

Diabetes Discourse

Volume 2, Issue 2

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Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

This Free Newsletter is a Vital Resource for Diabetes Prevention and for anyone Living with Diabetes

Our Vision

- Enriching lives, one person at a time

Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff.

To contact us with comments, questions or articles, phone 868) 667-2576 or e-mail: adelia@bovellcancerdiabetesfoundation.org; <http://www.bovellcancerdiabetesfoundation.org>

Disclaimer: *This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.*

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H Hope for a year full of good health
A Ability to control blood sugar levels
P Perfect numbers all year long
P Persistence to eat healthy all year round
Y Year round good blood sugar levels

New Year

The Bovell Cancer Diabetes Foundation encourages you to adopt our New Year resolution to eat healthier, become more physically active and continue to help raise awareness about diabetes prevention, management and control. We hope that 2012 will continue to be a successful year for our efforts to enrich the quality of life for people at risk for, and/or living with cancer and diabetes.


WORLD DIABETES CONGRESS



BCDF delegate (left) enjoys a light-hearted moment with International Diabetes Federation (IDF) President Professor Jean Claude Mbanya (centre) and another delegate at the Congress

The Bovell Cancer Diabetes Foundation (BCDF) presented its paper "A multifaceted,
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WORLD DIABETES DAY 2012

World Diabetes Day 12th November, 2012 marks the fourth year of a five-year focus on 'Diabetes Education and Prevention.' This year the International Diabetes Foundation (IDF) aims to focus on children and young people as the main vehicle to promote and disseminate its education and prevention messages. The campaign will highlight the importance of increasing access to diabetes education, promoting healthy environments and stopping discrimination of people with diabetes. One of the key deliverables planned is a toolkit to build awareness among children and young people that diabetes is a risk and is preventable through healthy eating and physical activity. The Bovell Cancer Diabetes Foundation plans to celebrate World Diabetes Day on 9th November, 2012 with special focus on our children. We would like to obtain your feedback on what would be useful to have as part of our celebration. 

QUESTIONS ASKED BY OTHERS

Here are some general questions asked by plenty of people. BCDF would like to share them with you. Hopefully, these questions will help you better understand some more diabetes basics. Keep reading, keep learning and keep asking!

Q: I am still not clear on alcoholic beverages. Does it make my sugar go up or down? How much can I really drink? Can I save up all my drinks for the weekend?

A: Alcohol makes the blood sugar go down if it is not combined with fruit juice, regular soda or sweet mixer (the liver stops producing sugar and is busy metabolizing the alcohol). Four oz. dry wine, a 12 oz. beer or 1½ oz. hard alcohol are considered a daily portion for all women and men over 65. Men under 65 are allowed 2 servings a day. Alcohol cannot be saved up, just as carbohydrates cannot be saved up. Always check with your doctor regarding your other health conditions as well as medications before drinking alcohol. Use

soda water with a lemon or lime on weekends to feel included after one alcoholic drink.

Q: I never sleep more than 4-6 hours a night. I am busy all day and like to hang out in the night. Does this affect my health or diabetes?

A: Yes! Sleep is extremely important in overall health and especially in diabetes control. With lack of sleep, the body produces high levels of a hormone cortisol in the blood. When blood cortisol levels are too high, insulin will not lower blood sugar. It can also cause weight gain and raise your blood pressure. Sleep deprivation can lower your immune system, which diabetes already does. Lack of sleep changes the way your body metabolizes carbohydrates and causes memory loss. Remember, your body recovers while you are asleep so we must allow it that time. Universal recommendations still remain at 8 hours per night.

Q: Can I save all my servings of carbohydrates for dinner if I skip all my carbohydrates at breakfast and lunch? That way, I can enjoy my huge plate of rice, the bread basket and cake without feeling guilty when I am out to dinner.

A: No! It does not work that way. To keep your blood sugar in control you need to eat your carbohydrates (2-4 servings per meal). Skipping carbohydrates during the day will lead to low blood sugar; and saving them for a later meal will make blood sugars climb sky high.

Q: It is my birthday next week and I already have anxiety and frustration. My family will give me attitude if I want to order a cake with ice cream to celebrate. It just makes me feel worse and I want to cheat more. How should I handle this?

A: You can enjoy your treats at times without feeling guilty. Sugar is sugar and you could eat a piece of bread or cake and ice cream and the body cannot tell the difference – all are still carbohydrates, which turns to 100% sugar. Eat lean protein and vegetables in your meal, watch the amounts, and celebrate in style. The sweets have no nutritional value but are fun to eat on occasion. Again, watch portion sizes. The ice cream may even keep the blood sugar from spiking quickly due to the fat content.

SMALL GROUP WORKSHOP



On Thursday 5th January, 2012, the Bovell Cancer Diabetes Foundation hosted the first of its 2012 series of small group workshops at the Belle Garden Community Centre. The workshop entitled *"Pre-diabetes, self blood glucose monitoring: Preventing & managing diabetes"* was designed for people diagnosed with diabetes, those with pre-diabetes and those at risk for diabetes. This particular workshop was a necessary follow-up to information received at our recently concluded *"Diabetes in the Limelight Jamboree"* held 11th November, 2011. The objective of the workshop was to educate participants about pre-diabetes and self-monitoring blood glucose (SMBG) to support effective, appropriate and responsible action – that is, make appropriate lifestyle and/or treatment changes to prevent and manage diabetes and its complications. The 15 workshop participants were introduced to interactive sessions on pre-diabetes, nutrition and diabetes, self monitoring blood glucose (SMBG) and a 'hands-on' session on how to use blood glucose machines. Enhancers and barriers to diabetes prevention, education and management were also discussed. Four participants told their stories about living courageously with diabetes for 50, 42, 16 and 14 years. The Bovell Cancer Diabetes Foundation wishes to thank the workshop faculty, especially the nurses (Nurse Davis, Roxborough Health Centre and Nurse Andrews, Belle Garden Health Centre), the participants and the Administrator and staff of the Belle Garden Telecentre.

...From page 1 structured diabetes education and prevention program in rural Tobago: Progress and challenges" at the World Diabetes Congress held in Dubai, United Arab Emirates from 4-8th December, 2011. The Congress had 15,000 delegates from 176 countries, 328 diabetes associations from 164 countries, 391 invited speakers from 64 countries, 151 journalists from 29 countries and 70 companies exhibited products. Two delegates from BCDF attended the Congress, met with the experts firsthand, and networked. The knowledge and experience gained from our attendance will be passed on to the people of Tobago.



A Snapshot of BCDF's Poster P-1599 displayed on the walls of the World Diabetes Congress (4-8th December, 2011)

MANAGING YOUR BLOOD GLUCOSE

What is blood glucose?

Blood glucose (sugar) is the amount of glucose in your blood at a given time.

Why should you check your blood glucose levels?

Checking your blood glucose levels will:

- ◆ Provide a quick measurement of your blood glucose level at a given time
- ◆ Determine if you have a high or low blood glucose level at a given time
- ◆ Show you how your lifestyle and medication affect your blood glucose levels
- ◆ Help you, your doctor and nurses to make changes to your lifestyle and medication that will improve your blood glucose levels

How do you test your blood glucose levels?

A blood glucose machine is used to test your blood glucose at home. These machines can be purchased at the Bovell Cancer Diabetes Foundation (BCDF). Once you purchase a machine, make sure you receive the proper training from BCDF before you begin to use it. Ask BCDF about:

- ◆ The size of the drop of blood needed
- ◆ The type of blood glucose strips to use
- ◆ How to clean the meter
- ◆ How to check if the meter is accurate; and, how to code your machine if it needs coding.

How do you keep your blood glucose levels within their target range?

If you have diabetes, you should try to keep your blood glucose as close to target range as possible. This will help to delay or prevent complications of diabetes. Maintain healthy eating habits and an active lifestyle, and take your medication, if necessary. This will help you keep your blood glucose levels within target range. Target ranges for blood glucose can vary. It depends on a person's age, medical condition and other risk factors. Targets for pregnant women and children 12

years of age and under are different. Ask your doctor what your levels should be.

Managing your blood glucose during illness

When you are sick, your blood glucose levels may go up and down and be unpredictable. During these times, it is a good idea to test your blood glucose levels every two to four hours. It is also very important that you continue to take your diabetes medication. If you have a cold or flu and are considering using a cold remedy or cough syrup, ask your pharmacist to help you make a good choice. Many cold remedies and cough syrups contain sugar; try to choose a sugar-free product.

When you are sick it is **very important** that you:

- ◆ Drink plenty of extra water; try to avoid coffee, tea and colas as they contain caffeine, which may cause you to lose more fluids
- ◆ Replace solid food with fluids that contain glucose, if you cannot eat according to your usual meal plan
- ◆ Try to consume 15 grams of carbohydrate every hour
- ◆ Call your doctor or go to Casualty if you vomit and/or have had diarrhea two times or more in four hours
- ◆ If you are on insulin, be sure to continue taking it while you are sick. Check with your doctor regarding guidelines for insulin adjustment during illness; rest.

Taken from: <http://www.diabetes.ca/diabetes-and-you/living/management/manage-glucose/>

FOR SALE: Blood glucose machine and strips!!!!!!! Contact the Bovell Cancer Diabetes Foundation for your machine and strips at a VERY low cost. Get free 'hands-on' training on your machine with purchase.



BIG DISCOUNT!



CHILDREN'S CORNER

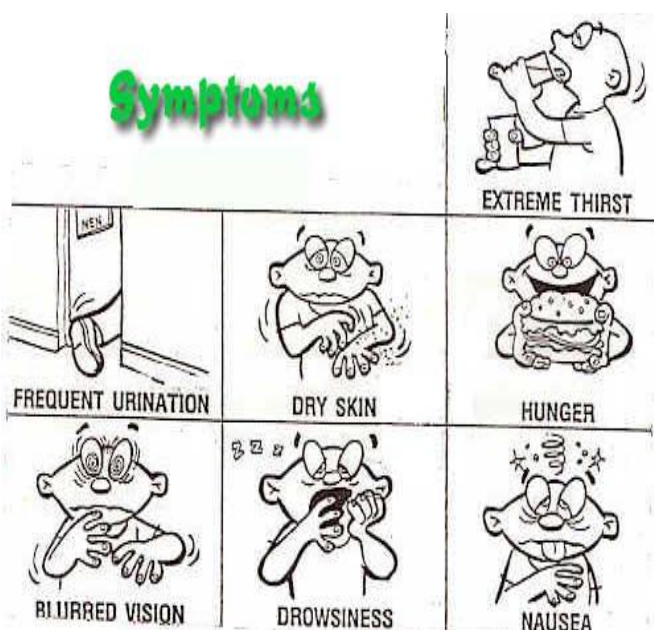
The Diabetes Story

Diabetes, also called 'sugar' is a disease that affects how the body uses **glucose**, the main type of sugar in the blood. Glucose comes from the foods we eat and is the major source of energy needed to fuel the body's functions. After you eat a meal, your body breaks down the foods you eat into **glucose** and other **nutrients**, which are then absorbed into the blood. The **glucose level** in the blood rises after a meal and triggers the **pancreas** to make the hormone **insulin** and release it into the blood. But in people with diabetes, the body either cannot make or respond to insulin properly. **Insulin** works like a key that opens the doors to cells and allows the **glucose** in. Without **insulin**, **glucose** cannot get into the cells (the doors are "locked" and there is no key) and so it stays in the blood. As a result, the level of sugar in the blood remains higher than normal.

Hyperglycemia (High Blood Sugar)

CAUSES:	Too much food, too little insulin, illness or stress.
BLOOD SUGAR:	Above 200 mg/dL. Normal: 70-120 mg/dL
WHAT CAN YOU DO?	Test blood sugar, if over 250mg/dL, call your doctor!

Symptoms



Hypoglycemia (Low Blood Sugar)

CAUSES:	Too little food or skip a meal, too much insulin or diabetes medicine, or more exercise than usual.
BLOOD SUGAR:	Below 70 mg/dL. Normal: 70-120 mg/dL
WHAT CAN YOU DO?	Drink a cup of orange juice or milk or eat several hard candies Test blood sugar within 30 minutes after symptoms go away, eat a snack e.g. a glass of milk and a sandwich Contact your doctor if symptoms do not stop

Symptoms



Unscramble these words:

egulsoc _____ yegnre _____

nisnilu _____ spnarcae _____

ahympreceygl _____

YOUR STORY



Would you like to make a difference in the fight against diabetes? By sharing your story for publication in Diabetes Discourse, you can make a difference. Your words can help lead the fight against diabetes by inspiring others to get checked now. What is your story? We would love to hear your story. We will keep your name confidential, unless you decide you would like us to share it with others like you. Please write to us or give us a telephone call.



NOT ALL BODY FAT IS CREATED EQUAL

The biggest risk factor for [developing diabetes](#) is being overweight, but not all body fat is created equal. Your risk is higher if you tend to carry your weight around your abdomen - the so-called "spare tyre"—as opposed to your hips and thighs. So why are "apple" shaped people more at risk than "pears"? "Pears" store most of their fat close below the skin. "Apples" store their weight around their middle, much of it deep within the belly surrounding their abdominal organs and liver. This type of deep fat is closely linked to [insulin resistance](#) and [diabetes](#). In fact, many studies show that waist size is a good predictor of diabetes risk.

[You are at an increased risk for diabetes if you are:](#)

- ◆ A woman with a waist circumference of 35 inches or more

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DIABETES HUMOUR

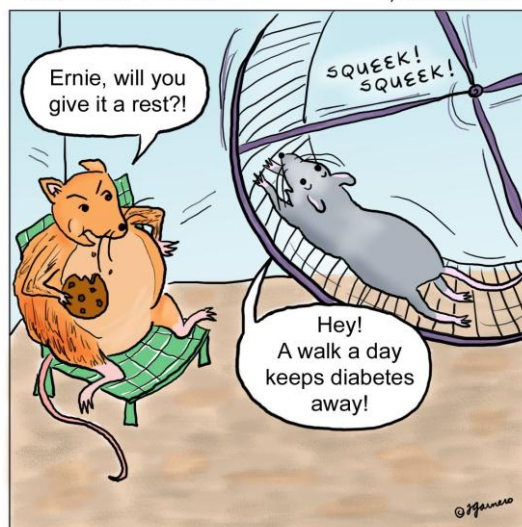
Islets of Humor

by Theresa Garnera



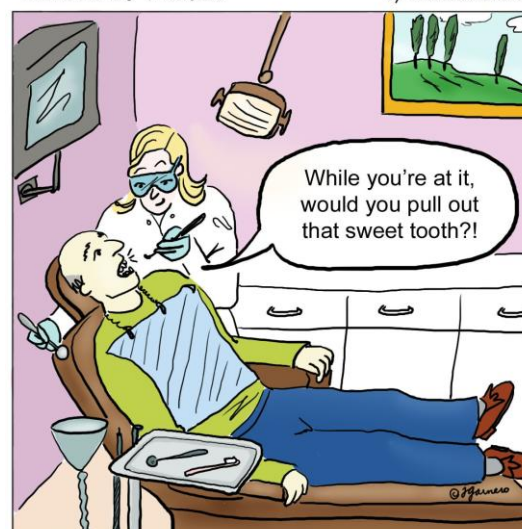
Islets of Humor

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Islets of Humor

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- ◆ A man with a waist circumference of 40 inches or more

To measure your waist circumference

Place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug (but does not compress your skin) and that it is parallel to the floor. Relax, exhale, and measure your waist.

Healthy and Unhealthy fats

Carbohydrate gets all of the attention in diabetes management. How much total fat you eat depends on many factors but more important than total fat is the **type** of fat you eat. There are healthy and unhealthy fats.

Saturated Fat

Why should you eat less saturated fat? Because saturated fat raises blood cholesterol levels. High blood cholesterol is a risk factor for heart disease. People with diabetes are at high risk for **heart disease** and limiting your saturated fat can help lower your risk of having a heart attack or stroke.

Foods containing saturated fat include:

- ◆ High-fat dairy products such as full-fat cheese, ice cream, whole milk, 2% milk
- ◆ High-fat meats like regular ground beef, bologna, hot dogs, sausage, bacon
- ◆ Lard, butter, coconut and coconut oil
- ◆ Poultry (chicken and turkey) skin

One of the important diabetes nutrition guidelines is to eat less than 7% of calories from saturated fat. For most people, eating this is about 15 grams of saturated fat per day. That is not much when you consider just one ounce of cheese can have 8 g of saturated fat. Many adults, especially women or sedentary men, may need less. Saturated fat grams are listed on the label under total fat. As a general rule, compare foods with less saturated fat. Foods with 1 gram or less saturated fat per serving are considered low in saturated fat.

Trans Fat

Trans fat tends to increase blood cholesterol levels. It is actually worse for you than saturated fat. For a heart-healthy diet, eat as little *trans* fat as possible by avoiding all foods that contain it. *Trans* fats are produced when liquid oil is made into a solid fat. This process is called hydrogenation. *Trans* fats

are listed on the label, making it easier to identify these foods. If you want to avoid as much *trans* fat as possible, you must read the ingredient list on food labels. Look for words like hydrogenated or partially hydrogenated oil. Select foods that either do not contain hydrogenated oil or where a liquid oil is listed first in the ingredient list. Sources of *trans* fat include: processed foods like snacks (crackers and chips) and baked goods (muffins, cookies and cakes), stick margarines, shortening, and some fast food items such as French fries.


Ways to reduce unhealthy fats and add healthy fats:

- ◆ Trim any visible fat off meat before cooking; and remove the skin before cooking chicken and turkey
- ◆ Instead of corn curls, try snacking on nuts or seeds. Add them to your morning cereal or have a little for a filling snack.
- ◆ Instead of frying, choose to grill, broil, bake or stir-fry.
- ◆ Serve fish 2 or 3 times week instead of red meat or poultry
- ◆ Add zaboca to your sandwiches instead of cheese

Cholesterol

The body makes some of the cholesterol in our blood. The rest comes from foods we eat. Foods from animals are sources of dietary cholesterol. Cholesterol from the food we eat may increase our blood cholesterol, so it is a good idea to eat less than 200 mg per day.

Sources of cholesterol include:

- ◆ High-fat dairy products (whole or 2% milk, full-fat cheese etc.)
- ◆ Egg yolks
- ◆ Liver and other organ meats
- ◆ High-fat meat and poultry skin 

Taken from: <http://www.helpguide.org>

QUARTERLY QUESTIONS

Q: What special activity would you like BCDF to do for the children in the 2012 World Diabetes Day campaign? This year the focus is on children and youth.

Q: BCDF wants to know, how does diabetes affect your family?

BCDF 2012 RAINBOW CALENDAR OF EVENTS

January - December, 2012	Life for a Child Project Patterned after the International Diabetes Federation's program, this project meets the immediate needs (testing strips, assistance and support for doctors' visits, monitoring and education) of a child with diabetes.
5th January, 2012	Small Group Workshops-[Completed] Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes.
9th January, 2012	Application for First Quarter Funding Deadline [Completed] Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
February, 2012	Diabetes Discourse [Completed] Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
16th April, 2012	Application for Second Quarter Funding Deadline
May, 2012	Diabetes Discourse
13th – 14th June, 2012	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes.
16th July, 2012	Application for Third Quarter Funding Deadline
August, 2012	Diabetes Discourse
15th October, 2012	Application for Fourth Quarter Funding Deadline
October - November, 2012	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its fourth annual primary school poster competition for the occasion of World Diabetes Day 2012.
November, 2012	Diabetes Discourse
3rd November, 2012	BCDF Annual Fundraiser BCDF flagship event (<i>'All You Can Eat' Fish Broth Dinner</i>) will take place at the Eastside Pan Theater, Belle Garden, Tobago.
9th November, 2012	Fourth Diabetes in the Limelight Jamboree BCDF will join the World Diabetes Day campaign with the emphasis on diabetes education and prevention