



THE DIABETES STORY

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

- Frame 1.** THE DIABETES STORY: 'Living a healthy and long life with well-controlled Diabetes.'
- Frame 2.** HOW DO YOU FEEL? Maybe you don't feel sick from Diabetes. Maybe you feel some of these:
- Frame 3.** Feeling tired or weak
- Frame 4.** Go to the toilet a lot
- Frame 5.** Feeling thirsty all the time
- Frame 6.** Leg cramps and feeling itchy
- Frame 7.** Sores and boils that won't heal
- Frame 8.** Blurry vision
- Frame 9.** WHAT IS DIABETES? Sugar (glucose) comes from the food we eat. It gives us energy to walk around and makes us feel strong.
- Frame 10.** Food and drink goes into the stomach where some of it is broken down to sugar (glucose). The sugar (glucose) then goes into the blood.
- Frame 11.** The PANCREAS is a body part near your stomach. It makes INSULIN to help the sugar (glucose) move from your blood into your MUSCLES and give you energy. INSULIN helps to keep the amount of sugar in your blood normal. This is called your BLOOD SUGAR (GLUCOSE) LEVEL.
- Frame 12.** Diabetes is when there is too much sugar (glucose) in the blood.
- Frame 13.** The normal BLOOD SUGAR (GLUCOSE) LEVEL is between 4 and 7. This can be checked at your clinic.
- Frame 14.** WHY HAVE I GOT DIABETES? There are different types of Diabetes. Most people have TYPE 2 DIABETES.

- Frame 15.** TYPE 2 DIABETES is when the MUSCLES stop responding to the INSULIN so the sugar (glucose) stays in the blood. The PANCREAS keeps producing INSULIN but the INSULIN doesn't work.
- Frame 16.** You could get Type 2 Diabetes if someone in your family has it, if you have had diabetes while pregnant ...
- Frame 17.** if you have drunk too much grog, eaten too much rubbish food and don't do much exercise so you become overweight.
- Frame 18.** Some women get GESTATIONAL DIABETES when pregnant.
- Frame 19.** A small amount of people get TYPE 1 DIABETES. This happens when the PANCREAS suddenly stops producing INSULIN altogether. This usually happens in children and teenagers. We don't know why this happens.
- Frame 20.** WHAT COULD HAPPEN TO ME? If the BLOOD SUGAR (GLUCOSE) LEVEL stays high for a long time, your blood vessels can get blocked. This may cause:
- Frame 21.** Kidney damage
- Frame 22.** Chest pains and heart attack
- Frame 23.** Feeling numb in your feet and loss of toes, sometimes legs
- Frame 24.** and Blindness
- Frame 25.** IF YOU HAVE DIABETES OR THINK YOU MIGHT HAVE DIABETES...go to the clinic for a full check-up. There are Aboriginal Health Workers, nurses and doctors there that can help you and support you.
- Frame 26.** BUT you also need to eat GOOD TUCKER and cook healthy foods...
- Frame 27.** stop smoking and find more ways to be active everyday like fast walking and gardening.
- Frame 28.** Your Aboriginal Health Worker, nurse or doctor might ask you to take tablets or have INSULIN needles. You need to do this everyday.
- Frame 29.** Don't worry too much. You can get good treatment and change your lifestyle to stop many of these problems BUT remember to have regular check-ups at the clinic to make sure your body is healthy.