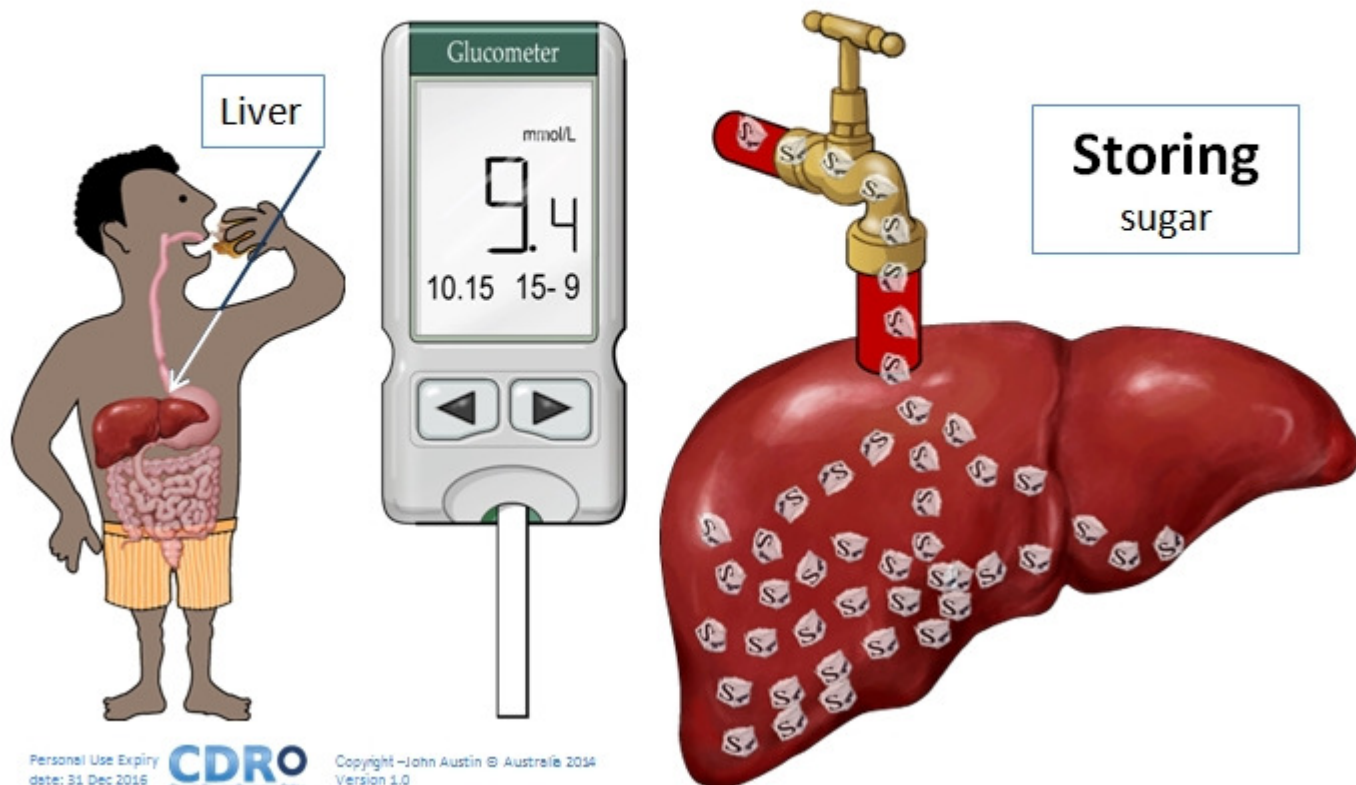


Liver sugar story – Why the brain needs stored sugar?



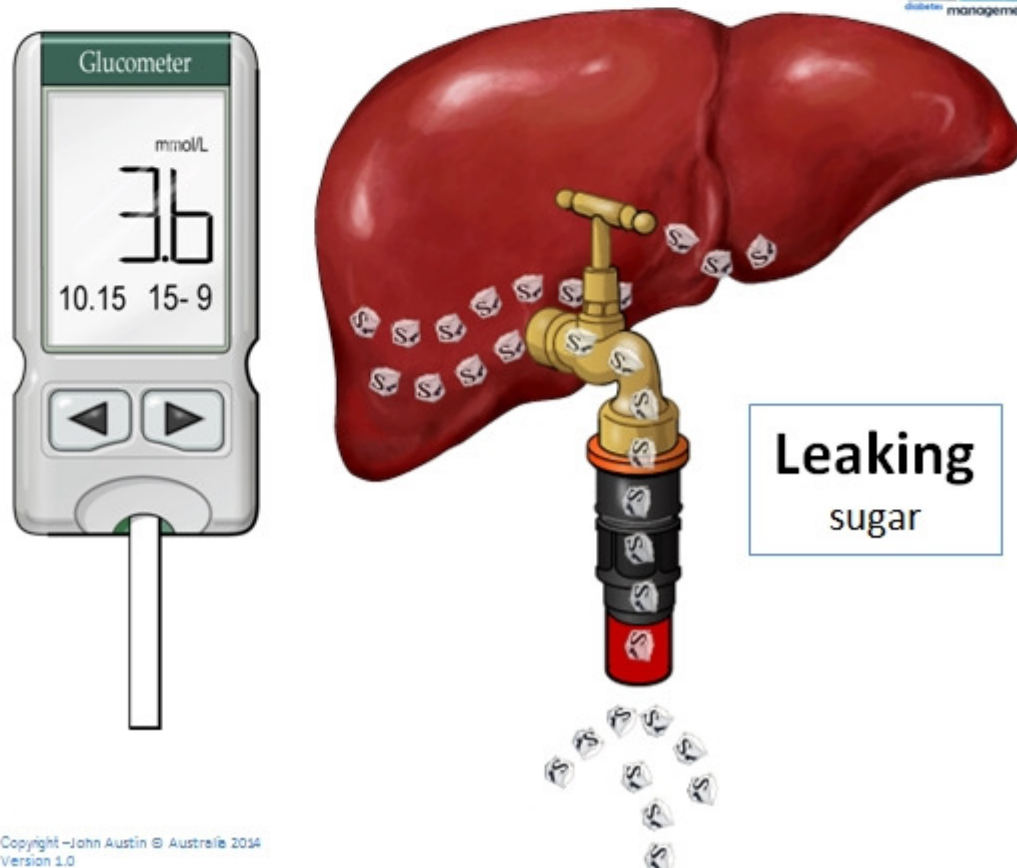
1 When your blood sugar is high your liver stores sugar



Liver sugar story – Why the brain needs stored sugar?



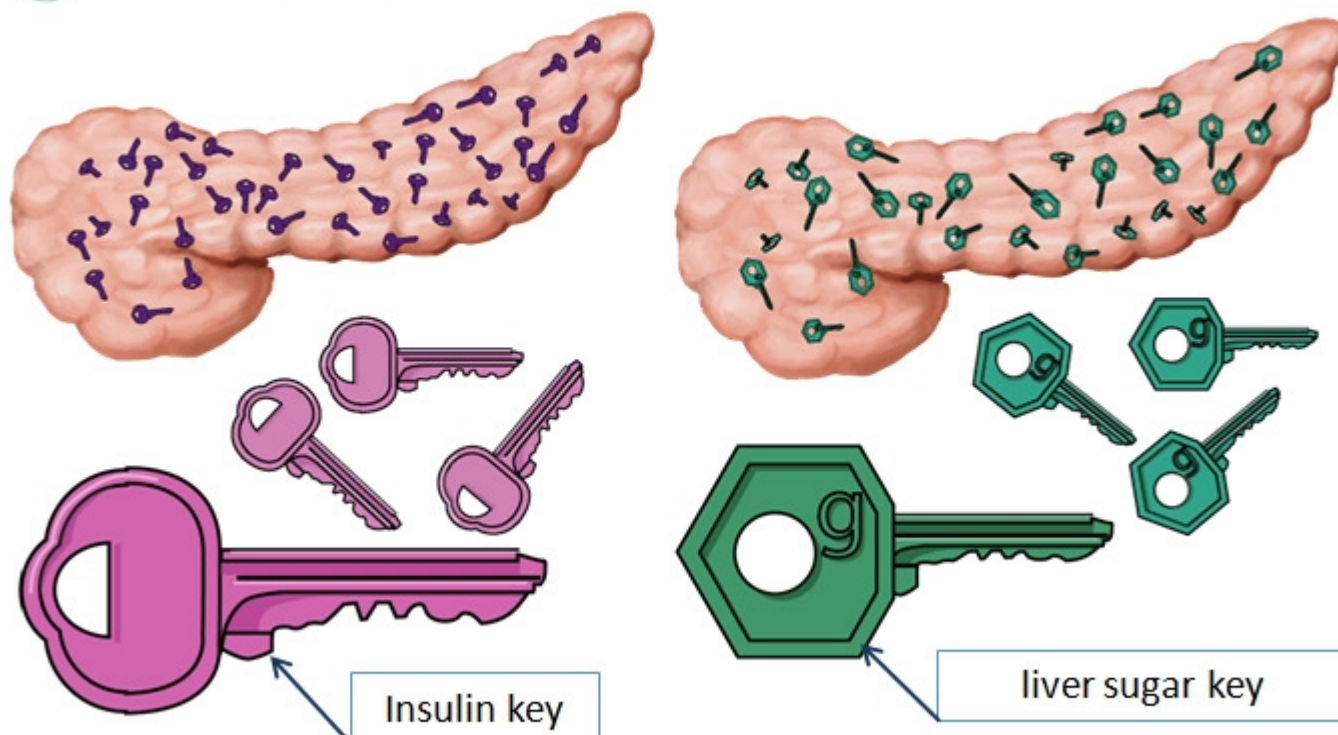
2 When your blood sugar is low your liver leaks sugar into your blood



Liver sugar story – Why the brain needs stored sugar?



3 Your pancreas makes insulin keys and liver sugar keys



*The liver sugar key is called glucagon

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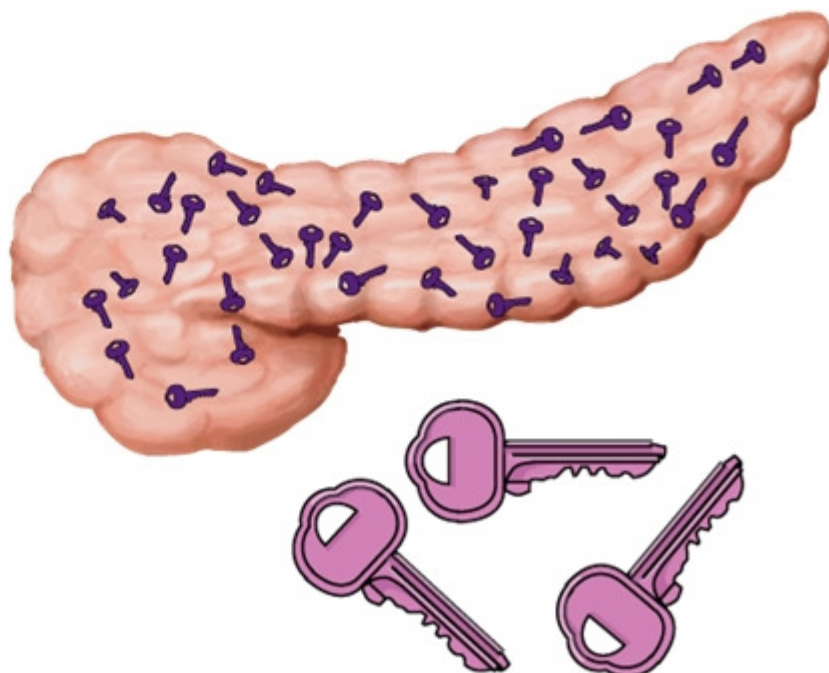
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4 The insulin keys are made when your blood sugar is high



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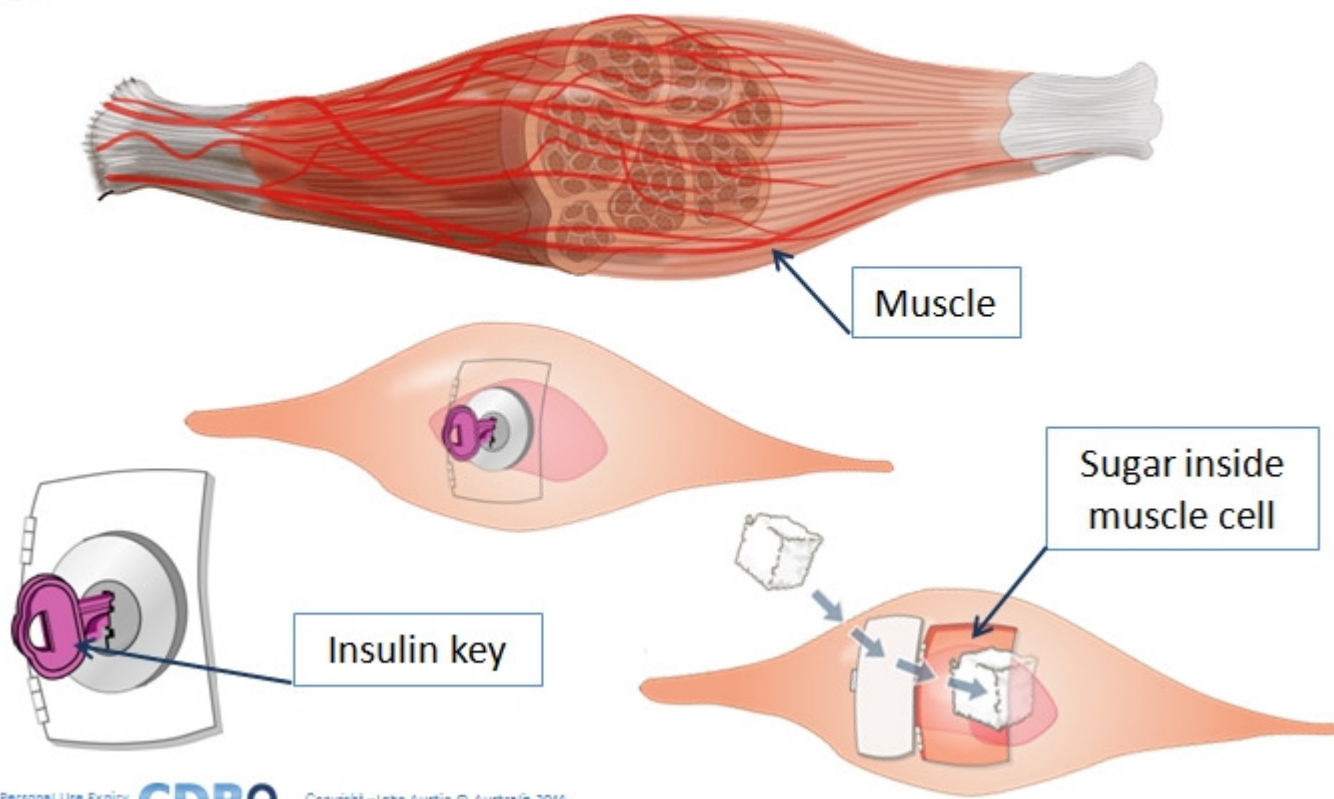
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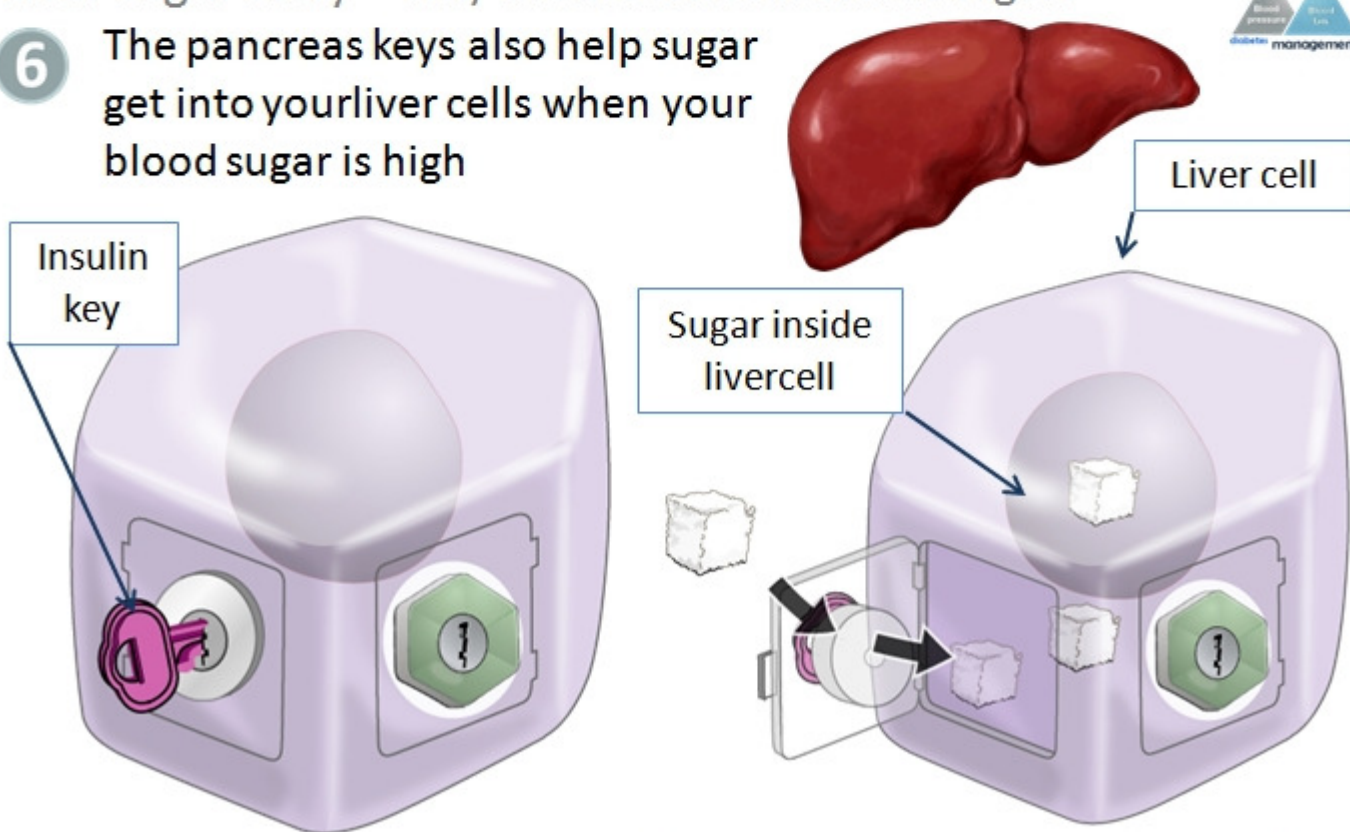
5 The insulin keys help sugar get into your muscle cells.



Liver sugar story – Why the brain needs stored sugar?



6 The pancreas keys also help sugar get into your liver cells when your blood sugar is high

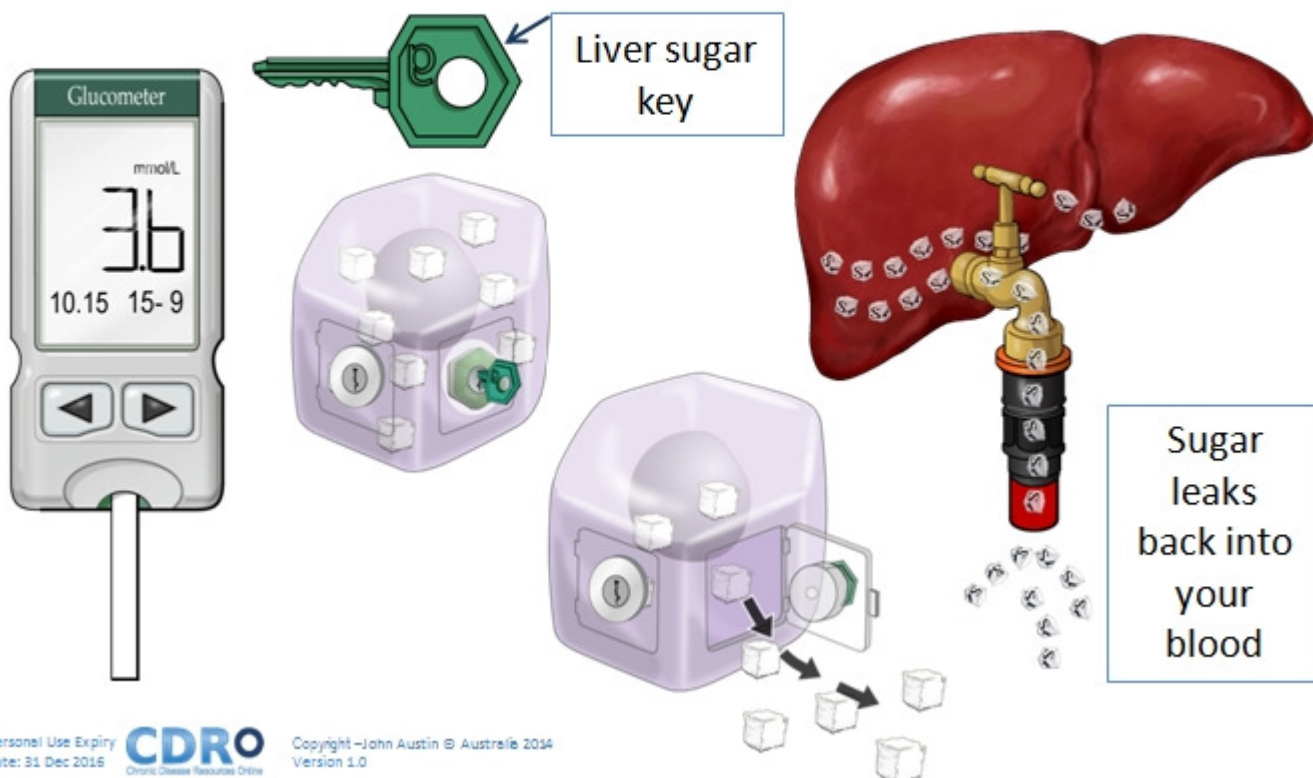


The sugar is stored in the liver cells

Liver sugar story – Why the brain needs stored sugar?



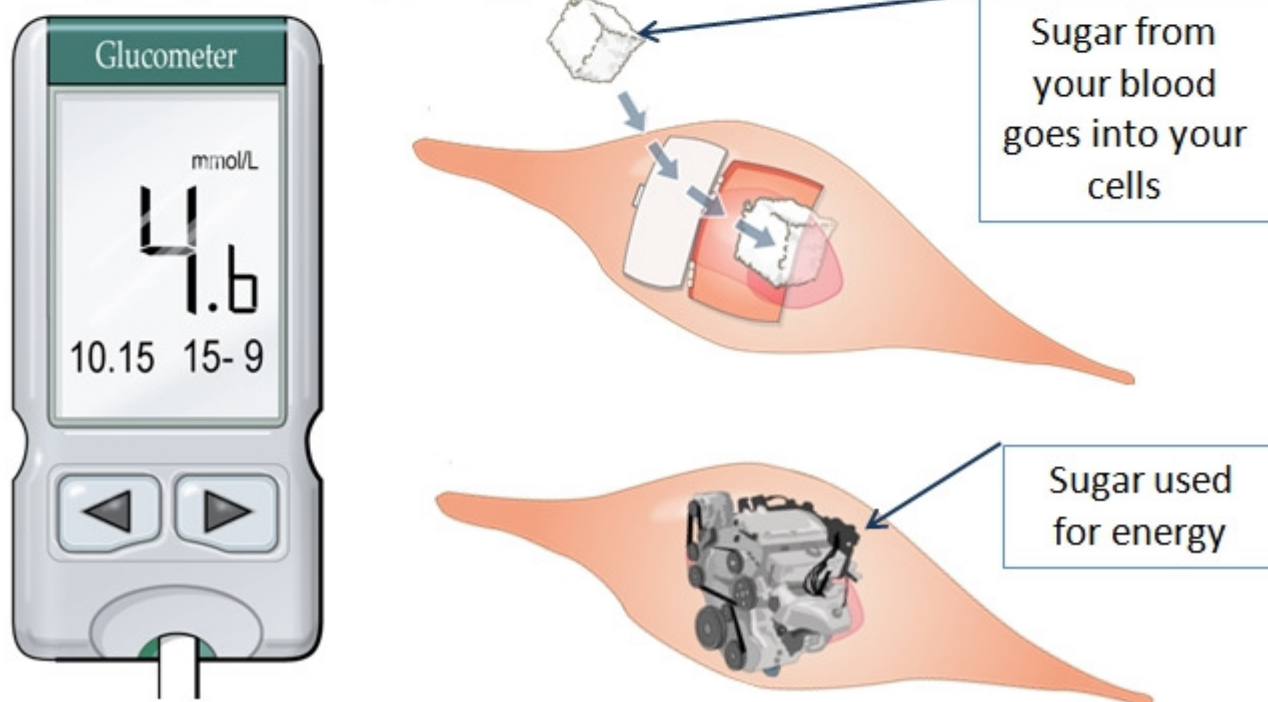
- 7** When your blood sugar is low the liver sugar keys helps the stored sugar get back into your blood.



Liver sugar story – Why the brain needs stored sugar?



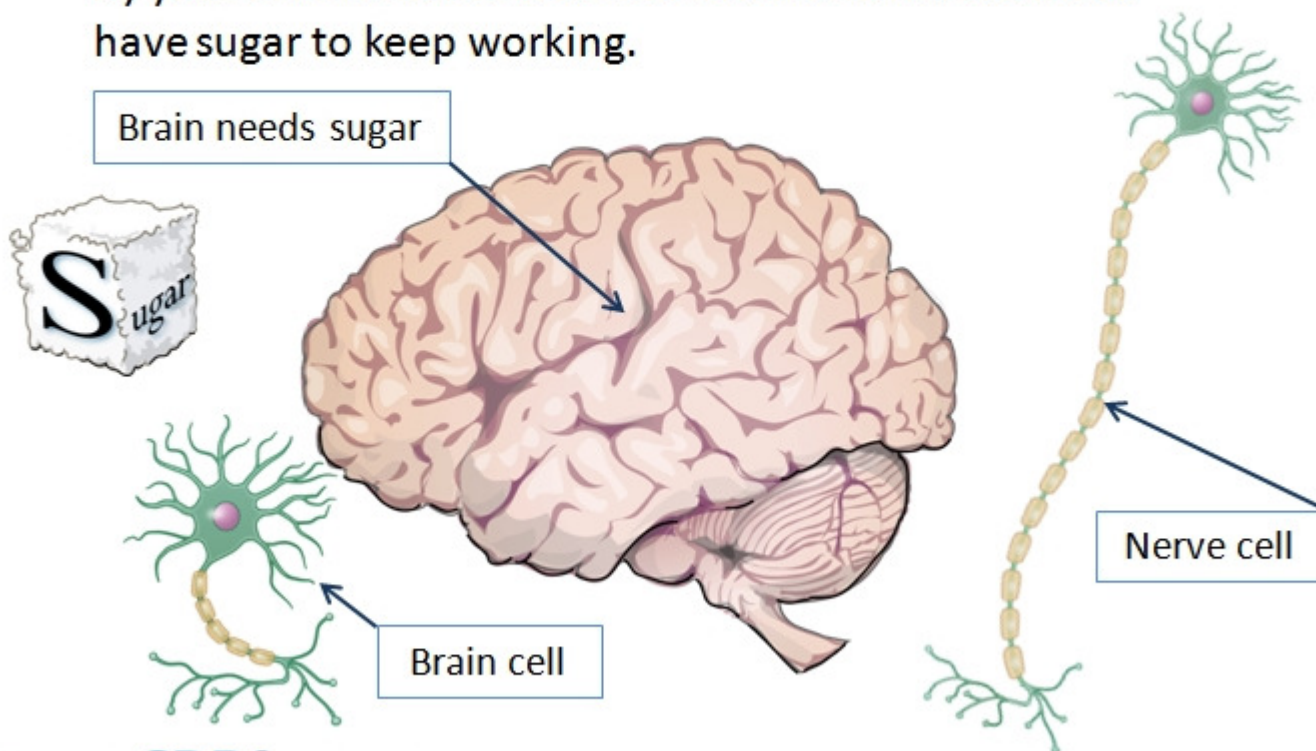
- 8** Your blood sugar goes up and your body can be used to give your body energy



Liver sugar story – Why the brain needs stored sugar?



- 9 When your blood sugar is low, the stored sugar is needed by your brain and nerves. Your brain and nerves must have sugar to keep working.



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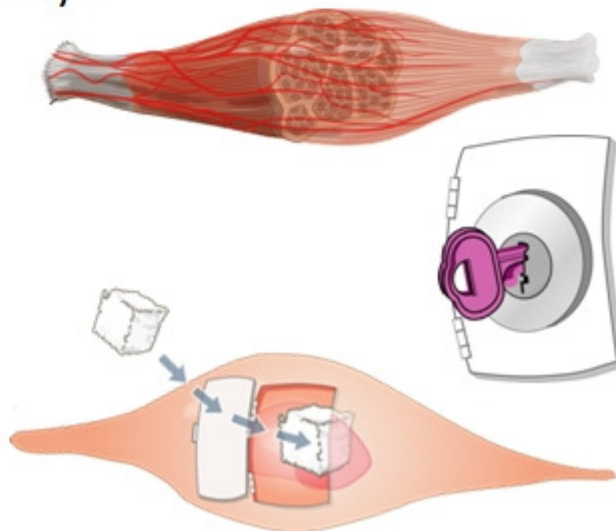
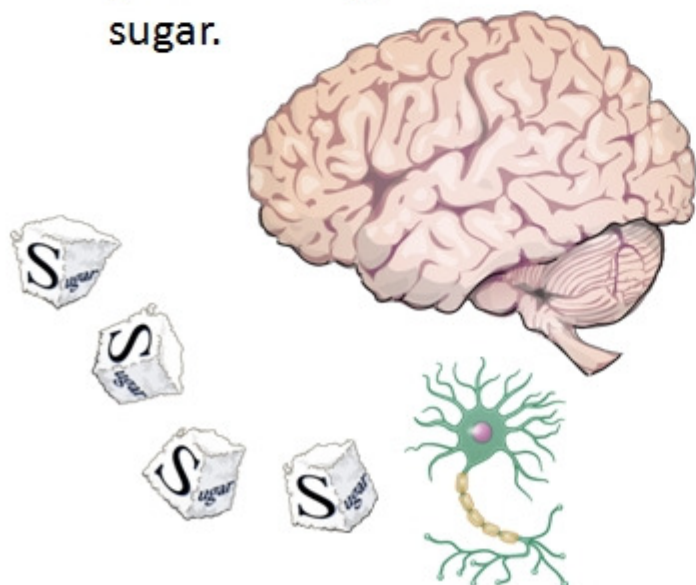
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Liver sugar story – Why the brain needs stored sugar?



- 10 Your brain and nerves **do not need** insulin keys to get the energy from the sugar.

The brain and nerves are different to other cells. Other cells like your muscles, **need** insulin keys.



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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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