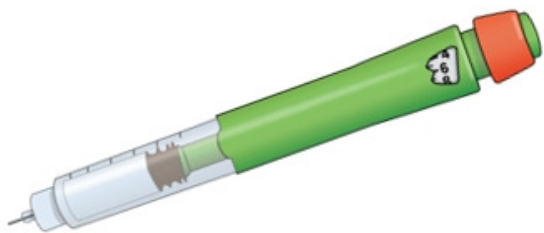


You may need to take tablets

14

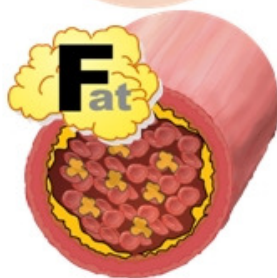
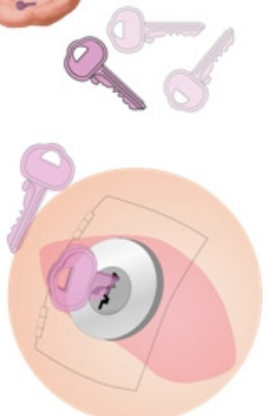
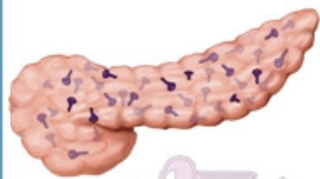


15

You may also need to have insulin

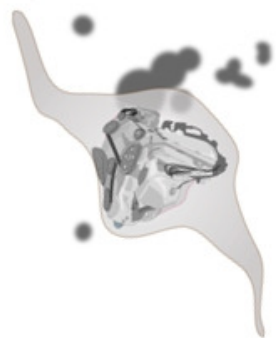
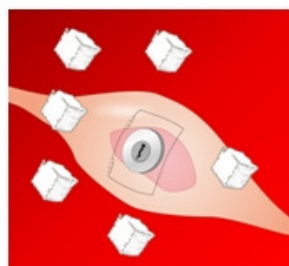
You may not make enough insulin or have insulin resistance

16



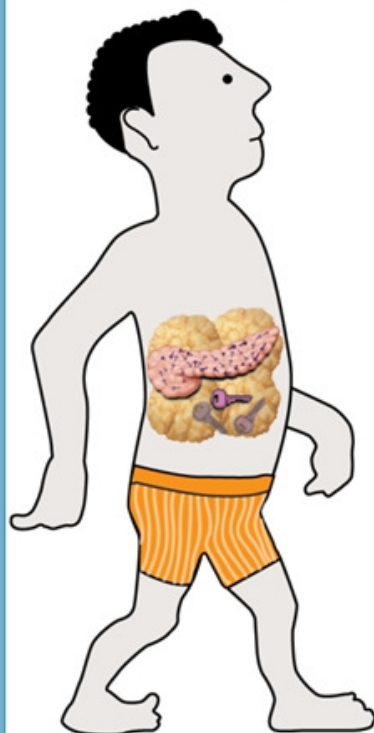
This can cause high blood sugar levels

17



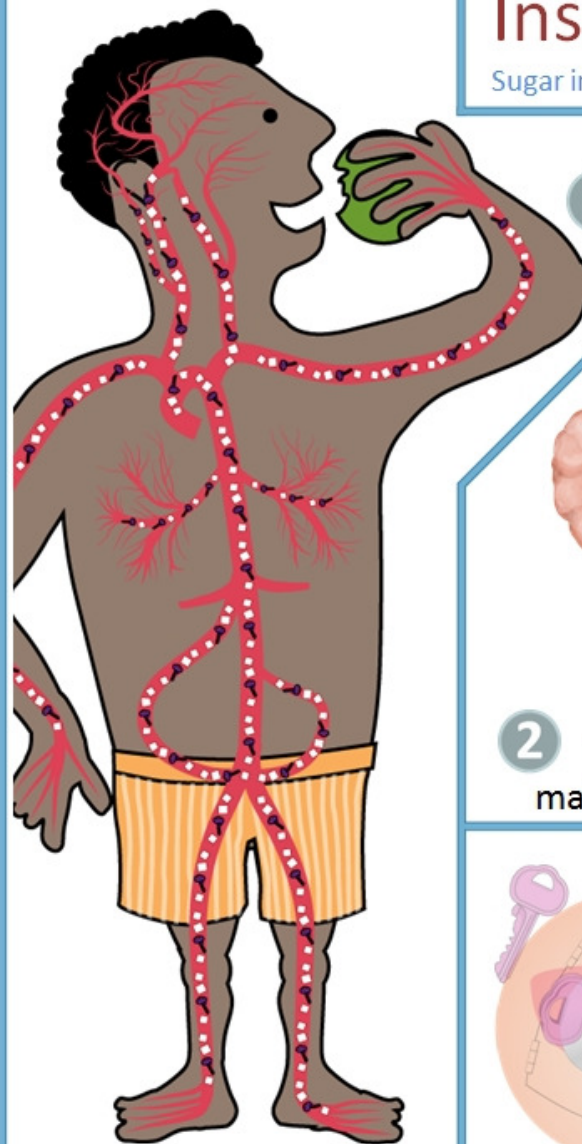
Insulin resistance together with not enough insulin keys can cause your high blood sugar

18

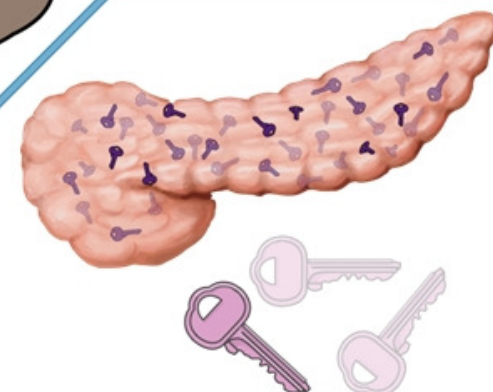


# Insulin problems

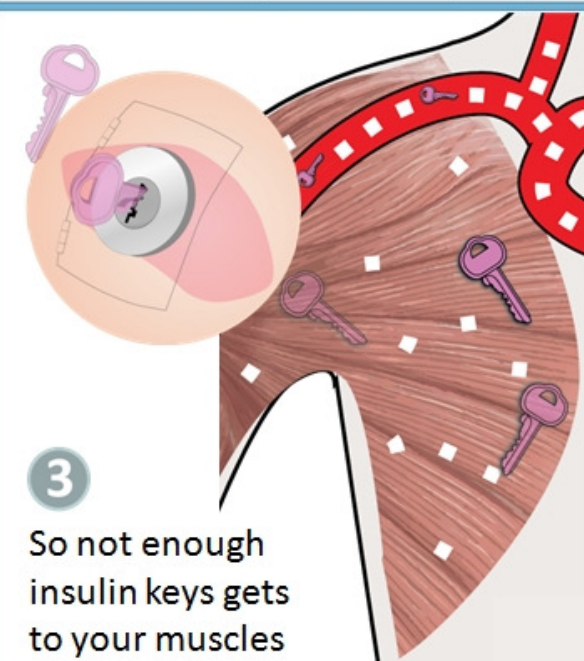
Sugar insulin stories – Story 5 - Man



1 When you don't have enough insulin keys



2 Your pancreas doesn't make enough insulin keys

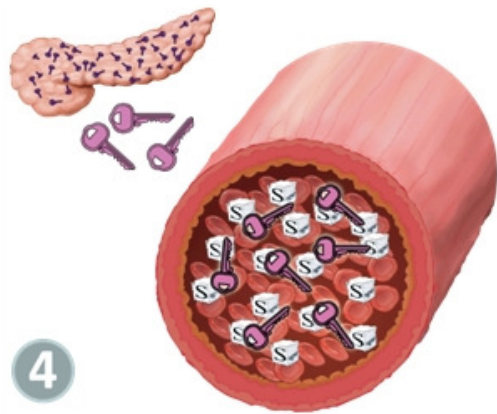


3 So not enough insulin keys gets to your muscles



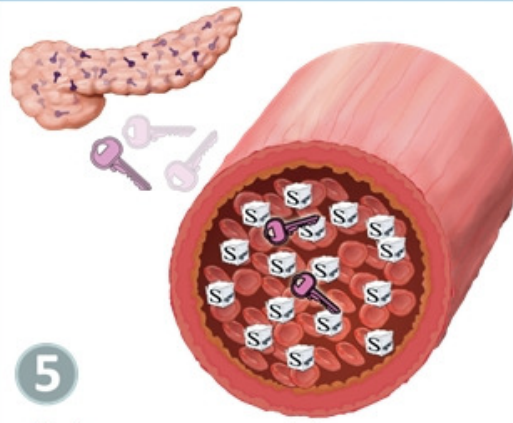
**CDRO**

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4

If your pancreas is healthy you have lots of insulin



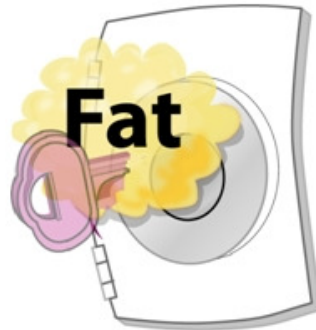
5

But you may not have enough insulin keys

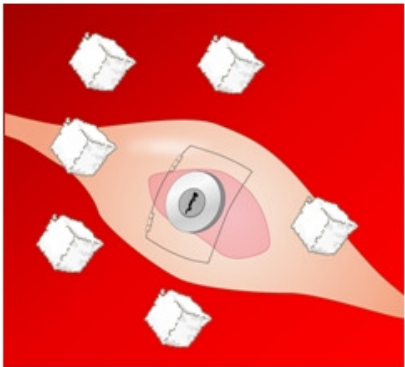
6 You may also have insulin resistance



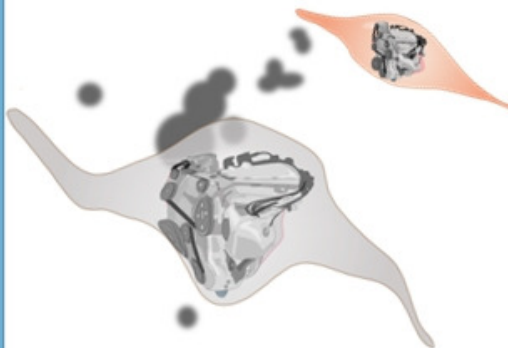
7 Fat stops your insulin keys working properly



8 The sugar can't get in the muscles...



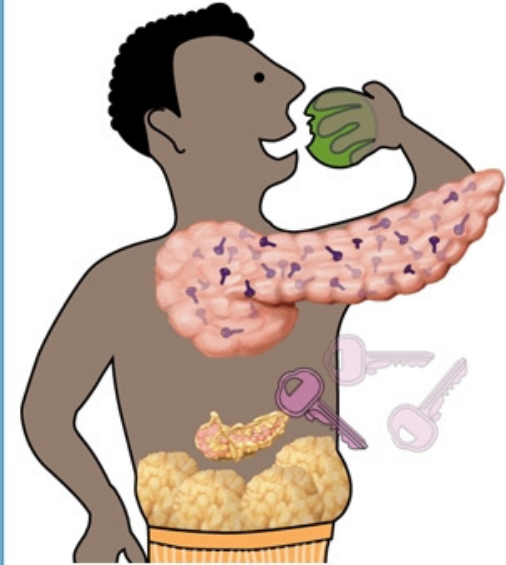
9 ...so the muscle cells don't work properly



10

Not enough insulin keys or insulin resistance can make your blood sugar very high

11 This happens when you have **Type 2** diabetes



12

Being active helps the insulin keys work better



13

Eating right can help reduce the sugar in your blood

There is no need to print the following page when printing and using this resource

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### Purpose of resource:

Handouts for the diabetes sugar story which can be used with groups or individuals.

**Area:** Diabetes

**Topic:** Sugar insulin stories

**Story:** Sugar in food

### Related resources

There are talk cards for the following :

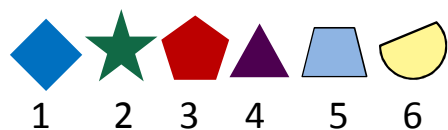
1. Sugar in food
2. Insulin keys
3. Insulin resistance
4. No insulin keys (Type 1)
5. Not enough insulin keys (Type 2)

### Notes:

The resource can be printed A3 and folded.

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### Levels



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