

CROSSWORD PUZZLE

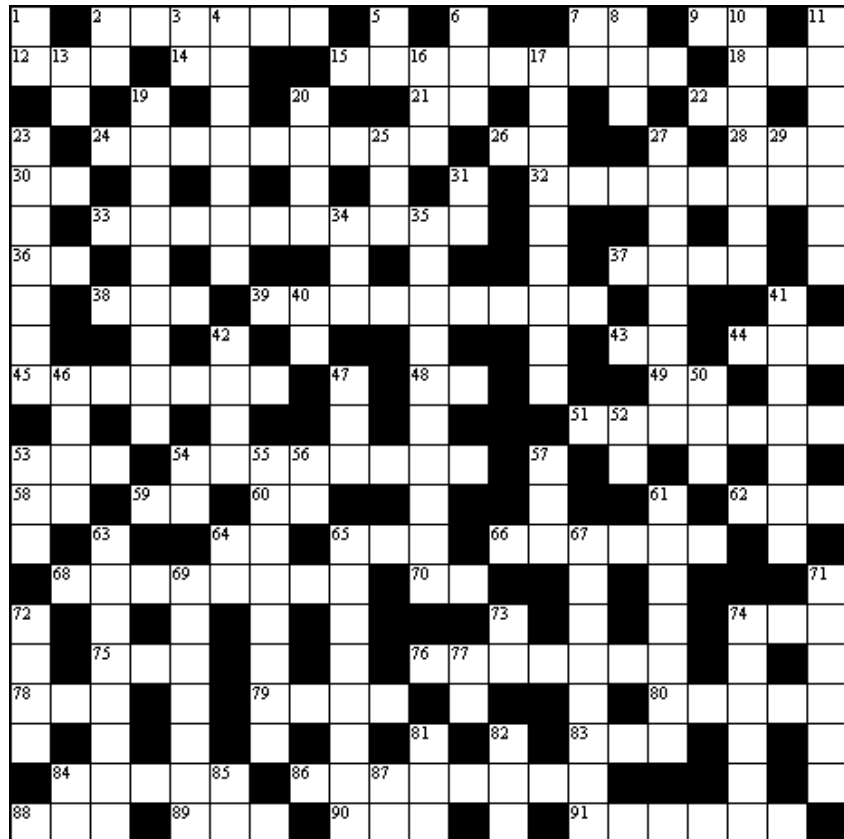
Joanne D Pittard MS, RN

BMI Body Habitus & ESRD

Joanne is a Professor of Allied Health at Glendale Community College (GCC) in Glendale, California. She is the program director of the hemodialysis-training program at GCC and has actively taught both didactic and practicum since 1976. This puzzle uses words and definitions from the articles published in *Dialysis & Transplantation*: "Body Water – Body Weight," and "Body Mass Index and Uremia." Those educational articles were co-authored with John R De Palma, MD, FACP. This puzzle is available at www.Hemodialysis-Inc.com as an electronic document and interactive online computer program.

ACROSS

2. A hot seasoning for food
7. Symbol for the element molybdenum
9. cubic centimeter.
12. National Institute of Health
14. Used to indicate an alternative
15. Non-caloric seasoning
18. Abbr. American Society of Nephrology
21. Abbr. Alcoholics Anonymous
22. Milliliter, abbr.
24. The relative frequency of deaths in a specific population; death rate.
26. Abbr. Patient
28. Continuing Education Unit
30. For example
32. Blood rich in oxygen
33. Study of obesity
36. Abbr. arterio-venous
37. To remove excess
38. Nursing degree
39. Low biological value protein
43. Abbr. height
44. Congestive Heart Failure
45. The major plasma protein
48. Abbreviation for blood pressure
49. Used to refer to that one previously mentioned
51. to watch or observe.
53. Fleshy, plump or obese
54. Term used for obesity when BMI exceeds 30
58. Opposite of out
59. Symbol for sodium
60. Used in seeking confirmation of a statement
62. Bioelectric impedance analysis, abbr.
64. Third person singular of the verb to be
65. Abbr. for government agency that takes your money
66. Accumulation of waste products in the blood as a result of kidney failure.
68. A disease with insulin deficiency
70. Doctor of Medicine
74. To cease living
75. Excellent source of fat calories, nitrogen free food
76. Unit of measure of heat and energy that provides energy for body functions
78. Good source of animal protein
79. To prepare food by applying heat
80. From the Latin word for kidney
83. Immigration and Naturalization Service
84. Accounts for about 60% of total body weight
86. Present in foods and play a role in speeding up chemical reactions in body
88. School course in physical education
89. Used to express alarm, pain or surprise
90. A marine fish
91. Term to express an overabundance of water in the body.



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DOWN

1. Registered Nurse
2. Symbol for hydrogen ion concentration
3. By mouth, orally
4. One essential group of food substances containing amino acids
5. Opposite of yes

6. Recommended daily allowance
7. Abbr. Maine
8. Equivalent in grams for 43 mEq of sodium
10. Mineral that is an essential element of bone
11. A hormone that helps the body use sugar and carbohydrates
13. Abbr. intravenous therapy
16. Denial or refusal
17. Refers to chemical and physical changes that occur in the body
19. Major electrolyte in the intracellular compartment
20. How woman want their tummies
23. MD who writes about Kt/V but doesn't sound happy about it. My co-author of articles.
25. A honeyeater bird, also called parson
27. Blood test that indicates iron stores in the body
29. Abbr. each
31. Abbr. post script
34. Slang for toupee
35. Breakdown of body's lean muscle tissue
40. Emergency Room
41. Continuing over a long time or occurring frequently
42. Italian greeting or farewell
46. A person with little fat
47. Acronym for a calculation that determines protein/caloric malnutrition and obesity
50. A malleable, silvery metallic element
52. Opposite of off
53. To be the proper size and shape
54. Abbr for mother
55. Term for eliminating or to use sparingly in diet
56. Abbr. Bill of Health
57. Urea Reduction Rate
61. Medications that chemically bind phosphorus in the gastrointestinal tract
63. Unit of measure in weight equal to 1000 mL
64. Abbr. That is (Latin)
65. A type of solution that has the same osmolarity as body fluids
67. Important aspect of good health and a state of well being; builds muscle
69. Meat and some medical research
71. A condition of optimal well-being
72. To give food to
73. Abbr. metric unit of volume equal to one tenth of a liter
74. Wrote about hell before there was an ESRD Program
77. Abbr. for apical pulse
81. Diets that come and go
82. Dried fruit very high in potassium
84. Abbr. Wyoming
85. Abbr. for type of water treatment
87. Towards

CROSSWORD PUZZLE ANSWERS

BMI Body Habitus & ESRD

| | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|---|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 1 | R | | 2 | P | 3 | E | 4 | P | E | R | 5 | N | 6 | R | 7 | M | 8 | O | 9 | C | 10 | C | 11 | I | | |
| 12 | N | I | H | | 14 | O | R | | | 15 | C | O | N | D | I | M | E | N | T | | 18 | A | S | N | | |
| | | V | | 19 | P | O | | | 20 | F | | | 21 | A | A | | E | | E | | 22 | M | L | S | | |
| 23 | D | | 24 | M | O | R | T | A | L | I | T | Y | | 26 | P | T | | | 27 | F | | 28 | C | E | U | |
| 30 | E | G | | T | | E | | A | | U | | | 31 | P | | | 32 | A | R | T | E | R | I | A | L | |
| | P | | 33 | B | A | R | I | A | T | 34 | R | I | 35 | C | S | | | B | | | R | | U | | I | |
| 36 | A | V | | S | | N | | | | U | | A | | | | | | 37 | T | R | I | M | | N | | |
| | L | | 38 | B | S | N | | 39 | V | E | G | E | T | A | B | L | E | | | I | | | | 41 | C | |
| | M | | | I | | | 42 | C | | R | | | | A | | | | 43 | H | T | | | 44 | C | H | F |
| 45 | A | L | B | U | M | I | N | | | 47 | B | | 48 | B | P | | | | | 49 | I | T | | R | | |
| | | E | | M | | A | | | | M | | | | | | | | 51 | M | O | N | I | T | O | R | |
| 53 | F | A | T | | 54 | M | O | 55 | R | B | I | D | L | Y | | 57 | U | | | N | | N | | N | | |
| 58 | I | N | | 59 | N | A | | 60 | E | H | | | | | | | | | | 61 | B | | 62 | B | I | A |
| | T | | 63 | K | | | 64 | I | S | | 65 | I | R | S | | 66 | U | R | E | M | I | A | | C | | |
| | | 68 | D | I | A | B | E | T | E | S | | | 70 | M | D | | | X | | | N | | | | 71 | H |
| 72 | F | | L | | A | | | R | | O | | | | 73 | D | | E | | D | | | 74 | D | I | E | |
| | E | | 75 | O | I | L | | | I | T | | 76 | C | A | L | O | R | I | E | | | A | | A | | |
| 78 | E | G | G | | O | | | 79 | C | O | O | K | | P | | | | C | | | 80 | R | E | N | A | L |
| | D | | R | | N | | T | | N | | | 81 | F | | 82 | F | | 83 | I | N | S | | T | | T | |
| | | 84 | W | A | T | E | R | | 85 | | 86 | V | I | T | A | M | I | N | S | | | | | E | | H |
| 88 | G | Y | M | | 89 | Y | O | W | | | 90 | C | O | D | | G | | 91 | E | X | C | E | S | S | | |

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