

# Blood Sugar (Glucose) Control

**This is the most important thing you must do.**

If you can control your blood sugar (glucose) level you will feel much better

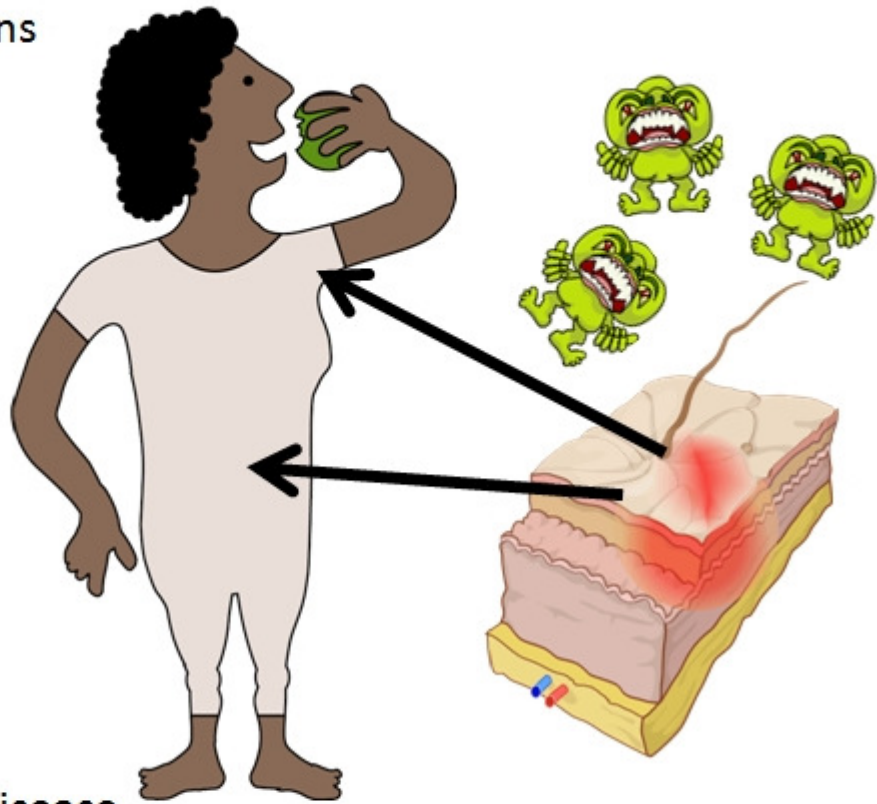
Just right between...



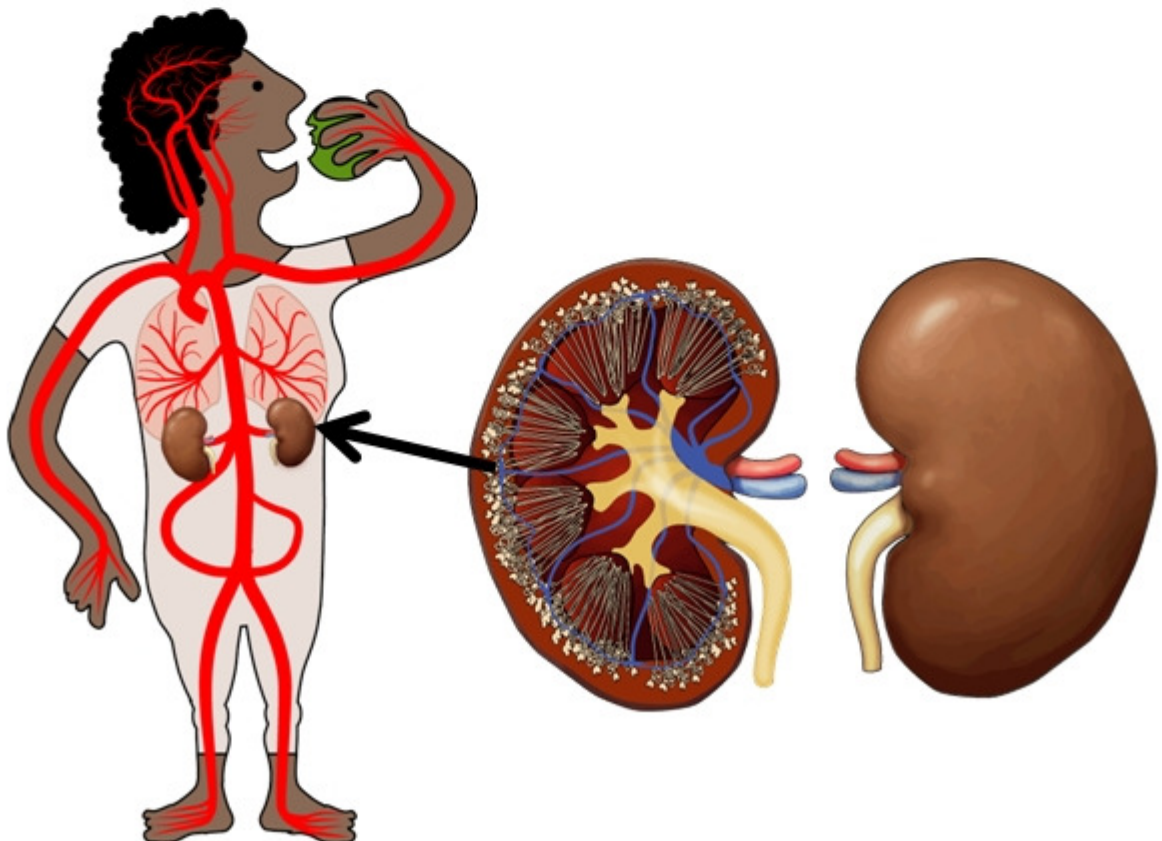
You will need to stop the extra blood sugar damaging other parts of your body

High blood sugar levels can cause:

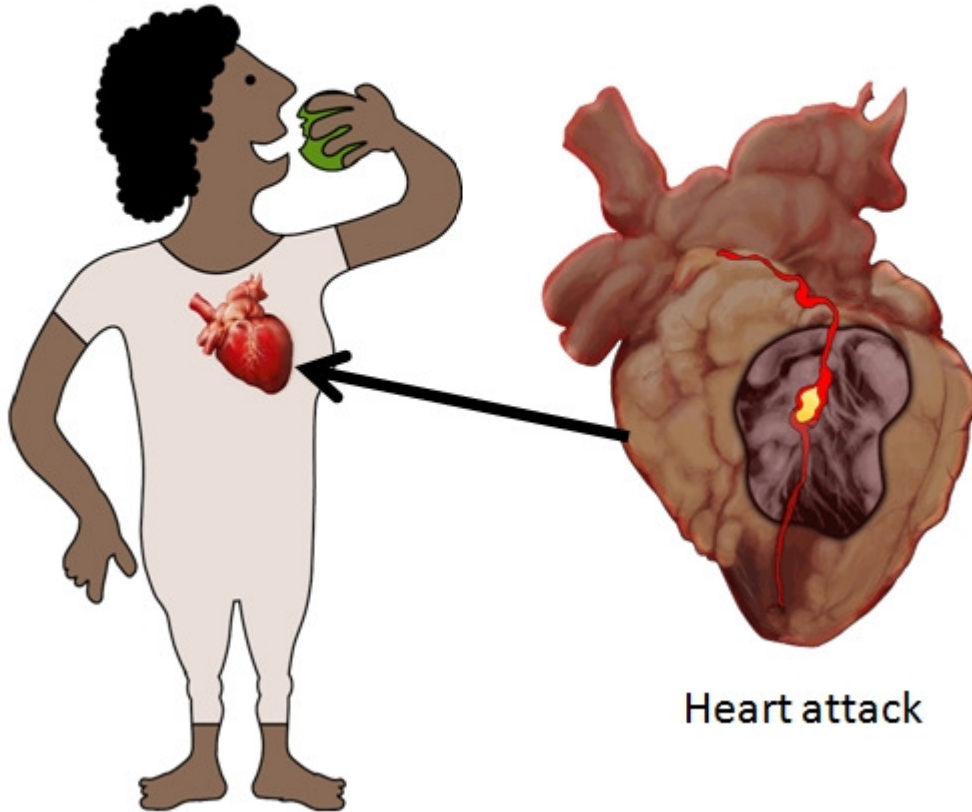
## 1 • Infections



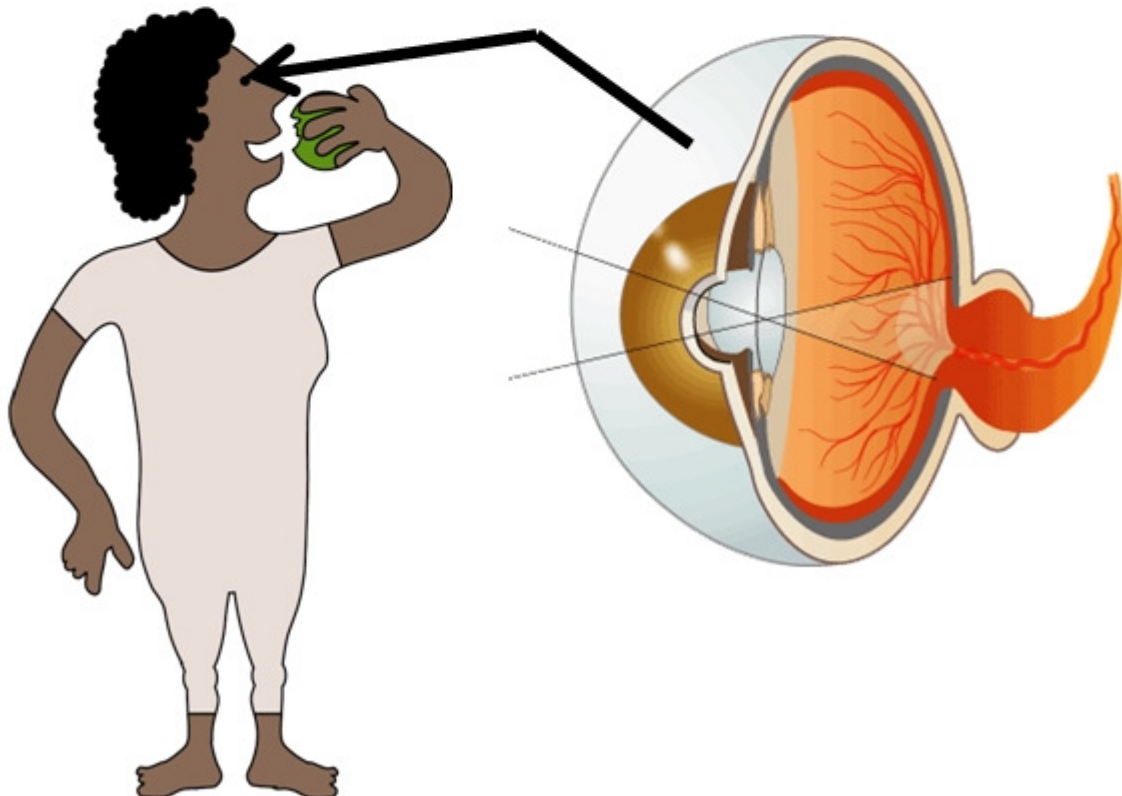
## 2 • Kidney disease



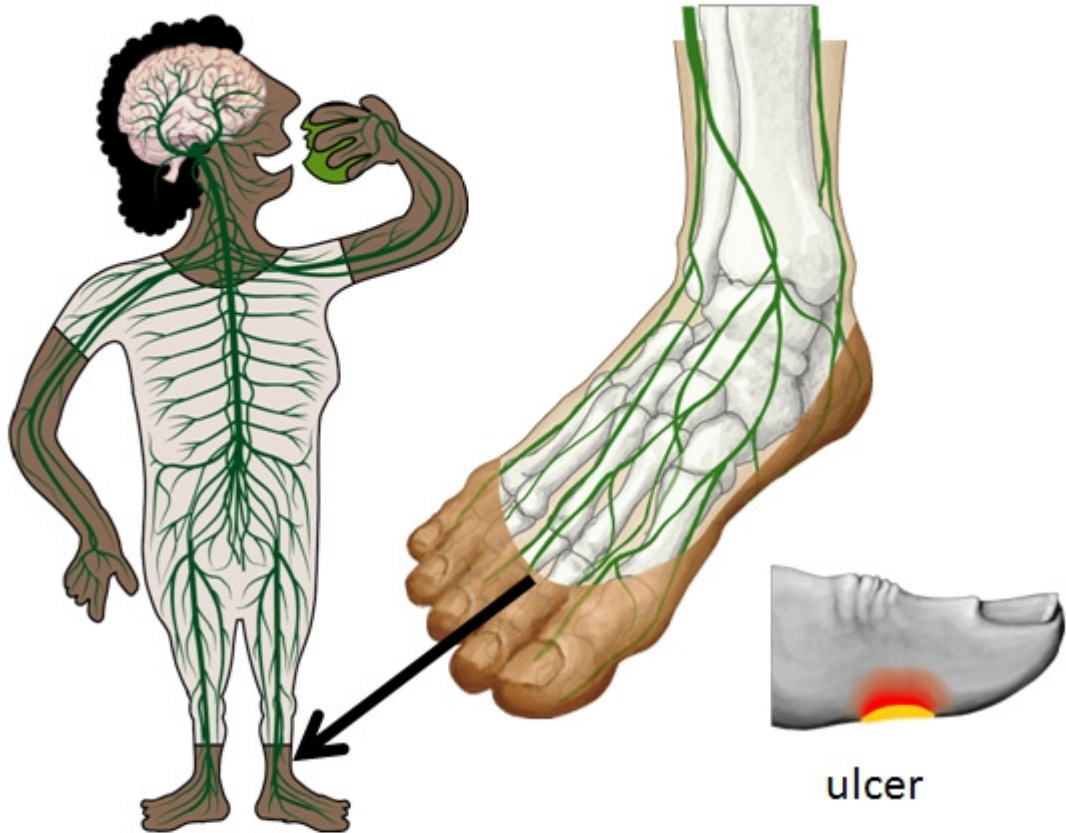
**3** •Heart disease



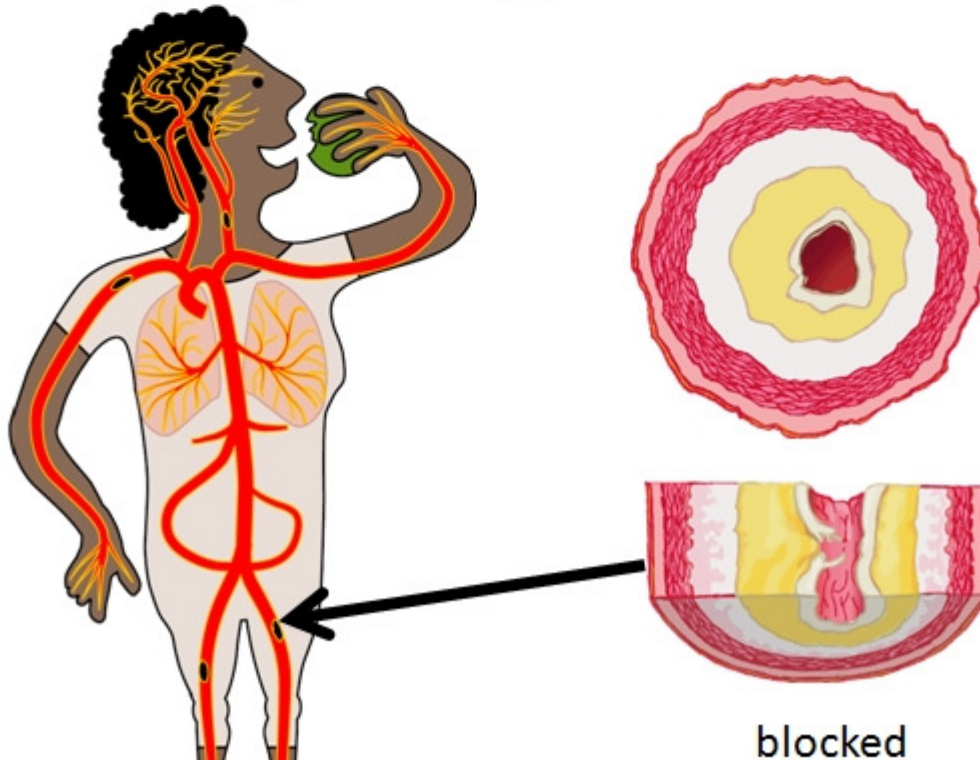
**4** •Eye problems



**5** •Nerve damage (especially to your feet)



**6** •Damage to your blood pipes



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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