

PSC Word Puzzles

Created by Mike Pearlman

Word Jumble 1 - Symptoms of PSC

Unscramble the following letter groups to find the PSC symptoms!

TGEFAUI

O		O				
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UEASAN

O				O	
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DCEJNUIA

	O				O		
--	---	--	--	--	---	--	--

LFV&RCEHEISL

					O						O
--	--	--	--	--	---	--	--	--	--	--	---

Solution: Use the letters in the circled boxes to complete the following sentence:

PSCers have described their pruritus as having

“

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 ”

under the skin!

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Word Search 1 – Primary Sclerosing Cholangitis (PSC)

Using the word bank on the back of the next page, see how many PSC related terms you can find.

s	r	o	c	m	s	u	t	i	r	u	r	p	o	r	e	v	i	l	s
i	s	r	e	n	t	r	a	p	c	s	p	j	h	b	w	e	l	s	s
t	m	e	a	p	i	c	t	o	s	r	u	a	c	h	i	l	l	s	i
i	s	c	l	e	r	o	s	i	n	g	f	a	t	t	o	l	x	c	s
l	t	i	t	f	o	i	e	a	l	r	o	p	c	d	k	g	e	a	o
o	a	d	s	t	b	r	m	j	f	o	t	h	r	e	v	e	f	r	r
c	g	n	a	r	c	n	i	a	p	i	c	l	p	c	r	e	s	t	b
t	e	u	v	i	h	p	t	u	r	f	s	e	t	i	c	s	a	i	i
a	s	a	f	o	c	i	b	d	d	y	e	s	n	h	o	r	c	s	f
m	t	j	r	r	g	s	i	t	i	g	n	a	l	o	h	c	a	s	e
s	i	c	m	u	w	a	s	y	m	p	t	o	m	a	t	i	c	u	a
c	p	r	e	y	p	o	c	s	o	n	o	l	o	c	j	b	o	e	n

Word Bank

- **Ascites** – buildup of fluids in the abdomen
- **Asymptomatic** – some persons with PSC will not show symptoms of the disease
- **Bile** – digestive liquid. PSC is a bile duct disease; the ducts carry bile from the liver to the small intestine. In PSC, inflammation causes scars within the bile duct, making the ducts hard and narrow. This can lead to serious liver damage. (Source: Mayo Clinic web cite)
- **Chills** – along with fever, can be a symptom indicating bacterial infection in the bile ducts
- **Colitis** – inflammation of the colon. Ulcerative colitis is an inflammatory bowel disease often found in people with PSC.
- **Colonoscopy** – procedure used to examine the bowel lining to determine the presence or absence of inflammatory bowel disease.
- **Crohns** – an inflammatory bowel disease that causes inflammation of the person’s digestive track. Crohn’s may be found in people with PSC.
- **ERCP** – an imaging technique for viewing the bile ducts. This is an invasive procedure.

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- **Fatigue** – feeling run down, unable to get enough sleep
- **Fever** – along with chills, can be a symptom indicating bacterial infection in the bile ducts
- **Fibrosis** – scar tissue.
- **IBD** – inflammatory bowel disease, primarily ulcerative colitis and at times Crohn’s disease.
- **Itch** – see Pruritus
- **Jaundice** – yellowing of eyes and skin caused by excess bilirubin that the liver cannot process.
- **Liver** – the organ of the body essential for digesting food and removing toxic substances from your body.
- **MRCP** – an imaging technique for viewing the bile ducts. This is a non-invasive procedure.
- **Pain** - in PSC, this can occur in right side or middle of abdomen towards the rib cage; can be referred to as RUQ – right upper quadrant pain.
- **Primary Sclerosing Cholangitis (PSC)** – each of the three words are listed separately in the above word search. PSC is a chronic disease of the bile ducts both inside and outside the liver. The ducts become narrowed and can cause cirrhosis (scarring) which can lead to liver disease.
- **Pruritus** – intense itching; in PSC while this can occur anywhere, it is particularly common on soles of hands or feet.
- **PSC Partners** – PSC Partners Seeking a Cure is the 501(c)3 non-profit foundation whose mission is to provide education and support to PSC patients, families and caregivers; and to raise funds to research the causes, treatments and cures for PSC
- **Scar tissue** – fibrosis
- **Stages** – PSC has four stages. Stage 1 – fibrosis or scar tissue is limited to a few spots called portal areas; stage 2 – fibrosis begins to appear outside the portal areas; stage 3 – fibrosis areas connect to one another; stage 4 – widespread, honeycomb like scarring (cirrhosis).
- **URSO** – a medication used in the management of PSC.
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Word Search 2 – Board of Directors

PSC Partners Seeking a Cure is fortunate to have a very talented and motivated group of men and women volunteering their time and efforts to serve on its Board of Directors (BOD). The BOD members come from various backgrounds and experiences, and are united by a common goal of finding a cure for PSC. The BOD names are located in the word search puzzle below. Their names may be forward, backward, diagonal, horizontal, or vertical. Can you find them? We have intentionally not given a master list, challenging you to see how many you can identify. For a master list, please see <http://pscpartners.org/board-members/>. While there, you can learn more about each BOD member's background and connection to PSC Partners. Happy searching!

M	S	T	N	E	M	T	A	E	R	T	F	A	M	I	L	I	E	S	S
S	O	E	S	I	W	L	L	I	B	R	M	Y	H	S	M	A	C	T	E
T	A	N	R	E	F	A	S	Y	K	C	I	R	C	G	A	S	O	N	R
A	E	F	I	O	R	T	R	O	S	P	A	R	R	Y	L	J	A	R	U
L	W	D	P	C	O	L	O	R	A	D	O	A	A	L	L	S	F	F	C
Z	L	E	U	A	A	M	S	P	N	X	U	P	E	E	A	M	E	B	Y
F	T	B	S	C	T	W	T	I	Z	U	B	D	S	M	D	I	E	N	E
Y	R	R	E	H	A	I	A	T	C	H	S	I	E	O	N	S	S	A	R
R	O	E	H	R	E	T	E	L	I	X	G	V	R	G	A	R	R	M	A
T	P	F	D	I	W	N	I	N	T	R	R	A	I	L	R	E	E	L	C
S	P	K	P	S	C	E	D	O	T	E	B	D	Y	E	E	F	V	R	N
I	U	W	E	K	A	D	L	R	N	S	R	C	O	H	I	I	I	A	A
G	S	O	B	L	R	B	J	F	I	E	N	S	D	C	T	N	G	E	G
E	X	O	F	U	Q	M	E	S	V	X	Z	F	C	A	A	N	E	P	E
R	G	R	E	G	E	V	E	R	S	O	N	B	T	R	K	E	R	E	E
S	T	U	A	R	T	B	A	R	N	E	T	T	U	I	O	J	A	K	M
S	U	F	Z	T	L	O	T	S	S	I	V	A	R	T	N	W	C	I	M
C	A	J	O	A	N	N	E	H	A	T	C	H	E	T	T	A	L	M	I
I	B	D	R	E	H	P	E	H	S	N	E	K	E	A	S	U	M	E	L
M	O	N	U	T	N	A	L	L	I	M	C	M	E	R	A	L	C	O	Y

Bonus Search –

In addition to BOD member names, the above puzzle has a few other words that are important to the work of PSC Partners. How many of these can you find?

Our Mission Statement – “The mission of PSC Partners Seeking a Cure is to provide **education** and **support** to PSC **patients**, **families** and **caregivers** and to raise funds to **research** causes, **treatments** and **cures** for primary sclerosing cholangitis.” Can you find the highlighted words? For further information about PSC Partners, please see <http://pscpartners.org/about-us>.

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Our Staff - PSC Partners is fortunate to have three very talented and motivated individuals serving on its staff – **Meegan Carey** (Executive Director), **Katie Randall** (Associate Director), and **Clare McMillan** (Director of Communications). Can you find their names in the above puzzle? For more information on the strengths that Meegan, Katie and Clare bring to PSC Partners, please see <http://pscpartners.org/staff>.

Registry - The PSC Partners Patient Registry contains information about those affected by PSC. The data collected includes the following: information on diagnosis, family history, quality of life, medications, surgeries, overlapping diseases, and patient demographics. It takes approximately 30 minutes to complete the patient survey. Can you find the word “**registry**” in the above puzzle? For further information, please see <http://pscpartners.org/patient-registry>.

SMAC – This is the shorthand term for PSC Partners Scientific/Medical Advisory Committee whose members share their time and expertise with us to direct the path of our research program in order to find new treatments and a cure for PSC. Can you find “**SMAC**” in the above puzzle. For further information on SMAC and its members, please see <http://pscpartners.org/scientific-medical-advisors>.