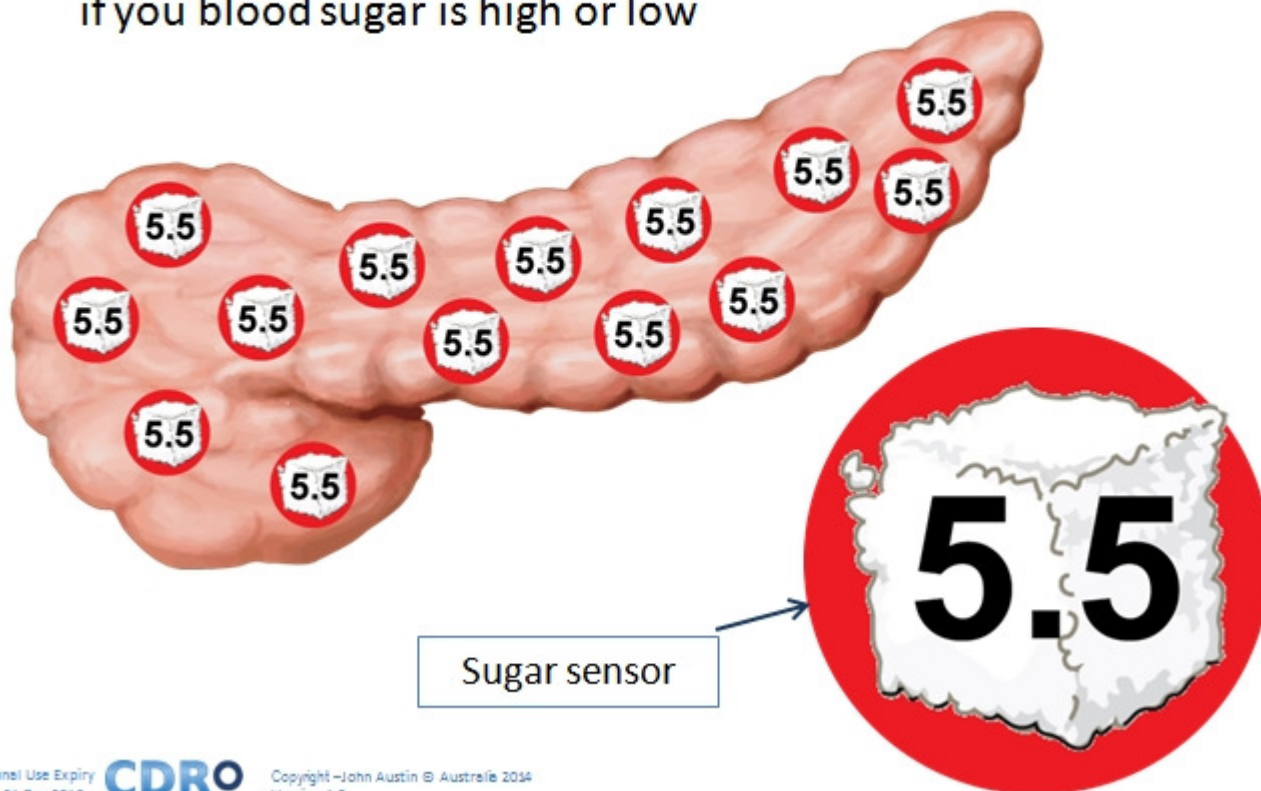


# Liver sugar story – Why the liver needs 2 keys?



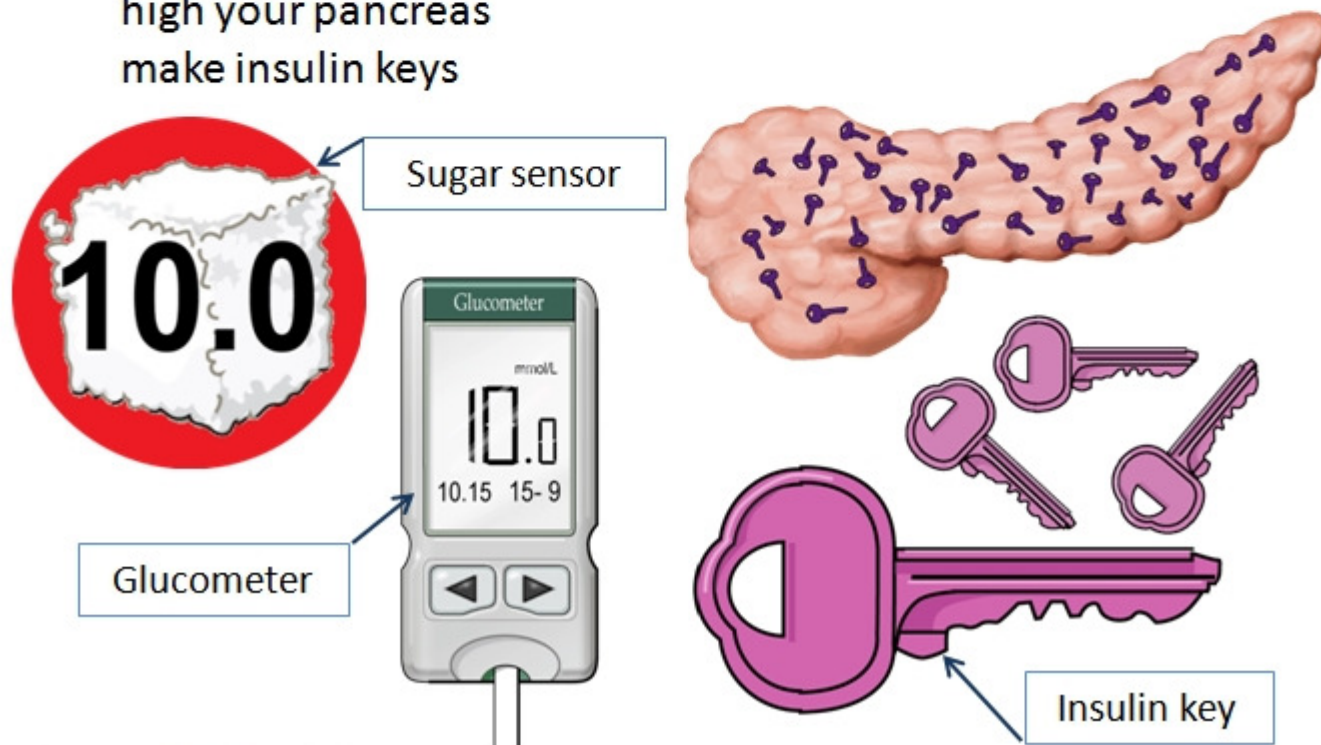
- 1 Your pancreas has lots of sugar sensors which can tell if your blood sugar is high or low



# Liver sugar story – Why the liver needs 2 keys?



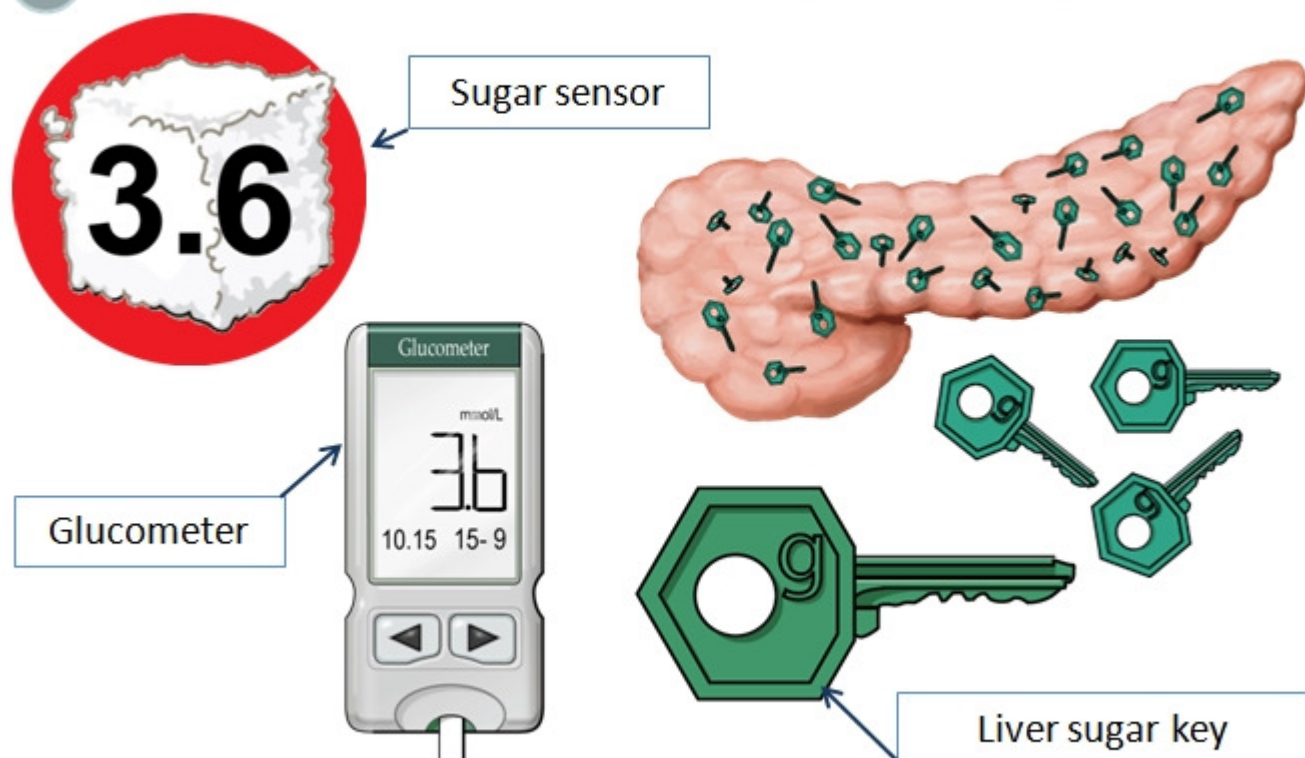
- 2 If your blood sugar is high your pancreas make insulin keys



# Liver sugar story – Why the liver needs 2 keys?



## 3 If it is too low it makes liver sugar keys (glucagon)



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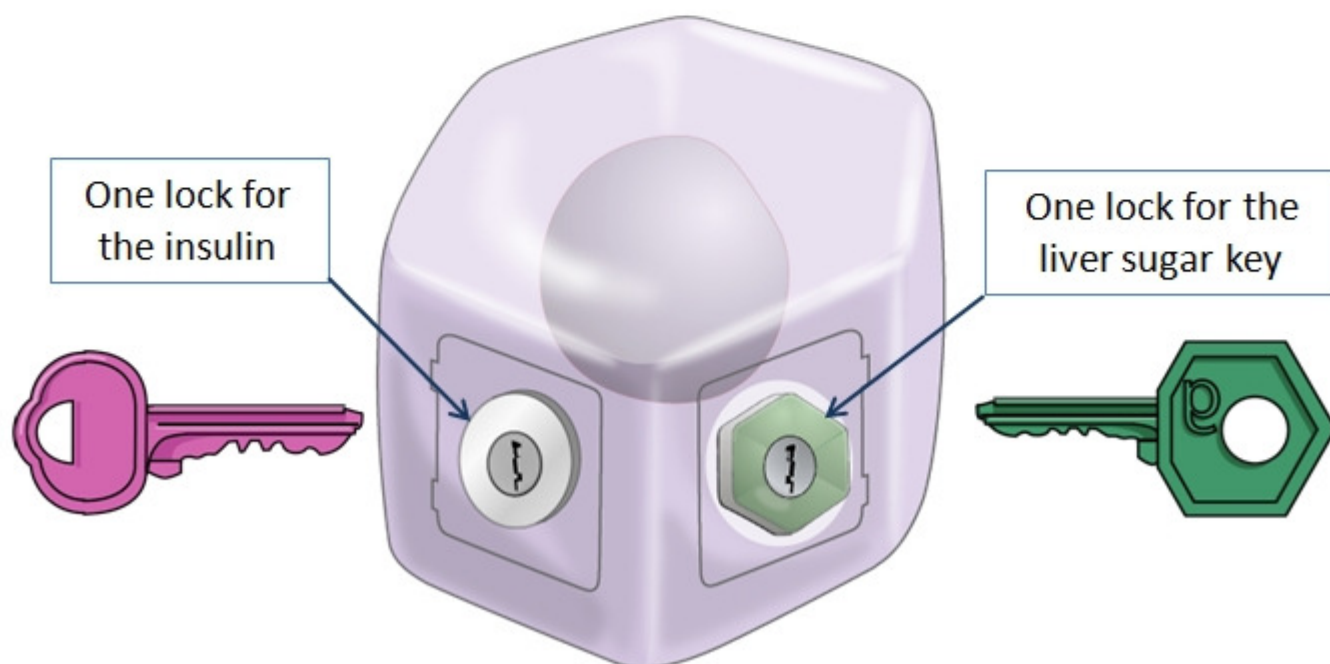
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\*The liver sugar key is called glucagon

# Liver sugar story – Why the liver needs 2 keys?



## 4 The liver cell has 2 locks



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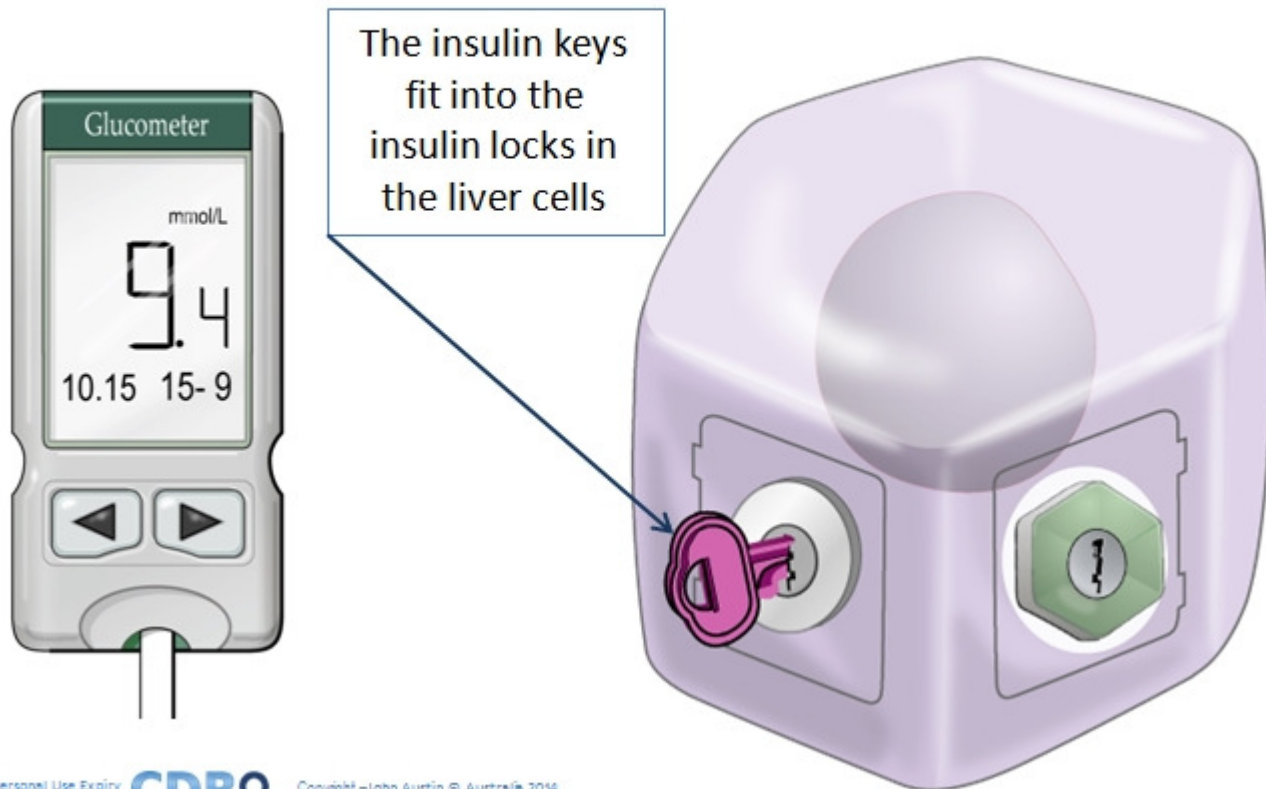


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## Liver sugar story – Why the liver needs 2 keys?



**5** If your blood sugar is high there are lots of insulin keys



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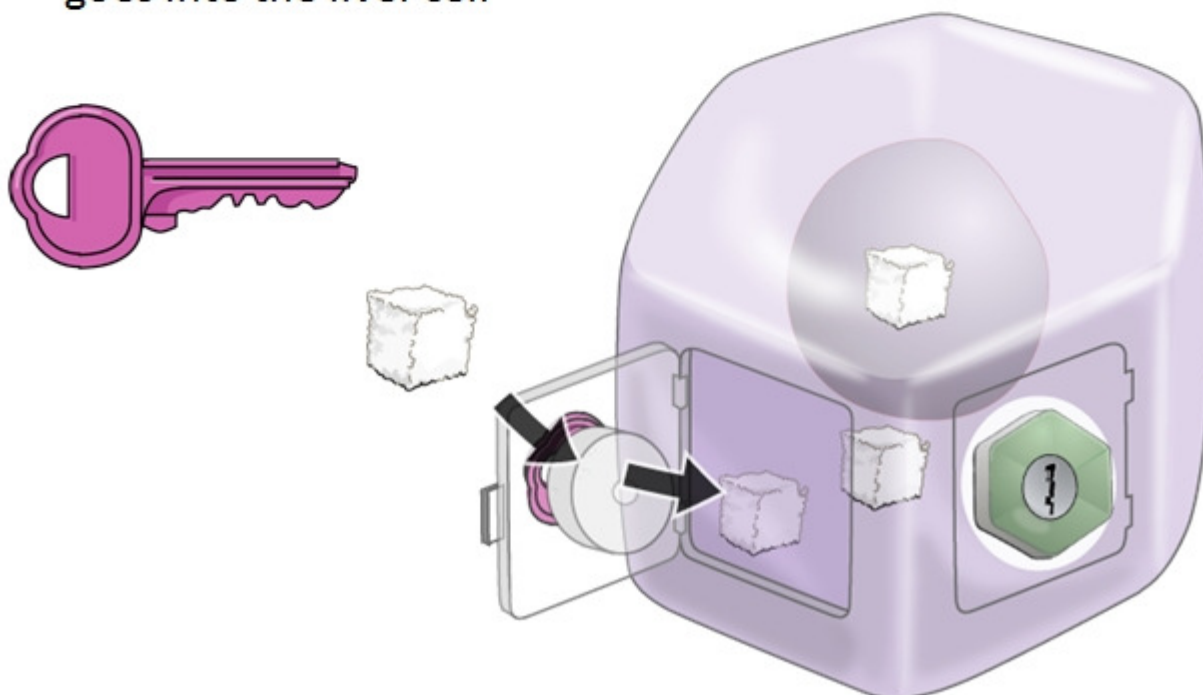
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## Liver sugar story – Why the liver needs 2 keys?



**6** The insulin keys open the insulin locks and the sugar goes into the liver cell



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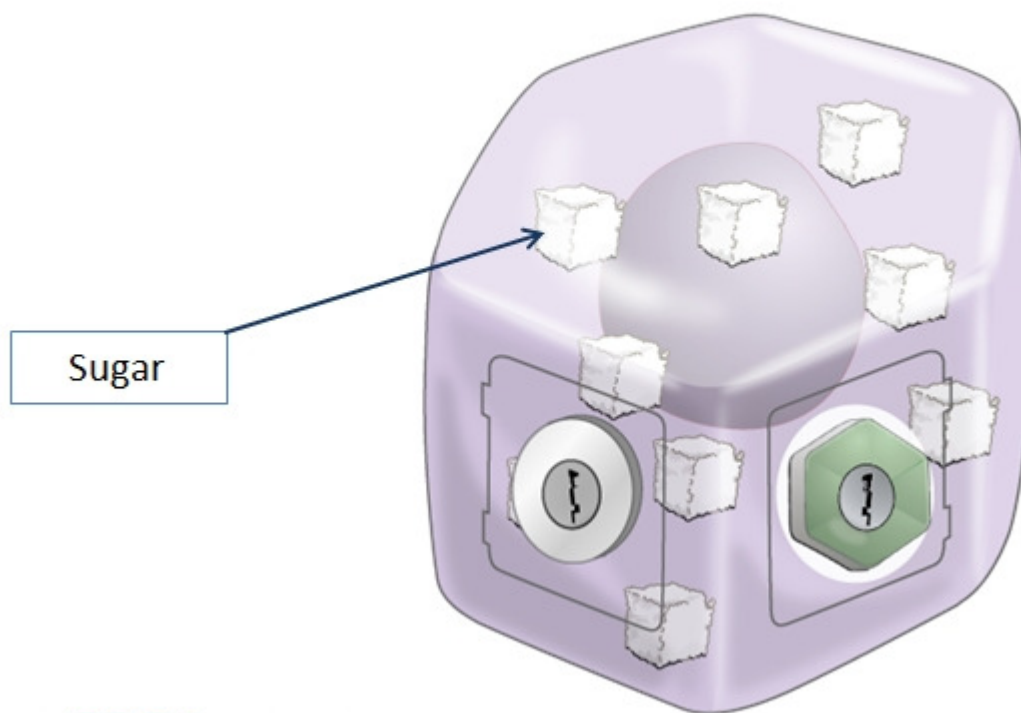
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## Liver sugar story – Why the liver needs 2 keys?



- 7** When there is no insulin keys the insulin lock is locked and the sugar is stored in the liver cell.



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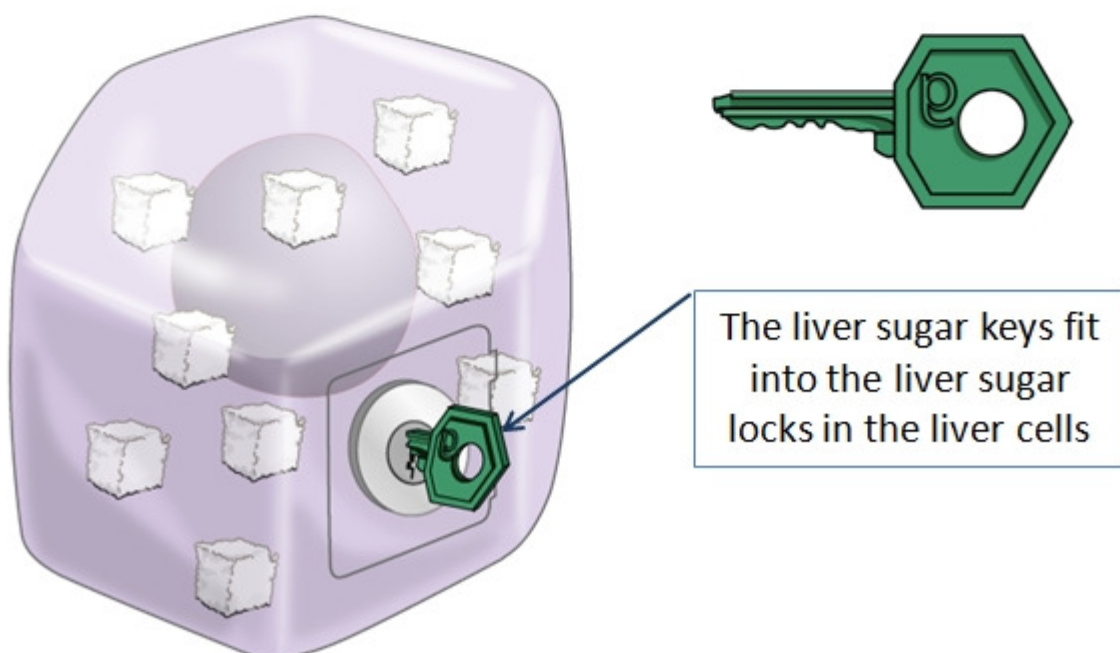
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## Liver sugar story – Why the liver needs 2 keys?



- 8** If your blood sugar is low there are lots of liver sugar keys (glucagon)



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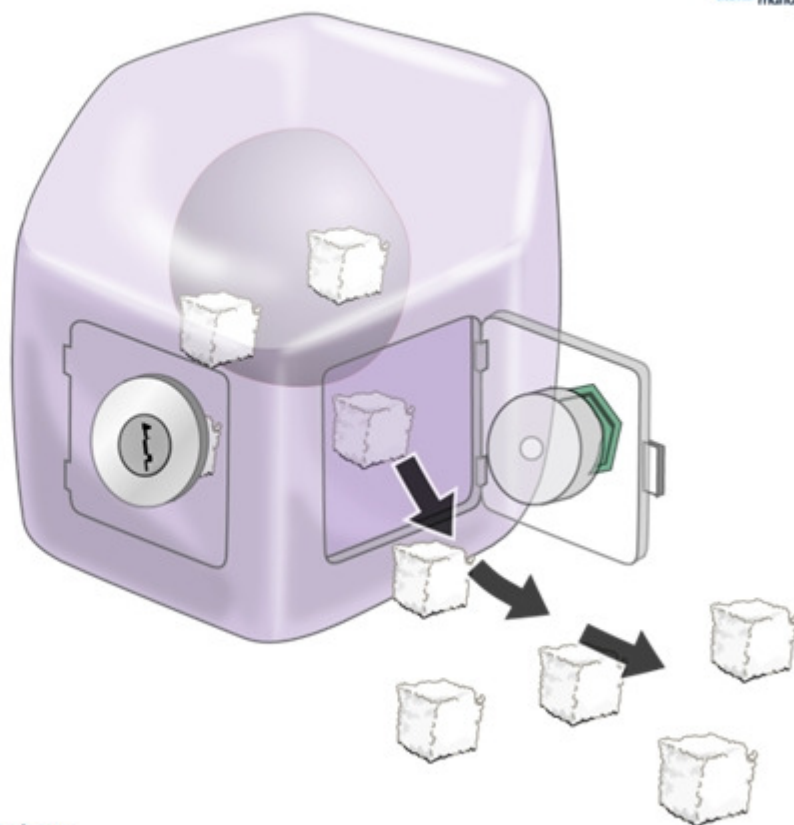
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## Liver sugar story – Why the liver needs 2 keys?



9

The liver sugar keys open the liver sugar locks and the sugar comes out of the liver cell and into your blood.



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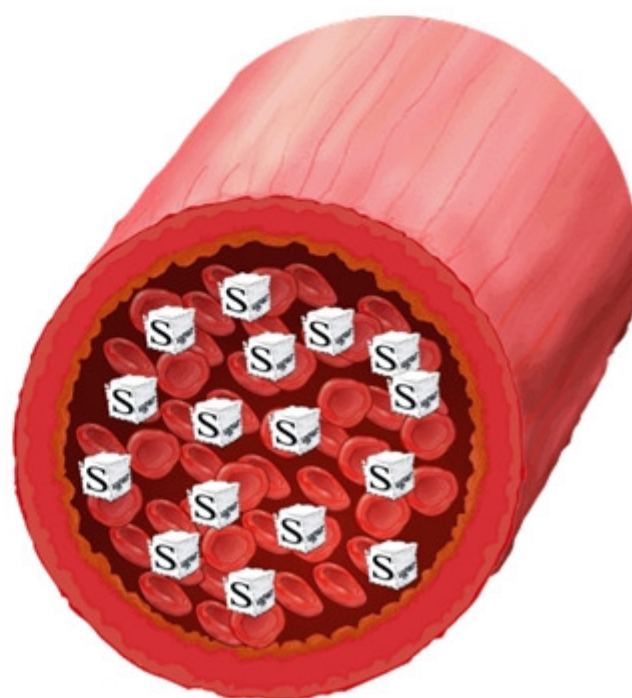
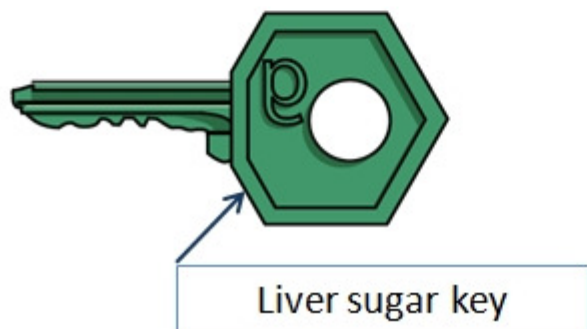
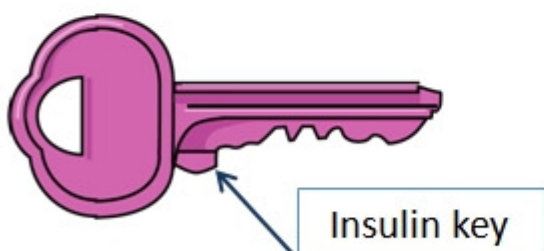
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## Liver sugar story – Why the liver needs 2 keys?



10

To have enough sugar in your blood all the time you need 2 keys. The insulin key and the liver sugar key.



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## 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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