



THE DIABETES STORY

'Living a healthy and long life with well-controlled diabetes' (Arrernte Script)

- Frame 1.** Ayeye Diabetes akerte: Unte mwerre itethe anetyeke. Diabetes yanhe unte controllemeletyeye.
- Frame 2.** Unte nthakenhe awelhame? Unte apeke rikerte awelhame Diabetes akerte, tyerrtye ngkwinheme akurne awelhele.
- Frame 3.** Apurrke awelhele.
- Frame 4.** Unte toilet werne alheme.
- Frame 5.** Angkethakwe awelhame.
- Frame 6.** Ngkwerne apurreke irreme ante tyerrtye ngkwinhe irrekeme.
- Frame 7.** Boil tyerrtye-enge arrateme.
- Frame 8.** Alknge akurne awelhame pwenge-arteke.
- Frame 9.** Iwinhe Diabetes? Merne anwerne alkweme sugar akerte anwerne unteme tyerrtye riterrke awelhame.
- Frame 10.** Merne unte alkweme, merne re atnerte werne alheme kele-merte sugar alhwe werne alheme.
- Frame 11.** Pancreas nhenhe aneme atnerte itwerle unte tyerrtye ngkwinhe insulin needle-le atantheme alhwe ngkwine mwerre irreme. Arritnye nhenhe aneme Blood Sugar Glugose akngerre-akerte.
- Frame 12.** Diabetes nhenhe aneme tyerrtye ngkwinhenge unte sugar akngerre-akerte.
- Frame 13.** Alhwe should normal anele 4 or 7 unte apeke ahentye aneme check-eme letyeye clinic werne alhaye.
- Frame 14.** Nthakenhe ayenge Diabetes akerte? Diabetes-kwenhe different types aneme. Tyerrtye mape-le type 2 Diabetes atnyeneme.

- Frame 15.** Type 2 Diabetes nhenhe aneme. Muscle ngkwine warreke irreyekenhe sugar-eteme alhwe Ngkwine-le aneme. Pancreas re-ateme insulin awethe Mpwareme. Insulin re warrke irreyekenhe.
- Frame 16.** Angkwenge artweye mape Diabetes akerte aneme ante unte-apeke atnerte-atnerte aneke Diabetes akerte.
- Frame 17.** Unte apeke ngkwarle akngerre antyweme ante merne akurne arlkwewe. Unte exercise akngerre mparetyeke. Arrangkwenge unte atnerte-purte irreme ante rlkerte unte irreme.
- Frame 18.** Arelhe atnerte-atnerte mape-le Gestation Diabetes atnyenetye-akngerre.
- Frame 19.** Diabetes type 1 nhenhe aneme tyerrtye urrpetyenge. Pancreas re-ateme warrke irreyekenhe aneme ante insulin medicine re. Ampe akweke ante ampe akngerre mape arne kurne nhenhe Atnyentye-akngerre. Anwerne akurnte aneke Diabetes nhenhe-ke.
- Frame 20.** Nthakenhe ayenge irreyenhe? Alhwe atyinhe-apeke high athurre arrerlenge blood vessel Ngkwine-ateme marteme unteme rlkerte irreme.
- Frame 21.** Kele-imerte arteperrke akurne irreme.
- Frame 22.** Anwenge ante urtakerte akurne irreme.
- Frame 23.** Ingke ante ngkwerne numb irreme.
- Frame 24.** Pwenge-irreme.
- Frame 25.** Unte apeke Diabetes atnyeneme. Unte alhaye check up-ke. Doctor ante health worker aretyeke. Itne enge help-emeletyenge.
- Frame 26.** Itne ngenhe ileme tablet arlkwetyeke ante needle-le atantheke unte mpwaretyeke.
- Frame 27.** Unte merne mwerre arlkwetyeke unte mwerre anetyenenge.
- Frame 28.** Unte exercise akngerre mparetyeke ante smoke yanhe impayetyeke akurnenge.
- Frame 29.** Unte mwerre anetyeke akngerre-itirreyele. Treatment unte aneme-le unte mwerre awelhetyenge. Unte alhaye clinic werne check up-ke.