NOVEMBER IS NATIONAL DIABETES MONTH
Print this page and challenge yourself to see what you know about diabetes, the leading cause of kidney failure.

Down
1. The simple sugar that is the chief source of energy.
2. The body makes glucose from three elements of food: protein, fats, and ___.
3. Nearly 29.1 million Americans have ___, a serious disease in which blood glucose levels are above normal.
4. ___ is a hormone made by the pancreas that regulates your blood sugar level from getting too high or low.
5. High levels of ___ make the kidneys filter too much blood. All this extra work is hard on the filters.

Across
4. Diabetic ___ is damage to your kidneys caused by diabetes.
5. Balancing your ___ with exercise and medicine (if prescribed) can keep your glucose in a healthy range.
6. A ranking of carbohydrate-containing foods, based on the food's effect on blood glucose.
7. Before people develop Type 2 diabetes, they usually have ___, which means their blood glucose levels are higher than normal, but not yet high enough to be called diabetes.
8. 2 out of 3 adults with Type 2 diabetes also have ___, a condition in which the arteries have consistently elevated blood pressure.