

Name: \_\_\_\_\_



## Diabetes Word Scramble

Unscramble the words below, which are associated with this month's LivingRight materials. For an added challenge, each scrambled word contains one extra letter. Place this extra letter in the last column. Once you've unscrambled all the words, read the extra letters vertically to complete the bonus message at the bottom of the page.

	Answer	Extra Letter
1. Excessive <b>hiratts</b> is a symptom of diabetes.		
2. A person with diabetes may also have <b>reossh</b> that are slow to heal.		
3. Diabetes occurs when blood <b>gusera</b> is too high.		
4. The most common types of diabetes are type 1, type 2, and <b>noittaaalages</b> .		
5. When the blood sugar level is higher than normal, a person may have <b>bediatesdpre</b> .		
6. A person who is <b>seboes</b> is at risk of developing type 2 diabetes.		
7. A family <b>sthiytor</b> of diabetes is also a risk factor for type 2 diabetes.		
8. A healthy <b>atdei</b> can help you lower your risk for type 2 diabetes.		
9. Losing <b>ghrweti</b> can also help lower your risk for type 2 diabetes.		
10. Controlling blood sugar can be more difficult for those who work at <b>hngitt</b> .		
11. Drinking <b>ewetra</b> before your meal can help you eat less.		
12. When shopping, look for foods that are low in <b>adrusattd</b> e and trans fats.		

“The secret of getting \_\_\_\_\_ is getting \_\_\_\_\_.”

– Mark Twain

# Diabetes Word Scramble

## Answer Key



	Answer	Extra Letter
1. Excessive <b>hiratts</b> is a symptom of diabetes.	thirst	a
2. A person with diabetes may also have <b>reossh</b> that are slow to heal.	sores	h
3. Diabetes occurs when blood <b>gusera</b> is too high.	sugar	e
4. The most common types of diabetes are type 1, type 2, and <b>noittaalages</b> .	gestational	a
5. When the blood sugar level is higher than normal, a person may have <b>bediatesdpre</b> .	prediabetes	d
6. A person who is <b>seboes</b> is at risk of developing type 2 diabetes.	obese	s
7. A family <b>sthiytor</b> of diabetes is also a risk factor for type 2 diabetes.	history	t
8. A healthy <b>atdei</b> can help you lower your risk for type 2 diabetes.	diet	a
9. Losing <b>ghrweti</b> can also help lower your risk for type 2 diabetes.	weight	r
10. Controlling blood sugar can be more difficult for those who work at <b>hngitt</b> .	night	t
11. Drinking <b>ewetra</b> before your meal can help you eat less.	water	e
12. When shopping, look for foods that are low in <b>adrusattde</b> and trans fats.	saturated	d

“The secret of getting **ahead** is getting **started**.”

– Mark Twain