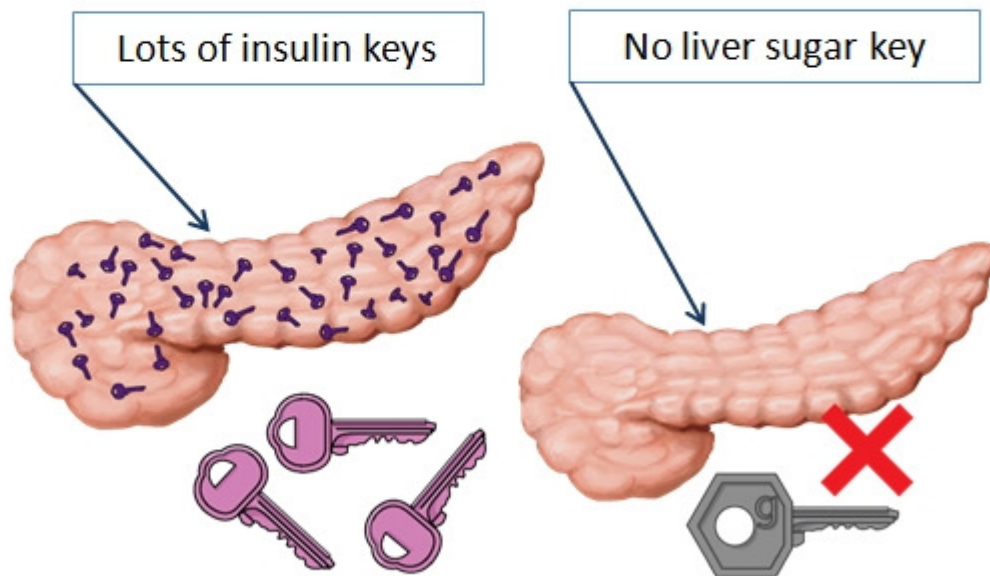


Liver sugar story – How do I know which medicine is best?



- 1** When your blood sugar is high your pancreas should make insulin keys and stop making *Liver sugar keys

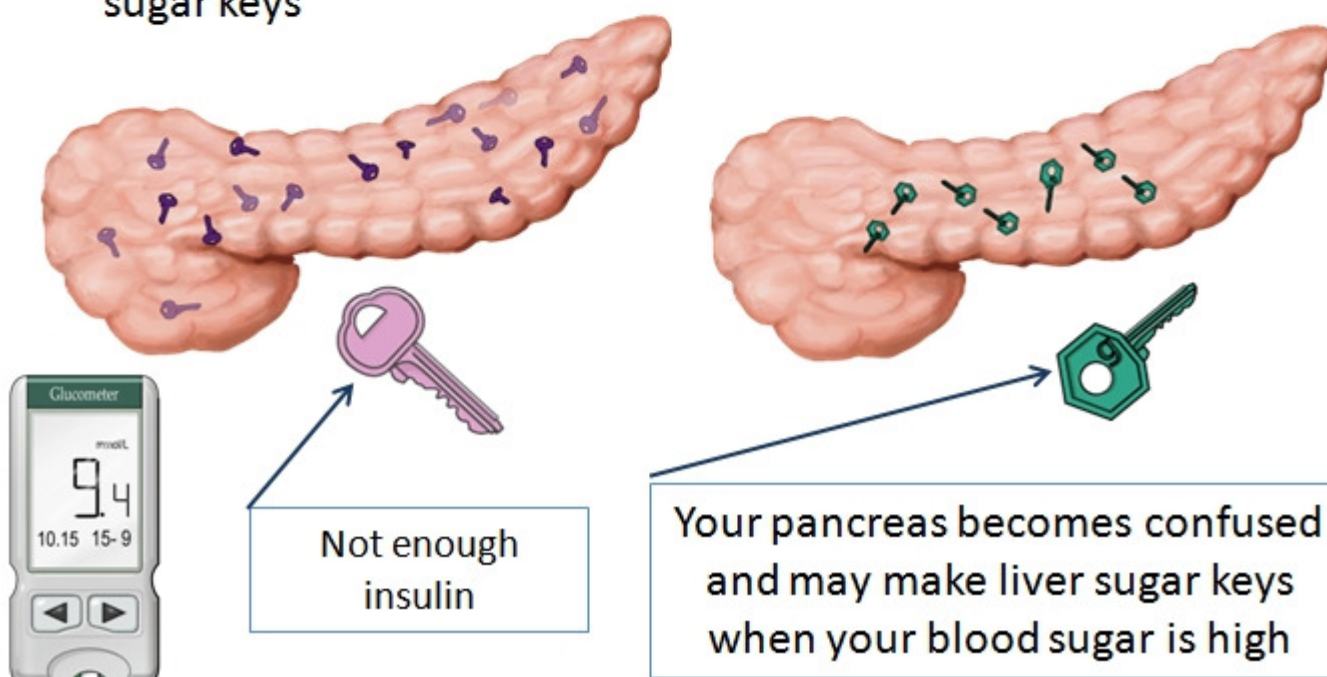


*glucagon

Liver sugar story – How do I know which medicine is best?



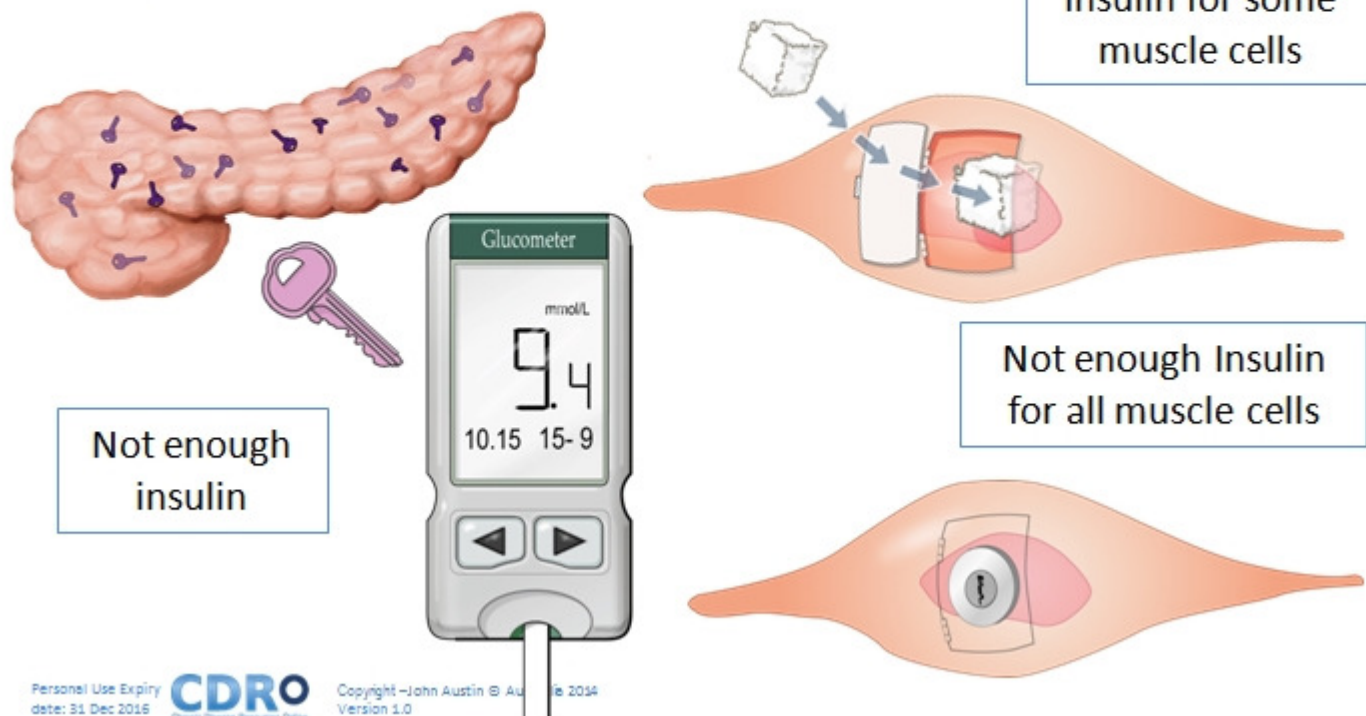
- 2** But if your pancreas can't make enough insulin your pancreas does not know it shouldn't make liver sugar keys



Liver sugar story – How do I know which medicine is best?



- 3** If there isn't enough insulin keys in the blood to help the sugar into the muscles, Your sugar levels will stay high

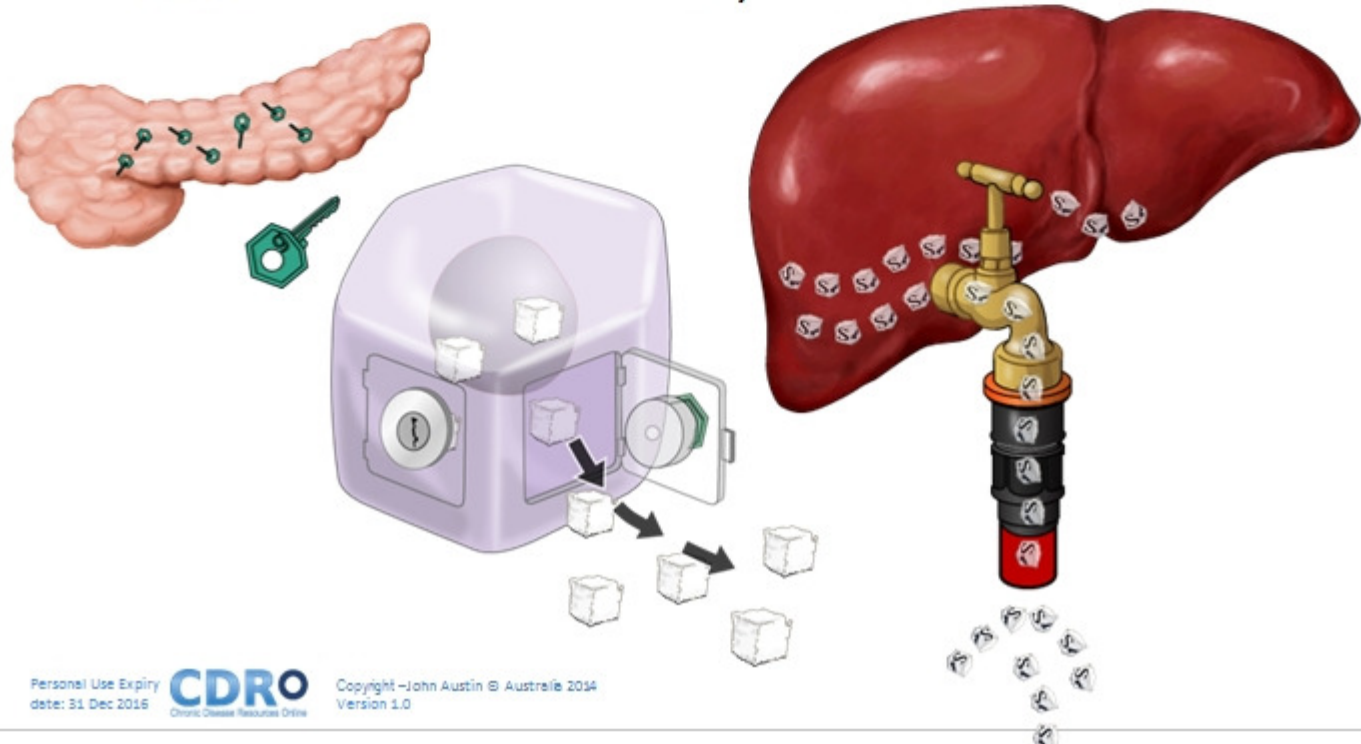


Liver sugar story – How do I know which medicine is best?



- 4** The liver sugar keys shouldn't be in your blood

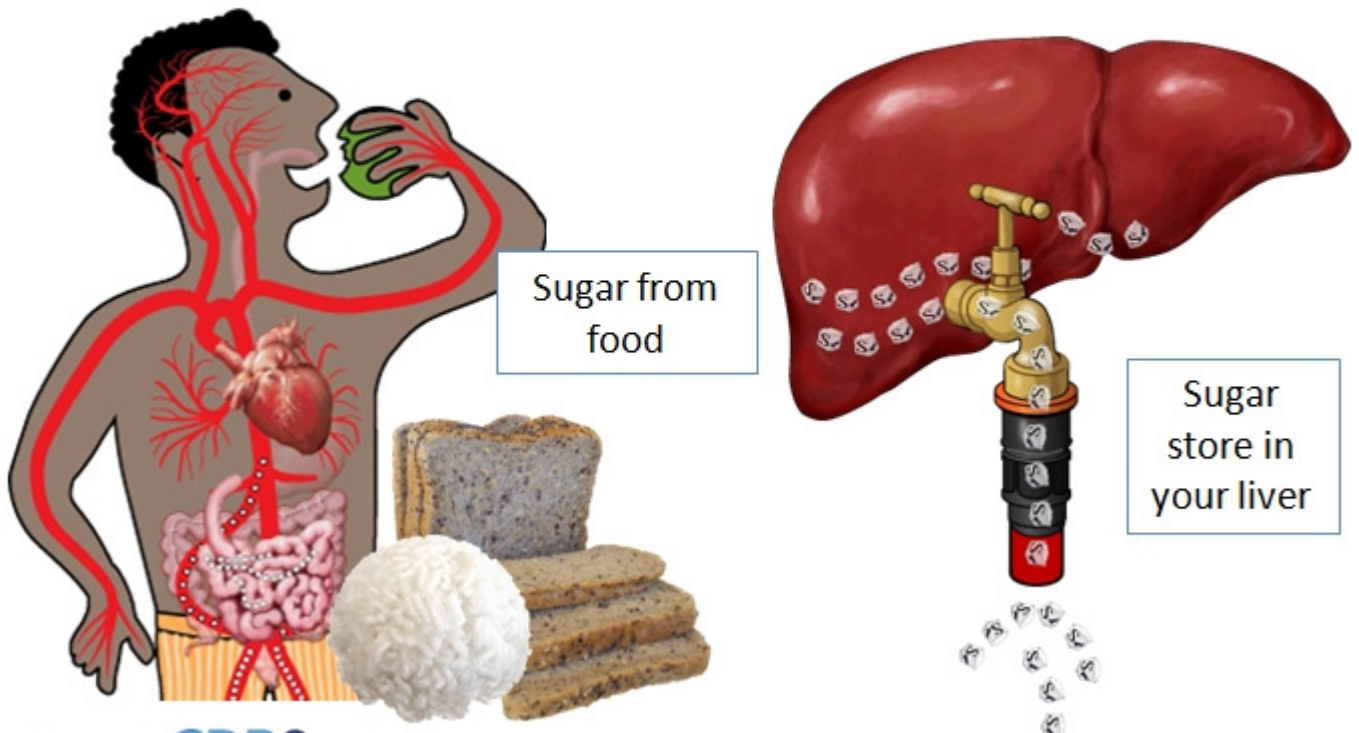
But because the keys are there your liver leaks sugar into your blood.



Liver sugar story – How do I know which medicine is best?



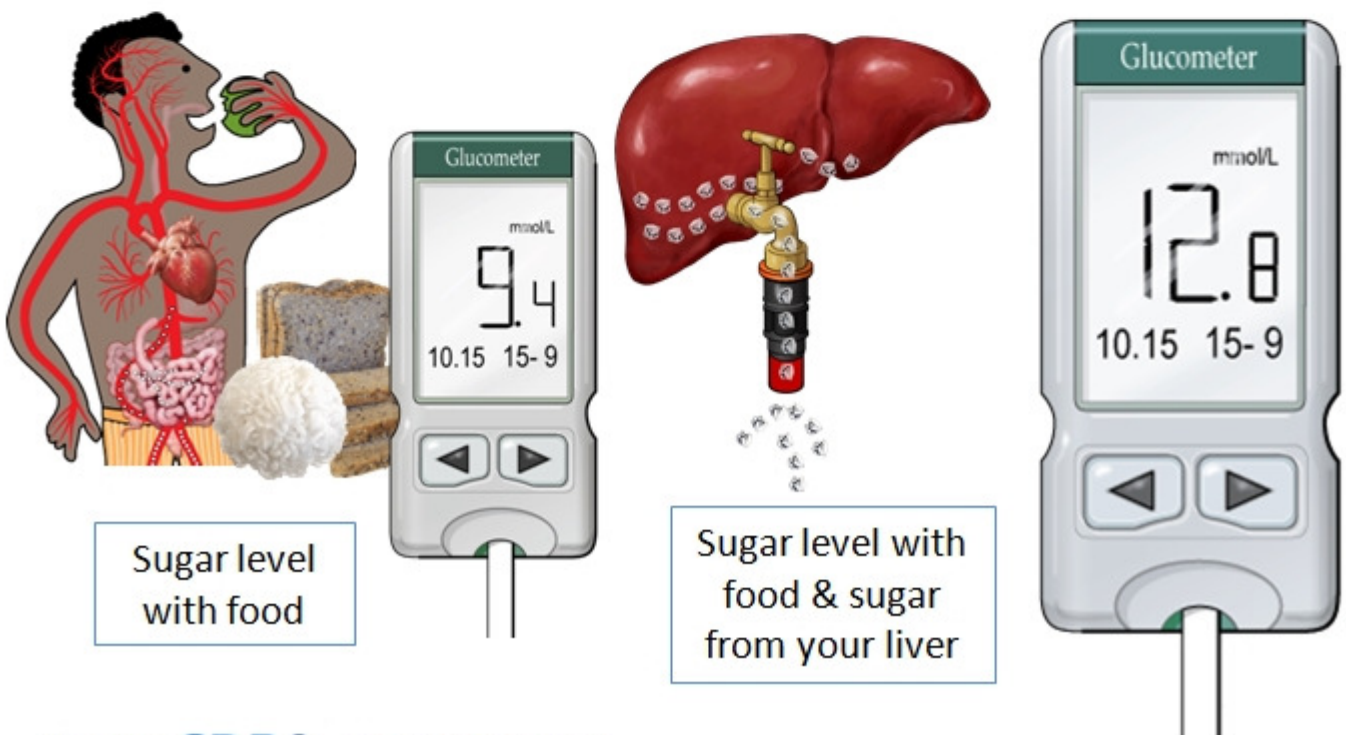
5 You now have sugar from your food and sugar leaking from your liver



Liver sugar story – How do I know which medicine is best?



6 It is becomes very harder to control your blood sugar



Liver sugar story – How do I know which medicine is best?



7 You need a medicine to increase the insulin in your blood which will lower the amount of liver sugar keys in your blood.

Not enough insulin

9.4
mmol/L
10.15 15-9

+

With extra insulin

5.4
mmol/L
10.15 15-9

or

Tablets

Liver sugar story – How do I know which medicine is best?



8 You may also need a medicine which will and lower the amount of liver sugar keys. This will help stop the sugar leaking from your liver

With no liver sugar keys

10.0
mmol/L
10.15 15-9

+

With no liver sugar keys

5.4
mmol/L
10.15 15-9

Tablets
Liver sugar key Medicine

Liver sugar story – How do I know which medicine is best?



9 You can take these medicines to help stop the sugar leaking and increase the insulin keys in your blood.

Metformin

DPP-4

GLP-1

SGLT2

Sulphonylureas

Insulin

Personal Use Expiry
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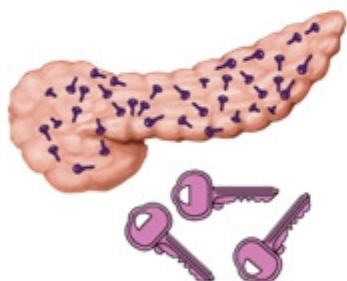
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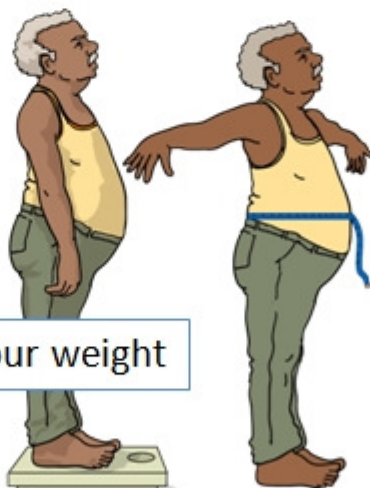
Liver sugar story – How do I know which medicine is best?



10 Your doctor will choose the right medicine for you.
The medicine will depend mainly upon;



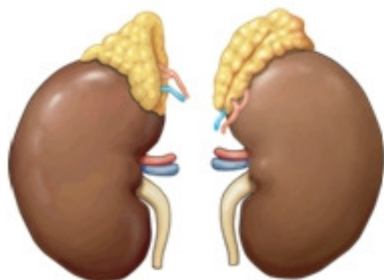
How healthy is your
pancreas



Your weight



How active
you are



How healthy are your
kidneys



Are you eating
& drinking
right



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Liver sugar story – How do I know which medicine is best?



7 You need a medicine to increase the insulin in your blood which will lower the amount of kidney sugar keys in your blood.

Not enough insulin

With extra insulin

mmol/L
9.4
10.15 15-9

mmol/L
5.4
10.15 15-9

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Liver sugar story – How do I know which medicine is best?



8 You may also need a medicine which will and lower the amount of kidney sugar keys. This will help stop the sugar leaking from your kidneys

With no liver sugar keys

mmol/L
10.0
10.15 15-9

mmol/L
5.4
10.15 15-9

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Liver sugar story – How do I know which medicine is best?



9 You can take these medicines to help stop the sugar leaking and increase the insulin keys in your blood.

Metformin

DPP-4

GLP-1

SGLT2

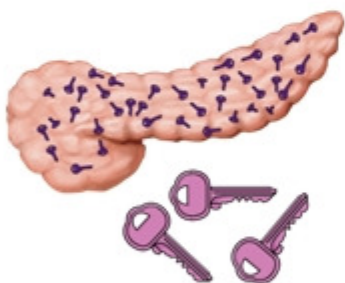
Sulphonylureas

Insulin

Liver sugar story – How do I know which medicine is best?



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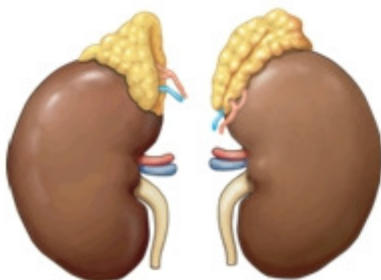
How healthy is your pancreas



Your weight



How active you are



How healthy are your kidneys



Are you eating & drinking right



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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