

Diabetes Discourse

Volume 3, Issue 2

February, 2013

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.

Volunteers!

The HEART of the COMMUNITY

The Board of Directors of the Bovell Cancer Diabetes Foundation wishes to thank all the volunteers, sponsors and supporters who took part in its 'All You Can Eat' Fish Broth Dinner' and fourth 'Diabetes in the Limelight Jamboree' held on 5 and 9th November, 2012, respectively.

THANK YOU!!

Mary Boucher-Hercules, Keturah Marcelle-Fraser, Lisa Horsford, Simona Jackson, Jill Harris-Hill, Orville and Lestelle Moore, Sharon Moore, Tulani Murphy, Sherricka Simington, Ava children, Kenrick Andrews, Esla Davidson, Eastlyn McKenzie, Elaine Bromfield, Heather Dickenson, Frank and Kathy Moyer, Paul and Eileen Kelly, Faustina Osborne, Frank Nason, Desmond Mortley, Norma Dawkins, Kenneth & Elizabeth Reed, Jason Bovell, Tony Adebe, Jo Valentine, Ronald Rodney, Leslie Garbar, Nurse Davis, Angela Williams, Janelle O'Brien, Anne Allick, Collis Hazel, Carol Baptiste, Jalal Shaker, Margaret Prescod, Andy and Dianne Chapman, Leary Cunningham, Esam Bakheit, Watson and Joycelyn Parks, Go to page 3

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Thank You! Thank You!

The Board of Directors of BCDF proudly thanks these companies and organisations for their donations and support to our “4th Annual Diabetes in the Limelight Jamboree” held 9th November, 2012. The support of these ‘corporate’ partners enabled BCDF to provide diabetes awareness and related-screening to roughly 300 participants at no cost. Thanks to their generosity and commitment, we were able to provide the most up-to-date information and resources to people at risk or affected by diabetes. This year, 2013, we continue with our structured diabetes education program.



Tip Top Fashions

Horizon Books, Inc.




Roxborough Police Youth Club



Andy's Expert Tailoring, Inc

Liberia Waterside Market, LLC

Bovell Cancer Diabetes Foundation sincerely hopes that you will continue to support us as we fight to “stamp out diabetes” in Tobago and Trinidad. 

PREVENTION TIPS FOR 2013

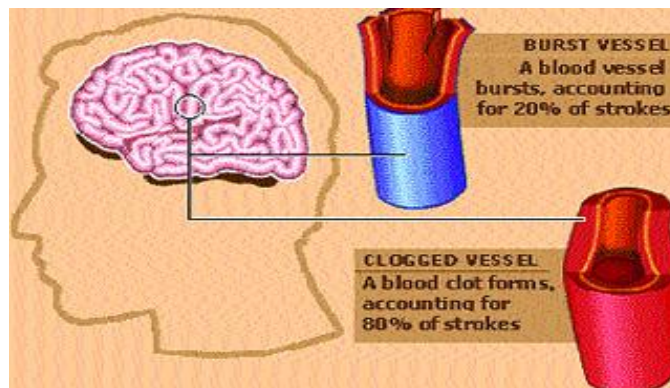


Image taken from: <http://www.trinidadexpress.com>

According to the WHO data published in 2011, in Trinidad and Tobago:

- ◆ Coronary heart disease (CHD) deaths reached 1,682 or 19.2% of total deaths, and our country's age-adjusted death rate of 145.7/100,000 of population ranks us **#53 in the world**; 192 countries in the world according to the United Nations
- ◆ Deaths from complications of diabetes mellitus reached 1,383 or 15.8% of total deaths, and our age-adjusted death rate of 118.4/100,000 of population ranks us **#2 in the world**;
- ◆ Stroke deaths reached 907 or 10.34% of total deaths, and our age-adjusted death rate of 79.7/100,000 of population ranks us **#111 in the world**;
- ◆ Hypertension deaths reached 410 or 4.7% of total deaths and our age-adjusted death rate of 35.60/100,000 of population ranks us **#56 in the world**.

In every case our ranking is too high. We must turn to the more productive way of handling this - **PREVENTION**. Trends including diabetes, CHD, hypertension and obesity continue to grow in our nation. Data from our recently concluded Jamboree (November, 2012) indicated that of the 79 persons whose BMI got measured in our extended weight clinic booth,

most were overweight and obese. See the table below. There are three classes of obesity ranging from obese to extreme obesity. **Table 1. Weight status of Males and Females**

	Healthy Weight (%)	Overweight (%)	Obese I (%)	Obese II (%)	Obese III (%)
Female	21.6	17	27	10	21
Male	22.4	43	14	7	4

In this season of self-denial and reflection, it is very important that we reflect on our diabetes status in our nation and get involved in prevention strategies, especially young people. As a way to increase your self-knowledge and prevent these conditions, consider some of these examinations:

- ◆ **Complete History and Physical (age 20-45)** - If all is well, this should be done every 5 years; but after the age of 45 - or when you have diabetes - it should be performed yearly. Check with your doctor if an EKG and/or a chest X-ray are also required. **Doctors are at our Jamboree free of cost or contact us.**
- ◆ **Hearing Exam** - 30% of those over 60 have significant hearing loss. People with diabetes have increased risk of hearing loss and rarely get checked. **This will be offered at our next Jamboree at no cost.**
- ◆ **Eye Exam** - For those who have diabetes this is required yearly. The eye exam should include a dilatation so that the retinal area is visualized. Retinopathy, a leading complication in diabetes, may not have symptoms until significant bleeding has taken place. A check for cataracts, glaucoma and macular degeneration should be performed as well when the patient is older or has a family history. These conditions are more common with diabetes. **Vision test is offered yearly at our Jamboree by Express Optical at no cost.**
- ◆ **Dental Exam** - The mouth and gums can offer you and the dentist lots of information about your overall health. Gum disease is associated with out of control blood sugars. Tooth decay continues throughout life and an oral cancer screening should be done. Try to

Volunteers – From page 1

Alphonso and Vivian Seke-Horton. See our next issue for more volunteers and supporters. We Need support and volunteers to continue the fight.



**Help us
stamp out
diabetes in
our nation
– donate
to BCDF**

have a check up at least every 6 months. **Our Jamboree offers one checkup at no cost by Dr. Angela Williams.**

- ◆ **Skin Exam** - Some internists will do this exam but many times a dermatologist is needed; this should include a complete body check of all moles. Melanoma is the deadliest form of skin cancer and basal or squamous cell are very common especially when you have been exposed to the sun.
- ◆ **Blood Work** - Your doctor will be in charge, but you should follow up with the results, understand the results, and keep a copy for future use. The blood tests should at least include a complete blood count, an A₁C (every 3-4 months), a fasting glucose, a lipid profile for cholesterol, liver enzymes, possibly a C-reactive protein (CRP), which can be useful in predicting cardiovascular disease; and a thyroid check, especially women over 50 years. Thyroid disease is extremely common with diabetes. At the Jamboree, the doctors usually give some referrals,

which BCDF follow-up with individuals.

- ◆ **Blood Pressure Check** - consider a blood pressure machine for home use since hypertension is very common with diabetes. Think about bringing your numbers to the doctor to compare readings and remember your goal is always 130/80 or less. It is difficult to prescribe blood medication based on one reading in the doctor's office and most people with diabetes are on these medications. **BCDF provides machines and training at low cost, contact us. Free blood pressure readings are given at our Jamboree.**
- ◆ **Bone Density Test** - Depending on your age, race, family history, physical size, alcohol or smoking history, you may be at risk for osteoporosis and it is not only a woman's disease. **Discuss calcium intake with a nutritionist at BCDF.**
- ◆ **Mammograms, Pap smear, Pelvic and Rectal Exam** - Guidelines keep changing, so discuss your personal situation with your doctor or if you need assistance contact BCDF.
- ◆ **Prostate/Rectal Exam** - Men over 50 or men who have a family history should get checked at age 40. The rectal exam should include a fecal occult blood test.
- ◆ **Colonoscopy** - Current guidelines suggest age 50 for the first test. Depending on the results anywhere between 3-10 years as a follow up. If you have a family history the guidelines suggest a test at an earlier age. It is one of the most common cancers for both men and women. The cure rate for colon cancer is 90% when caught in the early stages by this test.
- ◆ **Contact BCDF for help with these preventive steps. See our contacts below.**
- ◆ **We can be reached at 667-2576/e-mail bovellcancerdiabetesfoundation@gmail.com or ask us a question on our Facebook**



CHRONIC STRESS RAISES DIABETES RISK

A new study is showing another potential health effect of too much stress: a higher risk of diabetes for men. The study, conducted by researchers at the Sahlgrenska Academy at the University of Gothenburg, showed an association between reporting permanent stress -- as opposed to reporting no stress, or only periodic stress -- and an increased risk of diabetes. The research, published in the journal *Diabetic Medicine*, included around 7,000 men with no diabetes, heart disease or stroke history, who were born in Gothenburg, Sweden. Researchers tracked if the men went on to develop diabetes, based on their hospital and death records. At the beginning of the study, 15.5% of the men reported having "permanent stress" at home or work, based on their responses to a six-point scale. After 35 years, the researchers found that those who reported permanent stress were 45% more likely to develop Type 2 diabetes, compared with those only reporting periodic stress or no stress. This is even after the researchers took into account other known diabetes risk factors, such as high blood pressure, age and exercise level. The findings are very important as health professionals, NGOs and governments grapple with slowing the increasing diabetes rate.



STAY HYDRATED AND PROTECT YOUR HEART!

Researchers at Loma Linda University in California found that subjects who drink five or more glasses of water/day have 50% less the risk of fatal coronary heart disease compared with those who drink less than two glasses of water/day. Researchers say when people drink water it is absorbed quickly and easily into the bloodstream and thins the blood -- helping to prevent artery-clogging clots. Other liquids require digestion, which may require fluids to move from the blood into the gut -- creating a blood-thickening effect.



PHYSICAL ACTIVITY & EXERCISE FOR HEALTHY LIVING



Regular physical activity is one of the most important things you can do to manage and live well with your diabetes.

Did you know?

- ◆ Low physical fitness is as strong a risk factor for mortality as smoking
- ◆ Fitness level is one of the strongest forecaster of all-cause mortality in people who have diabetes
- ◆ Physical activity can be as powerful as glucose-lowering medication...with fewer side effects
- ◆ Regular physical activity, combined with healthy eating and weight control, can reduce diabetes incidence by 60%
- ◆ Becoming physically active can be challenging, and many people will need help starting an exercise routine, and achieving healthy goals. This information will help you get started.
- ◆ **Increase physical activity in your day and reduce sedentary time.** Choose active options when you can, such as walking instead of using a car. Include more activities that you may already do, such as gardening. Limit TV or recreational computer use to no more than 2 hours per day and reduce, or break up the time you spend sitting.
- ◆ **Begin regular physical activity.** At least every second day, do activities like: brisk walking, cycling or swimming, for at least 10 minutes at a time. Each week

- ◆ a time. Each week, add 5 minutes to every activity session you do.
- ◆ If you need help and/or advice on how to become physically active, you can ask your doctor or BCDF for support that is right for you.

Source: Canadian Diabetes Association



How does maintaining a healthy body weight help people with diabetes stay healthy?

Most people newly diagnosed with type 2 diabetes are overweight. Excess weight, particularly in the abdomen, makes it difficult for cells to respond to insulin, resulting in high blood glucose. Often, people with type 2 diabetes are able to lower their blood glucose by losing weight and increasing physical activity. Losing weight also helps lower the risk for other health problems that especially affect people with diabetes, such as cardiovascular disease.



How does maintaining a healthy blood pressure level help people with diabetes stay healthy?

About 70% of adults with diabetes have high blood pressure or use medications to reduce high blood pressure. Maintaining normal blood pressure (less than 130/80 mm Hg) helps to prevent damage to the eyes, kidneys, heart, and blood vessels. Blood pressure measurements are written like a fraction, with the two numbers separated by a slash. The first number represents the pressure in your blood vessels when your heart beats (systolic pressure); the second number represents the pressure in the vessels when your heart is at rest (diastolic pressure). In general, for every 10 mm Hg reduction in systolic blood pressure (the first number in the fraction), the risk for any complication related to diabetes is reduced by 12%. Maintaining normal blood pressure

control can reduce the risk of eye, kidney and nerve disease by approximately 33%, and the risk of heart disease and stroke (CHD) by approximately 33% to 50%. Healthy eating, medications, and physical activity can help you bring high blood pressure down.



How does keeping healthy cholesterol levels help people with diabetes stay healthy?

Several things, including having diabetes, can make your blood cholesterol level too high. When cholesterol is too high, the insides of large blood vessels become narrowed, even clogged, which can lead to heart disease and stroke, the biggest health problems for people with diabetes. Maintaining normal cholesterol levels will help prevent these diseases and can help prevent circulation problems—an issue for people with diabetes. Have your cholesterol checked at least once a year. Total cholesterol should be less than 200; LDL (“bad” cholesterol) should be less than 100; HDL (“good” cholesterol) should be more than 40 in men and more than 50 in women; and triglycerides should be less than 150. Healthy eating, medications, and physical activity can help you reach your cholesterol targets. Keeping cholesterol levels under control can reduce the risk of cardiovascular complications of diabetes by 20% to 50%.



How does exercise help people with diabetes stay healthy?

Physical activity can help you control your blood glucose, weight, and blood pressure, as well as raise your “good” cholesterol and lower your “bad” cholesterol. It also can help prevent heart and blood flow problems. Moderate-intensity physical activity for at least 30 minutes on 5 or more days of the week is recommended. Talk to your health doctor about a safe exercise plan. He/she may check your heart and feet to be sure you have no special problems. If you have high blood

pressure, eye, or foot problems you may need to avoid some kinds of exercise.



How does quitting smoking help people with diabetes stay healthy?

Smoking puts people with diabetes at particular risk. Smoking raises your blood glucose, cholesterol, and blood pressure, all of which people with diabetes need to be especially concerned about. When you have diabetes and use tobacco, the risk of heart and blood vessel problems is even greater. If you quit smoking, you'll lower your risk for heart attack, stroke, nerve disease, kidney disease, and oral disease.



REVISITING FOOT PROBLEMS



Take extra care of your feet to prevent injuries

Circulation problems, nerve damage and infections can cause serious foot problems for people with diabetes.

There is a lot you can do to prevent problems with your feet. Controlling your blood glucose and not smoking can help protect your feet. You can also take some simple safeguards each day to care for and protect your feet. Over half of diabetes-related amputations can be prevented with regular exams and patient education. It is helpful to understand why foot problems happen. Nerve damage can cause you to lose feeling in your feet. Sometimes nerve damage can deform or misshape your feet, causing pressure points that can turn into blisters, sores, or ulcers. Poor circulation can make these injuries slow to heal.

Signs of Foot Problems

Your feet may tingle, burn, or hurt. You may not be able to feel touch, heat, or cold very well. The shape of your feet can change over time. There may even be changes in the color

Some people lose hair on their toes, feet, and lower legs. The skin on your feet may be dry and cracked. Toenails may turn thick and yellow. Fungus infections can grow between your toes. Blisters, sores, ulcers, infected corns, and ingrown toenails need to be seen by your health care provider or foot doctor (podiatrist) right away.



**Get your
doctor
provider to
check your
feet at least 4
times a year**



**Be sure to
dry between
your toes**

**Treat corns and
calluses gently**

**Trim your toenails
carefully**



**Check your feet
each day**

**Wash your feet
daily**

<http://www.cdc.gov/diabetes/pubs/tcyd/foot.htm>

DIGITAL PHOTO CONTEST

We are looking for striking digital images of the "Tobago King of the Woods" - (the *Blue Crowned Mot Mot*), one of the most beautiful birds in this world, which lives in the forests of Tobago. The Bovell Cancer Diabetes Foundation (BCDF) invites you to enter its Photo Competition. You must read the following rules, terms and legal conditions. You must read the following rules, terms and legal conditions before submitting any photos!

To submit a photo – submit digitally to: bovellcancerdiabetesfoundation@gmail.com

Submit your name and e-mail address (for contact if you are selected as a finalist), and agree to the complete contest rules before submitting your entry.

Types of files - Submissions should be 2,000 x 2,000 pixels or greater. The file size may not exceed three megabytes (3 MB). Submissions should be in a JPEG file format (.jpg or .jpeg).

Number of photos to submit - You may submit ONE photograph to the contest. Slight digital adjustments of color, contrast and exposure are allowed, as is cropping. Photos that have been heavily digitally altered and/or digital composites will be disqualified.

Selection - Only entrants whose photos are selected as finalists and winners will be notified by e-mail. The winning and finalist photos will be posted on the BCDF website.

What should I include in my photo?

The contest aims to raise awareness of diabetes prevention messages delivered by our mascot Festus, Tobago King of the Woods. Any photos depicting the Tobago King of the Woods would be welcome.

Photographs submitted must be your own original work - The contest rules require that any photograph that you submit for this contest must be your own original work and otherwise free from third-party copyright restrictions. Photographs that do not meet this requirement are not eligible for use in this contest.

Your rights - You are granting Bovell Cancer Diabetes Foundation a non-exclusive, irrevocable, royalty-free license to publish the photographs you enter in editorial, educational, promotional and other uses associated with diabetes awareness and prevention.

**Contact the BCDF for your
glucose machine and strips at a
VERY low cost. Get free 'hands-
on' training on your machine
with purchase**

BCDF 2013 RAINBOW CALENDAR OF EVENTS

18-19 th December, 2012	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes. Cancelled.
January - December, 2013	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.
11 th January, 2013	Application for First Quarter Funding Deadline Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
February, 2013	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
8 th April, 2013	Application for Second Quarter Funding Deadline
May, 2013	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes Diabetes Discourse
June, 2013	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes.
15 th July, 2013	Application for Third Quarter Funding Deadline
August, 2013	Diabetes Discourse
18 th October, 2013	Application for Fourth Quarter Funding Deadline
October - November, 2013	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, 2013	Diabetes Discourse
2 nd November, 2013	BCDF Annual Fundraiser BCDF flagship event ('All You Can Eat' Fish Broth Dinner) will take place at the Belle Garden Community Centre, Belle Garden, Tobago.
8 th November, 2013	Fifth Diabetes in the Limelight Jamboree BCDF will join the World Diabetes Day campaign with the emphasis on diabetes education and prevention