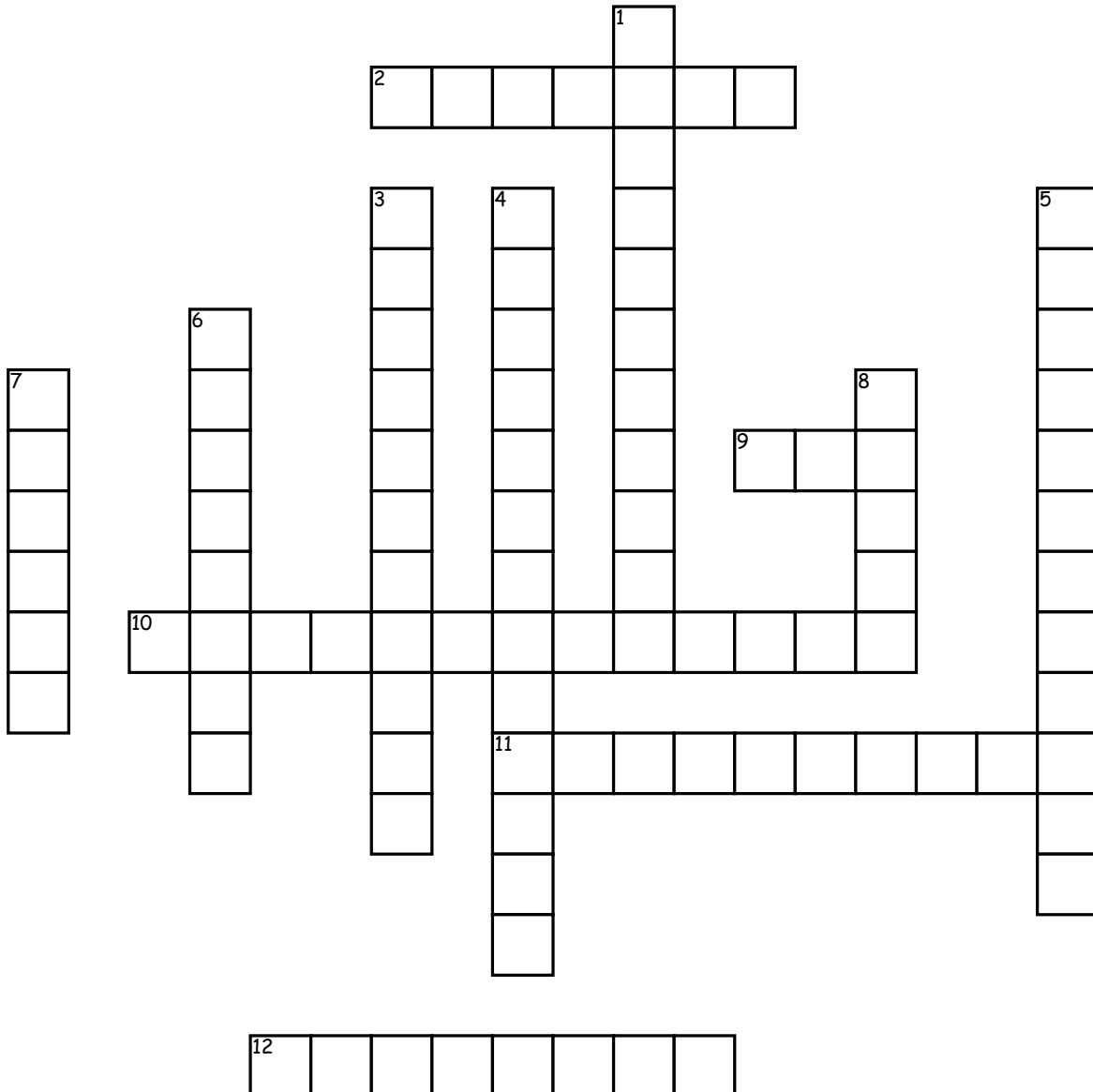


Bone Health



Across

- 2. Too much _____ hormone can cause bone loss.
- 9. Avoid drinking more than _____ alcoholic drinks per day.
- 10. You are also at risk if you are _____
- 11. The recommended dietary allowance of calcium is 1000 _____ per day.

12. Your body needs _____ to absorb calcium.

Down

- 1. A _____ test might be suggested to check your bone loss.
- 3. If you are worried about getting enough Vitamin D, ask your doctor about _____
- 4. Good sources of Vitamin D include: tuna, egg yolks and _____

5. A condition that causes bones to become weak and brittle

- 6. People who have _____ can cause bone loss.
- 7. When you are young, your body makes bone _____ than it breaks down old bone.
- 8. You are at risk of osteoporosis if you are a _____