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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Arthritis

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| W | P | F | T | E | I | D | Y | R | O | T | A | M | M | A | L | F | N | I | I | T | N | A | C |
| W | S | V | H | P | Q | E | L | Y | B | E | I | E | L | E | I | I | T | K | D | P | M | K | Q |
| E | M | Y | A | S | Y | U | A | Q | G | Z | G | F | F | W | B | C | P | J | C | H | L | W | K |
| F | S | V | N | N | V | F | P | M | A | A | J | O | Z | P | B | Y | O | A | J | P | F | R | V |
| R | F | N | Q | O | E | K | H | C | L | P | K | N | Y | J | U | E | A | M | I | B | I | I | S |
| U | J | J | B | P | V | K | G | I | K | G | Q | P | O | L | G | D | X | Q | I | N | E | T | I |
| I | L | E | Y | X | T | I | T | H | X | O | G | R | N | W | C | N | A | C | W | X | F | F | T |
| T | G | L | T | L | B | R | A | S | D | Q | W | A | A | H | G | S | T | N | I | O | J | Z | I |
| S | N | H | N | S | A | W | V | L | V | L | V | X | W | U | W | P | B | O | N | E | S | V | R |
| A | I | S | Y | C | T | A | U | U | M | O | I | L | Y | F | I | S | H | Z | K | Q | B | K | H |
| N | L | O | M | F | E | I | S | V | Z | E | U | G | U | G | C | Y | I | R | C | V | D | W | T |
| D | L | U | U | X | S | I | F | C | U | T | M | Q | S | Q | J | Z | H | Q | L | L | A | I | R |
| V | E | O | S | B | N | L | G | F | T | C | H | B | V | H | A | P | R | P | Y | T | B | L | A |
| E | W | P | C | V | R | I | R | X | N | N | T | G | R | P | A | Q | E | Y | B | X | F | Q | D |
| G | S | M | L | P | L | V | Q | A | X | E | Q | G | I | A | P | T | H | H | H | M | Y | B | I |
| E | R | V | E | S | Y | J | K | U | J | D | S | P | Z | E | N | B | X | U | X | F | G | J | O |
| T | L | T | E | Y | J | A | O | X | N | V | N | S | L | J | W | E | K | F | O | S | W | J | T |
| A | B | T | X | B | U | D | A | I | R | G | J | I | P | Y | K | Y | Q | B | E | Z | X | D | A |
| B | U | U | E | E | M | K | J | W | P | X | W | C | O | X | G | Y | H | L | I | T | T | C | M |
| L | N | G | R | B | L | K | J | D | M | L | T | I | J | K | K | C | V | T | Q | W | T | O | U |
| E | O | N | C | C | N | O | I | T | A | M | M | A | L | F | N | I | R | Z | L | O | P | O | E |
| S | G | L | I | W | I | R | A | D | V | Q | O | X | V | F | E | H | K | V | I | A | O | J | H |
| S | T | O | S | T | E | O | A | R | T | H | R | I | T | I | S | M | Q | G | B | O | E | T | R |
| M | T | S | E | H | X | Z | H | F | N | O | I | T | O | M | D | E | C | U | D | E | R | H | O |

   oily fish       fruits and vegetables       muscle exercise       healthy weight       anti-inflammatory diet       joints       bones       synovial membrane       cartilage       inflammation       swelling       stiffness       reduced motion       pain       rheumatoid arthritis       osteoarthritis