1. Old age consists of ages ______________ or __________________ the average life span of human beings, and thus the end of human life cycle.

2. Euphemisms and terms for older people include ______________ or ______________.

3. Significant factors in life expectancy include:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 
   g. 
   h. 

4. The longevity of today’s population is ____________________.

5. ________________ is the point where a person stops employment completely.

6. A critical step in retirement is adjusting to the ______________ it brings.

7. Social security is funded through payroll taxes and called ______________.
   - The money paid into the system by people ______________ in the workforce is being used to pay for current retirees and qualified recipients.

8. ________________ is a health insurance program for people 65 years of age and older.
   b. Part B - ________________ insurance - pays for doctors’ services, outpatient care, physical therapy, and some health care.
c. Part C - _______________________  _____________________ - expanded health care plan that some choose to pay for.
d. Part D - _______________________  _____________________ Coverage - Most people pay for a plan that meets their individual medication needs.

9. _______________________ is a joint and voluntary program between the federal _______________________ and the _______________, with the mission to provide health insurance coverage to the nation’s poor, disabled and impoverished elderly.
   - Not all states offer the same _______________________.

10. As we grow older ad become ______________ citizens, we tend to ______________ down our productivity, and explore life as a retired person.

11. _______________________ is feeling very bad or down - almost all of the time - for extended periods of time. This is not normal.

12. ______% of senior citizens who are successful in the completion of a suicide have seen a health professional within the last month prior to their death.
   - Many seniors seek the assistance of others in their suicide attempts. This is called “mercy killing or _______________________.
   - The highest suicide rate in any demographic group is the _________________.
   - The highest risk factors include being _______________________ or divorced, being ______________, and being a ____________.

13. Liver spots also known as _______________________ are flat brown spots on the skin, most noticeably on the hands and face. They are also known as _______________________ ____________________.

14. Wounds occurring during old age require a _______________________ period of time for healing.

15. A _______________________ _______________________ is a common but harmless skin growth involving the epidermis and dermis.

16. _______________________ gives the skin elasticity
17. ___________________ give the skin its strength.

18. ___________________ is the normal hardening and drying of aging skin.

19. ___________________ fat is the innermost layer of the skin and acts as a
shock ___________________ and heat ___________________.

20. Elderly people are at higher risk of ___________________ and
    ___________________ due to some loss of the
    subcutaneous tissue.

21. The ABCDs of diagnosing _________________, the worst type of skin cancer are:
    a. 
    b. 
    c. 
    d. 

22. Elderly people often become very inactive and may develop ___________________
sores as a result. Also known as ___________________,
    ___________________ ulcers, or pressure ___________________.

23. More than _____ % of Americans have some gray hair by their ______th birthday.

24. ___________________________________________ is a pattern of hair loss
    caused by hormones, aging & genetics.

25. ___________________________________________ involves a receding hairline
    and thinning around the crown with eventual bald spots.

26. Age-related hearing loss is called ____________________________.

27. ______________________ is the loss of normal control of the bowel or
    bladder.
28. Your bones reach maximum mass between the ages of _____ and _____. Gradual loss of density weakens your bones and is called ________________.

29. ________________ is a group of conditions where there is damage caused to the joints of the body. This is the leading cause of disability in people over the age of 55.

30. A small callus with a hard center surrounded by inflamed skin is called a ________.

31. A ________________ is an abnormal, bony bump that forms on the joint at the base of the big toe.

32. A ________________ is a toe deformity in which the toe becomes curled up like a claw.

33. ________________ generally slows down, meaning that the body burns fewer calories.

34. Generally height increases until the late ________________ then decreases about ____ inches by 80.

35. ________________ are small protruding sacs of the inner lining of the intestine and is very common in individuals over 60.

36. There is a decrease in the secretion of ______________ and digestive ______________. A weakened ______________ ______________ also increases risk of choking.

37. ______________ ______________ are protrusions through a gap in the diaphragm muscle.

38. Sense of smell and tastebud sensitivity decreases, which may reduce ______________.
39. Straining to eliminate feces puts a strain on the walls of blood vessels and may cause ________________________.

40. ________________________ arise from the increased cholesterol content of the gallbladder bile and are common in people over age 70.

41. The liver also shrinks during aging which decreases the rate of ________________________ of the blood supply creating a higher risk of drug overdose.

42. ________________________, ________________________, and macular degeneration are the most common problems of aging eyes.

43. ________________________ is the progressive deterioration of a critical region of the retina called the macula.

44. ________________________ are a cloudiness or opacity in the normally transparent lens of the eye.

45. ________________________ is a group of eye diseases characterized by damage to the optic nerve usually due to excessively high intraocular pressure.

46. ________________________ is when the gums begin to recede from the teeth. This is almost exclusively a disease of the older person.

47. Most adults can keep their ________________________ teeth all of their lives. But with less ________________________ to wash away bacteria, teeth and gums become more vulnerable to decay and infections.

48. Some older adults experience ________________________, or dry mouth.

49. ________________________, ________________________ is when the gums begin to recede from the teeth. This is almost exclusively a disease of the older person.

50. Sexual interests last a ________________________, but needs, patterns, and performance may change due to ________________________ or ________________________ factors.
51. Sexual ___________________________ is difficulty during any stage of the sexual act that prevents the individual or couple from enjoying sexual activity.

52. For women the most common dysfunction is vaginal ___________________________.
   For men it is usually erectile ________________________.

53. ____________________ ____________________ is the time spend asleep compared to the time spent in bed.

54. ____________________ ____________________ refers to breathing problems during sleep and is estimated to effect 1 out of every 4 people over age 60.

55. PLMD stands for ___________________________________________________ or restless leg syndrome and is twitching in the legs and sometimes arms during the night.

56. ____________________ is a chronic disease in which thickening, hardening, and loss of elasticity of the arterial walls result in impaired blood circulation. This can lead to ________________________, or high blood pressure.

57. Blood pressure of _________ over _________ is normal for adults.

58. The death of, or damage to, part of the heart muscle because the supply of blood to the heart muscle is called a _____________ ________________.

59. Another name for a heart attach is (MIs) ____________________________

60. A ___________________ is the sudden death of brain cells in a localized area due to inadequate blood flow.

61. ____________________ ____________________ affects 1 in 8 women during their lives. Men do get breast cancer although very rarely.
62. Treatments may consist of ______________________, ____________________, chemotherapy and/or hormone therapy. A ________________________ is surgery to remove a breast.

63. ______________________ cancer is the third most common cause of death from cancer in men.

64. ______________________, once called senility, is a loss of mental ability severe enough to interfere with normal activities of daily living. ______________________ __________________________ is the most common cause of dementia.

65. Health care __________ provide light housekeeping and routine personal care services.

66. ______________________ __________________ aids (CNA), registered nurses, and social workers may provide routine blood pressure checks and assistance in taking medications.

67. When residents live in their own room or apartment within a building and have some or all of their meals together, that is considered a ______________________ __________________ facility.

68. A nursing home or skilled nursing facility, also known as a ____________ ____________, is a type of residence for people who require constant nursing care.

69. ______________________ __________________ insurance is an insurance product sold in the US to help provide for the cost of long-term care.

70. ____________, formerly the American Association of Retired Persons is a nonprofit, nonpartisan organization for people 50 and over and acts as an ________________ for its members as one of the most powerful lobbying groups in the US.