

HEALTH SCREENING AWARENESS CROSSWORD PUZZLE

Keep up-to-date on your health screenings. Screenings can detect health problems early — when treatment is easier and the success rate is higher. Talk to your doctor about what screenings are right for you, as well as when and how often you should have them.

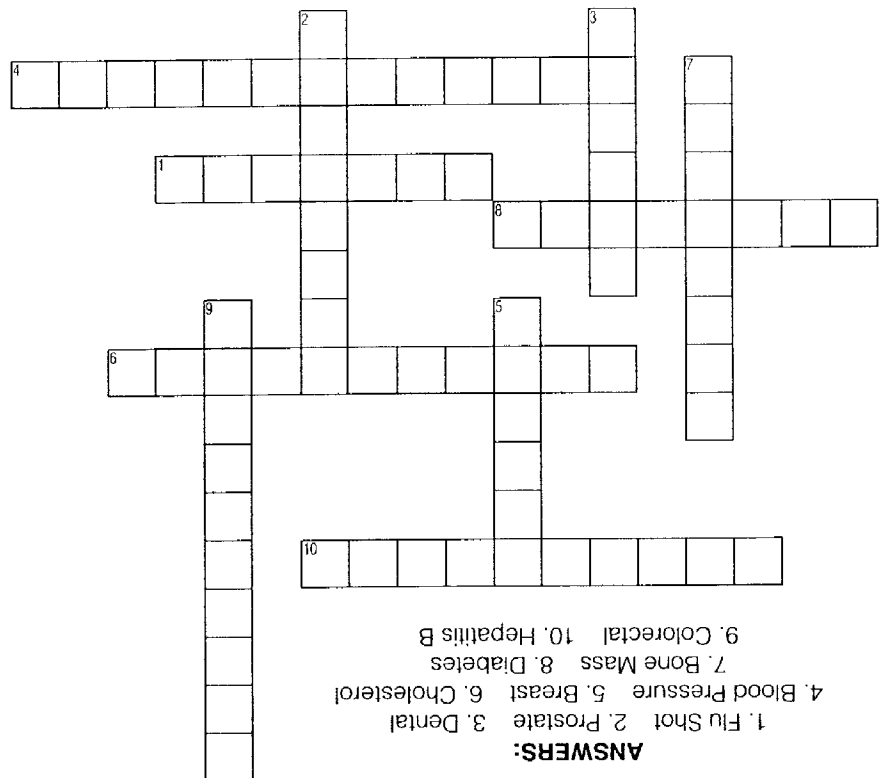
ACROSS

- Also called influenza, you should get a vaccine every year to combat this common seasonal ailment.
- Besides having a PSA test or digital rectal exam, eating foods rich in lycopenes may help men reduce their risk of _____ cancer.
- Don't neglect your pearly whites. Have a _____ exam once or twice a year.
- A _____ screening once every two years can greatly reduce your chances of cardiovascular disease.
- A high level of this is a major risk factor for coronary heart disease (CHD), the leading cause of death in the U.S. Get a test at least every five years.
- Excessive thirst is a little-known symptom of _____. Screenings are recommended for individuals with high blood pressure or cholesterol.
- This liver-attacking virus can be prevented with a three shot series. Talk to your doctor about your risk level for _____.
- Besides having a PSA test or digital rectal exam, eating foods rich in lycopenes may help men reduce their risk of _____ cancer.
- Don't neglect your pearly whites. Have a _____ exam once or twice a year.
- Coupled with monthly self-examinations, women should have a clinical _____ examination every year.
- Women, in particular, should get a _____ screening at age 65 for osteoporosis or at 60 for those at increased risk of bone fracture.
- _____ cancer begins in the digestive tract and affects the colon or rectum. Begin regular screenings at age 50.

DOWN

CHOICES:

- Flu Shot
- Blood Pressure
- Cholesterol
- Diabetes
- Bone Mass
- Prostate Cancer
- Dental
- Breast
- Hepatitis B
- Colorectal



- ANSWERS:**
 1. Flu Shot 2. Prostate 3. Dental
 4. Blood Pressure 5. Breast 6. Cholesterol
 7. Bone Mass 8. Diabetes
 9. Colorectal 10. Hepatitis B

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