



OLDER WOMEN AND BREAST CANCER SCREENING

Question: Mom is 80 years old and in very good overall health. Should she still be getting a mammogram at her age?

Answer: Great question, as October is Breast Cancer Awareness Month! Like most medical decisions, it comes down to a matter of opinion—and insurance coverage.

According to the U.S. Centers for Disease Control, if you are a woman 75 years of age or older and have a history of breast cancer or other positive screening results, you may ask your doctor to order a mammogram at a frequency determined by you and the doctor. The American Cancer Society recommends an annual mammogram starting at age 40 as long as there are no positive results. Frequency of mammograms should be decided individually on a woman's values regarding the risks and benefits of mammography. Please consult your doctor while making this decision.

The Affordable Care Act greatly expanded access to breast cancer screening and now carries no co-pay in most health care plans. Medicare Part B covers basic breast cancer screening, but you should still

check with your health care provider. The National Breast and Cervical Cancer Early Detection Program provides free and low-cost screening nationwide to women who qualify (see the map at www.cdc.gov/cancer/nbccedp/).

A mammogram is an X-ray that emits radiation, and some people like to avoid radiation if they can. An alternative to mammography is a clinical exam that a doctor or nurse practitioner performs by manually searching the breast tissue for lumps or changes, or a self-exam that can be done by any woman in the privacy of her own home. There are free resources for learning the proper technique of breast self-exam (www.breastcancer.org, for example). Regardless of your age, should you find a lump or irregularity in your breast or armpit tissue, call your health care provider immediately. Mammography may be used to confirm your finding. If something is detected, more advanced and extensive testing will follow.

Sources: "Medicare Coverage for Cancer Prevention and Early Detection" at <http://www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/medicare-coverage-for-cancer-prevention-and-early-detection>; "Screening" in Breast Cancer Basic Information section of the Centers for Disease Control's website: www.cdc.gov/cancer/breast.

JOKE OF THE MONTH

**How do you fix a broken pumpkin?
With a pumpkin patch!**

— Pretty Good Joke Book, Highbridge Company

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

Go Green!

Receive Social Services Corner by email.

Call (888) 994-3863, ext. 2370, or email info@wrmail.org.

Do you or does someone you know need our assistance? Call toll-free (888) 994-3863 or visit www.wrpioneers.org to find out more about our assistance programs.





THE FUTURE IS BRIGHTLY LIT FOR BOOKWORMS



Two recent publishing trends have us wondering about the future of the printed page.

First, more than one metropolitan daily newspaper has given up the printing press and is being published online only—like the *Seattle Post-Intelligencer* and the *Cincinnati Post*—while other newspapers have grown thinner, including the *Los Angeles Times* and the *San Francisco Chronicle*. The newspaper business is certainly struggling to find its place in the digital age, but there are also plenty of local community newspapers to give us something to read while sipping our morning coffee.

The second trend is electronic books, or e-readers. These are rechargeable electronic devices you hold in your hand. You can download a book from an Internet connection and the book remains on the device so you don't need constant Internet access to read it. E-readers range in size and weight, with the Apple

Source: "Kindle vs. Nook vs. iPad: Which E-book Reader Should You Buy?" John P. Falcone, http://news.cnet.com/8301-17938_105-20009738-1/kindle-vs-nook-vs-ipad-which-e-book-reader-should-you-buy/.

iPad being the largest and a smartphone being the smallest. They offer visual preference options such as a newsprint look (black type on a light page) or full-color display akin to a magazine. You can also interact with your e-books in a variety of "interfaces" like simple digital page turns or highlighting a passage and emailing it to a friend. You can find e-readers at any electronics retailer (prices range from \$79 to \$500) and check out the one that works for you.

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NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

www.hud.gov/answers, (800) 225-5342

The Federal Housing Administration (FHA) Resource Center provides more than 1,000 frequently asked questions and answers concerning housing. Questions can be searched by keyword or category. Questions not found at this website may be submitted via the website or by calling the FHA Resource Center.

www.va.gov/homeless, (877) 424-3838

The U.S. Department of Veterans Affairs has created this website to end veteran homelessness by 2015. The public is encouraged to visit the website or call in order to help homeless veterans access much-needed services.



QUOTE OF THE MONTH

“ A man that don't love a horse,
there is something the matter with him. ”

—Will Rogers

To view our entire National
Resource Directory, please
visit www.wrpioneers.org.