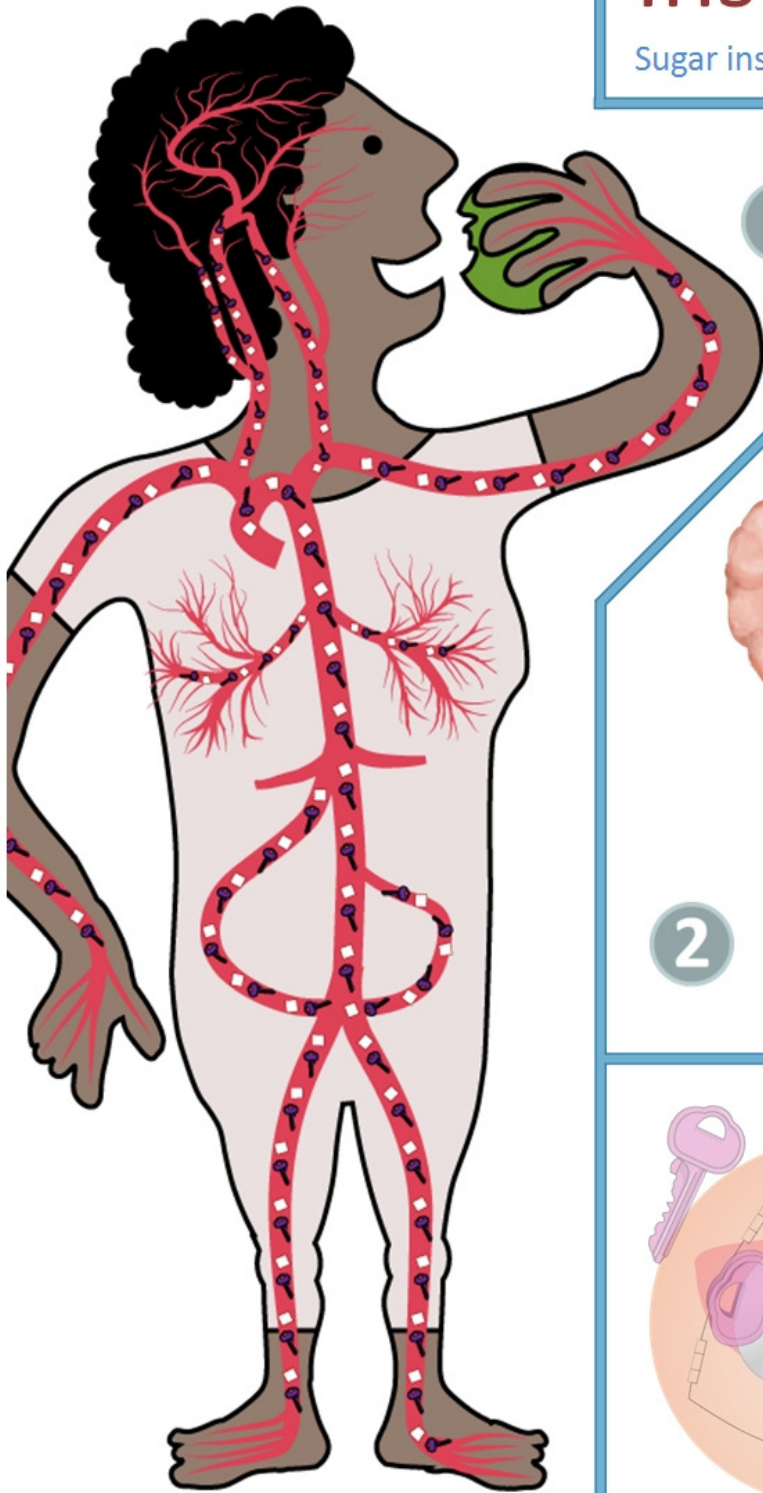


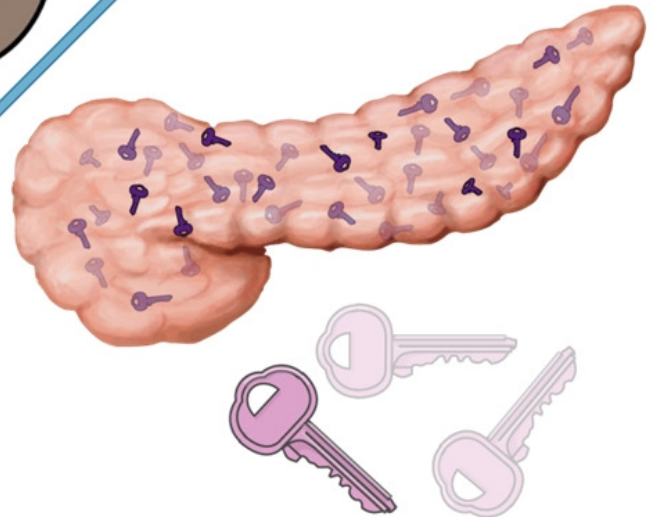
Insulin problems

Sugar insulin stories – Story 5 - Woman



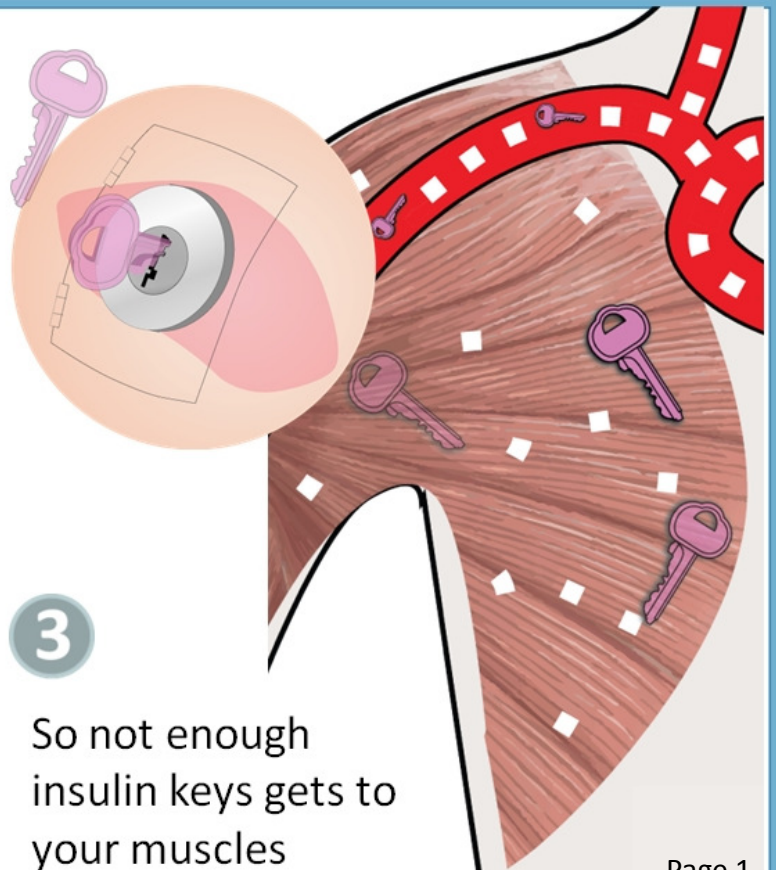
1

When you don't have enough insulin keys



2

Your pancreas doesn't make enough insulin keys



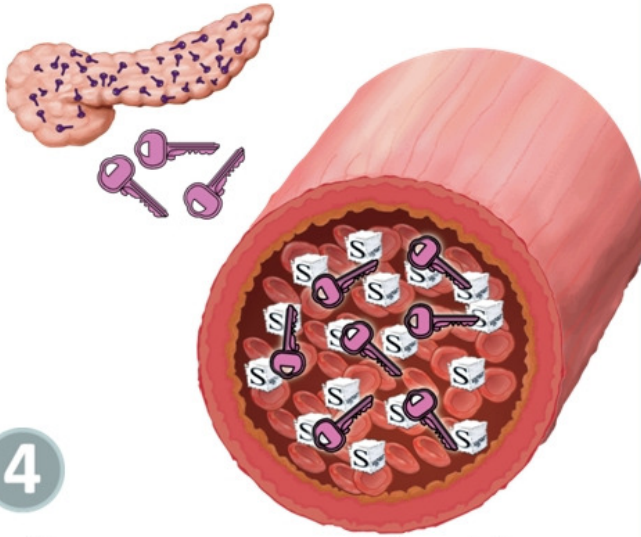
3

So not enough insulin keys get to your muscles



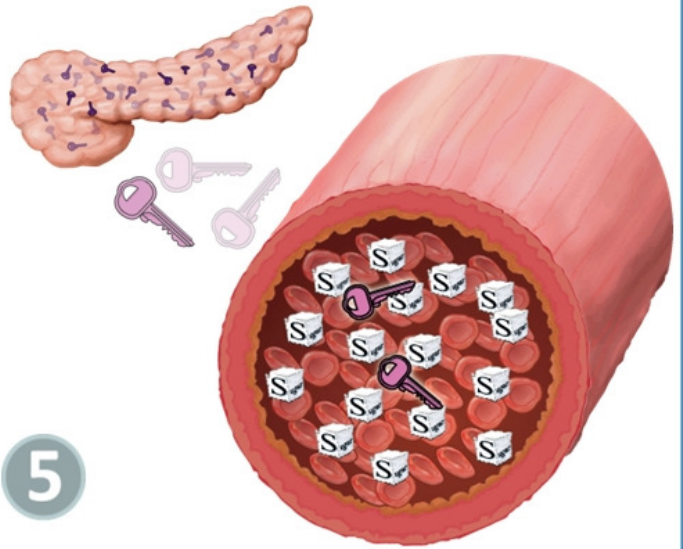
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4

If your pancreas is healthy you have lots of insulin



5

But you may not have enough insulin keys

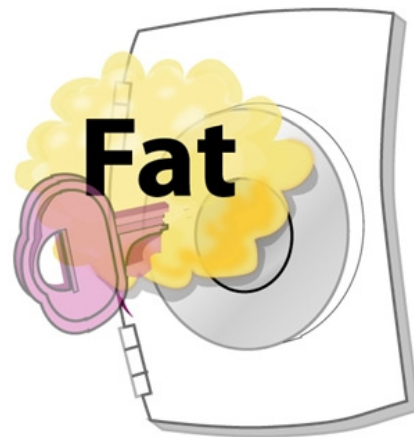
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You may also have insulin resistance



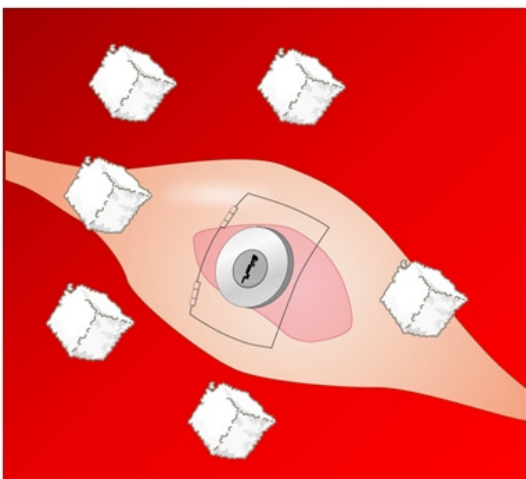
7

Fat stops your insulin keys working properly



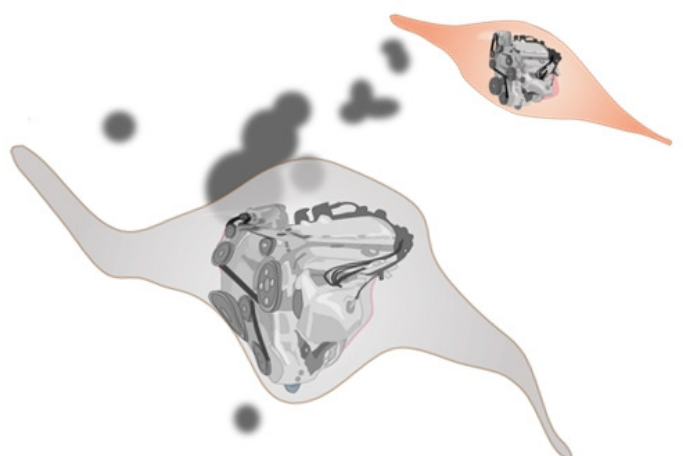
8

The sugar can't get in the muscles...



9

...so the muscle cells don't work properly



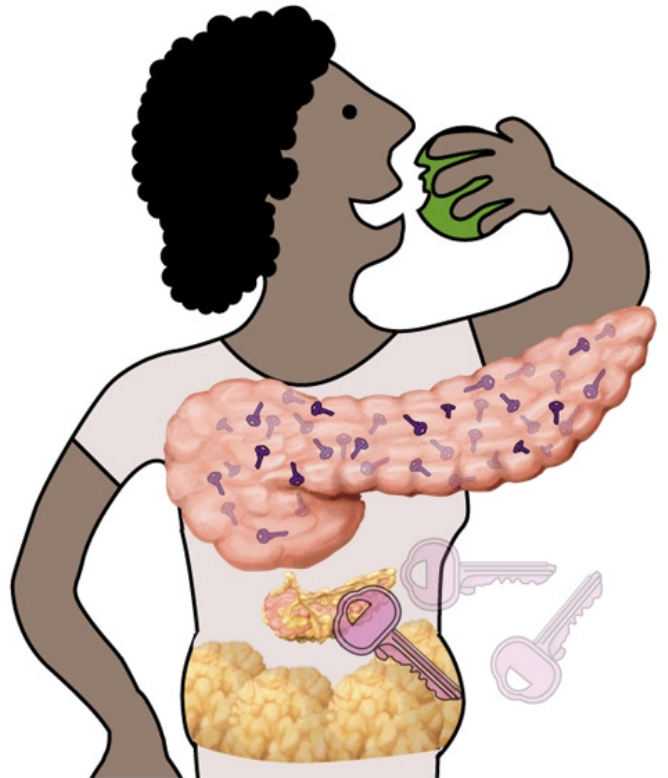


10

Not enough insulin keys or insulin resistance can make your blood sugar very high

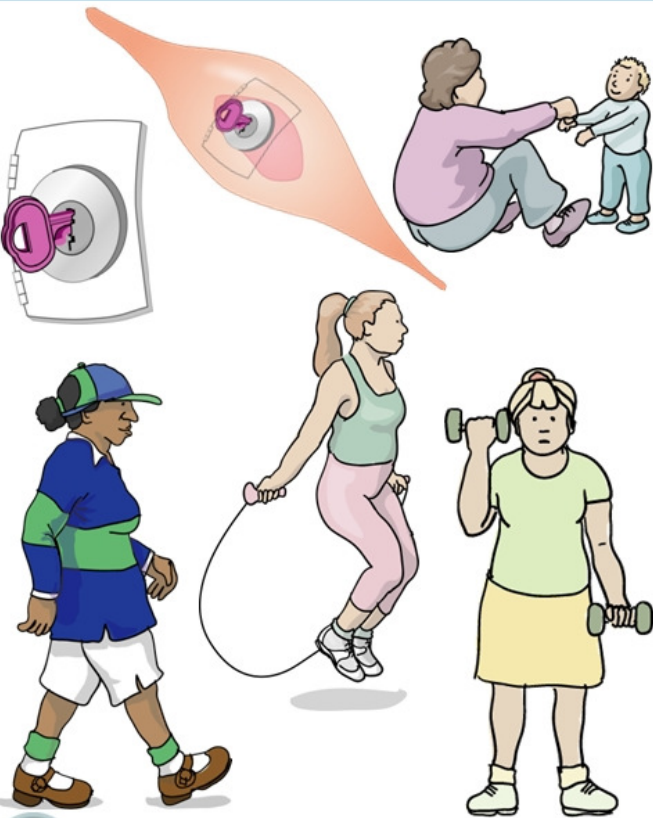
11

This happens when you have **Type 2** diabetes



12

Being active helps the insulin keys work better



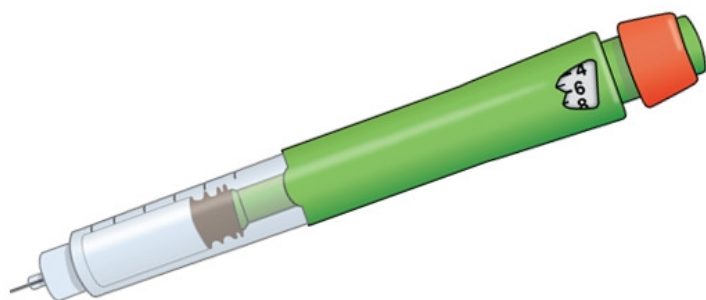
13

Eating right can help reduce the sugar in your blood



14

You may need to take tablets

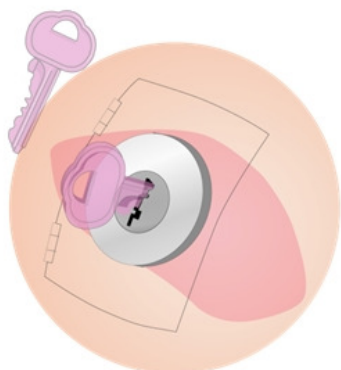
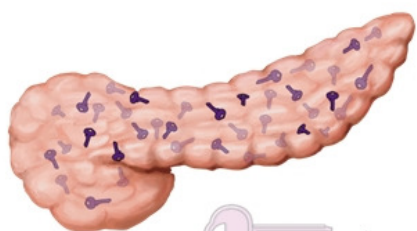


15

You may also need to have insulin

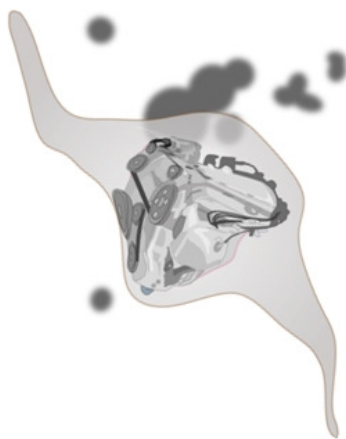
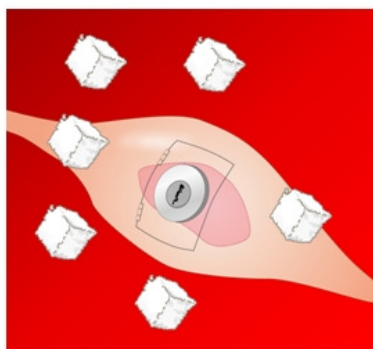
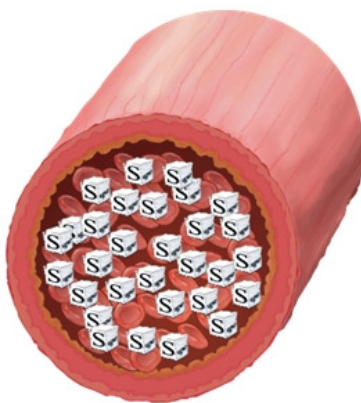
16

You may not make enough insulin or have insulin resistance



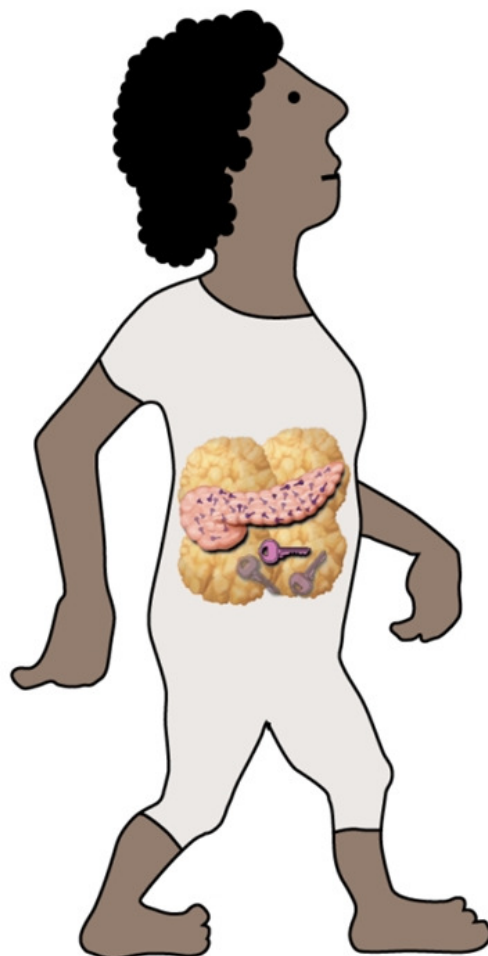
17

This can cause high blood sugar levels



18

Insulin resistance together with not enough insulin keys can cause your high blood sugar



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

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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 :

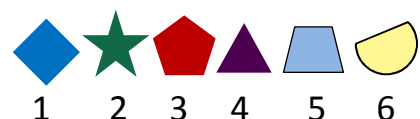
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

Notes:

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

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Levels



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