



# INSULIN, OUR HERO

A Two Play with Melodrama



## Characters Listed by Groups

(All characters may be played by either male or female student)

# 1

### **GROUP ONE:**

- Dr. Langerhans
- Melodrama-cue
- Nurse Beta
- Type 1 Patient

# 2

### **GROUP TWO:**

- Dr. Langerhans
- Melodrama-cue
- Nurse Beta
- Type 1 Patient

# 3

### **GROUP THREE:**

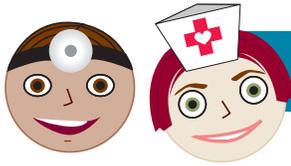
- Dr. Langerhans
- Nurse Beta
- Type 2 patient
- Melodrama-cue

# 4

### **GROUP FOUR:**

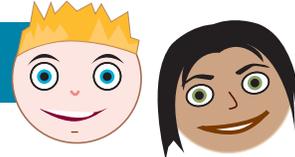
- Dr. Langerhans
- Melodrama-cue
- Nurse Beta
- Insulin
- Type 2 Patient

**STUDENT SECTION**  
**INSULIN, OUR HERO**



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A Four Act Play using Melodrama



## *Introducing Diabetes Warning Signs*



### SCENE 1 - GROUP ONE

**NURSE BETA:**

Good morning young man (young lady) and how are you doing this morning?

**TYPE 1 PATIENT:**

Good morning, Nurse Beta. Oh, I haven't been feeling very well lately. I'm always complaining and my mom is a little worried. She says that I'm not my old self! I think I've even lost weight, but I am not trying to! She calls me her skinny weenie. But my stomach is upset, you know, I feel like I'm going to throw up, and sometimes I do!

**MELO-CUE 1:** "ee-yulk!! Boo!!"

**NURSE BETA:**

Ooops! Well do you have a stomach ache now? Stomach ache equals vomit! Here is the trash can, just in case!!

**MELO-CUE 2:** "oooooooooooooh!!"

**TYPE 1 PATIENT:**

Thanks, I don't need it right now – but I will keep it handy. I promise not to try to make a mess for you here. I hope the doctor can see me right away; I'm worried.

**NURSE BETA:**

Well, I really sorry that you don't feel well. Dr. Langerhans will see you in just a moment. Please have a seat while I let him (her) know you are here. Dr. Langerhans, your first patient of the day is here to see you and I can tell its serious. They seem very worried.

**DR. LANGERHANS:**

Please send the patient in, Nurse Beta.

**MELO-CUE 3:** "Yeah!!"

**NURSE BETA:**

Dr. Langerhans is ready to see you now; please follow me.

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**DR. LANGERHANS:**

Good morning young man (young lady). Come in, take a seat, and tell me what is bothering you?

**End of Scene One**



**TYPE 1 PATIENT:**

Well Dr. Langerhans. I have just not been feeling well and I'm so tired. I've lost a lot of weight because my clothes don't fit. I don't know why. I feel sick to my stomach, and I am so thirsty – well, I think I could drink up the Gulf of Mexico!

**MELO-CUE 4:** “Glug, glug, glug, glug, glug”

**TYPE 1 PATIENT**

Oh, and Doctor, it's embarrassing, but I have to go the bathroom all the time! (Whisper) My mom calls it urinate but, I call it number one.

**DR. LANGERHANS**

Hmmm, it sounds like you have the warning signs of type 1 diabetes, and you are near the age when it can begin. I need to ask you some more questions. Can you see okay? Have you had any sores or bug bites that take a long time to heal? Do you have cramps in your muscles or are you feeling more hungry?

**TYPE 1 PATIENT**

Well, Dr. Langerhans, I do have trouble seeing the board at school and I have been a bit hungrier lately. I can finish my lunch and a short time later I'm ready to eat. Do you think you know what's wrong?

**DR. LANGERHANS**

Hmmm, you are thirsty, hungry, and need to use the restroom a lot. You are under 30 years old, and you are not overweight. It may be that you have a form of diabetes! To be sure, we need to check the level of sugar in your blood. Nurse Beta, would you please do a blood glucose screening for our young patient please?

**NURSE BETA**

Certainly, Dr. Langerhans! Now please don't confuse me with a vampire, but I will need to take some of your blood. I'm just going to take a little blood from the end of your finger.

**MELO-CUE 5:** “oooooooooooooh!!”

**NURSE BETA**

Don't be scared. Hold out your hand, please. It'll only hurt a lot, I mean, a little (nurse smirks).

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## TYPE 1 PATIENT

Is it going to hurt? I have been called cry baby before. Not that I agree, but it has been said.

## NURSE BETA

Ok now don't cry, yell, kick, nor hit me. It'll just be a little sting, then a squeeze! Now just a few seconds and this glucometer will show us your blood sugar level.

## DR. LANGERHANS

Whoa! Your blood sugar level is way over the level that it's supposed to be! I better notify the doctor right away.

## MELO-CUE 6: "Yikes!!"

## DR. LANGERHANS

I think you have diabetes all right. We will need to do other test, but for now, let's travel inside of the human body so that I can explain the disease to you

### End of Scene Two



### SCENE THREE - GROUP 3

## NURSE BETA

Good afternoon **SIR** (ma'am) and how are you today?

## TYPE 2 PATIENT

I feel great. I'm here to check on my blood tests and to learn some more about eating healthy.

## NURSE BETA

I will let Dr. Langerhans know that you are here.

## DR. LANGERHANS

Thank you, Nurse Beta. Please send our patient right in.

## NURSE BETA

Dr. Langerhans is ready to see you now; please follow me. Here's our patient, Dr. Langerhans.

## DR. LANGERHANS:

Good morning sir (ma'am). Come in, take a seat. Let's start by talking about eating a healthy diet. Then, we will take a look at your lab work to see how your blood sugar levels are doing. Did you bring your diabetes journal?

## TYPE 2 PATIENT:

Yes I did. Here it is doctor.



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**MELO-CUE 7:** “Yay!!

**DR. LANGERHANS:**

Good work. You are doing a great job by eating healthy. I like that you are drinking more water and less soda, and I also see that you are eating more fruit. Great!

**TYPE 2 PATIENT:**

Thank you, I am trying to do better. Remember when I first came to see you Dr. Langerhans. I was so scared when you told me I had diabetes!

**DR. LANGERHANS:**

I do remember when you first came to see me, you were feeling a little tired and easily upset. You felt thirsty and hungry, and had gained weight. And, you needed to go to the bathroom a lot more than you used to.

**TYPE 2 PATIENT:**

Yes, Dr. Langerhans. The only thing I thought about was when you said, “diabetes,” was my grandma who has diabetes.

**MELO-CUE 8:** “Aw”

**DR. LANGERHANS:**

Yes, I remember, and Type 2 diabetes does sometimes seem to “run” in families. Your family history, weight, and your other symptoms made me check for diabetes. And that’s what the blood work told us that day. So, let’s take a look at today’s lab work and see how you are doing.

**NURSE BETA:**

You know, your body remembers the trail that sugar leaves in your body. When blood sugars are high, sugar molecules attach to red blood cells and the red blood cells store the sugar information for months.

**DR. LANGERHANS:**

The test that we gave you will tell us your blood glucose level. The higher the level, the higher your risk is for getting sick from diabetes. It is important to remember that this does not take the place of the test you give yourself. It is the best way to see how food and exercise are affecting your diabetes. Your test looks wonderful; you are doing a good job of taking care of yourself!

**MELO-CUE 9:** Cheering, “Hooray!”

**End of Scene Three**



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## Comparing Type 1 and Type 2 diabetes



### SCENE 4 – GROUP 4



#### **TYPE 2 PATIENT:**

So how is Type 2 Diabetes is different from Type 1 Diabetes. This kid down the block from me has Type 1 Diabetes and I know he has to take shots. Will I have to take shots, too?

#### **DR. LANGERHANS:**

Type 1 patients take insulin through shots because his or her body no longer makes insulin. Type 2 patients can stay healthy through a sugar-controlled diet, weight loss, and exercise.

**MELO-CUE:** “Hooray! Our hero!!”

#### **INSULIN:**

In your body, there is not enough of me, OR there could be enough of me, but your body does not use me the right way.

**MELO-CUE 9:** “Oh, no!!”

#### **INSULIN:**

Please keep away from junk food, sodas, and sweets, a limit the amount of sugar that you eat. You should eat healthy, and exercise regularly. If you do these things, I will be able to do my job, and the diabetes will be under control!

**MELO-CUE 10:** “Hooray! Go sugar, it’s your birthday!”

#### **TYPE 2 PATIENT:**

So when I control the sugar in my diet and work to keep my weight down, I can keep my diabetes in line and help out my body!

#### **NURSE BETA:**

Yes! You see, while a Type 1 patient cannot make insulin, you, as a Type 2 patient must help your body cells do the jobs they are supposed to do.

#### **TYPE 2 PATIENT:**

It’s a lot to think about, but I will keep doing my best to keep my body working the right way.

#### **DR. LANGERHANS:**

Very good. Remember that eating healthy, playing outside, and exercise will help you live a long, normal, and happy life!!

**MELO-CUE 11:** “Hooray!”

**End of Scene Four**

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