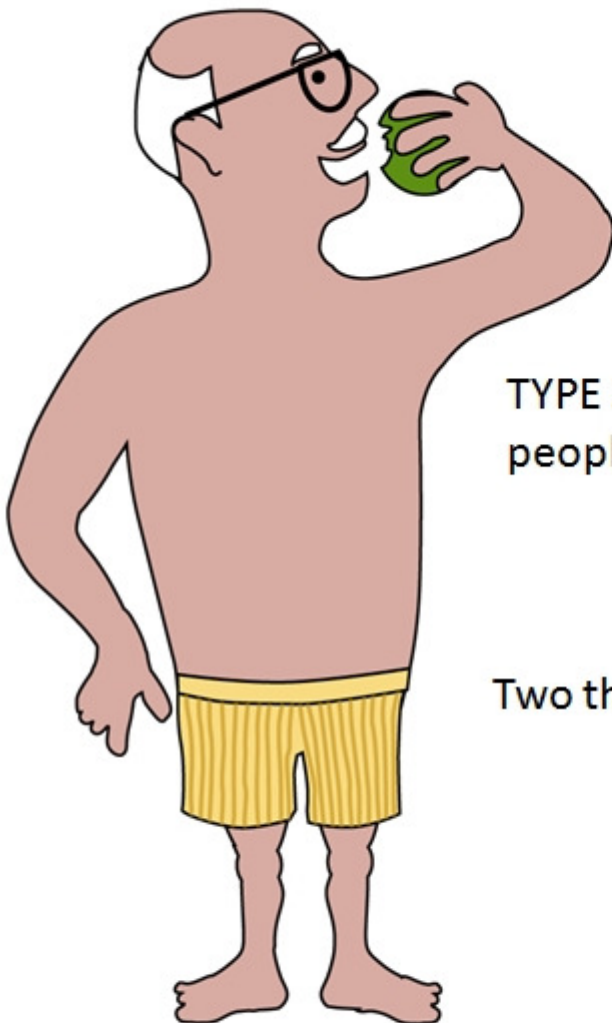


TYPE 2 DIABETES



TYPE 2 DIABETES usually happens to people over 30 years of age

Two things can cause TYPE 2 DIABETES

1 Your pancreas does not make enough insulin

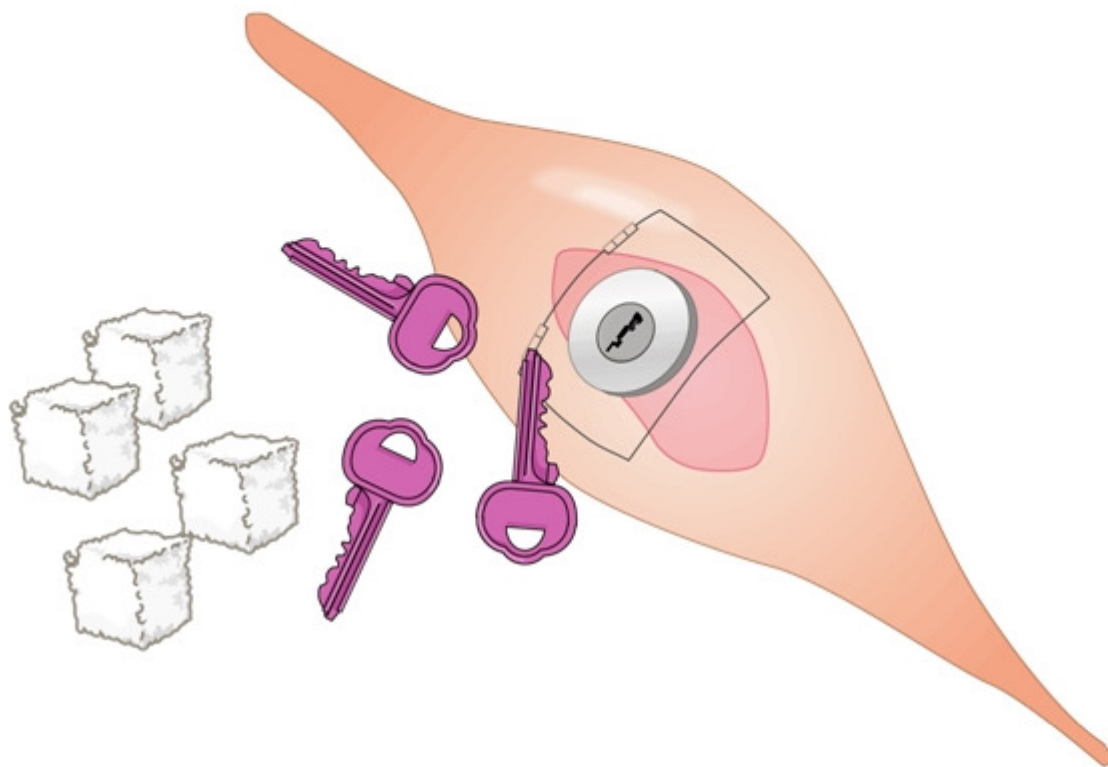
Or

2 The insulin does not work properly

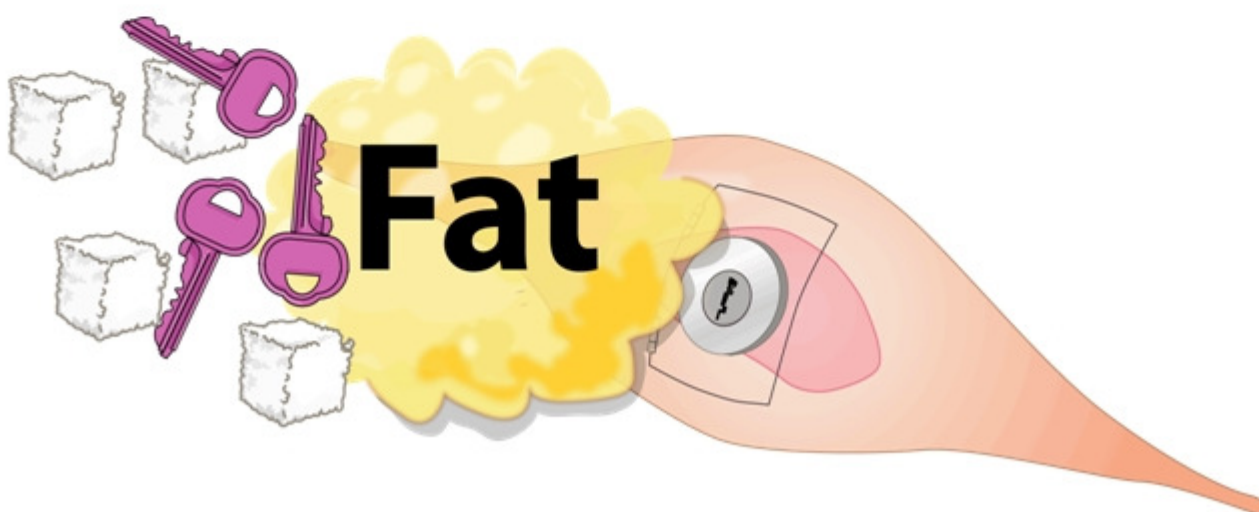


Diabetes Type 2 - key analogy

INSULIN RESISTANCE is when insulin doesn't help the sugar get into the cells.

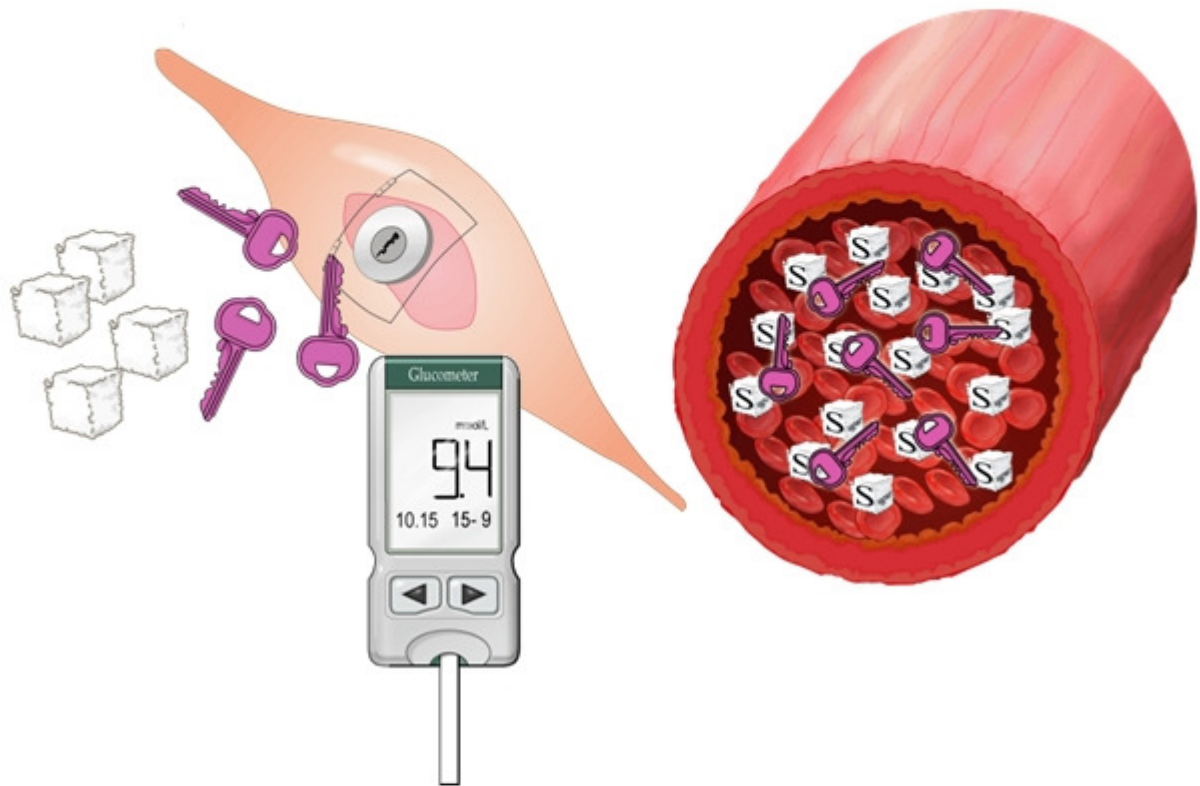


Fat can block the sugar getting into the cells and cause INSULIN RESISTANCE

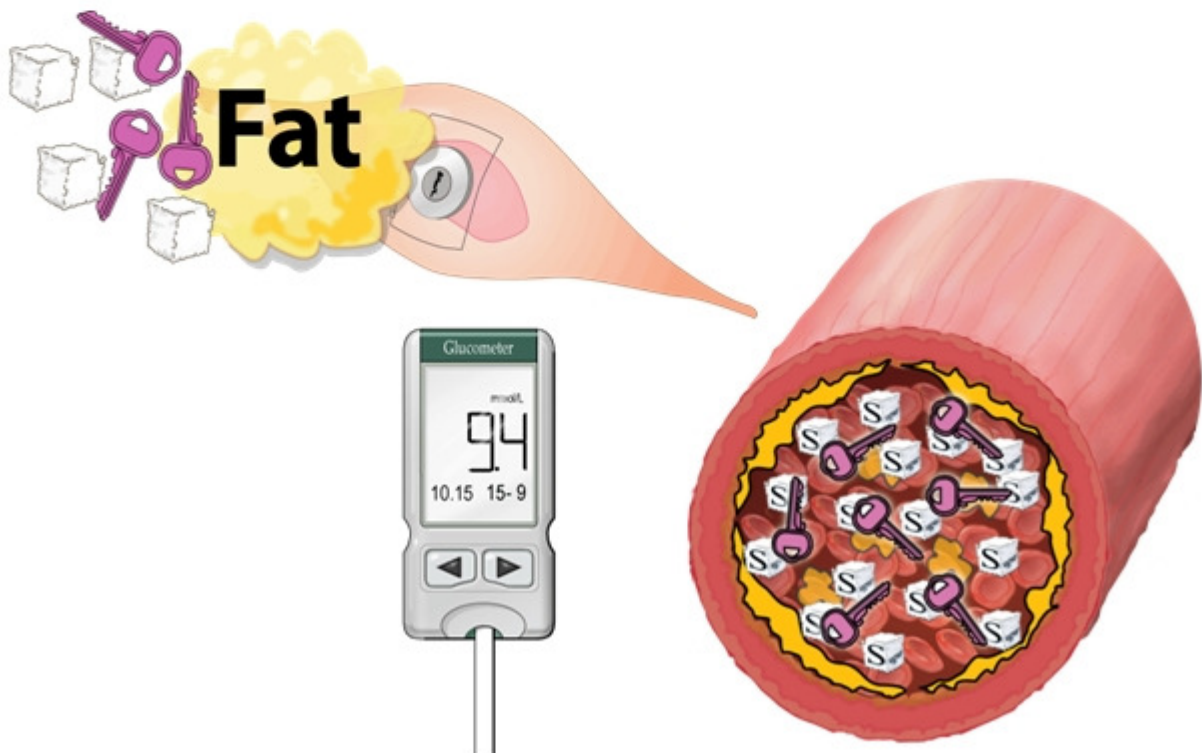


Diabetes Type 2 - key analogy

If the insulin doesn't work or there isn't enough insulin - your blood sugar (glucose) levels go up.



If fat blocks the insulin - your blood sugar (glucose) levels go up.



Treatment

Diabetes can't be cured but it can be controlled

If you have TYPE 2 DIABETES you will need to make lifestyle changes

- 1** • Loose weight and get rid of any extra fat



- 2** • Eat properly



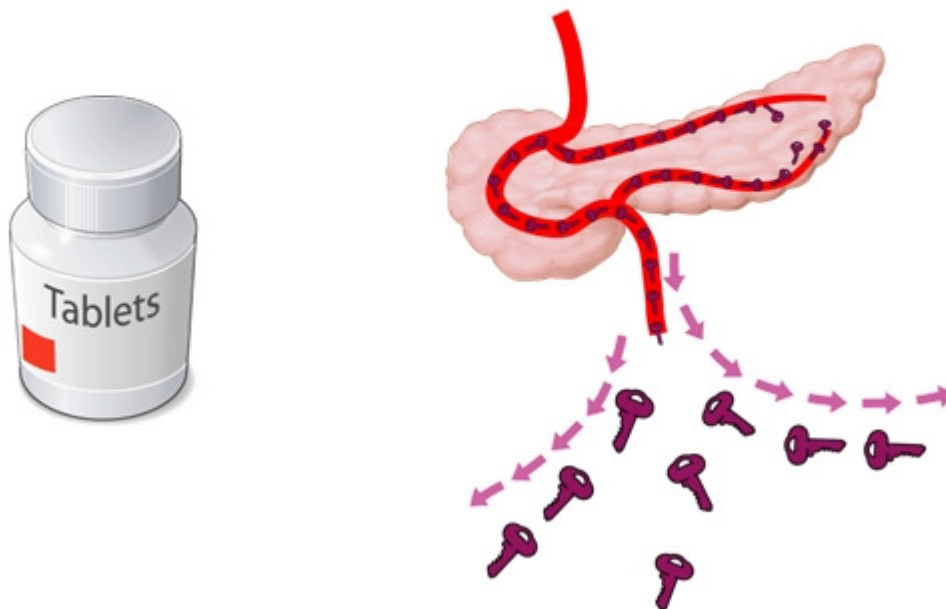
- 3** • Be more active



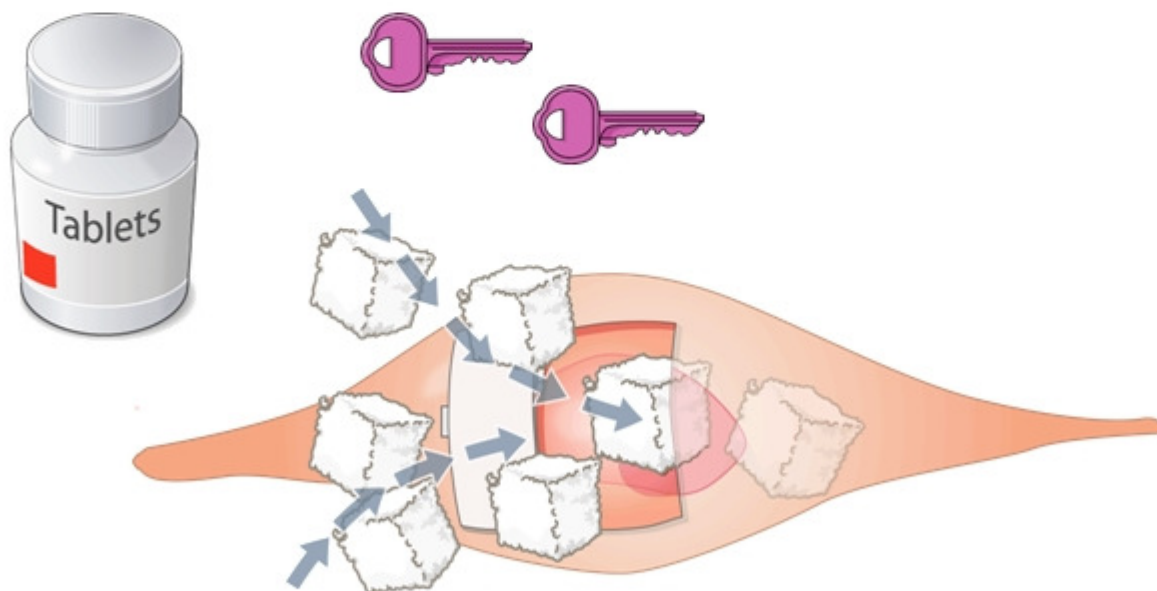
Diabetes Type 2 - key analogy

You may also need to take tablets which will either

1 Help the pancreas make more insulin



2 Help reduce INSULIN RESISTANCE



You may also need to have insulin injections



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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