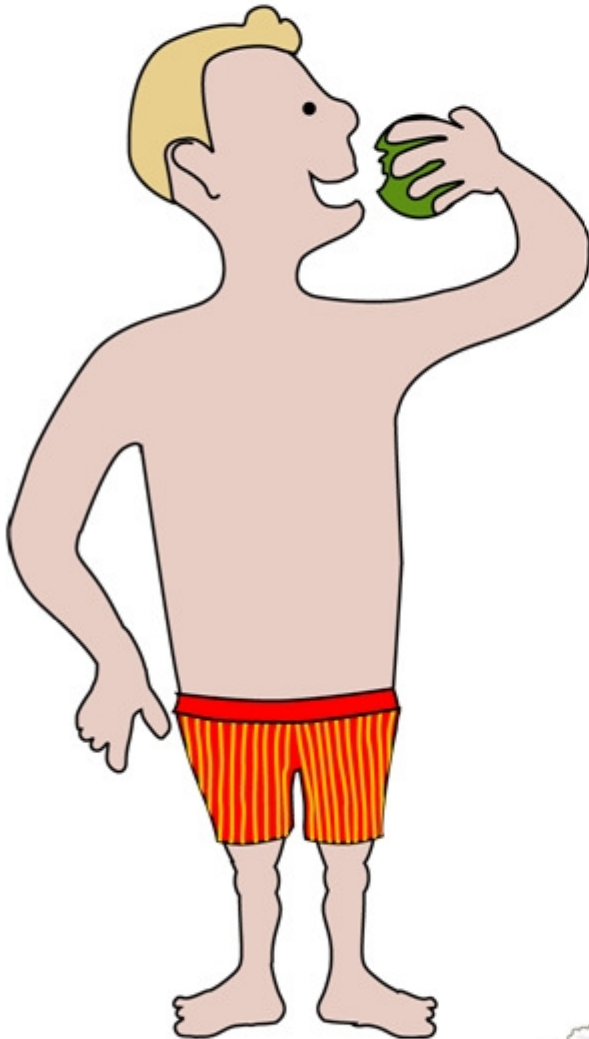


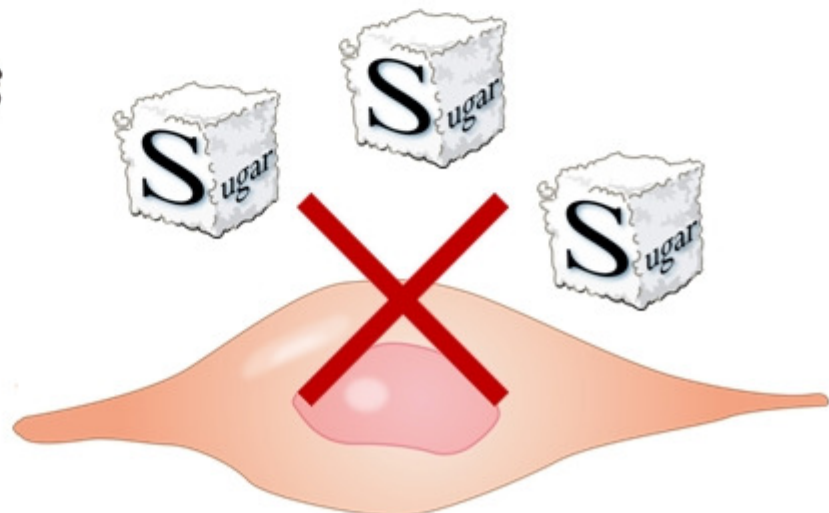
TYPE 1 DIABETES

Usually only people under 30 years of age get TYPE 1 DIABETES

Your pancreas can't make any insulin.



This means sugar can't get into your cells



TYPE 1 DIABETES happens when the pancreas is damaged

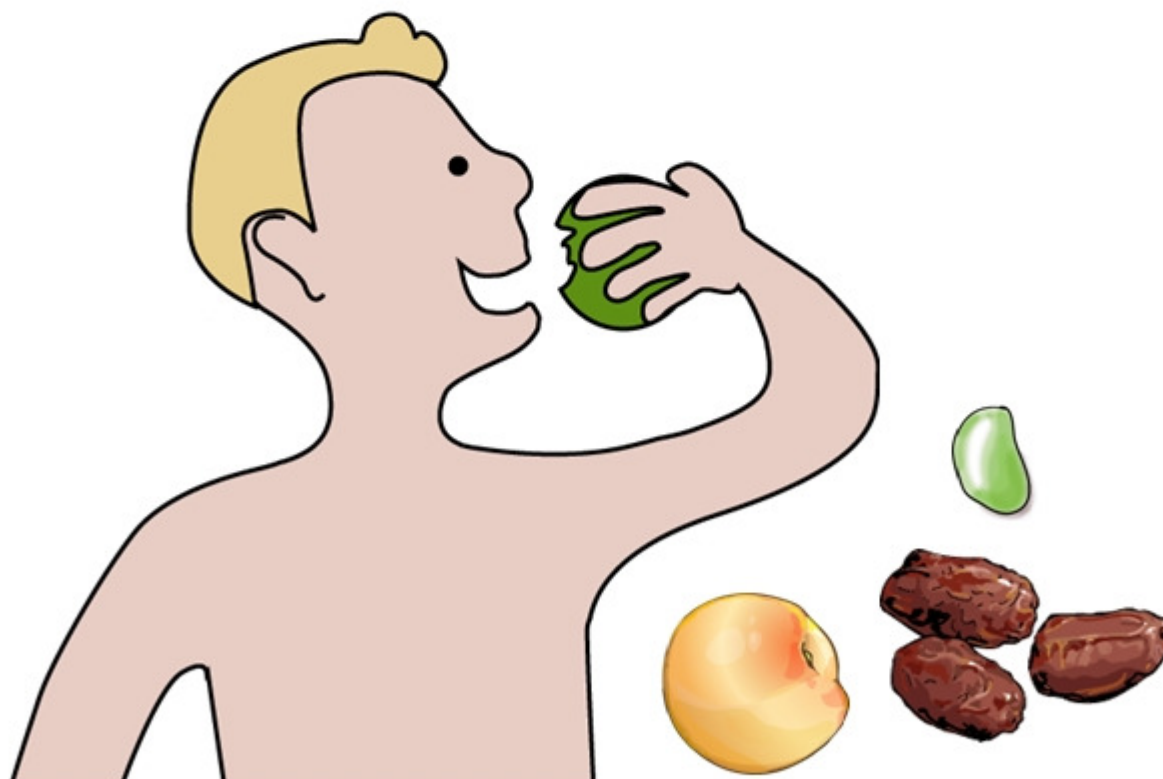
Treatment

Diabetes can't be cured but it can be controlled

If you have TYPE 1 DIABETES you will need insulin injections every day



You will also need to be careful what you eat to balance the effect of your insulin injections

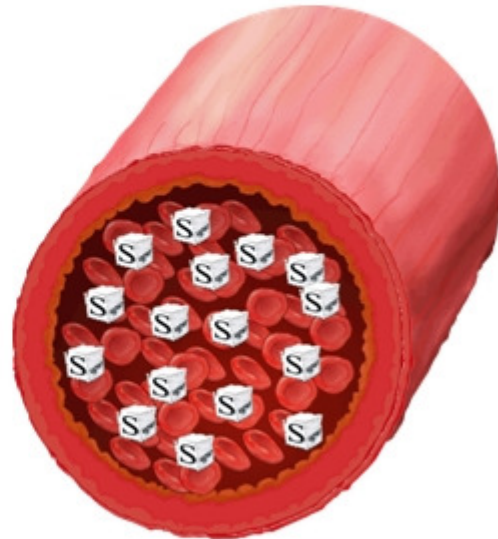


Sometimes you may need to eat sugary food if your blood sugar gets too low

Diabetes Type 1 diabetes

The main idea is to control your blood sugar (glucose) levels so they are not too high or not too low.

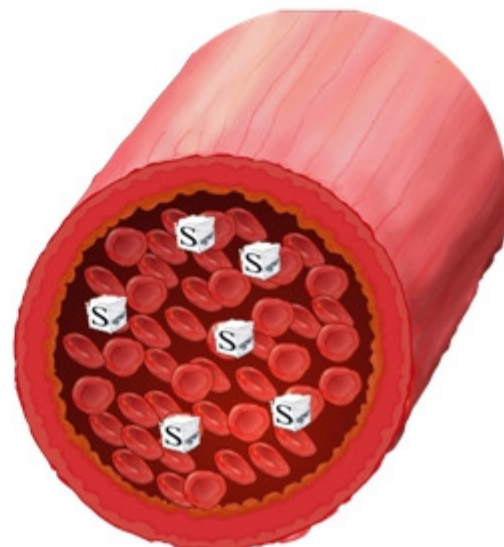
Not too high



Not too low



Just right



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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