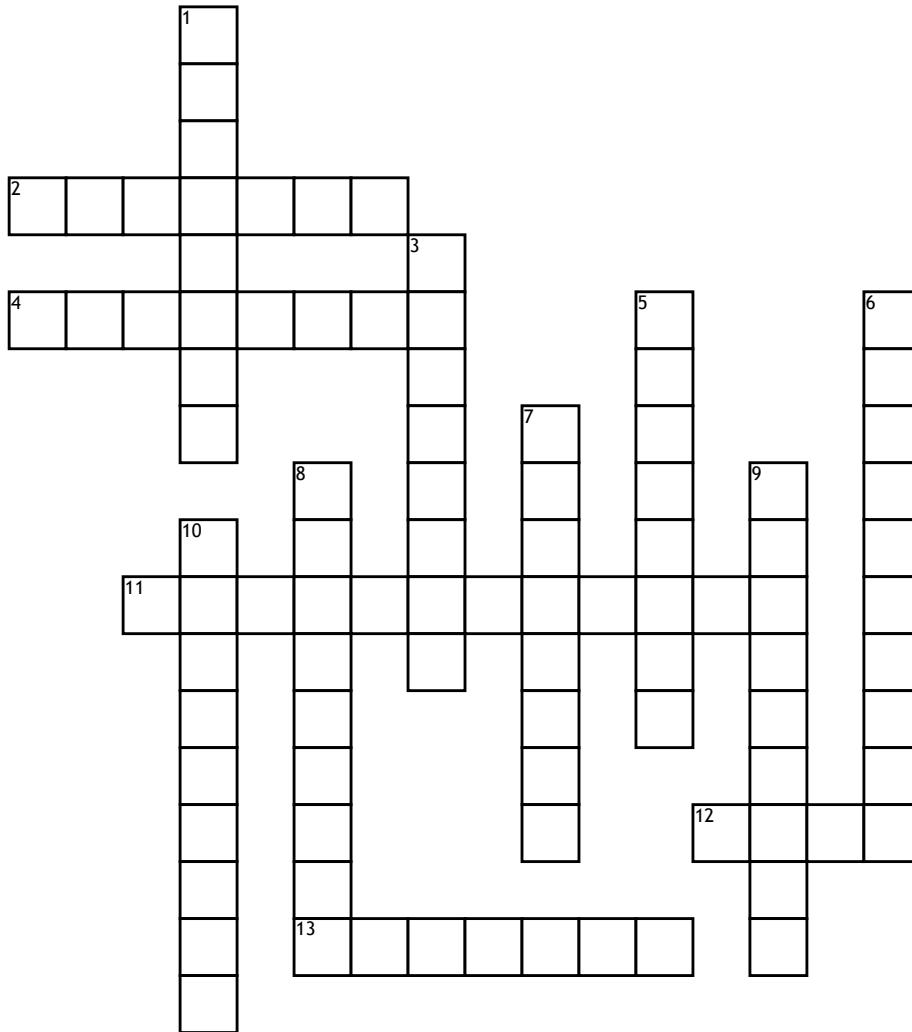


Nutrition and Hydration



Across

2. Can affect someone's idea of nutrition
 4. Women are at risk for developing osteoporosis because of decreased levels of
 11. Adequate hydration can help alleviate
 12. Patient should be _____Fowler's position while eating and for 30 mins after

13. _____ has been linked to increasing breast cancer risk.

Down

1. Must fit properly and be in good condition to be used effectively/painlessly
 3. Loss of Appetite
 5. When used in excess, this vitamin can lead to Calcium deposits in kidneys and arteries.

6. More effective than swabs at cleaning teeth
 7. When used in excess, this vitamin can lead to blood clots.
 8. Difficulty Swallowing
 9. Possible sign of dehydration
 10. Too much of this nutrient and you're risking cardiac arrest

Word Bank

Constipation	Vitamin K	Potassium	Dentures	Estrogen
High	Culture	Alcohol	Toothbrush	Anorexia
Dysphagia	VitaminD	Confusion		