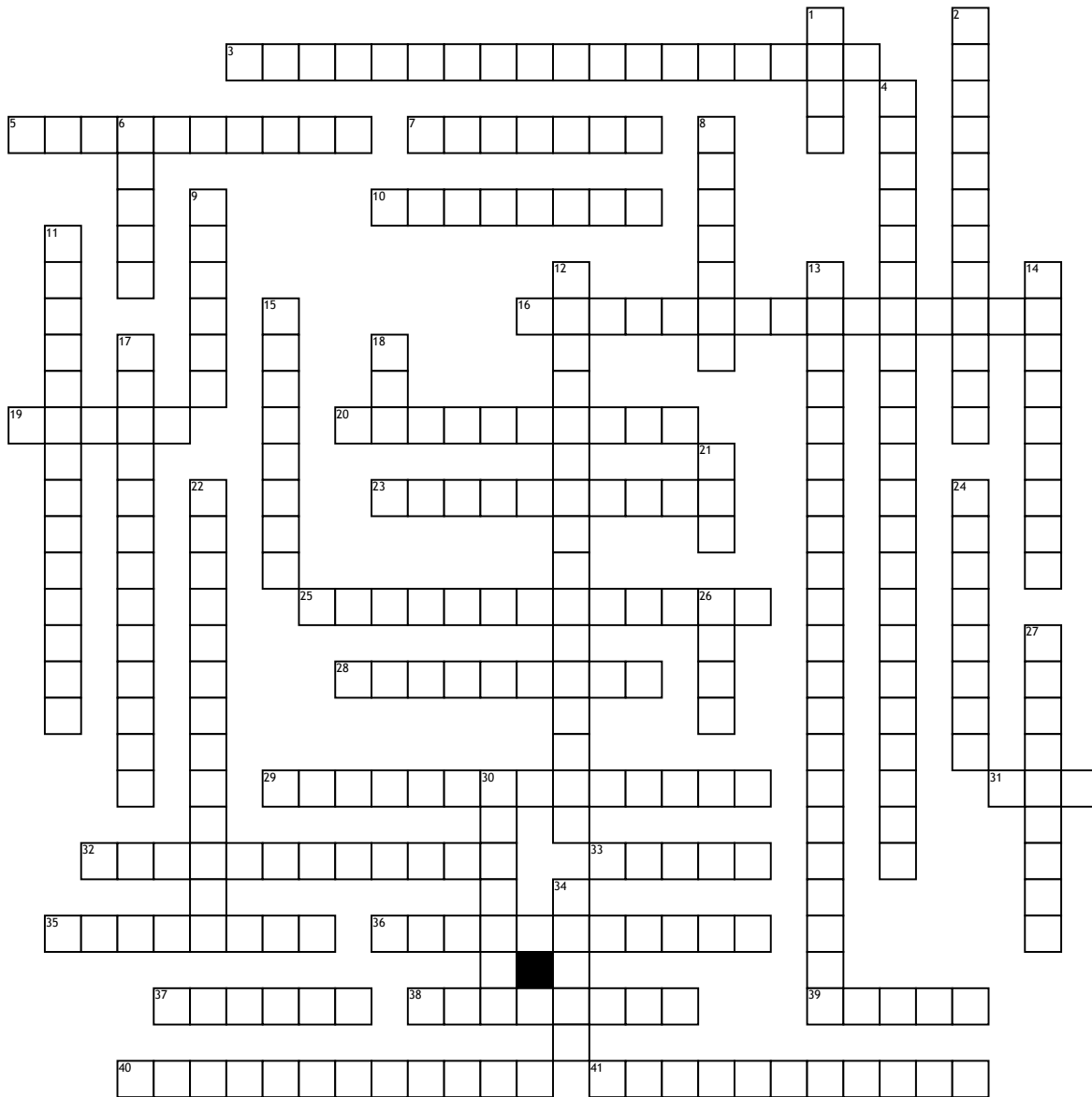


Self Care Crossword



Across

- 3. What is an example of a hyperosmotic agent used to treat constipation?
- 5. What kind insulin has a quick onset?
- 7. What form of NRT requires a patient to wear it?
- 10. 41. What side effect is can niacin cause?
- 16. What is a cough and cold product that may elevate blood pressure?
- 19. What is a nonpharm option for someone who has a productive cough to use?
- 20. What is the generic name for Imodium (used for diarrhea)?
- 23. Pyridoxine may be used in combination with _____ to help nausea and vomiting in pregnancy.
- 25. What do you apply to acne?
- 28. What is a "natural" remedy that you may use to fall asleep?
- 29. What kind of side effects might antihistamines cause?
- 31. Who regulates dietary supplements?
- 32. What is the medical term for low blood sugar?
- 33. Pepto-bismol may cause someone to develop a _____ tongue.
- 35. What is a substance that many college kids drink that may keep you up at all hours?
- 36. Dextromethorphan is considered to be a what?
- 37. Water soluble vitamins are excreted by which organ?

- 38. Trouble falling or staying asleep, wakes up too early and cannot return to sleep, or does not feel refreshed after sleeping or impairment in daytime functioning is the definition of _____.
- 39. What is the online tool you can use to assess a patient's risk for stroke?
- 40. What type of injection dose insulin have to be administered?
- 41. What may happen if a patient is using too much albuterol?
- Down**
- 1. How many grams are needed to correct hypoglycemia? (write out number)
- 2. What is the term for healthy sleep habits?
- 4. What is the amount of time (in minutes) per week that the ADA recommends for exercise? (write out number)
- 6. A1c measures sugar levels over how many months? (write out number)
- 8. 1What kind of beverage in combination with sulfonylureas may increase risk for hypoglycemia?
- 9. How often should a diabetic see a podiatrist?
- 11. In what allergy should NOT use Nix?
- 12. What should all asthmatic patients make to monitor their symptoms?
- 13. What is the extremely long name for rebound congestion?
- 14. What is a common oral glyceimic medication?

- 15. What is a medical term for having to go to the bathroom more frequently and that may also be in reference a hyperglycemia symptom?
- 17. What medication class causes a dry cough?
- 18. If a patient smokes beyond 30 minutes of waking and they want to quit, what mg dose should they start out using? (write out number)
- 21. What kind of sleep do you fall into when you dream?
- 22. What can happen in a pediatric patient if they use aspirin?
- 24. There are 4 fat soluble vitamins: vitamin A, vitamin K, vitamin D and _____.
- 26. What is a supplement that a pregnant woman may use that may also cause constipation?
- 27. Omeprazole is used to treat what?
- 30. What is a first-line medication class used to help lower cholesterol?
- 34. In what form can iron not be in for vitamins?