

A) Practicing Prevention Key Words**Amputation****Early****Blindness****Measure****Breast****Porous****Cholesterol****Prevent****Damage****Prostate****Density****Screen****Determine****Sugar****Diabetes****Type**

B) Introduction

Learning Outcomes

At the end of Lesson 8, learners should be able to:

- a) **use** the words that are listed the Lesson 8 key words list and discuss what they mean in the context of this lesson and in their lives
- b) **state** the five conditions older adults should be routinely screened for
- c) **state** the important questions to ask about those conditions
- d) **indicate** the screening tests for the five conditions

Lesson 8 literacy activities

The types of literacy activities in Lesson 8 are:

- a) **Reading** exercise on “Practicing Prevention”
- b) **Fill-in-the-blanks** with words from the above reading material that are on the key words list
- c) **Word search** - to find the words that are listed in the Practicing Prevention key words list
- b) **Matching-the-column** exercise

Activities are explained further in the lesson. Facilitators may use additional literacy activities to help learners enhance their understanding of practicing prevention.

C) Reading Exercise

Facilitator Notes: According to the SMOG test, the following text is written at about a Grade 9 or 10 reading level, or literacy level 2 and can be read using *assisted* or *choral* reading techniques. In *assisted* reading, facilitator and learners take turns reading parts of the text, whereas *choral* reading involves reading together. These techniques are described further in Section 2 of the manual of the Nova Scotia Tutor & Instructor Training and Certification Program.

Learner Activity

Practicing Prevention

Maintaining your health after age 50 means practicing prevention measures such as getting certain health screening tests and vaccines. We know we cannot prevent conditions or diseases totally, but if they are found early they are easier to treat.

Most health experts agree that there are certain conditions that older adults should be screened for regularly. These are:

- ✓ high blood pressure
- ✓ high cholesterol
- ✓ diabetes
- ✓ osteoporosis
- ✓ cancer

C) Reading Exercise (continued)

What about high blood pressure?

We know that when high blood pressure is not treated it can lead to strokes, heart and kidney disease.

Questions to ask your doctor or nurse:

- What should my blood pressure be?
- How often should I get it checked?
- How can I lower it?

What about high cholesterol?

We now know that we have two types of cholesterol - the good one (HDL) and the bad one (LDL). Too much of the bad type (LDL) can damage blood vessels and cause heart disease. A blood test can measure how much we have of each type.

Questions to ask your doctor or nurse:

- What should my HDL and LDL cholesterol levels be?
- How often should I get them checked?
- What can I do to lower the LDL and raise the HDL?

C) Reading Exercise (continued)*What about diabetes?*

Diabetes, or too much sugar in the blood, is a major cause of blindness, kidney disease, high blood pressure, stroke, heart disease and amputation of the lower legs and feet. Nova Scotia has one of the highest rates of diabetes in Canada. Blood and urine tests can determine if your blood sugar level is normal or not.

Questions to ask your doctor or nurse:

- What can I do to prevent diabetes?
- If I have it, how often do I need eye and dental exams?
- How should I take care of my feet?
- What is the right weight for me?

If you have diabetes, other questions need to be asked about proper nutrition, what medicines to take, etc. So it is important to get good medical advice.

What about osteoporosis?

The meaning of the word osteoporosis is “porous bone”. This condition, which causes bones to be thin and break easily, can be detected with a bone density test.

C) Reading Exercise (continued)Questions to ask your doctor or nurse:

- Should I have a bone density test?
- What foods or medicines can help prevent osteoporosis?
- What types of exercises should I do to help prevent it?
- How can I avoid breaking my bones and prevent falls?

What about cancer?

The screening tests usually recommended for older adults are tests for breast cancer, cervical cancer, colorectal cancer, and prostate cancer.

The screening test for **breast** cancer is the mammogram. A mammogram, which is an X-ray of your breasts, can usually detect cancer early before it spreads. You should ask your doctor or nurse how often you should have a mammogram.

The screening test for **cervical** cancer is the Pap test. This is a quick test done by gently scraping cells off the cervix, which are sent to the lab to examine for cancer cells.

C) Reading Exercise (continued)

Screening tests for **colorectal** cancer include a colonoscopy and fecal occult blood test. In a colonoscopy, an instrument is used to examine inside the bowel. The test is harmless and it should be done five years after age 50. The test for fecal occult blood involves taking a stool sample to the lab.

The screening test for **prostate** cancer is a blood test that can tell if the prostate gland is healthy or not. Your doctor can also tell how the gland feels by doing a rectal exam.

Questions to ask your doctor or nurse:

- Should I be getting a mammogram?
- Do I still need to get a Pap test?
- When should I be screened for colorectal cancer?
- Should I be tested for prostate cancer?

(Adapted from *The Pocket Guide to Staying Healthy at 50+*, a 2003 U.S. publication of the Agency for Healthcare Research and Quality at www.ahrq.gov).

D) Fill-in-the-Blanks Activity

Facilitator Notes: Having read the first text, learners are then asked to read the following short version of the same text by filling the blanks with words from the key word list. This activity helps to re-enforce learning from the first reading and to place words in context.

Learner Activity**Practicing Prevention**

Maintaining your health after age 50 means practicing prevention measures such as getting certain health screening tests and vaccines. We know we cannot _____ conditions or diseases totally, but if they are found _____ they are easier to treat.

Most health experts agree that there are certain conditions that older adults should be _____ for regularly. These are:

- ✓ high blood pressure
- ✓ high _____
- ✓ diabetes
- ✓ osteoporosis
- ✓ cancer

We now know that we have two _____ of cholesterol - the good one (HDL) and the bad one (LDL). Too much of the

D) Fill-in-the-Blanks Activity (continued)

bad type (LDL) can _____ blood vessels and cause heart disease. A blood test can _____ how much we have of each type.

Diabetes, or too much _____ in the blood, is a major cause of _____, kidney disease, high blood pressure, stroke, heart disease and _____ of the lower legs and feet. Nova Scotia has one of the highest rates of _____ in Canada. Blood and urine tests can _____ if your blood sugar level is normal or not.

The meaning of the word osteoporosis is “_____ bone”. This condition, which causes bones to be thin and break easily, can be detected with a bone _____ test.

The screening tests usually recommended for older adults are tests for _____ cancer, cervical cancer, colorectal cancer, and _____ cancer.

E) Word Search Exercise

Facilitator Notes: In this activity learners are asked to circle the words in the puzzle that are found on the key words list in Section A. Learners may find it helpful to list the keywords in the margin. This activity helps with word recognition and recall. (Solutions are found in the appendices.)

Learner Activity

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| Z | T | J | A | X | B | T | C | E | L | T | R |
| C | N | D | X | M | S | C | N | I | Y | B | E |
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F) Matching-the-Columns Exercise

Facilitator Notes: In this activity, learners are asked to enter the number of the word on the left hand column that best matches a phrase on the right hand column. (Answers are found in the appendices.)

Learner Activity

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|-----------------------|--|
| 1. sugar | a. means blood in the stool (_) |
| 2. breast cancer | b. males often get this checked (_) |
| 3. porous | c. too much in the blood can cause kidney disease (_) |
| 4. fecal occult blood | d. when our bones are like this, they break easily (_) |
| 5. HDL/LDL | e. can cause damage to the feet (_) |
| 6. colonoscopy | f. detected by a Pap test (_) |
| 7. heart disease | g. usually seen in a mammogram (_) |
| 8. cervical cancer | h. types of cholesterol (_) |
| 9. diabetes | i. a test to view the inside of the large bowel (_) |
| 10. prostate | j. diabetes can cause this (_) |

References and Resources

| Title | Information |
|--|---|
| <p><i>(1) A Simple Test Could Save your Life</i> <i>(2) Pap Test Fact Sheet for Older Women</i></p> | <p>This easy-to-read brochure explains the Pap test and the fact sheet has questions and answers for older women. These are available from www.cancercares.ca</p> |
| <p><i>Checkups and Prevention- Stay Healthy – Practice Prevention</i></p> | <p>Easy-to-read information about prevention measures for older adults. Found at the U.S. site American Association of Retired Persons (AARP) at www.aarp.org/health/staying_healthy/prevention</p> |
| <p><i>Health Information for Older Adults</i></p> | <p>This is plain information about common health issues for older adults. It is found on the U.S. site Centers for Disease Control and Prevention (CDC) at www.cdc.gov (Click on “Healthy Aging”)</p> |
| <p><i>1) Keeping Healthy for a Lifetime Means Watching Your Mouth</i> <i>2) Stroke: Prevention is the Best Treatment</i> <i>3) They’re not Just for Kids: Immunization Revisited</i></p> | <p>These are easy to understand articles for older adults written by medical providers about topics like oral health, stroke prevention and immunization. Available from Healthy Aging Partnership (U.S.) at www.4elders.org</p> |

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| <p><i>Prevent Diabetes Problems</i></p> | <p>This is a 7 booklet series on strategies to prevent diabetes problems:</p> <ul style="list-style-type: none">(1) <i>Keep Your Diabetes Under Control</i>(2) <i>Keep your Heart and Blood Vessels Healthy</i>(3) <i>Keep Your Kidneys Healthy</i>(4) <i>Keep Your Eyes Healthy</i>(5) <i>Keep Your Skin and Feet Healthy</i>(6) <i>Keep Your Nervous System Healthy</i>(7) <i>Keep Your Teeth and Gums Healthy</i> <p>Published by the U.S. National Institute of Diabetes and Digestive and Kidney Diseases at www.diabetes.niddk.nih.gov/dm/pubs</p> |
| <p><i>Questions & Answers About Adult Immunization</i></p> | <p>These Q&As explain why the Flu and Pneumococcal vaccines are important for adults over 65. There is also a good table to help differentiate between a cold and flu. Published by the Canadian Coalition for Immunization Awareness & Promotion (CCIAP) at www.immunize.cpha.ca</p> |