



Self manage...

12 Be active & exercise
Control your blood fats



13 Eat well

Eat as much free vegetables as you want



14 Remember

Take your cholesterol tablets.
Keep your blood fats controlled & you will help your blood pipes

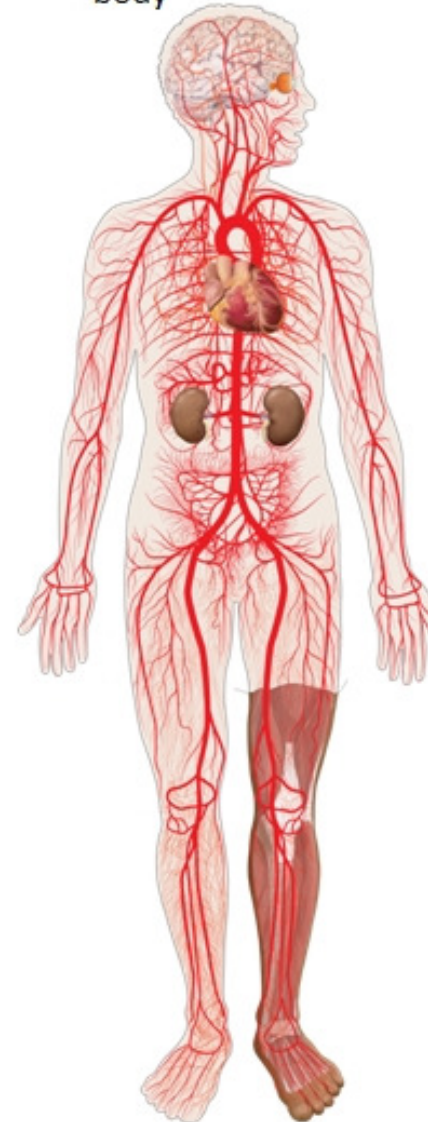


Manage your diabetes

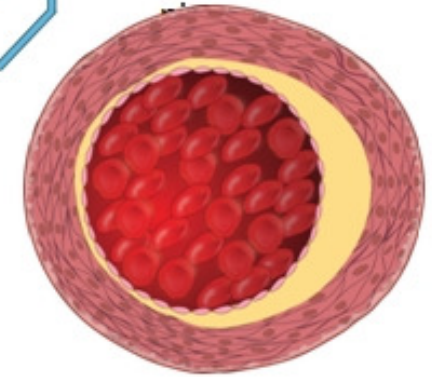
Damaged blood pipes

Blood fats

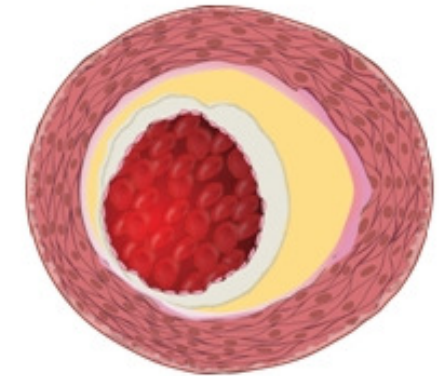
1 Blood pipes take blood everywhere in your body



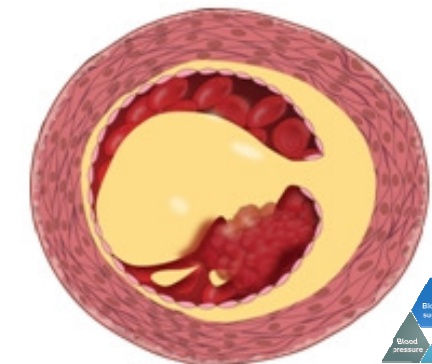
2 Fat can stick to the inside of blood pipes



3 Blood pipes can become hard & narrow.



4 Blood pipes can become blocked.



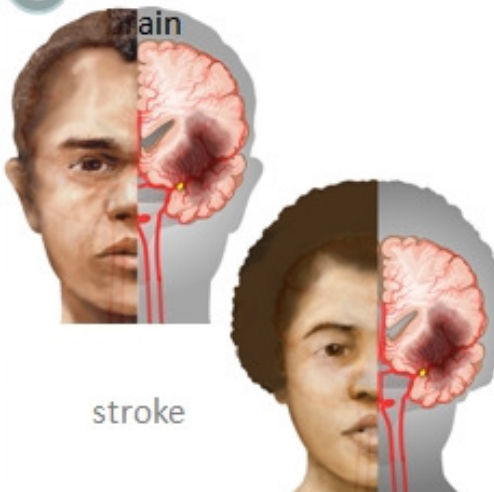
Damaged blood pipes...

5 ... can damage your eyes



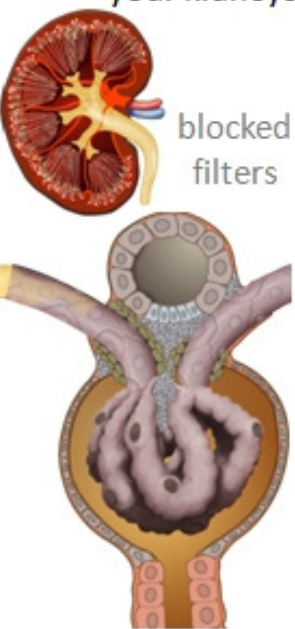
bleeding in the eye

6 ... can damage your brain



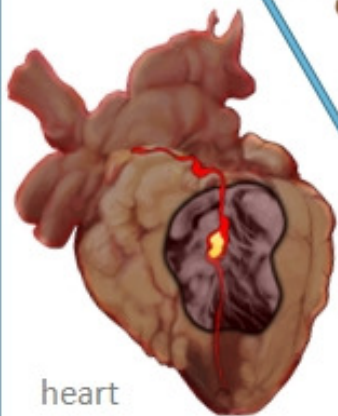
stroke

7 ...damage your kidneys



blocked filters

8 ...damage your heart



heart attack

9 ...can damage your legs & feet

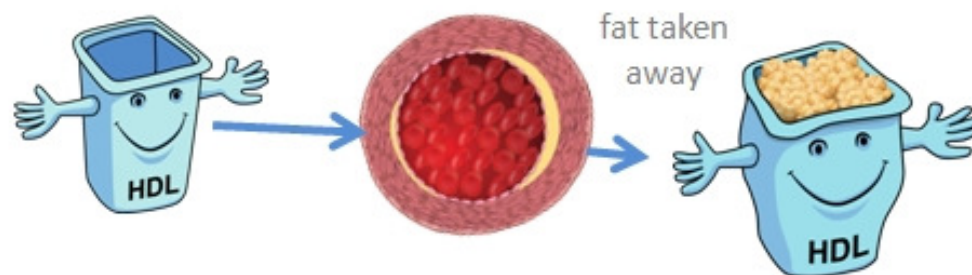


pain

10 Bad cholesterol LDL sticks inside your blood pipes as fat



11 Bad cholesterol HDL takes the fat away from your blood pipes



12 These are the cholesterol targets on your Care Checklist



HDL
Good
Cholesterol

1.0 or more
mmol/L



LDL
Bad
Cholesterol

Less than
2.0
mmol/L

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 describe how blood fats are managed.

The story is relevant for people with different kinds of diabetes.

Notes:

The resource can be printed A3 or A4 size and then laminated.

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