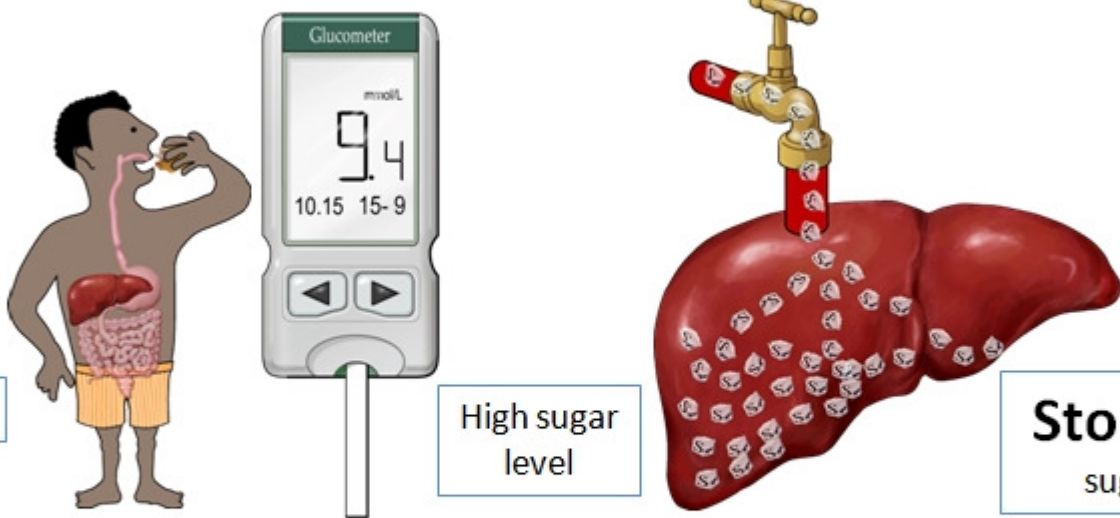


Liver sugar story – Why the brain needs stored sugar?



1

When your blood sugar is high your liver stores sugar



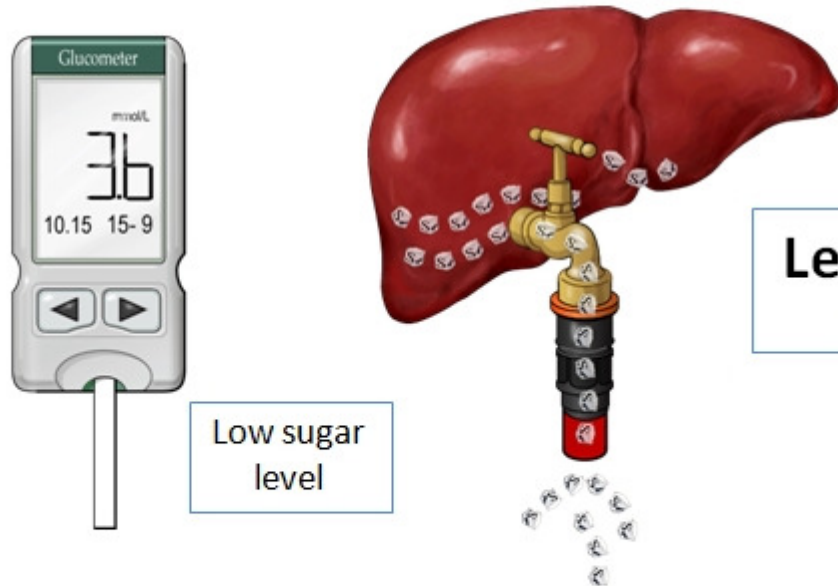
Liver

High sugar level

Storing sugar

2

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

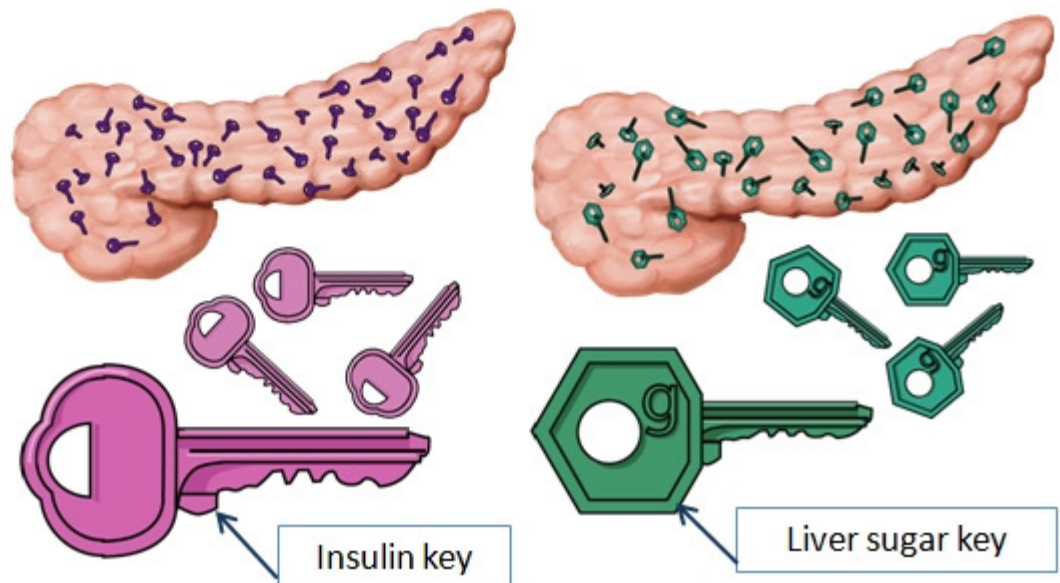


Low sugar level

Leaking sugar

3

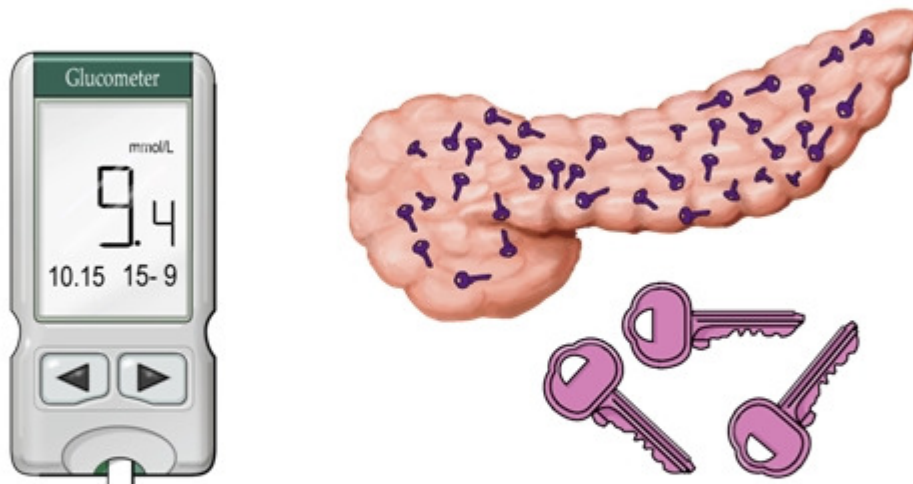
Your pancreas makes insulin keys and liver sugar keys



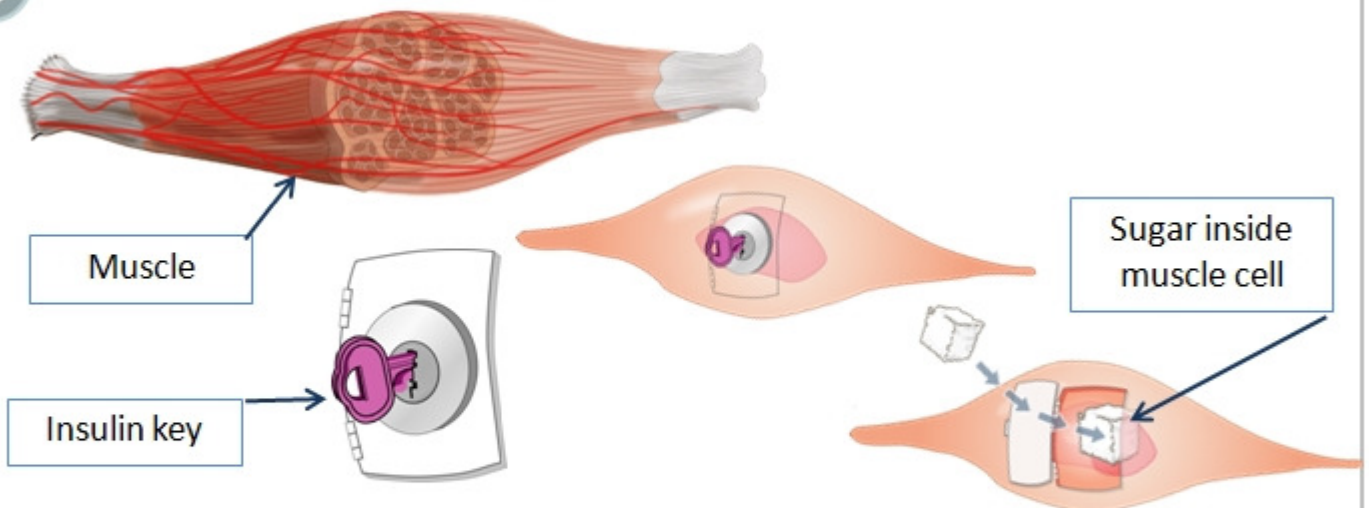
Insulin key

Liver sugar key

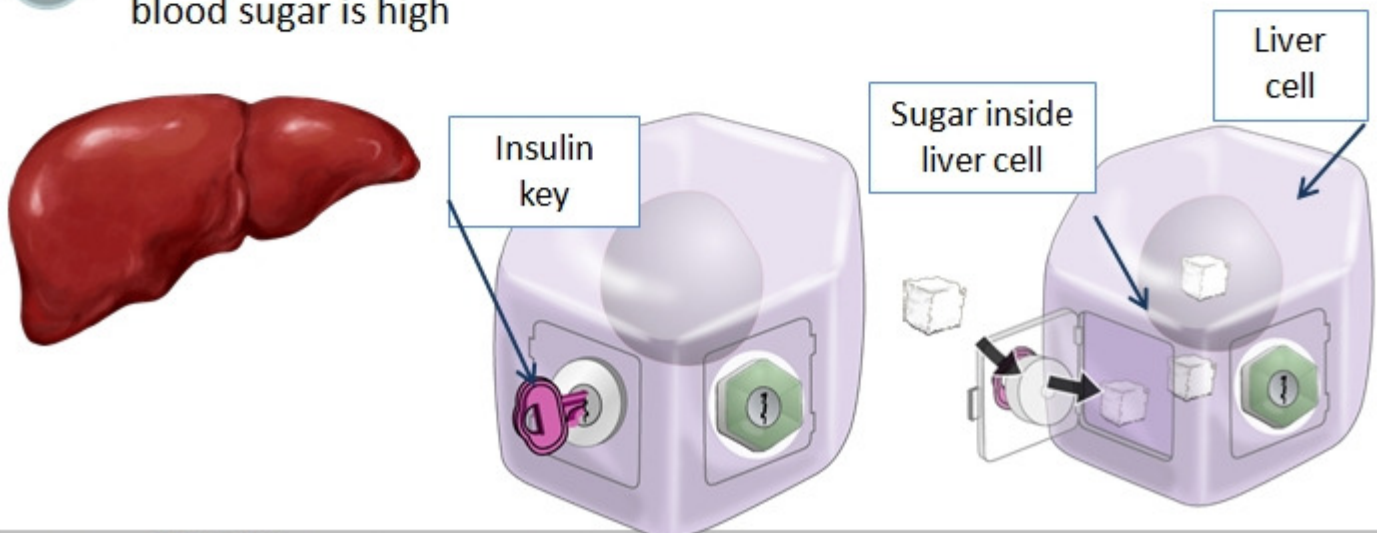
4 The insulin keys are made when your blood sugar is high



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



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



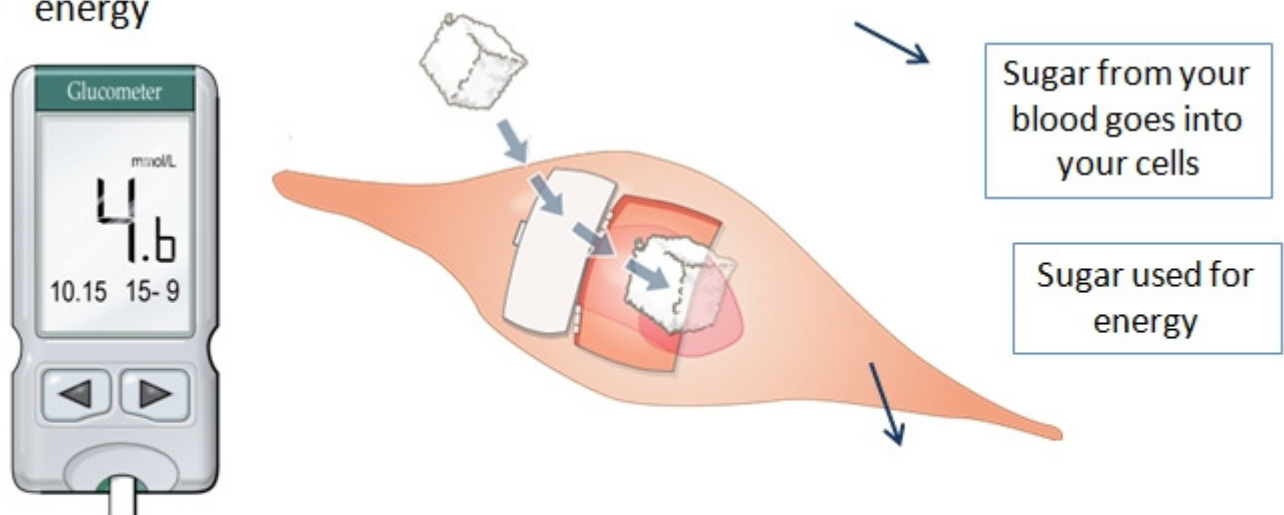
Liver sugar story – Why the brain needs stored sugar?



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



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



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

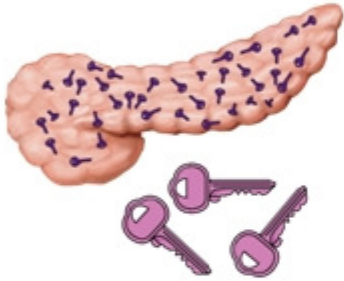
SGLT2

Sulphonylureas

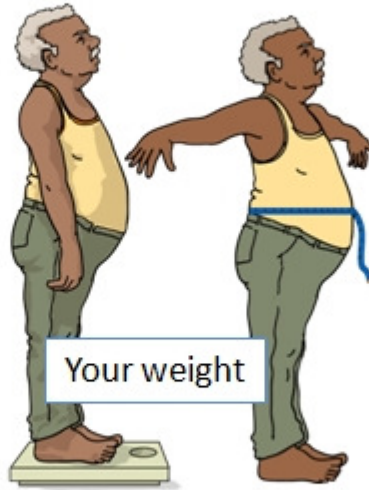
Insulin

10

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



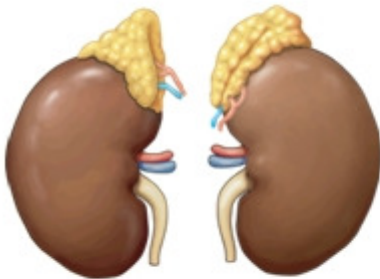
How healthy is your pancreas



Your weight



How active you are



How healthy are your kidneys



Are you eating & drinking right



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 liver 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 kidney 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:

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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