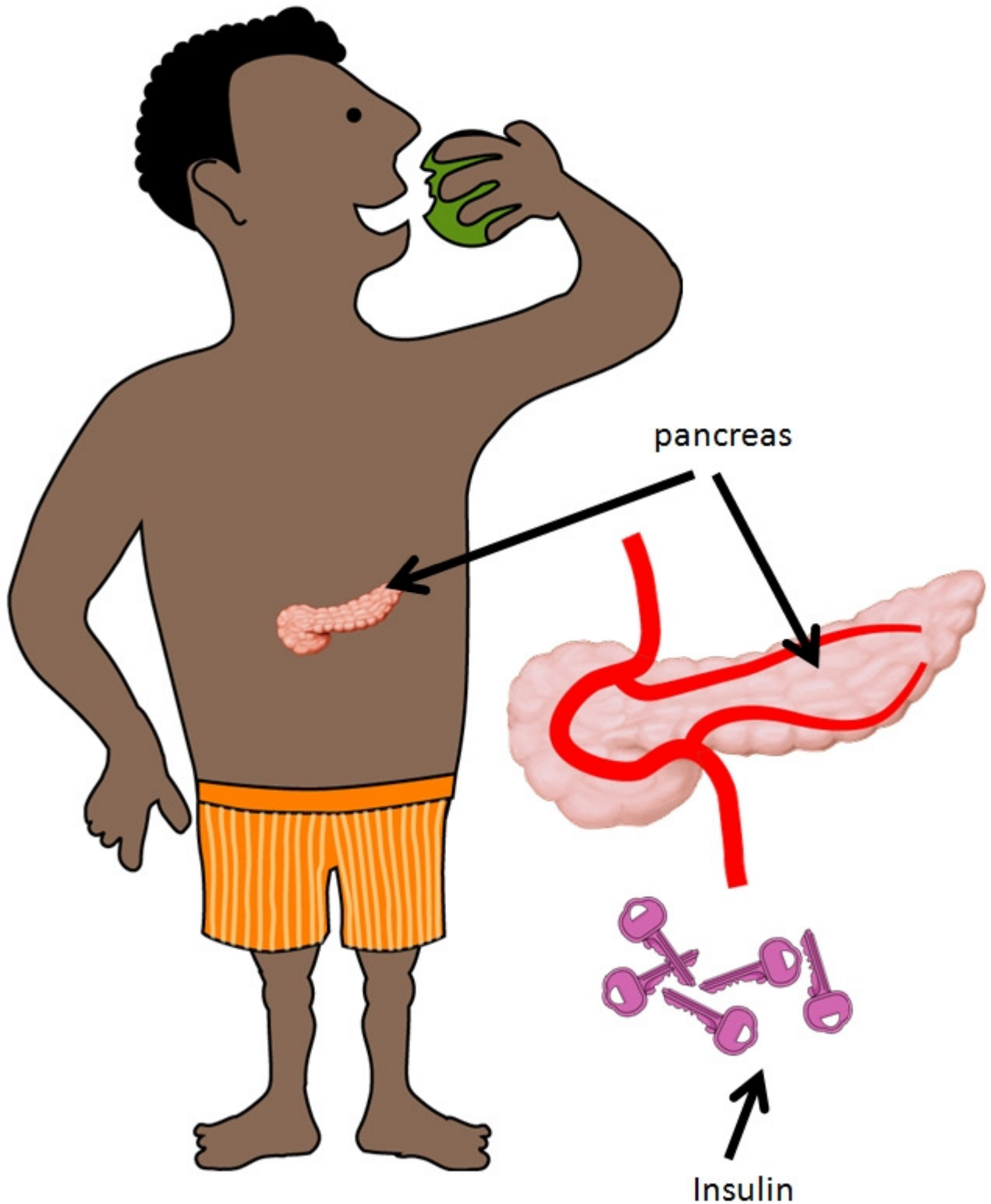


## Insulin

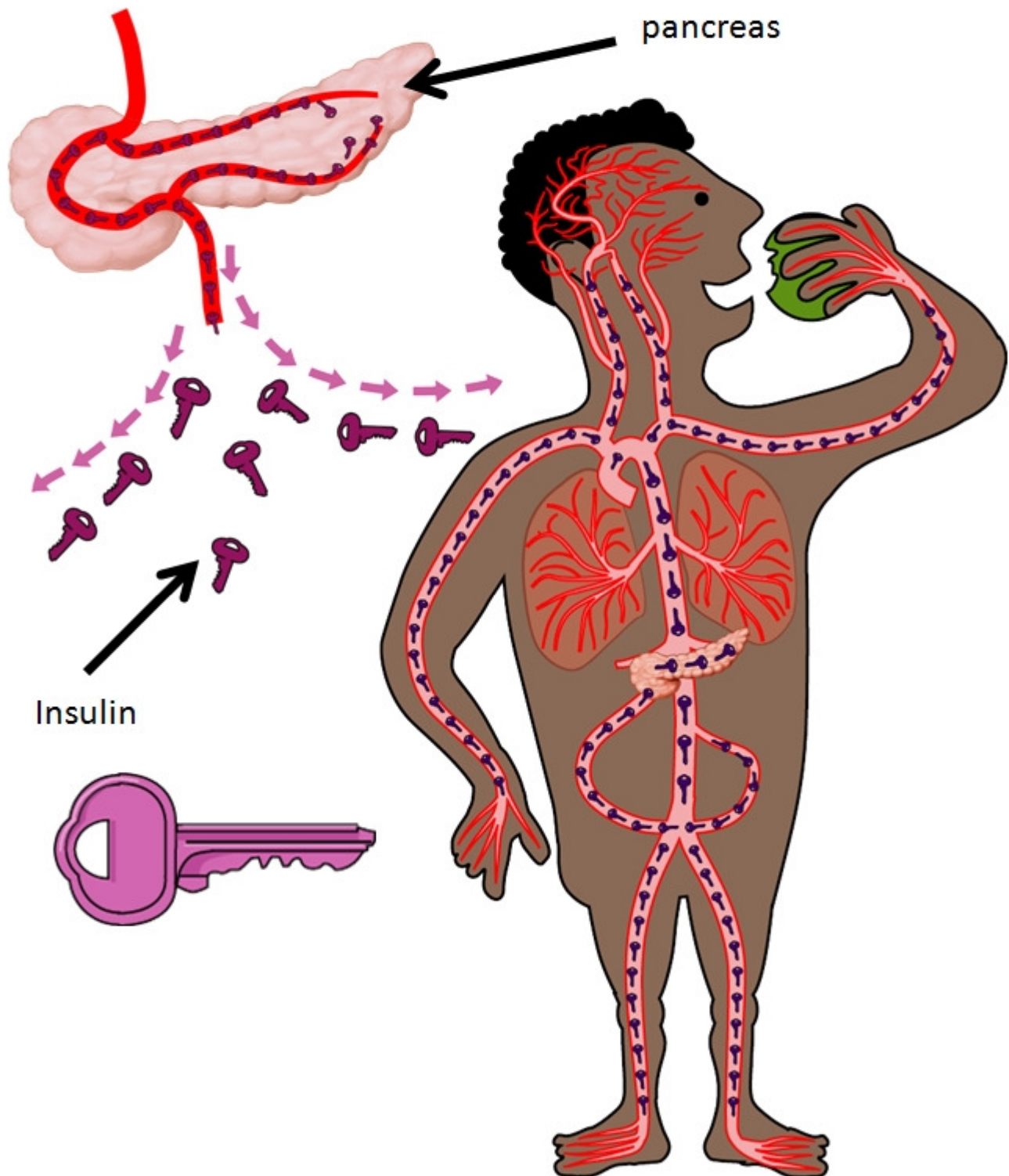
Insulin is made in your pancreas



You can think of insulin as keys which help the sugar get into cells

## Diabetes Insulin keys analogy

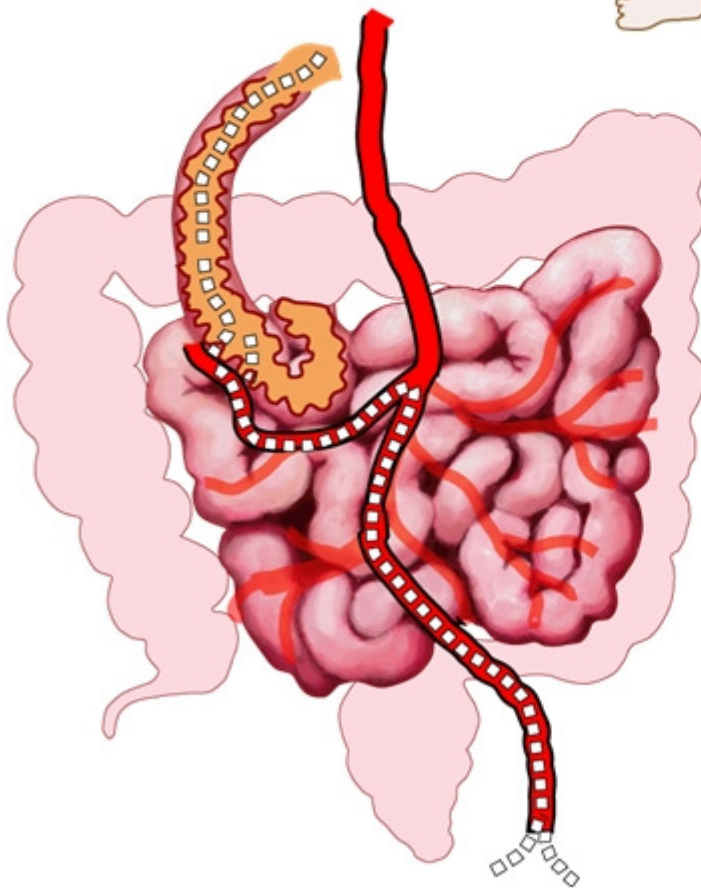
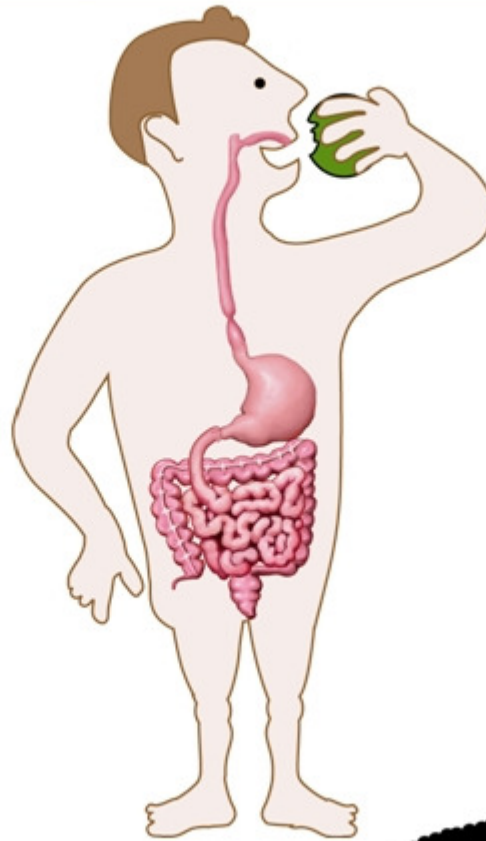
The insulin goes into your blood and is carried all around your body.



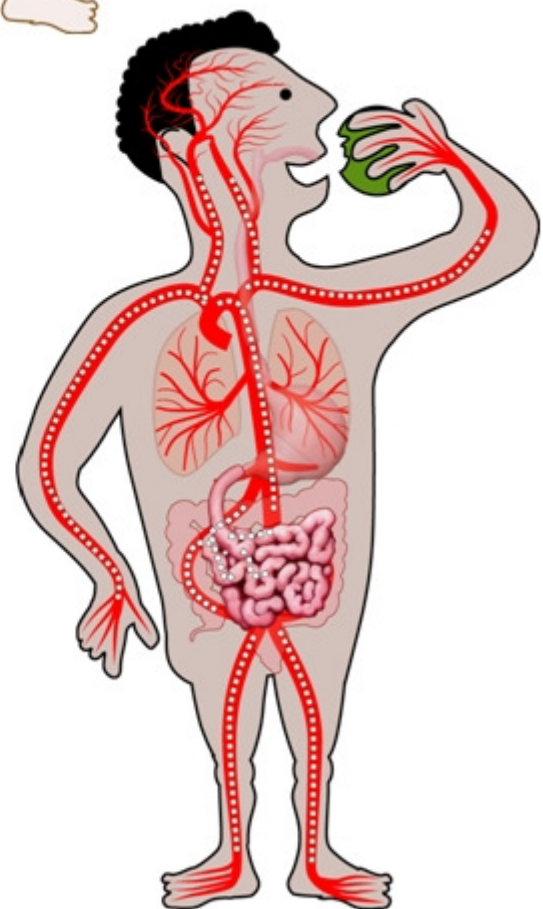
When you eat food containing sugar or starch the pancreas puts insulin into your blood

## Diabetes Insulin keys analogy

When you eat the food goes into your stomach and then into your intestines



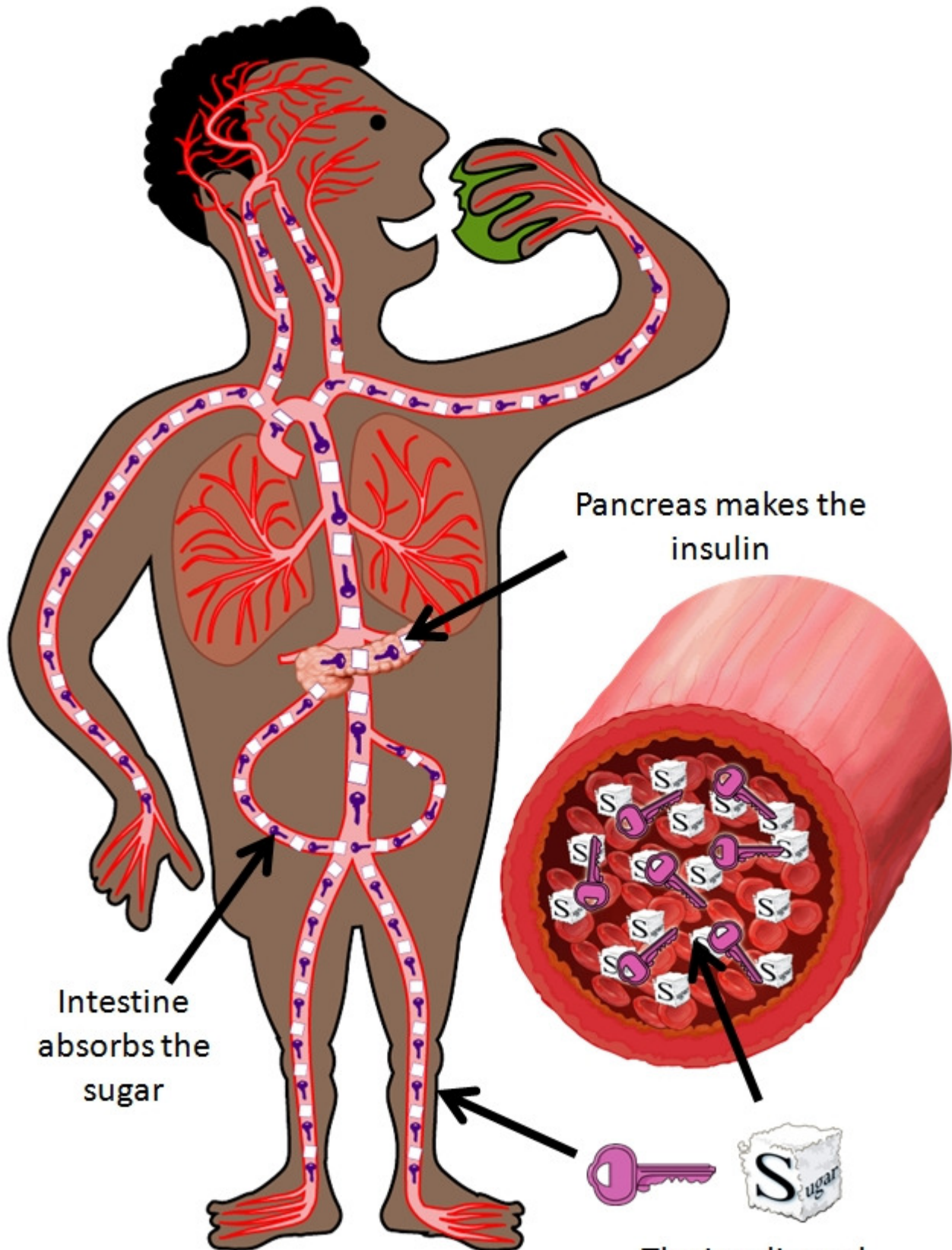
The sugar in your intestines is absorbed and goes into your blood pipes



The sugar is carried around in your blood

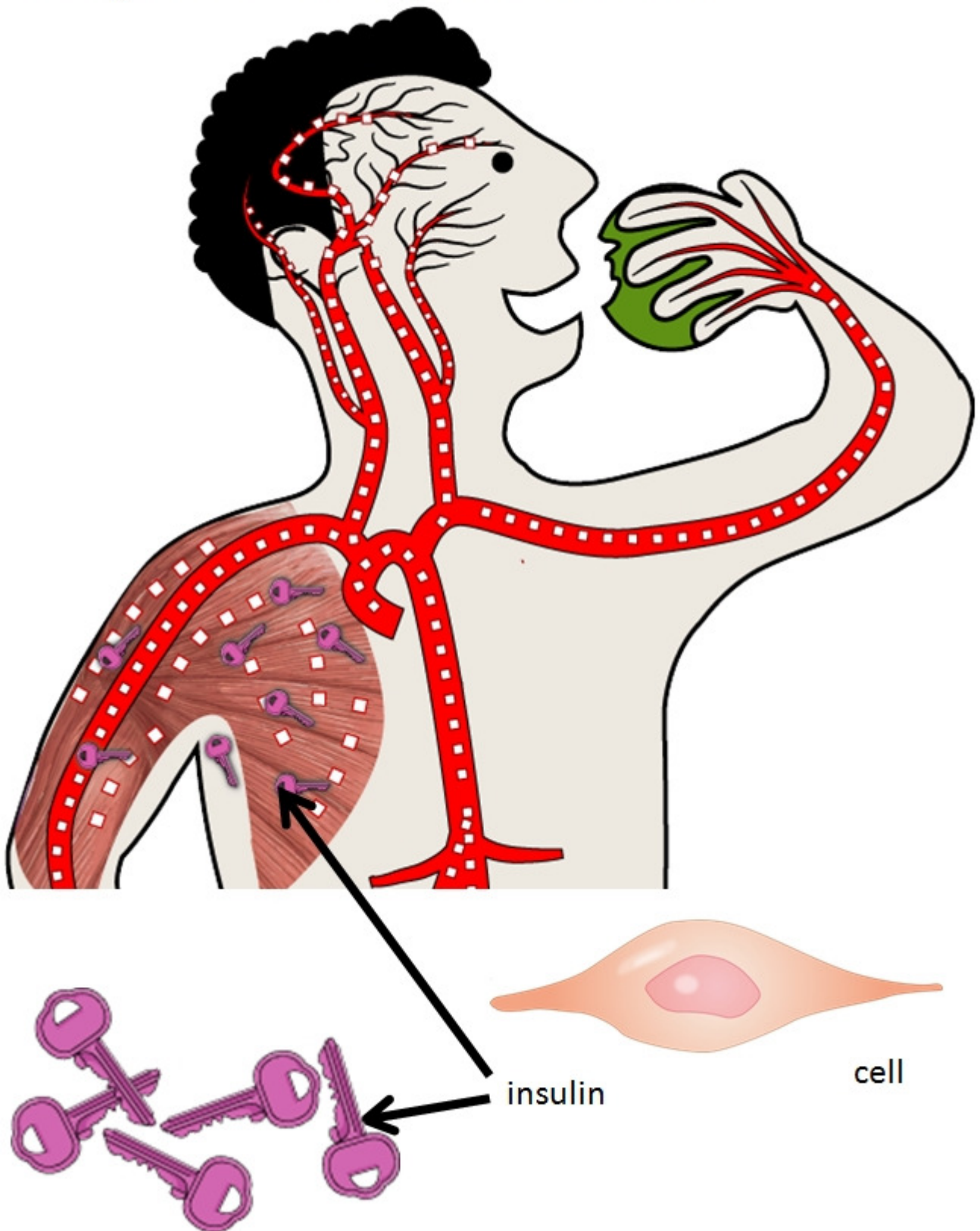


## The insulin and sugar work together



## Diabetes Insulin keys analogy

The sugar needs insulin to get into a muscle cell



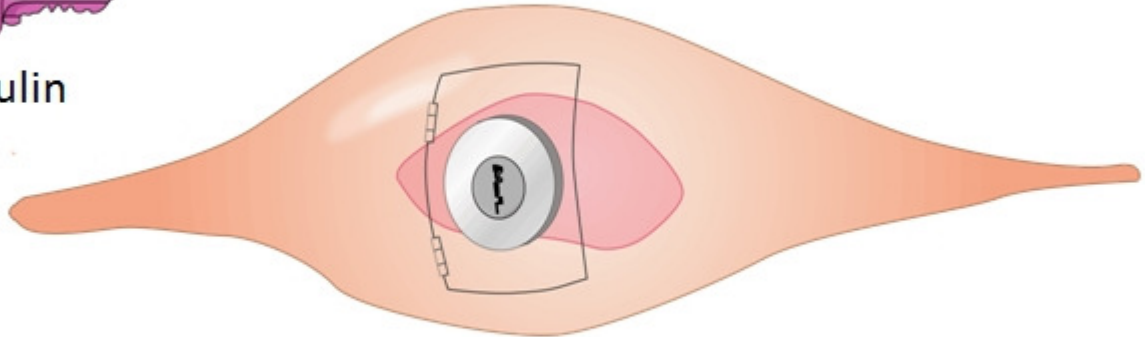
The keys help the sugar into the cell

# Diabetes Insulin keys analogy

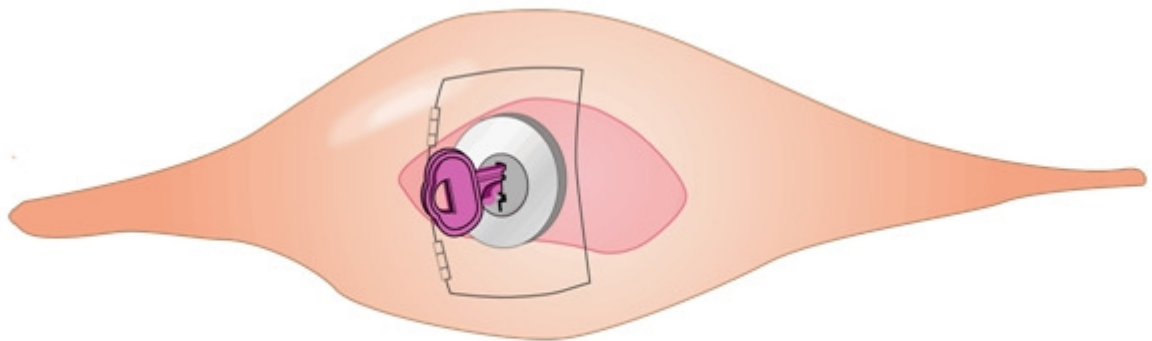
The muscle cell has a lock



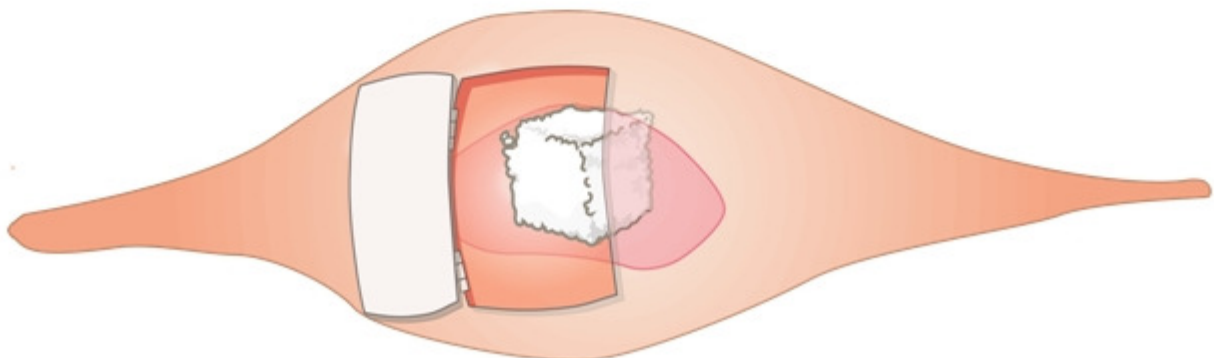
insulin



The insulin key unlocks the cell



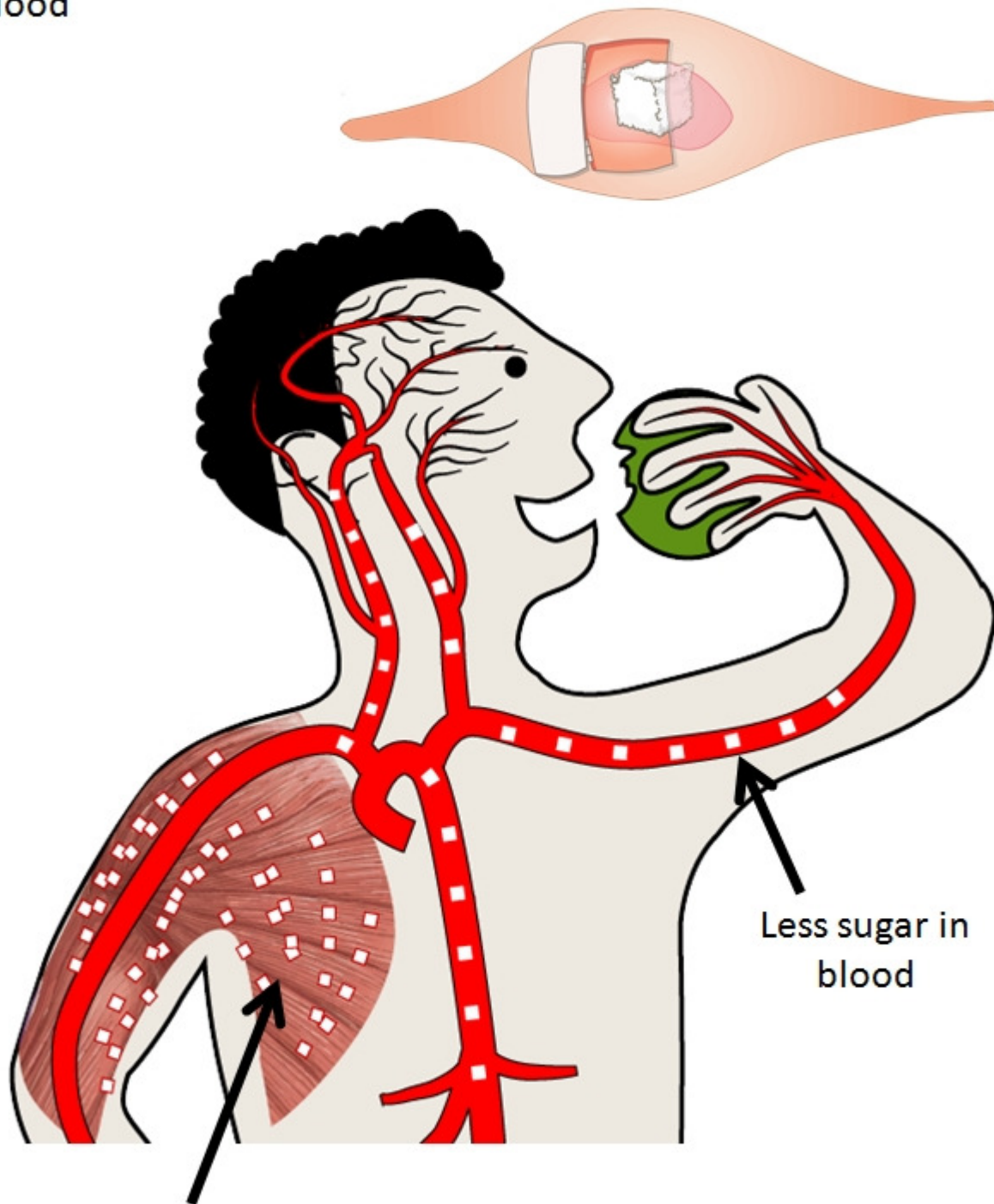
The sugar goes into the cell





## Diabetes Insulin keys analogy

The sugar is now in your cells. There is less insulin in your blood



Lots of sugar in muscle cells

Less sugar in blood



insulin

The insulin has done its job

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

These stories were originally developed for Queensland Health CDRO project. This modified version includes yarn cards.

2 analogies are used for insulin keys and men. The men analogy is included to show how you can use other analogies provided you are consistent. The key analogy has been adopted for all the other CDRO resources.

### Related resources

There are story posters & cards for the following :

1. Blood pipes
2. Sugar
3. Insulin keys
4. Insulin **men**
5. Sugar levels
6. Stored sugar & exercise
7. Type 1 – keys
8. Type 2 –keys
9. Type 2 –**men**
10. Glycagon
11. Sugar control (complications) –Type 1
12. Sugar control (complications) –Type 2
13. Insulin & glycagon

### Notes:

The resource can be printed A3 or A4 size and then laminated.

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