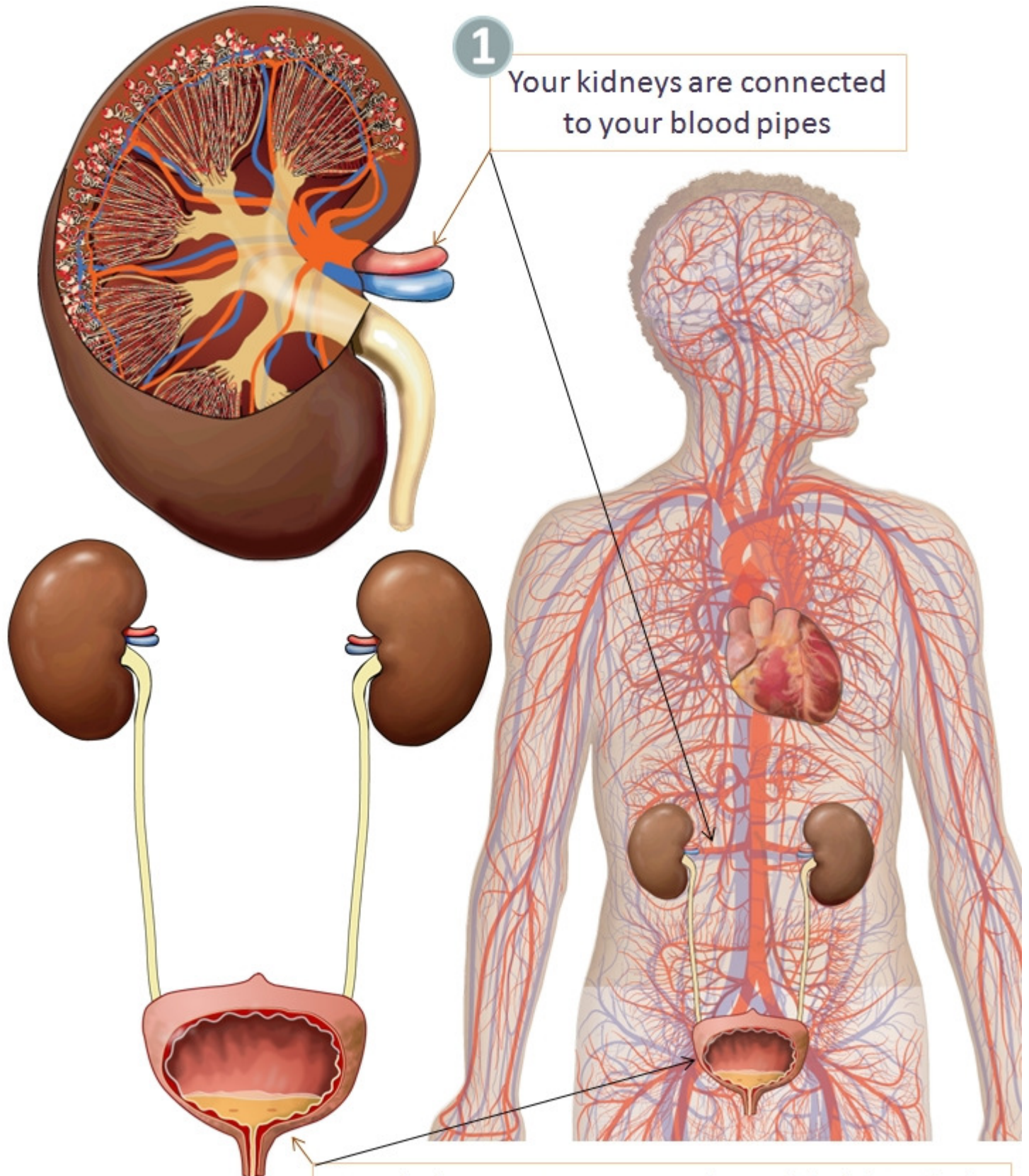


Blood pressure Your kidneys – Cleaning your blood

Your kidneys clean your blood & help control your blood pressure



1

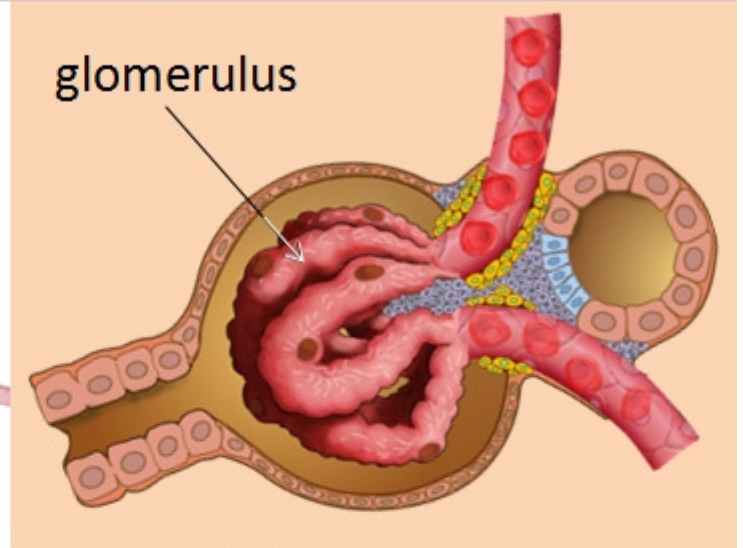
Your kidneys are connected to your blood pipes

2

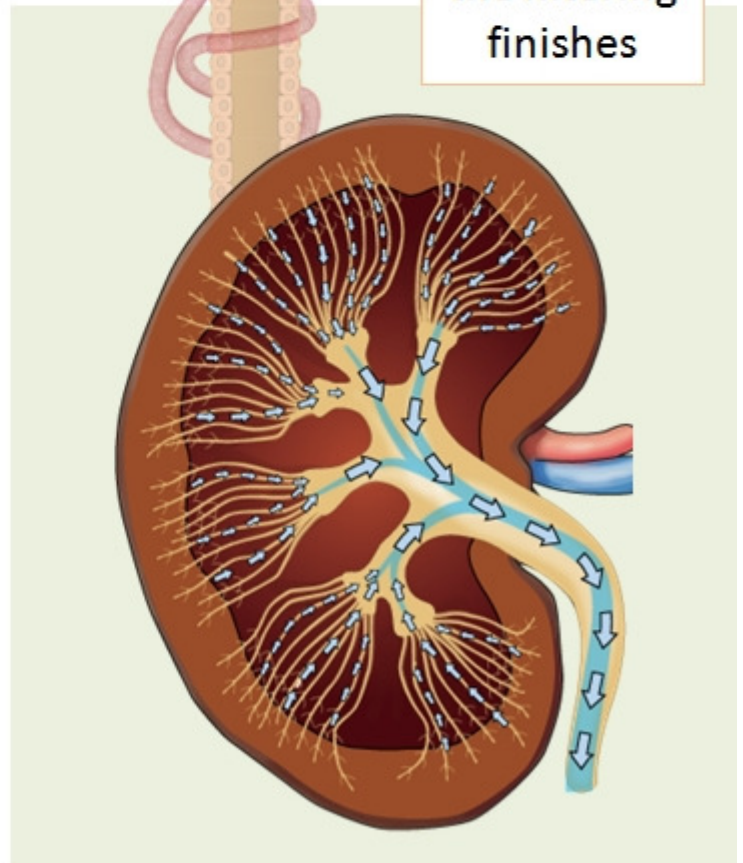
Your kidneys are connected your bladder which holds your pee until you go to the toilet



1 The **glomerulus** is where the filtering begins



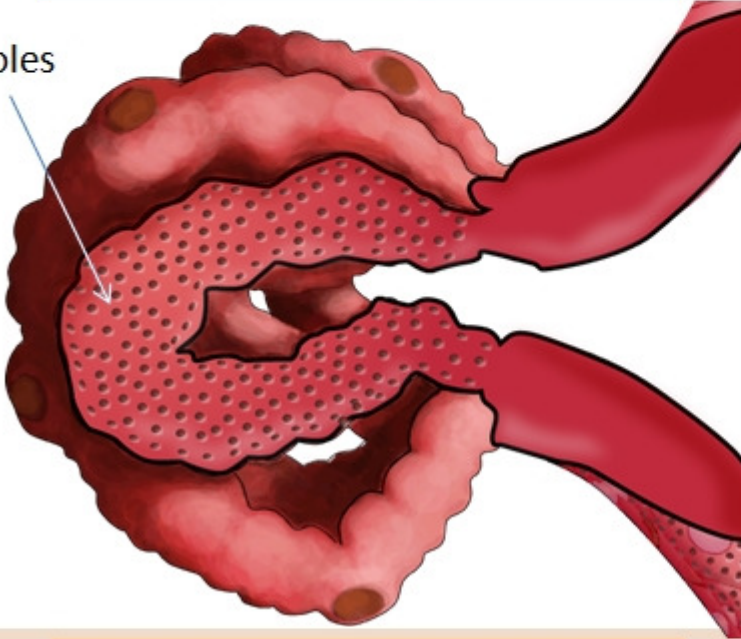
2 The drainage duct is where the filtering finishes



The **glomerulus** separates the water and waste from your blood

- 1 There are small holes in the blood pipe.

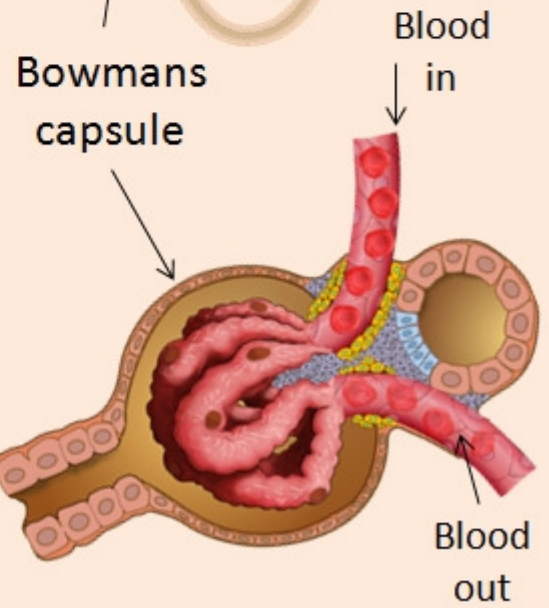
holes



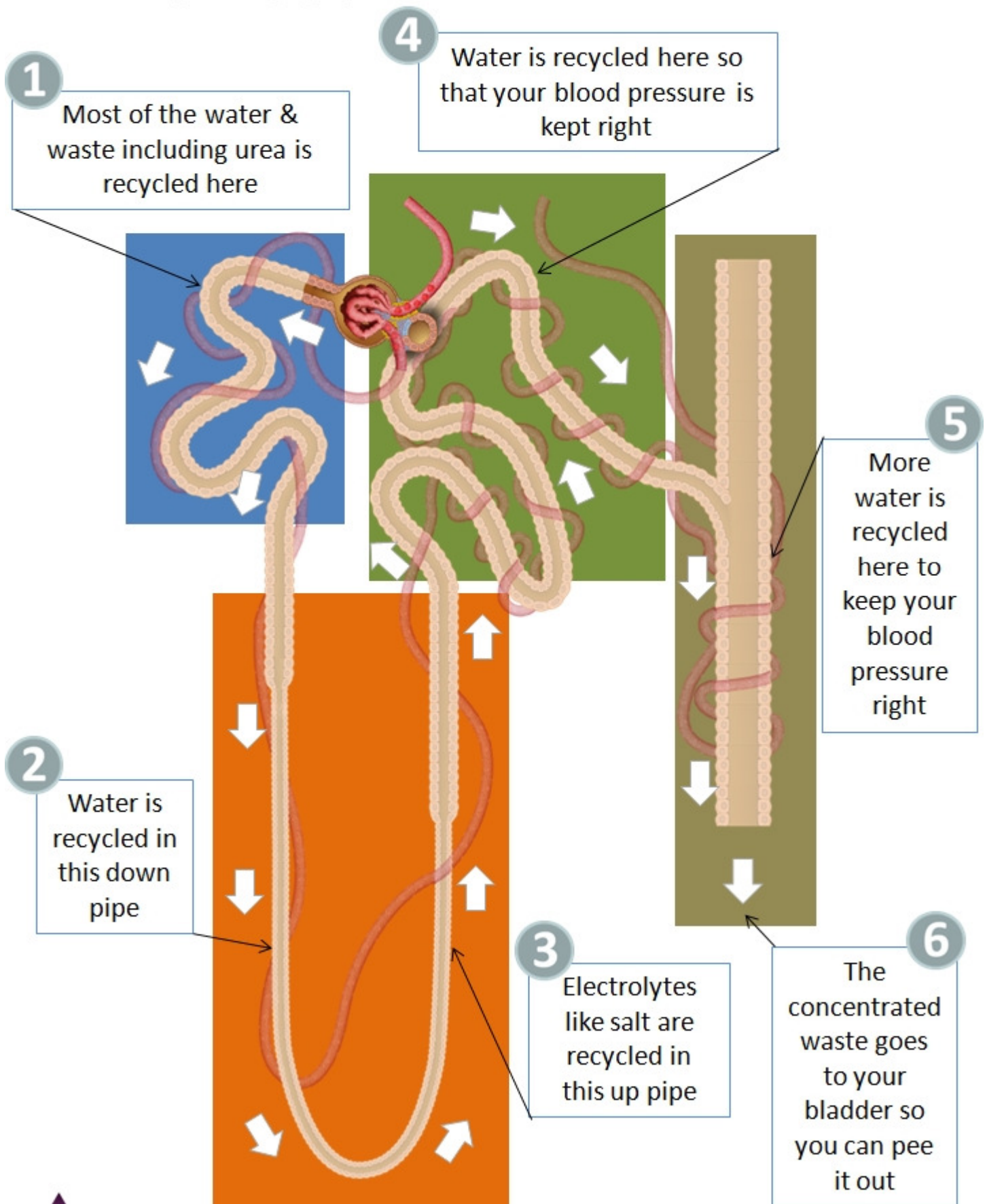
- 2 The holes let water and waste pass through.



- 3 The blood cells are too big so they stay in the blood pipes

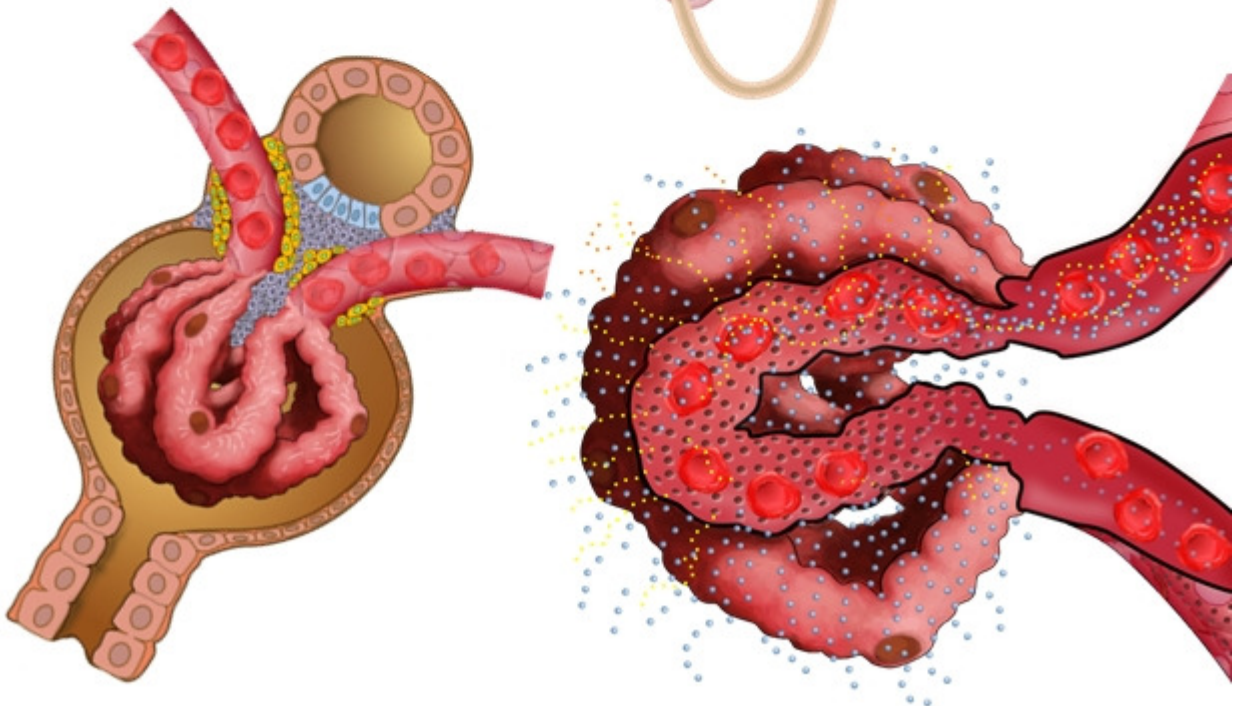
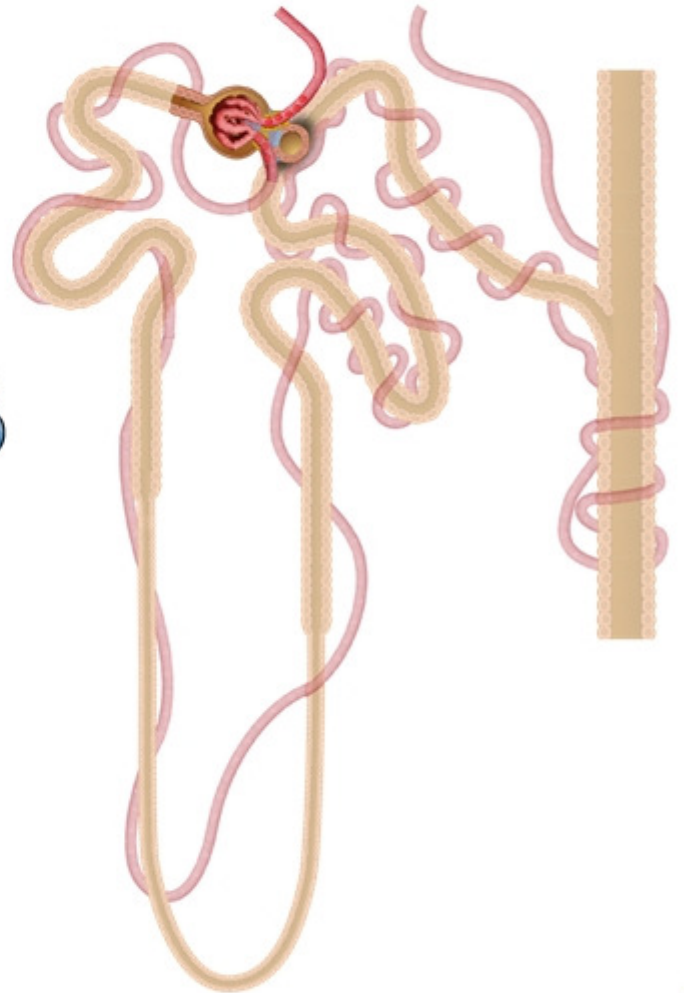
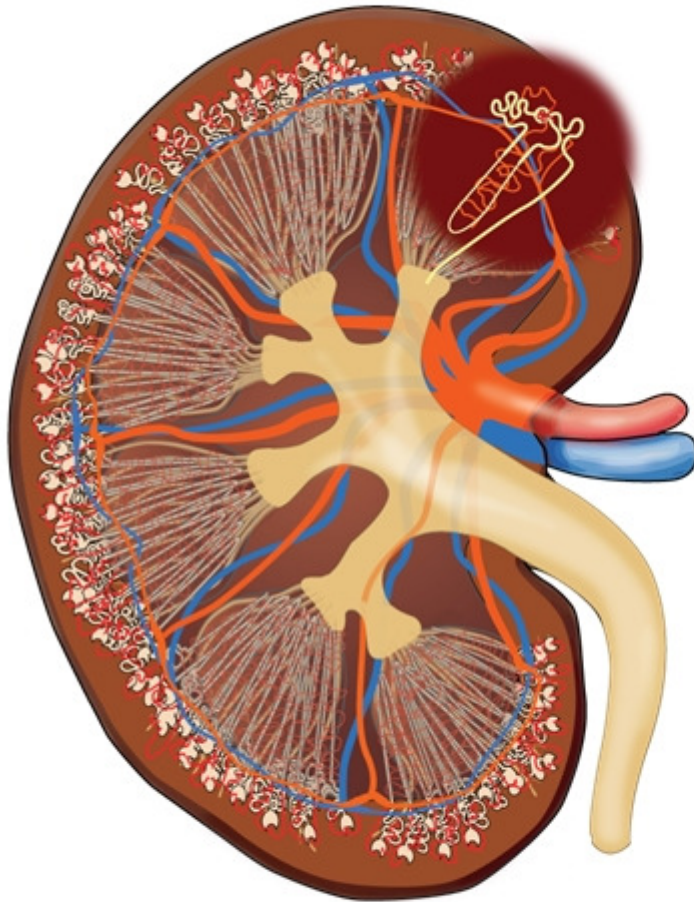


The recycling pipes



Blood pressure Look after your kidneys

If you have **diabetes** you must **look after your kidneys** especially the filters and recycling 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:

To explain the sugar story to people who need to know about diabetes. The story can be adapted for people with different kinds of diabetes.

There are a number of different sets of sugar story cards which deal with the two main stories about sugar and insulin together with other stories which are specific to the type of diabetes a client has.

Key health competencies:

After using the resource a client should be able to tell you:

- How sugar gets into the blood and is used as a fuel.
- How the pancreas makes insulin keys which help the sugar get into cells

Different clients should be able to tell you either

- How fat can cause insulin resistance ,or
- How insulin needs to be replaced when the pancreas does not work, or
- How the pancreas may not make enough insulin

All clients should be able to tell you why they need to 'Eat right', 'Be active' and 'Take their medicine'.

Target group:

This resource is designed to be used with an individual client.

It can be used by Australians of all ages who need to know about the sugar story.

Notes:

When you tell the sugar story to your client you can draw and write on the yarn sheet (worksheet). Make sure you give the client the completed sheet when you have finished.

The circulation poster is an additional aid as the illustrations on the worksheet may be too small for some patients to see properly.

Other resources like story cards can be used to help tell the story and evaluate whether the client is competent in the health competencies.

Some clients will not be able to get all the required competencies straight away.

The resource can be printed A3 size and then laminated, or as an A4 printed yarn sheet.

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