ILLUSTRATION SHEET

A: BLOOD SUGAR CONTROL - NORMAL

1 Consumption of food and drink.

2 Blood sugar increases to a greater or lesser extent depending on what we eat and drink.

3 The level of blood sugar can be measured.

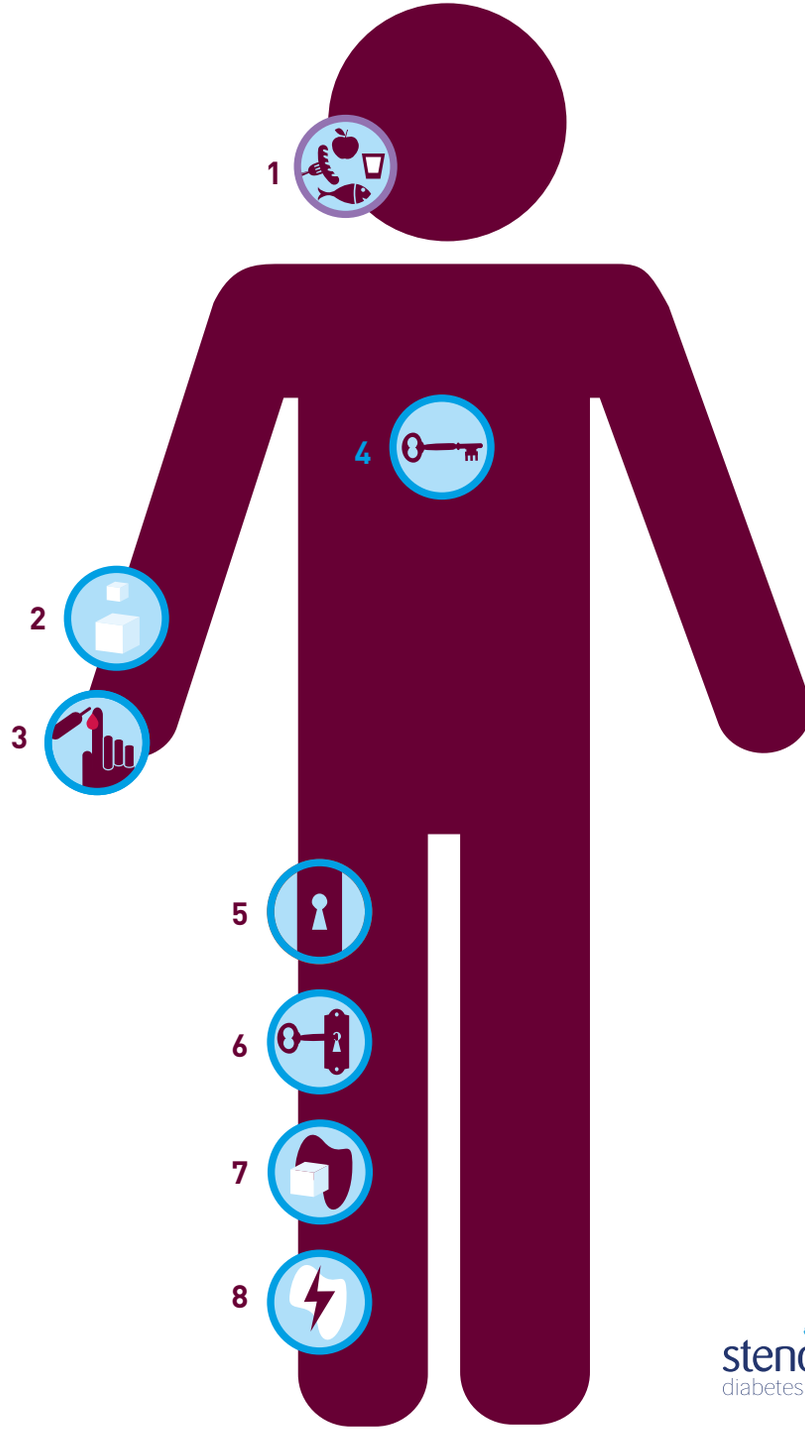
4 Insulin (= keys) is released from the pancreas into the blood as blood sugar rises.*

5 There are insulin receptor molecules (= keyholes) on the body's cells (for example muscle, fat and liver cells).

6 Insulin binds to and activates the insulin receptors.

7 Sugar can then get into the cells.

8 The cells gain energy for use for example in operating muscles, biochemical processes essential for life and heat production, or it can be stored.



* Insulin is a hormone that helps sugar pass from the blood into cells.

steno diabetes center