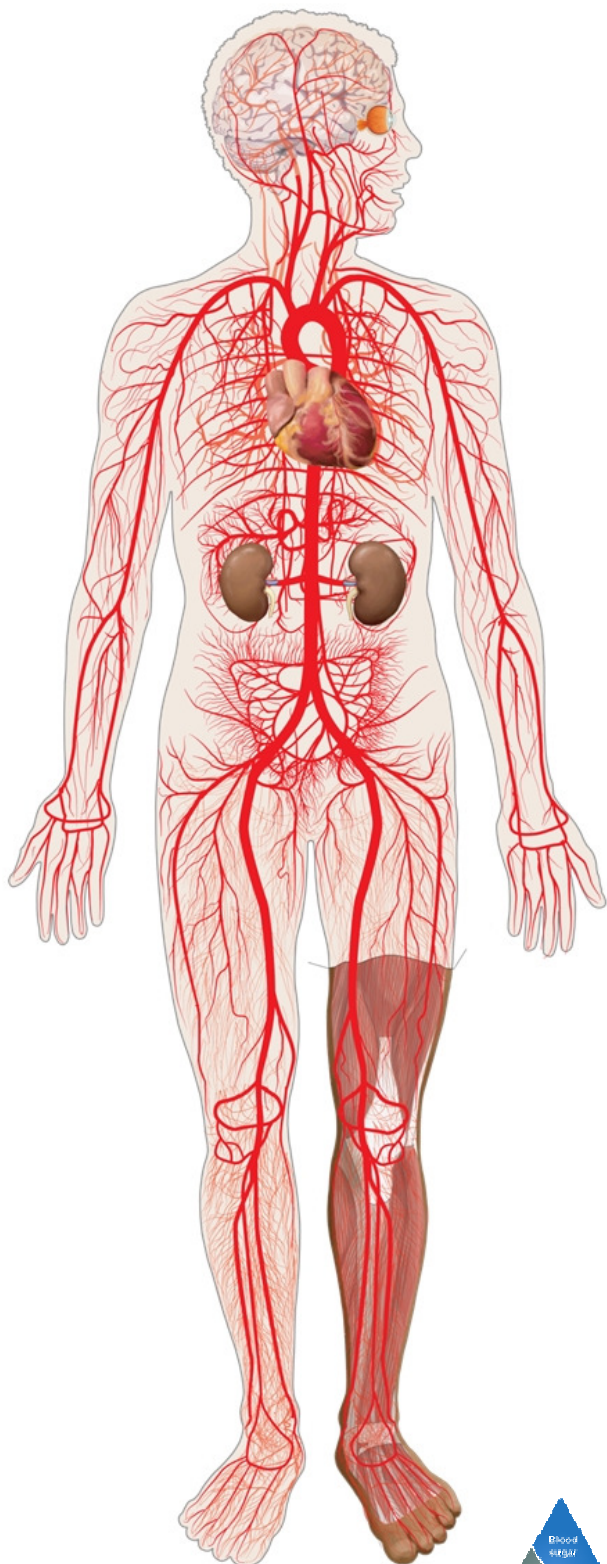


Manage your diabetes

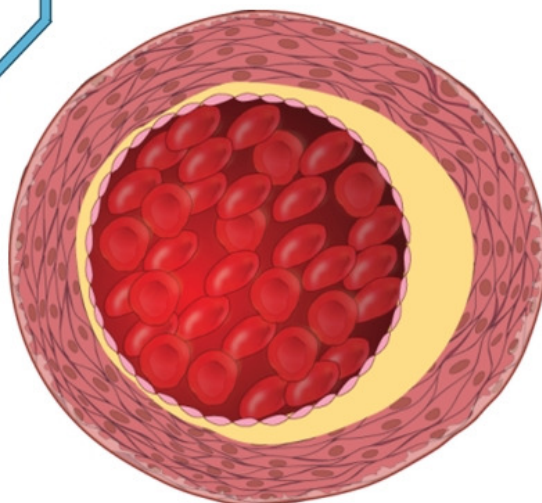
# Damaged blood pipes

Blood fats

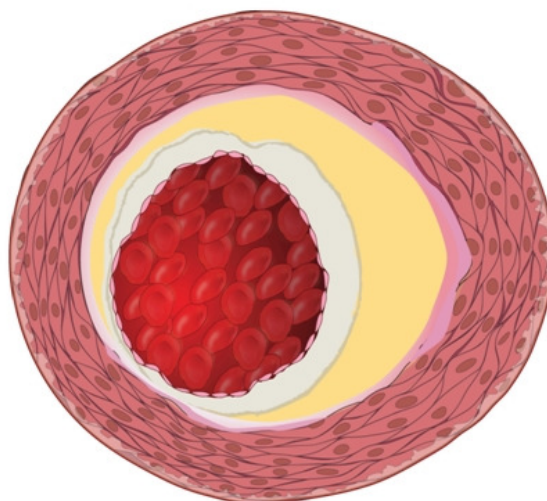
- 1** Blood pipes take blood everywhere in your body



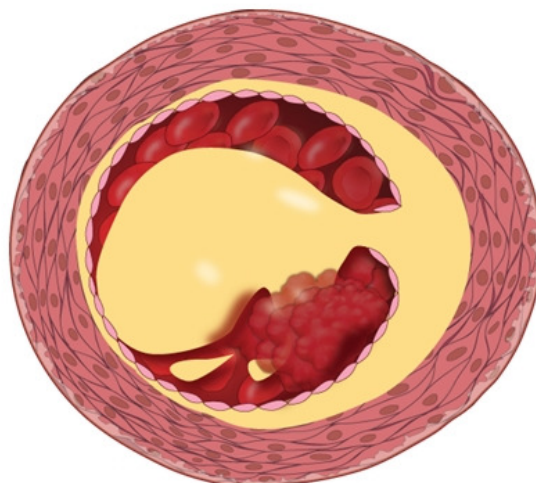
- 2** Fat can stick to the inside of blood pipes.



- 3** Blood pipes can become hard & narrow.

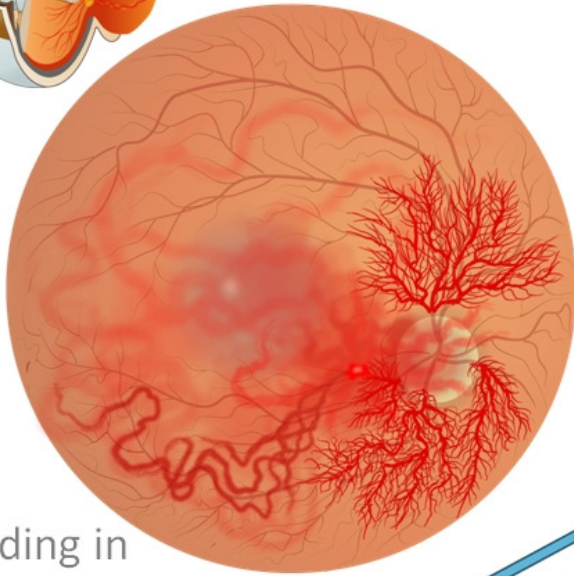
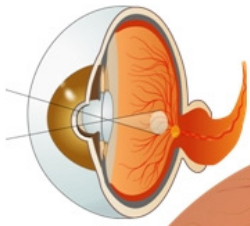


- 4** Blood pipes can become blocked.



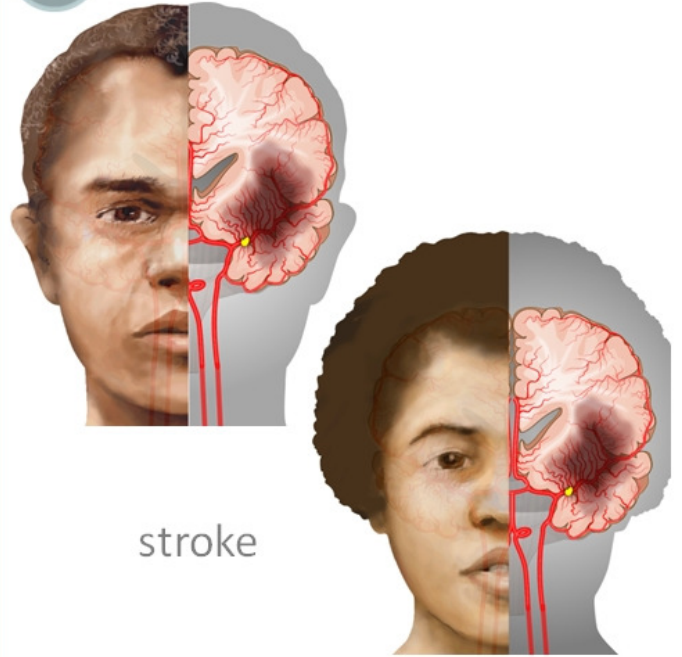
# Damaged blood pipes...

**5** ... can damage your eyes



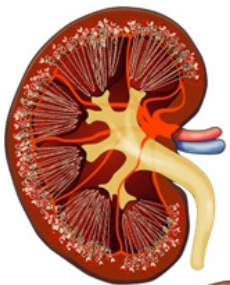
bleeding in the eye

**6** ... can damage your brain

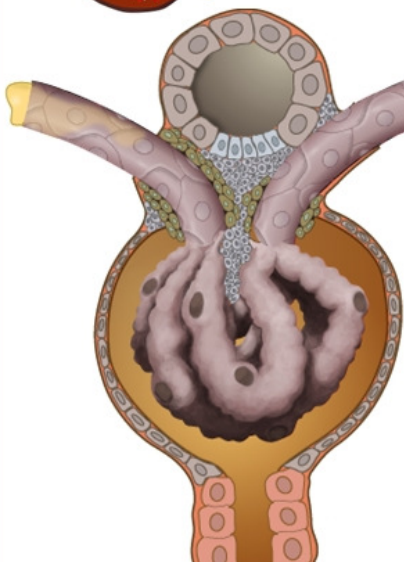


stroke

**7** ...damage your kidneys



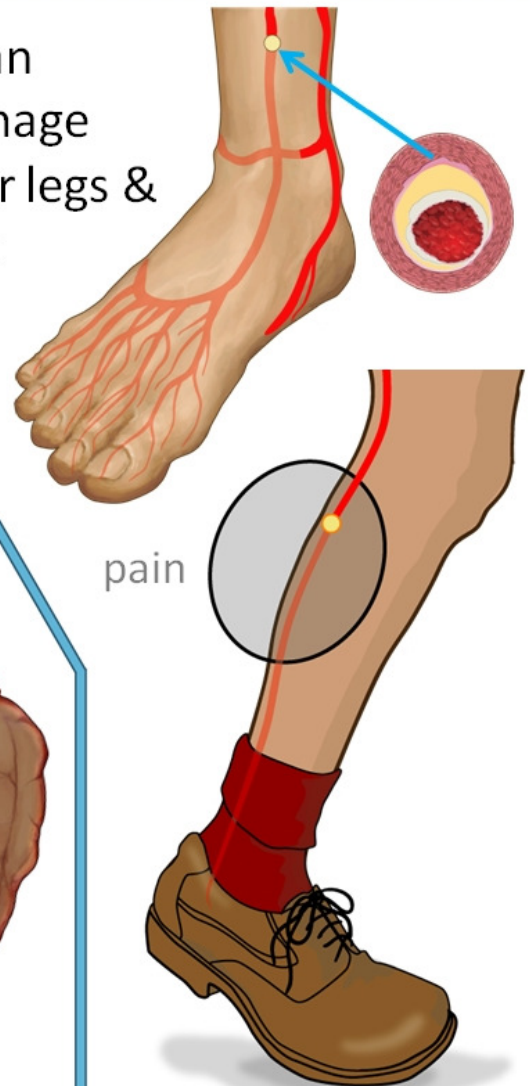
blocked filters



**8** ...damage your heart

heart attack

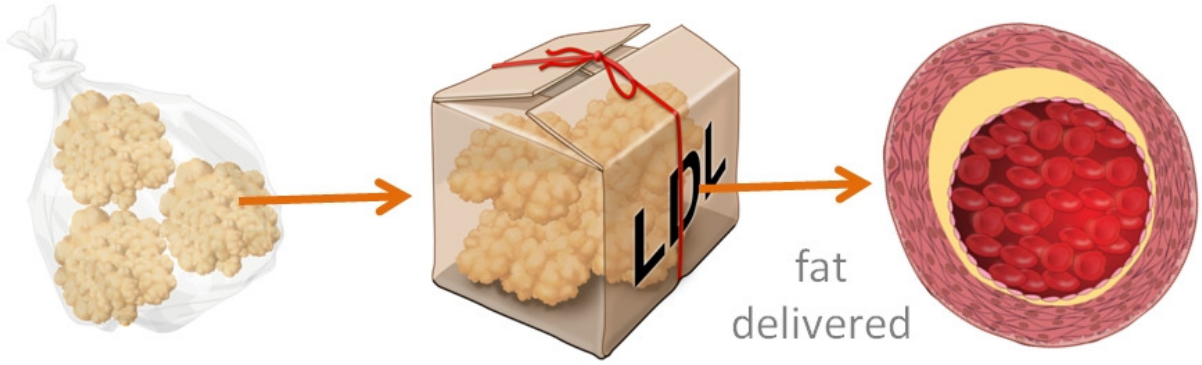
**9** ...can damage your legs & feet



pain

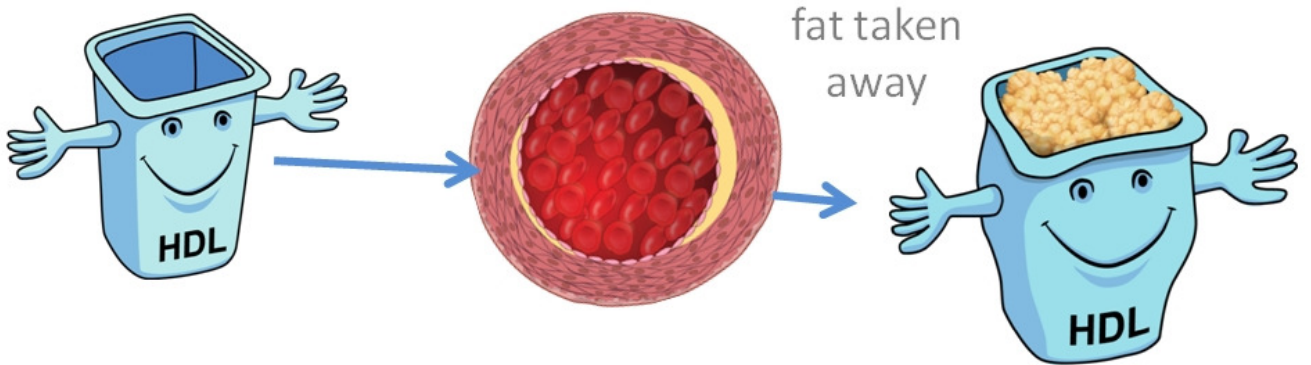
10

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



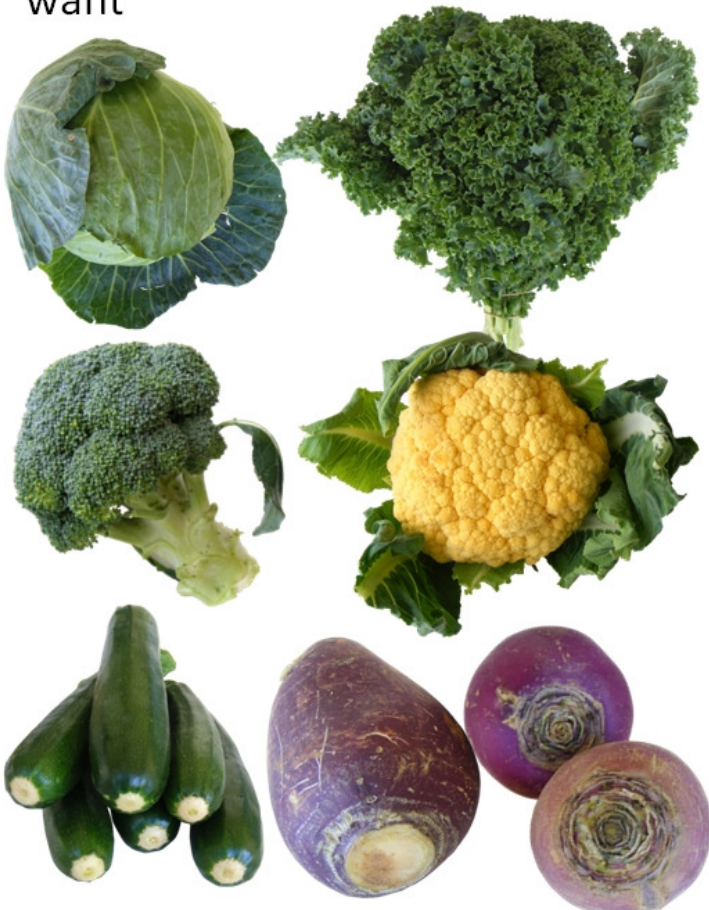
## Self manage...

### 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



**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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