

Bingo

Helpful Materials

A BINGO card and marker or pen for each participant. All of the BINGO cards are scrambled so that each person's card is different.

Beans or other chips can be used if you want to reuse the BINGO cards.

When possible include BINGO prizes that support wellness.

Number of Participants

This activity works with any number of people. Each person will need a BINGO card.

Amount of Time

20 minutes or longer

"We played BINGO at our men's wellness. The men enjoyed it and participated in it. They like playing BINGO but they also like winning things. I suggest you have prizes."

Every person gets a BINGO card. Each BINGO card has all the answers but in a different order.

Cut the list of questions apart so that each person can pick a question with the answer.

Have participants take turns reading their question.

After the person reads their question the other participants look at their BINGO sheet and find the answer.

Participants call out the answer and the person who reads the question says whether their answer is the correct one listed with the question.

Once the correct answer is shared everyone can cross it off their BINGO sheet with a pen or marker.

When a person gets a straight, all the answers in a vertical, horizontal or diagonal row have been answered, she or he can yell "BINGO" for fun. You may want to award prizes for the first few people who get a straight.

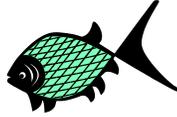
To learn the most information from the BINGO game, play until all the questions have been asked and all the answers discussed. Keep in mind, that if you play until the whole card has been discussed everyone will bingo at the same time. As participants share their question with the answer, the facilitator can add to the information. Playing BINGO is a fun way to talk and learn about cancer.

After playing BINGO, have a group conversation.

- What stood out for you?
- What information surprised you?
- What new insights did you learn?
- What will you take away from this learning?

Thank people for their participation and sharing.

Cancer Basics Bingo



What is the name for more than 100 different diseases in which abnormal cells divide without order or control? **Cancer**

What do you call the spread of cancer from one part of the body to another part of the body? **Metastasis**

What virus causes almost all cervical cancer? **HPV**

How many minutes of physical activity does a person need every day to decrease their cancer risk? **30 minutes**

1200 people in the US die everyday from smoking or chewing this substance. **Tobacco**

Tobacco is the number one cause of what kind of cancer? **Lung cancer**

This screening exam is important for both men and women. A sigmoidoscopy every 5 years or a colonoscopy every 10 years beginning at age 50 helps to prevent what kind of cancer? **Colon cancer**

What is the name of the cancer screening x-ray breast exam used to find abnormal breast changes early that may be cancer? **Mammogram**

What is the biggest risk factor for developing breast cancer? **Being a Woman**

If a woman has no family history of breast cancer, at what age does she start having screening mammograms? **Age 40**

Why do we recommend colorectal screening exams, testicular exams, pap tests, breast exams, and mammograms? **Early detection. It can save your life.**

What can you do to decrease your risk of developing cancer?

Make Healthy Choices. (eat healthy foods, stay tobacco free, avoid alcohol, be physically active, and have recommended screenings).

Now that you have learned the importance of cancer screening, what is one thing you can do to encourage people to have recommended screening exams to find changes early when it is best treated? **Tell a Friend.**

What cancer is the most common cancer in young men between the ages of 15 and 35?
Testicular cancer

What is the name of a cancer screening test that checks for abnormal cells in the cervix? **Pap test**

Who should have a colon cancer screening procedure to prevent colorectal cancer by finding and removing polyps before they become cancer?
Men and Women age 50 or older

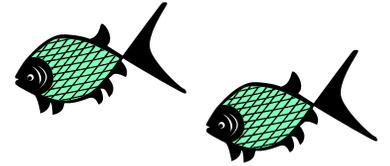
This localized cancer treatment uses high-energy rays or locally implanted radiation to kill the cancer cells. What is this type of treatment called? **Radiation**

This systemic treatment of cancer with anticancer drugs or chemical agents is called what? **Chemotherapy**

A cancer diagnosis is made by looking at a sample of tissue under a microscope. Taking a sample of tissues is called a what? **Biopsy**

Describes how far the cancer has spread from the primary site or where the cancer first started to grow to other parts of the body. **Stage of Cancer**

Cancer Basics



B I N G O

Tobacco	Being a Woman	Lung Cancer	Colon Cancer	30 minutes
Metastasis	Radiation	Chemotherapy	Make Healthy Choices	Pap Test
HPV	Mammogram	Early Detection, It can save your life. 	Testicular Cancer	Biopsy
Cancer	Men and Women age 50 or older	Stage of Cancer	Tell a Friend	Age 40

Have Fun Learning about Ways to Stay Healthy and Prevent Cancer.

What is one way you can support community wellness?