills. Understand how each pain medicine is to be used.
- Crushing or dissolving pain pills to make them easier to swallow.

Vow to safely apply and dispose of pain patches, and be sure to keep a list of all medicines, including pain medicines. (This is important if unexpected medical problems occur.)

Taking Care of Yourself - “Choose You”

The American Cancer Society “**Choose You**” movement encourages women to place their own health first in the fight against cancer, shining on one issue: one in three women will get cancer in her lifetime. We can change these odds by making healthy lifestyle choices such as maintaining a healthy weight through diet and exercise, not smoking, and having regular health checks.

In the constant struggle between family, work, and self, we know how difficult it is to focus on you. To help change this, the **Choose You** program provides the tools and support women need to commit to and achieve their personal health and wellness goals. Research shows that 73 percent of **Choose You** commitments are successful, and the program provides the support needed to help you eat right, be active, quit smoking, schedule regular health checks, or take care of your skin.

By making a **Choose You** commitment today, you're making your personal health a priority — and helping fight the good fight against cancer. Visit www.ChooseYou.com for a selection of tools and articles that can help you decide which **Choose You** commitment could be most beneficial to your health and well-being.

Source: www.ChooseYou.com

Upcoming Care and Support Workshop for Family Caregivers

“What Families Need to Know...When the Diagnosis is Alzheimer’s Disease or Related Dementia”

Caring for someone with memory loss is a 24-hour-a-day challenge. This series of educational sessions provides a special opportunity for families to learn and share together in an informal setting. Topics are presented by experts in their respective fields.

Jackson/Vinton County

Two-Part Series: October 16 and 23

1:00 pm - 4:00 pm

Holzer Medical Center - Jackson

Community Education Room

500 Burlington Road, Jackson, Ohio

The program is free of charge, but reservations must be made in advance. For more information, call the Alzheimer’s Association of Greater Cincinnati at 1-800-272-3900.



Mark Your Calendar!

Medicare Check-Up Days Coming This Fall!

Adams County

November 5th at 10:00 am

Adams County Senior Center, West Union

Brown County

November 7th at 10:00 am

Adams Brown Community Action, Georgetown

Gallia County

October 17th at 10:00 am - University of Rio Grande
BY APPOINTMENT ONLY - Call 1-800-582-7277, ext. 250

Highland County

October 18th at 9:30 am

Heartland of Hillsboro, Hillsboro

Jackson County

November 26th at 9:00 am

Jackson One Stop Tech and Training Center, Jackson
BY APPOINTMENT ONLY - 740-286-4181, ext. 343

Lawrence County

November 27th at 10:30 am

Southern Branch Library, South Point

Pike County

October 22nd at 10:00 am - Bristol Village, Waverly

Ross County

November 16th at 10:00 am

Ross County Senior Center, Chillicothe

BY APPOINTMENT ONLY - Call 740-773-3544

Scioto County

December 3rd at 10:00 am

United Scioto Senior Activities (USSA), Portsmouth

BY APPOINTMENT ONLY - Call 1-800-582-7277, ext. 250

Vinton County

December 4th at 9:00 am

Vinton County Senior Center, McArthur

For more information, call the AAA7 at 1-800-582-7277, extension 250.

Did You Know?

Cigarette smoking is the major cause of cancer death in the U.S. and the most preventable cause of death in the United States.





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Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the

Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at info@aaa7.org.

Cancer in Women - Don't Ignore Common Warning Signs

Some women ignore symptoms that could point to cancer. Possible cancer symptoms women often ignore that should be checked by the doctor include:

- Unexplained Weight Loss
- Breast Lumps or Other Changes in Breast
- Between-Period Bleeding or Other Unusual Bleeding
- Skin Changes
- Difficulty Swallowing
- Blood in Urine or Stool
- Gnawing Abdominal Pain or Frequent Bloating
- Frequent Indigestion
- Mouth Changes
- Unexplained Pain
- Changes in the Lymph Nodes
- Fever without Flu or Infection
- Fatigue Unrelieved by Rest
- Persistent Cough or Coughing Up Blood



Source: WebMD; American Cancer Society