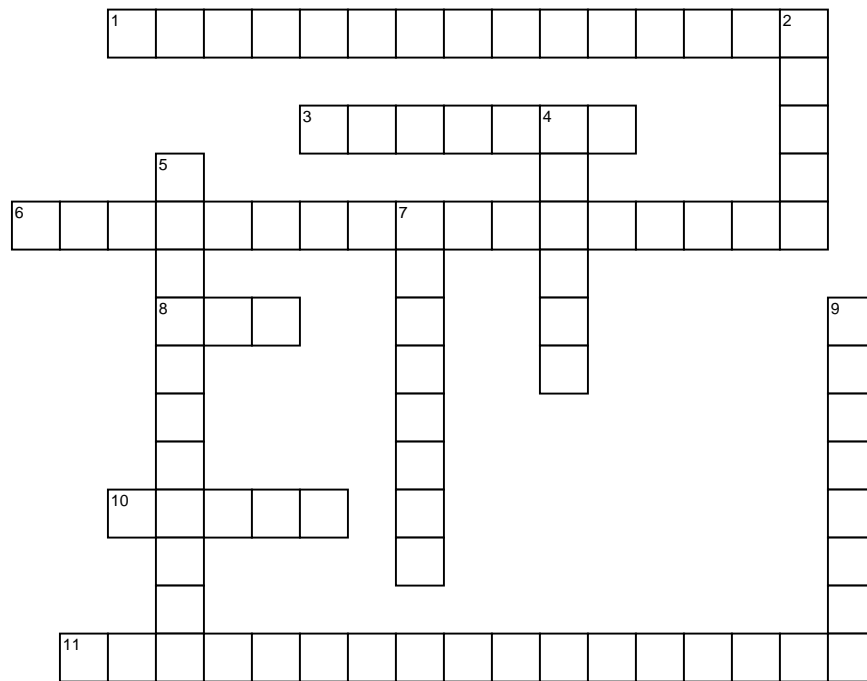


Heart Disease: Conditions and Controllable Risk Factors



www.heart.org; www.davita.com

ACROSS

- 1 The process in which deposits of fatty substances, cholesterol, cellular waste products, calcium and other substances build up in the inner lining of an artery.
- 3 Excess of this increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels, and lowers HDL. (2 words no spaces)
- 6 The second leading cause of kidney disease. It can also lead to stroke. (3 words no spaces)
- 8 The condition that occurs when the heart works harder and causes the muscle in the left lower chamber of the heart to develop thick walls (abbrv).
- 10 Disease: Conditions and Controllable Risk Factors
- 11 Different studies have suggested a link between these two mineral levels in patients undergoing dialysis and the hardening of the coronary arteries. (2 words separated by a hyphen)

DOWN

- 2 People who do this increase their risk of coronary heart disease by 2-4 times more than those who do not engage in this activity.
- 4 This condition is caused when your body does not make enough red blood cells also causing a reduction of oxygen in your body. A lack of oxygen can cause heart attacks and make your heart work overtime.
- 5 There are two types of this "good" and "bad." Too much of one type - or not enough of another - can put you at risk for coronary heart disease, heart attack or stroke.
- 7 A condition where excess sugar remains in the bloodstream. In addition to hurting the kidneys, this sugar can damage the major blood vessels that feed the muscles of the heart. It is also the number one cause of Chronic Kidney Disease
- 9 Regular, moderate-to-vigorous (blank) helps prevent heart and blood vessel disease.

ANSWERS TO CHOOSE FROM: Anemia, atherosclerosis, bodyfat, calcium-phosphate, cholesterol, diabetes, exercise, heart, highbloodpressure, lvh, smoke.

