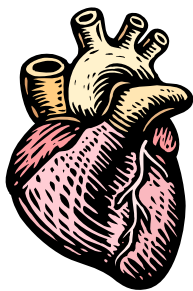
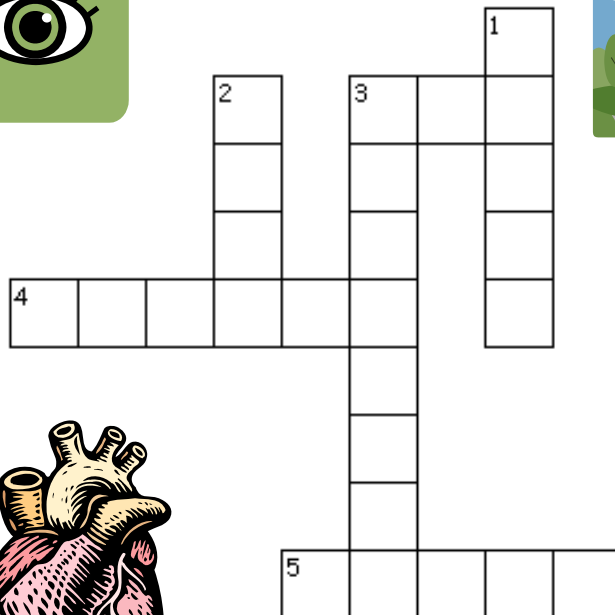


# Healthy Living: What Do You Know About Diabetes?<sup>1</sup>

Linda B. Bobroff<sup>2</sup>



The following are statements related to diabetes. Can you figure out the missing words to complete the crossword puzzle?



### Across

3. People with diabetes should have an \_\_\_ exam once a year.
4. It is important to see a \_\_\_\_\_ if you have any warning signs of diabetes.
5. People with diabetes have a high risk for \_\_\_\_\_ disease and kidney disease.

### Down

1. Since stress can cause blood sugar to rise, it is important to take time to \_\_\_\_\_.
2. Your \_\_\_\_\_ need to be examined every day for blisters, sores, or cuts.
3. \_\_\_\_\_ like walking or biking can help regulate blood sugar.

**Answers:**  
 Across 3. Eye 4. Doctor 5. Heart  
 Down 1. Relax 2. Feet 3. Exercise

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