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

Tamuning Dialysis Holiday Activity #1

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |  |  |  |  |  |  |  |  |  | 4 |  |  |  |
|  |  |  |  |  |  | 5 |  |  |  | 6 |  |  |  |  | 7 |  |  |  |  | 8 |  | 9 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 12 |  |  |  |  |  |  | 13 |  |  |  |  |  |  | 14 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 16 |  |  |  |  |  |  |  |  |  | 17 |  |  |  |  |  | 18 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 19 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 20 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 21 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 22 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 23 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 24 |  |  |  |  | 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across**  **2.** Too much fluid can cause a strain on which major organ?  **7.** Fistula, Catheter, and Grafts  **12.** A condition of reduced blood cells.  **13.** Kidneys are only about the size of your \_\_\_\_.  **14.** Phosphate binders should be taken \_\_\_\_ meals.  **16.** A symptom of high blood pressure.  **17.** Lean meats, eggs, and fish are all good sources of \_\_\_\_ to keep albumin levels up.  **20.** High \_\_\_\_ levels can cause itchy skin, weak bones, and damage your heart.  **21.** Someone who provides an organ or tissue for transplant.  **23.** Treatment for people who have kidney failure.  **24.** What is the name of the facility? | **Down**  **1.** Goal weight when you leave dialysis. (2 words)  **3.** Chewing \_\_\_\_ can help with thirst.  **4.** What you need to get your medication from the pharmacy. (Only providers can give this.)  **5.** The number one way to reduce infections. (2 words)  **6.** Most common disease contributing to the need for dialysis.  **8.** Too much of this in your diet can increase thirst.  **9.** The second leading cause of kidney failure in the United States after diabetes.  **10.** Fruit that is toxic to dialysis patients.  **11.** Medication that controls the phosphate level in your blood are called phosphate \_\_\_\_\_. (Hint: Renvela or Calcium Acetate/Phoslo)  **15.** One of the main functions of the kidneys is to \_\_\_\_ waste from blood.  **18.** A doctor who specializes in kidney failure.  **19.** Milk products, bananas, cantaloupe, oranges, potatoes, beans and tomatoes are all high in this.  **22.** Excess fluid in the body can cause \_\_\_\_ (swelling).  **25.** High phosphorous levels can make your skin \_\_\_\_. |