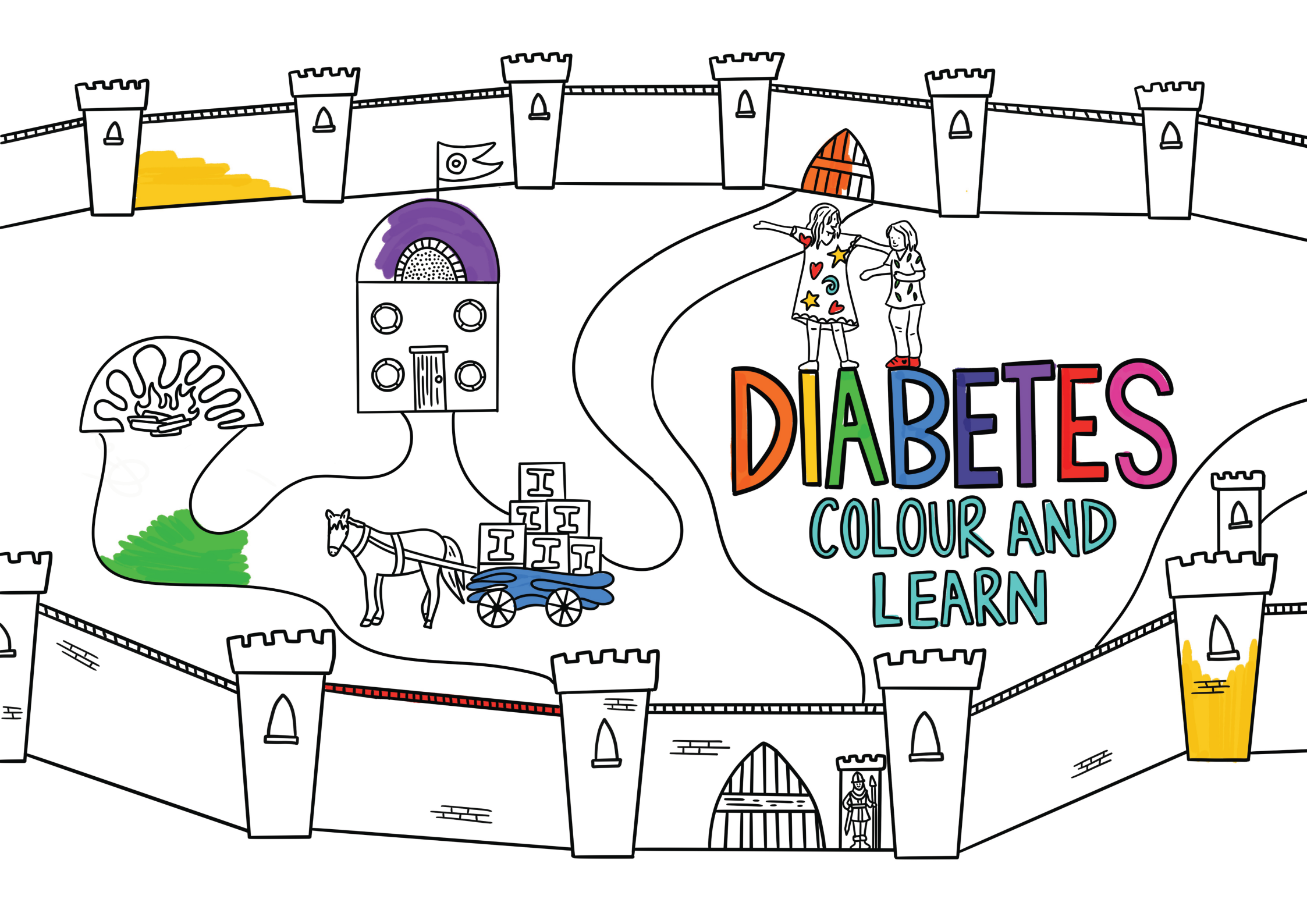
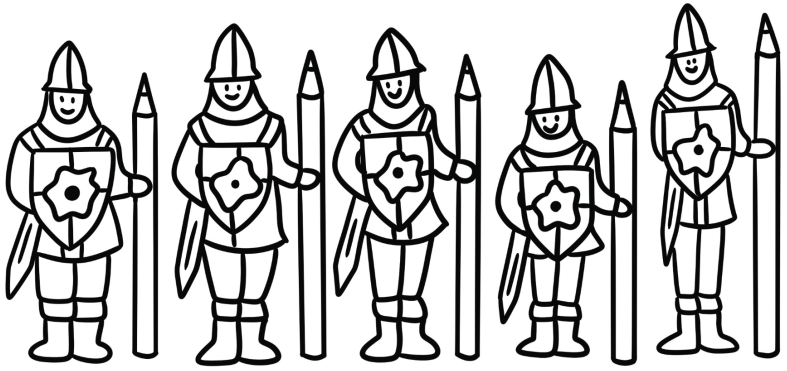

DIABETES
COLOUR AND
LEARN

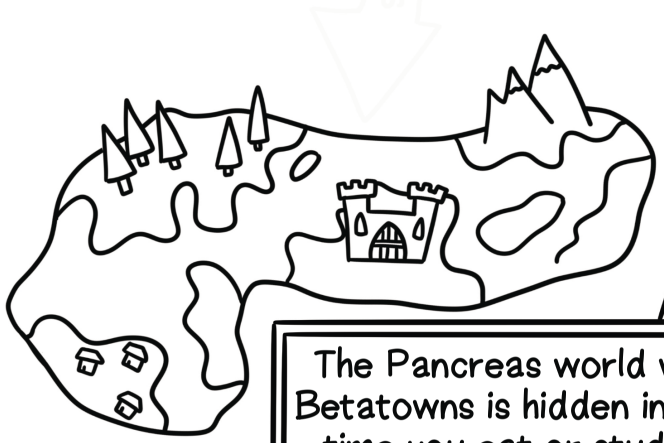
Welcome to Betatown

Deep inside your body, there is a whole world in an organ called the Pancreas with many continents in it, called Islets. And in each Islet, there is a tiny, bustling town called Betatown, dedicated to making a special magic called Insulin.

In this town, everyone has a job to do to keep the magic going, keeping you moving, jumping and staying healthy.

Grab your colours and let's colour in Betatown and help it keep its magic - insulin!



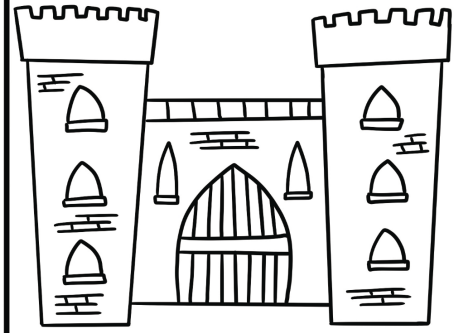


The Pancreas world with its Islets and Betatowns is hidden in your body. Every time you eat or study or play, you're sending a special message right to the heart of Betatown to keep the insulin flowing.

In diabetes, the messages can get lost or the town struggles keeping up with magic. Together with you and your family, we can keep all Betatowns strong.

With your help, the lights in Betatown will never go out.

You've got this!



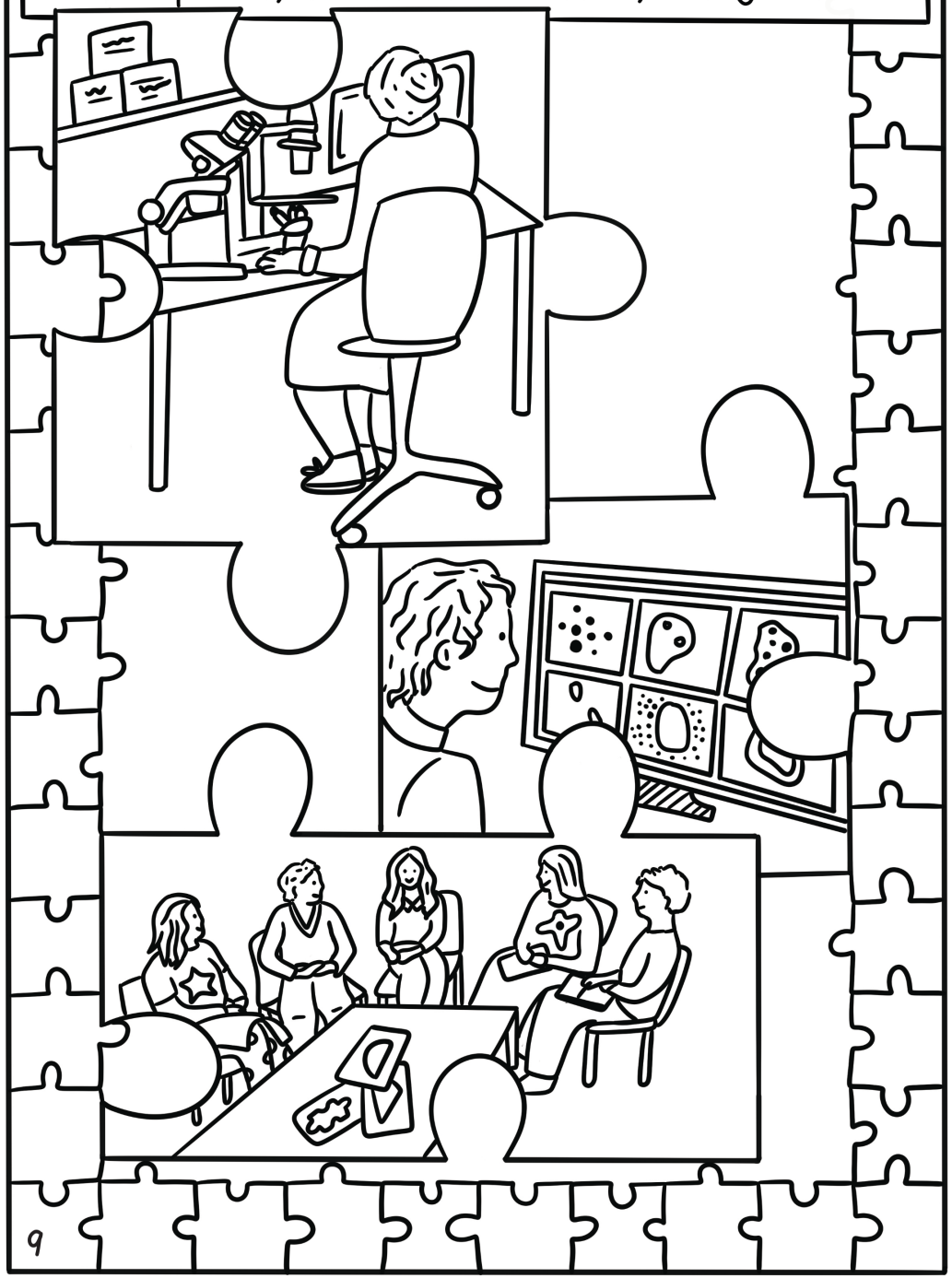
UNIVERSITY OF OXFORD

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

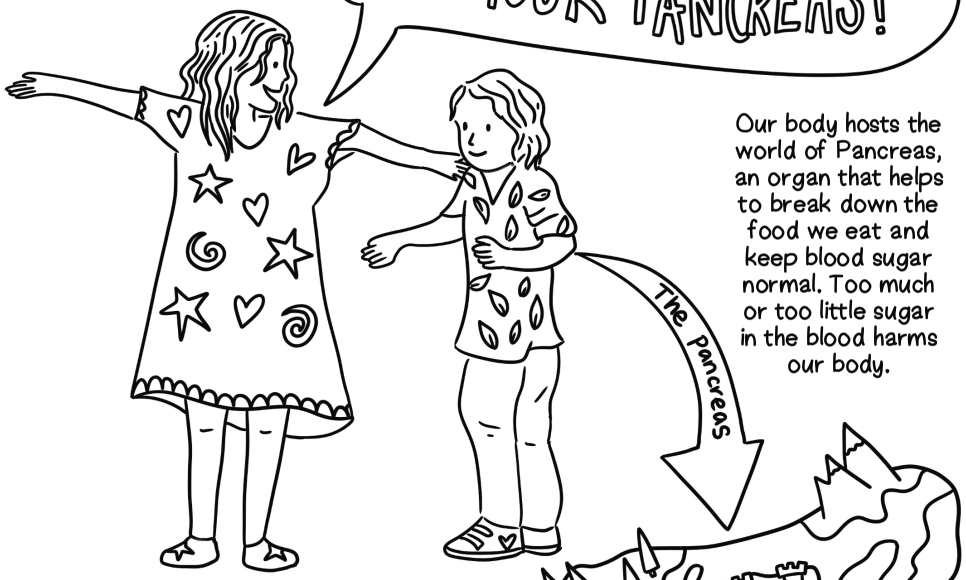
Breakthrough T1D
Formerly JDRF

Steve Morgan Foundation

When looking for a cure, we can take the town apart and assemble it back again, like a puzzle. By building back the puzzle, we can make a better, stronger town.



THERE'S A WHOLE WORLD IN YOUR PANCREAS!



Our body hosts the world of Pancreas, an organ that helps to break down the food we eat and keep blood sugar normal. Too much or too little sugar in the blood harms our body.

The Pancreas

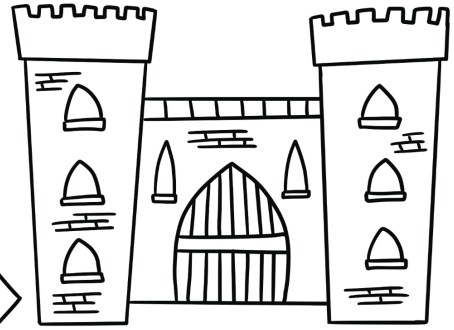


The world of Pancreas has many kingdoms called Islets, which keep blood sugar normal by making hormones such as insulin, and releasing them into the blood.

An islet

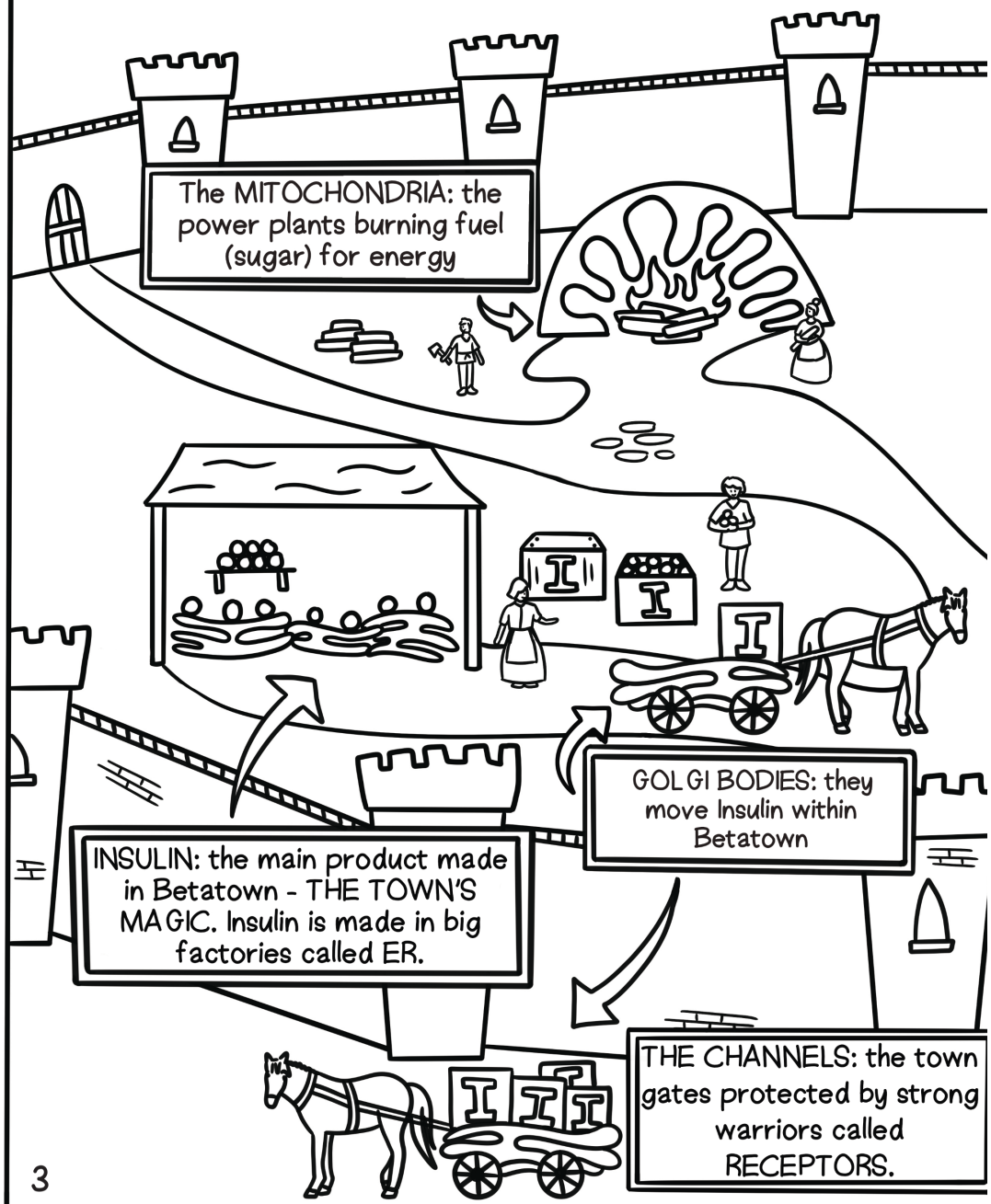


A beta cell



A beta cell is a town within the islet which makes insulin - the Betatown!
Insulin helps our body to use the blood sugar as fuel, which keeps us going, or to store it for later. Some call it a hormone and we call it magic!

INSIDE A BETA CELL

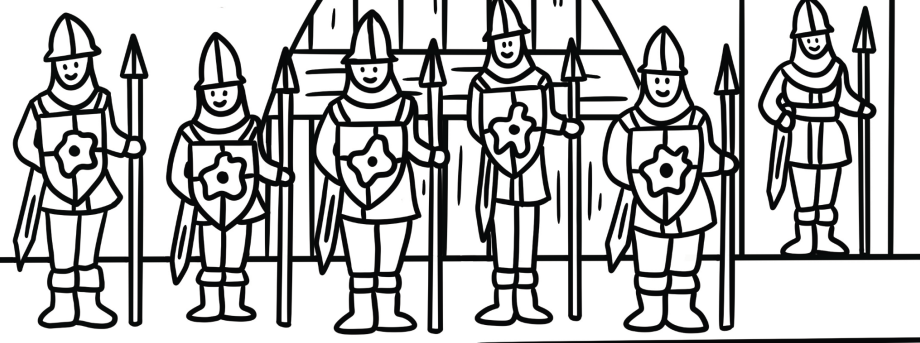


Sometimes we can also rebuild the town from scratch! Scientists are the Betatown construction team.



Protecting and rebuilding Betatown

We can fix the town's factories, roads and gates



We can train its soldiers better

We can import the building blocks the town needs



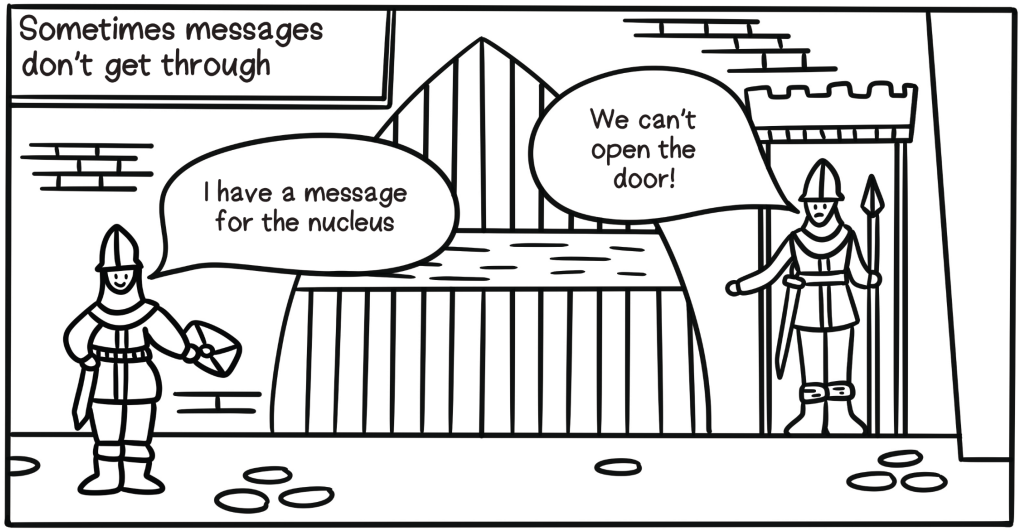
The NUCLEUS: the boss controlling what happens in Betatown

ACTIN THREADS: the town roads

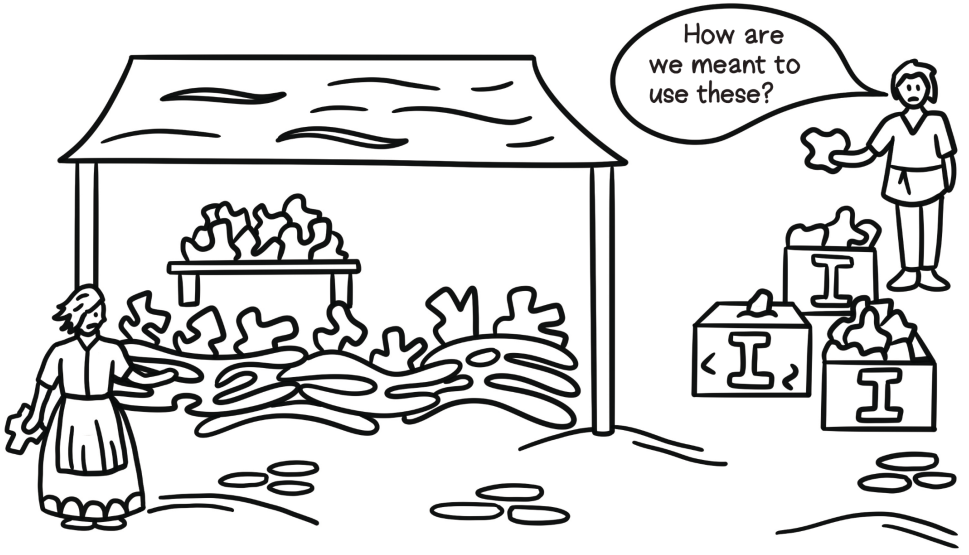
Busy-bee MESSENGERS: sending and receiving messages inside and outside the cell through the city gates.

Sometimes Betatowns deal with challenges

Sometimes messages don't get through



Sometimes the Betatown areas don't get made or are made poorly



Sometimes the town is hurt by those meant to protect it



Sometimes other kingdoms ask for more insulin and materials than the town or cell can make

