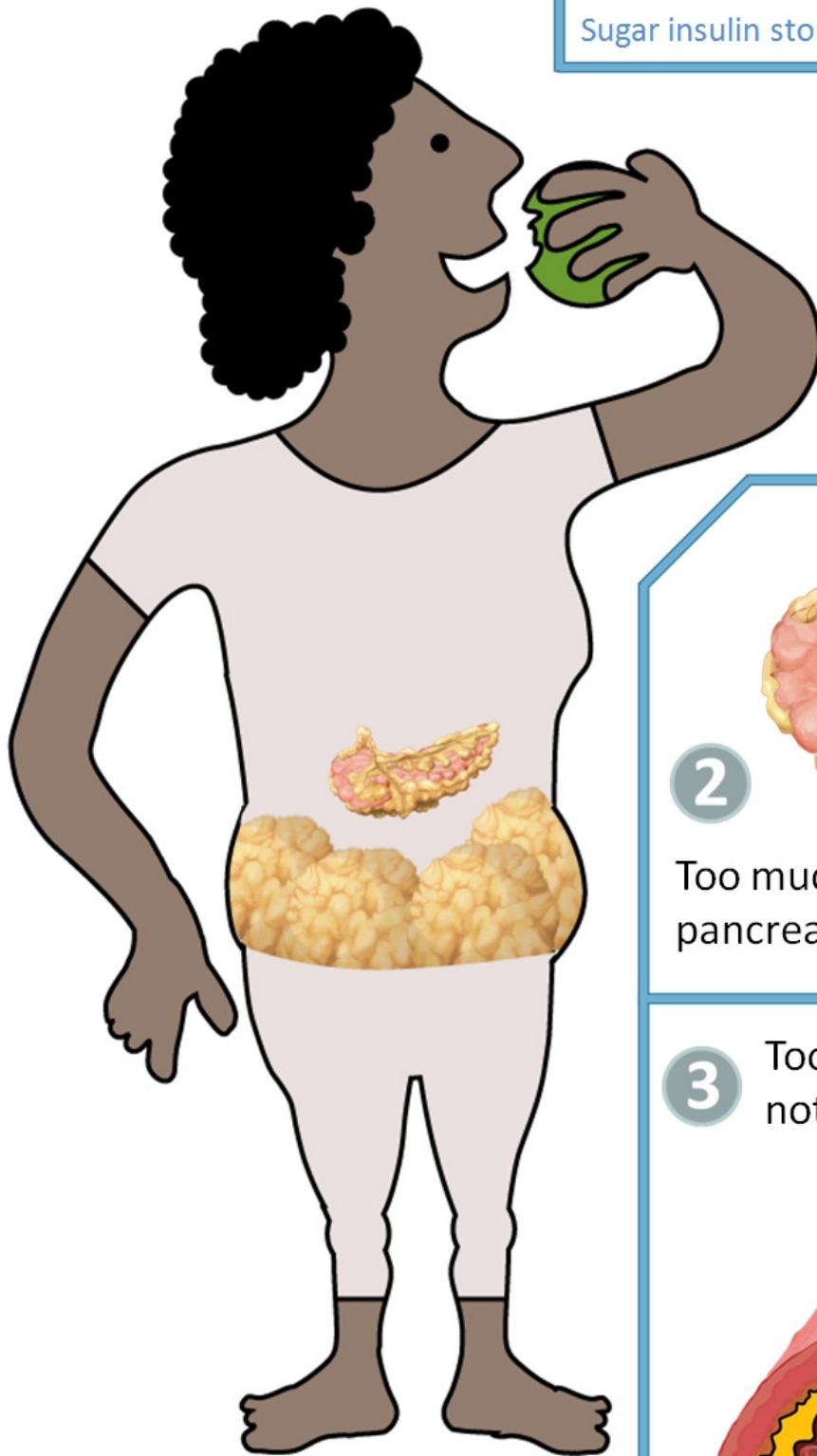
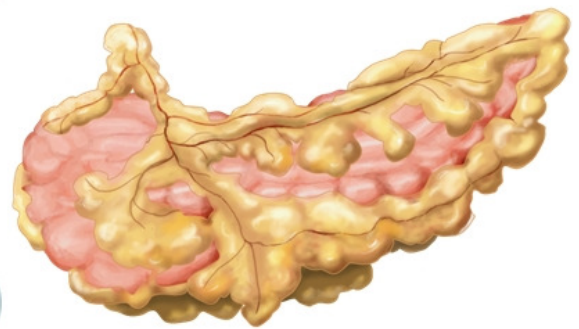


Insulin resistance

Sugar insulin stories – Story 3 - Woman



1 Insulin resistance & fat.

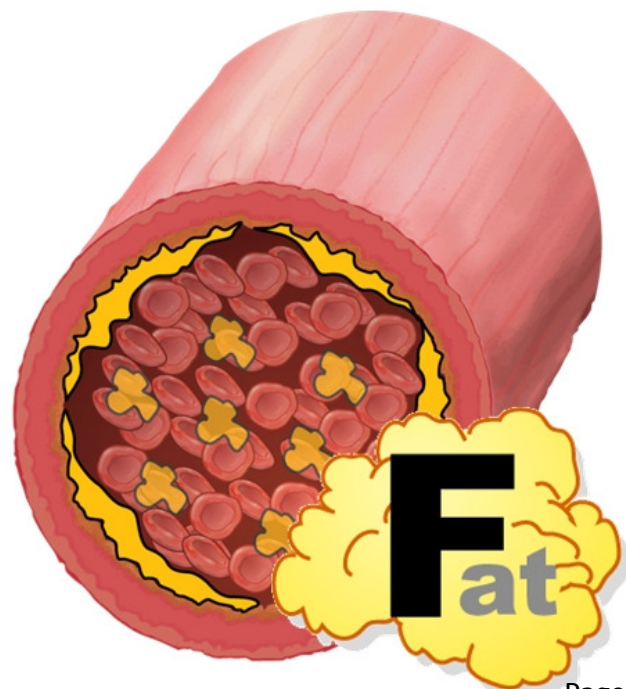


2

Too much fat around your pancreas can cause problems

3

Too much fat in your blood is not good



CDRO

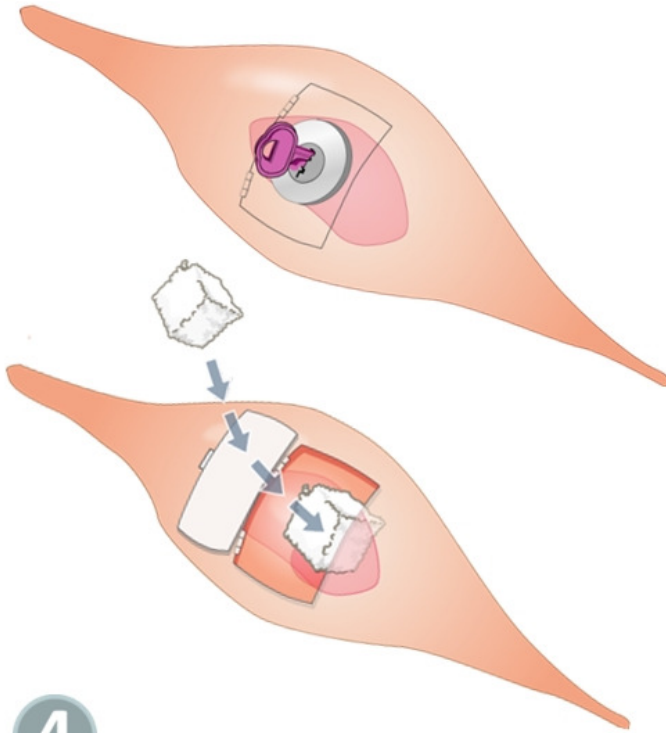
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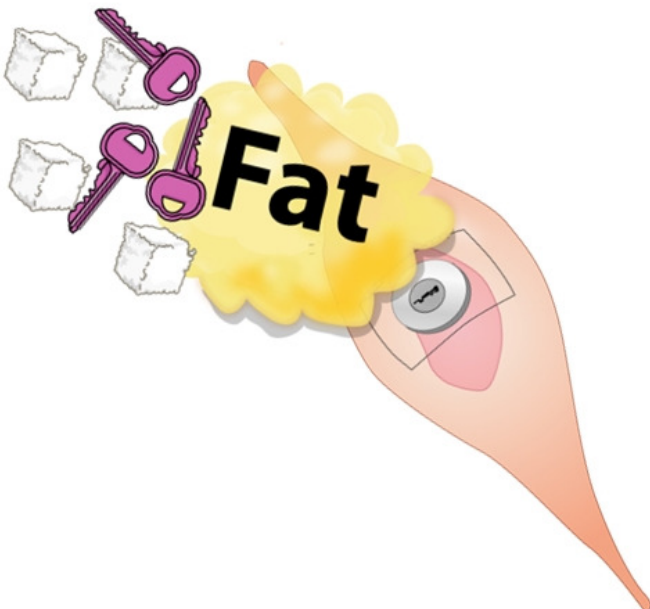
4

REMEMBER you need insulin keys to get the sugar into your muscle cells



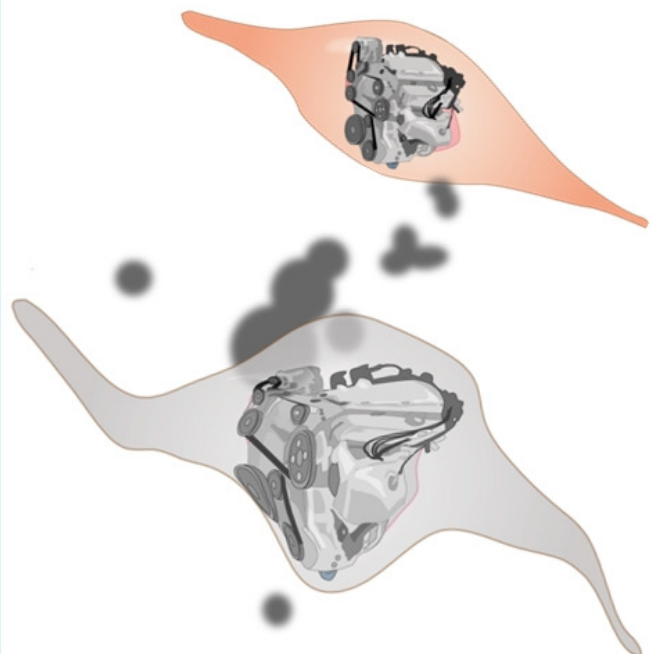
5

Fat can stop the lock working properly.



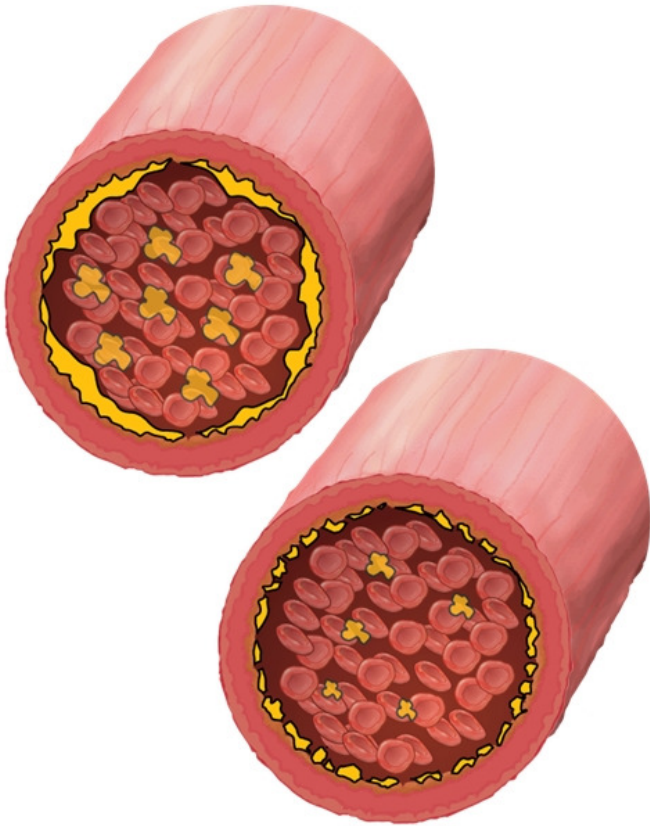
6

The insulin can't open the lock and the sugar can't get in.

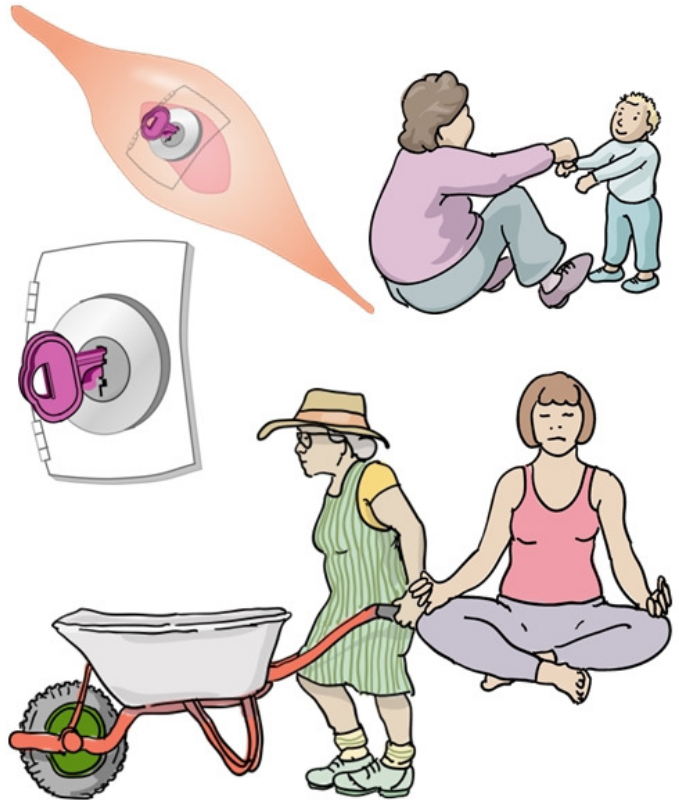


7

Without sugar the cell stops working properly because there is no fuel



8 Less fat in your blood is best



9 Being active can make the locks work better



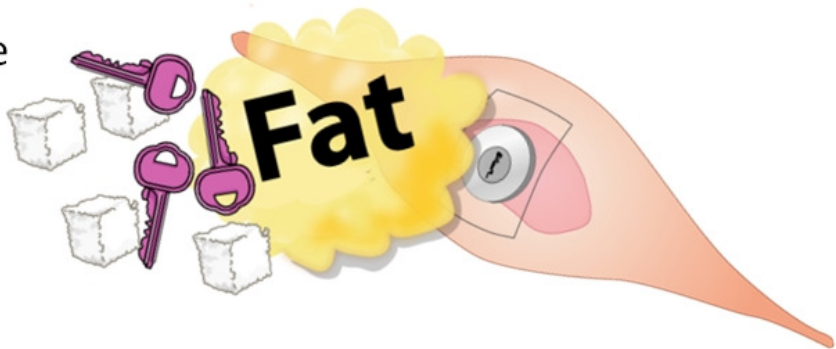
10 Eating right can help you have less fat in your blood



11 Taking cholesterol medicine can help you have more good cholesterol in your blood

12

When the fat stops the insulin keys working properly it is called **INSULIN RESISTANCE**



13

Too much fat in your blood...

14

... stops the insulin keys working.



15

You will have too much sugar in your blood.



16

Less fat means less **INSULIN RESISTANCE**



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:

Tablet handouts for the diabetes sugar story which can be used with groups or individuals.






Area: Diabetes

Topic: Sugar insulin stories

Story: Sugar in food (Small cards)

Related resources

There are Tablet handouts for the following :

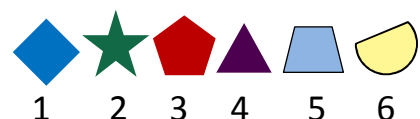
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

Notes:

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

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Levels



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