**Chronic Conditions: Fact Worksheet**

1. This chronic condition is called the “silent killer” because it doesn’t have any warning signs, but can cause heart disease or a stroke.
   1. Type 1 diabetes
   2. Arthritis
   3. High blood pressure
   4. Depression
2. True or false: Your body already makes all of the blood cholesterol it needs.
   1. True
   2. False
3. This chronic condition affects insulin. Insulin carries sugar from your blood to the cells in your body.
   1. Hypertension
   2. Anxiety
   3. High cholesterol
   4. Type 2 diabetes
4. True or false: if someone worries about an upcoming event, they definitely have generalized anxiety.
   1. True
   2. False
5. This chronic condition affects the joints in the body, and can make it hard to climb stairs.
   1. High blood pressure
   2. Depression
   3. Anxiety
   4. Arthritis
6. (for discussion) Why is it important to treat chronic conditions?