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# Fill-in-the Blank Puzzle

NOVEMBER 2019

Answers  
on page 2.

Find out how well you know the topics covered in this issue of the newsletter.

- 1 \_\_\_\_\_ diabetes is being diagnosed more and more in children and teens.
- 2 Even if you've had the flu, you still need a \_\_\_\_\_ . (2 words)
- 3 Symptoms of \_\_\_\_\_ cancer can develop slowly.
- 4 \_\_\_\_\_ is a source of lean protein, and has B vitamins, selenium and zinc.
- 5 \_\_\_\_\_ causes wrinkles and increases your risk for melanoma cancer.
- 6 \_\_\_\_\_ causes 1 in 5 deaths in the U.S.
- 7 \_\_\_\_\_ bronchitis usually gets better in about 10 days.
- 8 Most major bacterial infections are becoming resistant to certain \_\_\_\_\_.



The Smart Moves Toolkit, including this issue's printable download, **Handwashing: A Refresher Course**, is at [personalbest.com/extras/19V11tools](https://personalbest.com/extras/19V11tools).

# Fill-in-the Blank Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

- 1 Type 2 diabetes is being diagnosed more and more in children and teens.
- 2 Even if you've had the flu, you still need a flu shot. (2 words)
- 3 Symptoms of lung cancer can develop slowly.
- 4 Turkey is a source of lean protein, and has B vitamins, selenium and zinc.
- 5 Tanning causes wrinkles and increases your risk for melanoma cancer.
- 6 Smoking causes 1 in 5 deaths in the U.S.
- 7 Acute bronchitis usually gets better in about 10 days.
- 8 Most major bacterial infections are becoming resistant to certain antibiotics.



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