



Health FACT:

This condition occurs when the body fails to produce insulin or produces it but can't use it the right way.

Answer: Diabetes

Math Blocks

Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

10		3	17
6	15		23
		12	27
23	27	17	

12	8	7
2	15	6
4	3	10

Solution

Get Scrambled

Unscramble the words to determine the phrase.

GMNEAA RYOU GSRUA

Answer: Manage your sugar

THIS DAY IN HISTORY



1783: The American Continental Army is disbanded.

1817: The Bank of Montreal opens in Montreal, Canada.

1973: NASA launches the Mariner 10 toward Mercury. It becomes the first space probe to reach that planet.

NEW WORD

A1C

a blood test that shows your average blood sugar level over the past 2 to 3 months

“How they say that in...”

English: Glucose
Spanish: Glucosa
Italian: Glucosio
French: Glucose
German: Traubenzucker



People with type 1 diabetes generally have to supplement with insulin to keep their levels steady.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Blood glucose monitor