



National  
Kidney  
Foundation®

# KIDNEY CROSSWORD

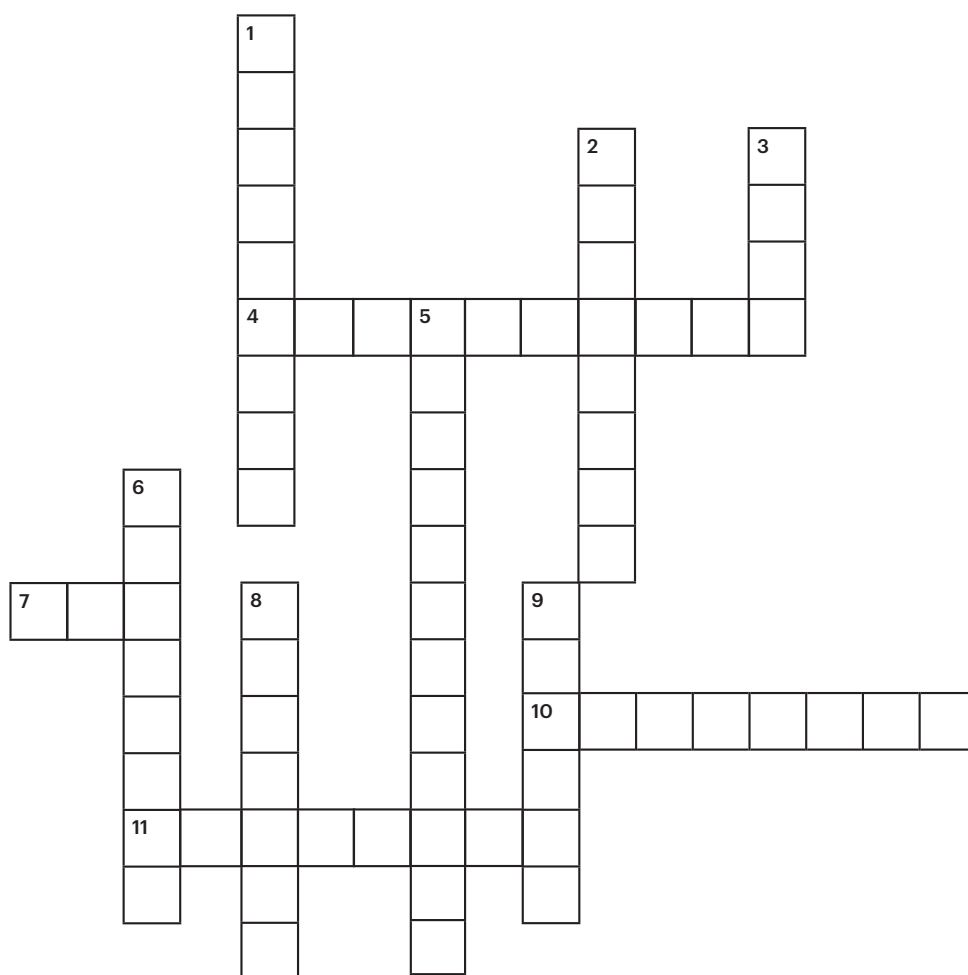
Fill out the kidney crossword puzzle and learn more about your kidneys!

## ACROSS

4. An operation that places a healthy organ in your body.
7. A test that helps measure how well your kidneys are working.
10. A disease in which your body cannot make enough insulin or use it well. It is a leading cause of kidney disease.
11. Doing enough of this on a regular basis will help keep your heart and kidneys healthy.

## DOWN

1. This person can help you plan healthy, nutritious meals.
2. This process filters waste products and extra fluid from your blood through a machine. It is a common treatment for kidney failure.
3. Eating less of this can help control blood pressure and reduce swelling.
5. A doctor who specializes in treating people with kidney disease.
6. Chemicals produced by different glands and organs, including the kidneys, to trigger certain responses in your body.
8. Having small amounts of this in your urine can be a sign of kidney disease.
9. This organ helps to keep your body's system in balance. Among other things, it removes waste and extra fluid from your body.



Answers: Across: 4-transplant; 7-GFR; 10-diabetes; 11-exercise.  
Down: 1-dietitian; 2-dialysis; 3-salt; 5-nephrologist; 6-hormones; 8-protein; 9-kidney.