

Diabetes Discourse

Volume 4, Issue 2

February, 2014

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.

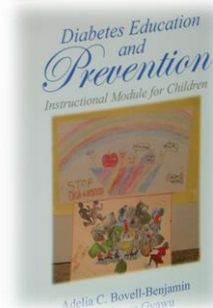
BCDF Activities Include:

- 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.

BCDF LAUNCHES TWO BOOKS



On 3rd January, 2014, the Bovell Cancer Diabetes Foundation (BCDF) launched a companion book set “*Diabetes Workbook*” by Rosetta A. Bovell and “*Diabetes Education and Prevention*” by Adelia C. Bovell-Benjamin and Rebecca Gywau, at the Works Conference Room, Shaw Park, Scarborough, Tobago. Insightful but very different accounts of the books and their implications for diabetes prevention were provided by thoughtful representatives of Telecommunication Authority of Trinidad and Tobago (TATT), Roxborough Police Youth Club, the Division of Health and Social Services, Division of Education, Youth Affairs and Sport, Tobago Green Fund and Foundation members. Excerpts from the books were read, and the authors

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THANKS FOR SUPPORTING THE DIABETES IN THE LIMELIGHT JAMBOREE

To err is human... Please forgive us. In our “thank you” list in the November issue, the Board of Directors of the Bovell Cancer Diabetes Foundation inadvertently omitted to thank [Inova Hospital System](#), Virginia, U.S.A and its representative, [Joan Phillips-Pierre](#). Joan is a nurse attached to the Inova Alexandria Hospital, which has been ranked #6 on the list of Best Hospitals in Virginia and #6 in the Washington, DC, metro area. Joan, a strong supporter of BCDF volunteered her time for the event. At the Jamboree, she helped to raise awareness about the signs and symptoms of stroke. Inova provided literature, blood glucose machines, strips, and tokens. We express a heartfelt thank you for the support from Inova Hospital and for the volunteer service from Joan.



Joan at the Stroke Prevention Booth

BCDF 5th
Annual
Diabetes in
the
Limelight
Jamboree,
2013



Joan giving
participants
stroke
information
at the
Jamboree

Thank You Inova Hospital & Joan

CANCER AWARENESS WITH...

Dr. Liselle Bovell

Breast Cancer Risk & Statistics (Part II)

Some Cancer Prevention Foods



(Source: www.starmedia.com)


According to the Pan American Health Organisation (PAHO) 2013, cancer is one of the top health problems in the Caribbean and Latin America (LAC). In LAC, 1.3 million people die from cancer annually, with 50% cancer-related deaths. Cancer is the second leading cause of death in the Americas, with cancer mortality rates being highest in [Trinidad and Tobago](#), Cuba and Argentina. Cancer death rates vary between men and women. In LAC men, most cancer deaths are from prostate cancer, whereas most cancer deaths in the women of the region are due to breast cancer. A PAHO Advisor on cancer prevention and control stated that “*the large number of deaths from breast and cervical cancer in LAC is very disconcerting, since cervical cancer is largely preventable, and breast cancer can be detected early and treated successfully*”. According to the Lancet Oncology website, by 2030, 1.7 million cases of Cancer will be diagnosed in LAC and over one

million will die each year from the disease. This indicates a need to improve prevention, screening and treatment. Mandy Van Deven, author of *"The Hidden Reality of Cancer in LAC"*, also agrees that Caribbean nations must use better screening techniques to help detect cancer in early, treatable stages. Some main risk factors for cancer are: socio-demographic factors and the health sector policies/services for cancer. On an individual level, risk factors include tobacco, alcohol, physical inactivity, obesity, and diet. **Obesity**, an important cancer risk factor, is prevalent in **Trinidad and Tobago**, as well as in the Bahamas, Belize and Saint Kitts & Nevis. The *Journal of Clinical Endocrinology & Metabolism* reported that a tomato-rich diet may help protect at-risk postmenopausal women from breast cancer. The tomato-rich diet had a positive effect on the level of hormones, which play a role in regulating how fat and sugar are converted by the body for energy. According to the authors, eating fruits and vegetables rich in vitamins, minerals and phytochemicals such as lycopene found in tomatoes has significant benefits. Eating five servings of fruits and vegetables daily would promote breast cancer prevention.

Some Other Cancer Preventing Foods

Food	Action
Green Tea	Reduces the growth of the new vessels (angiogenesis) needed for tumor growth and spreading
Tumeric & curry	Helps stimulate death in cancer cells and inhibits angiogenesis .
Ginger	Helps reduce the creation of new blood vessels.
Garlic, onions, chives	Promote cell death in colon, breast, lung, and prostate cancer, as well as in leukemia
Cabbage, Broccoli, Cauliflower	Prevent growth of pre-cancerous cells and promote the apoptosis (suicide) of cancer cells and block angiogenesis .
Orange, red, yellow or green fruits & vegetables	Inhibit the growth of several cancer cells

(Source: www.starmedia.com)

From page 1...BCDF Launches Two Books explained how they came to write the books, and provided their take on the diabetes and the health situation in Tobago. The authors networked with the attendees, enjoyed the refreshments provided, then signed copies of the books. The Board of Directors of BCDF publicly thanks all those who participated in the launch and contributed to its success: the **speakers, singers, readers and attendees**. BCDF is encouraging everyone to buy copies of these books. For those schools which have not yet ordered, please call us at 868) 667-2576, e-mail us or buy online. 

MANAGING DIABETES

BCDF is not advocating that you eat or drink these specific foods, but we wanted to share the information. Never stop your prescribed medications without telling your doctor. Some of you may see results with these products and many may not. Just stay informed and keep up with your exercise and lifestyle changes for the best results.

What do you think about?

Lemon/lime juice - If added with other foods, these can help slow gastric emptying, decrease the absorption rate and formation of **glucose** and **decrease the rise in blood sugars**. These foods have a low **glycemic index**.

Luncheon meats (such as salami, bologna, hot dogs)- A recent study looked at men who ate these foods up to 5 times a week; they developed **type 2 diabetes** 50% more than men who did not eat these foods. Sodium, fat levels and nitrates are high in these foods and should be discouraged.

Coconut Oil- May have the ability to decrease cravings of refined or **added sugars** and **reduce insulin resistance**; swings in blood sugars decrease by slowing the digestive process. It is a saturated fat which may raise your risk of heart disease. It is a medium chain fatty acid, which could raise your metabolic rate. It may help increase your calcium and magnesium absorption and aid in dental and bone health. ...Page 4...

It contains lauric acid which lowers lipids. Coconut oil is easily digested and is fattening - watch your portions if you decide to try it.

Coconut Water - It is the clear liquid from young or green coconuts - not the sweet, thick milk. It has no cholesterol or fat but does contain calories and carbohydrates - up to 9 grams per serving. It contains a large amount of electrolytes and is useful after a long and difficult workout. There is **no evidence it helps control diabetes or blood sugars**. It is better than drinking sports drinks but consider sticking to regular water to quench your thirst.

Brown sugar, Cane sugar, Honey, Fruit juice concentrate - These are all different names for sugar and are no better for your diabetes than regular white sugar. All these products will increase your triglycerides, **insulin resistance**, weight, bad cholesterol and build up fat in the liver.

Say yes to vegetables and fruits - Fibre is wonderful and it definitely makes you feel full. Japanese researchers have found that fibre from fruits and vegetables decreases the **risk of stroke in patients with type 2 diabetes**. New research states that women who eat more acidic foods including meat and dairy have a higher incidence of **diabetes** as opposed to those who eat a more basic diet of fruits and vegetables. Add sliced vegetables to a sandwich including tomatoes, onions, lettuce and cucumber slices and take out that extra slice of meat or cheese. Keep adding new fruits and vegetables to your diet; they may help you curb your sweet tooth. Always eat small fruits when using them.

No calories in beverages except milk and alcohol (when allowed) - This recommendation has finally been added to the American Diabetes Association (ADA) nutritional guidelines. People with diabetes often think sweet drink is the only beverage off limits. Drinking Gatorade, Kool-Aid, 100% fruit juice, fruit smoothies, and mixers are all the same. Skip these and stick to water, soda water, low fat milk (counts as a carbohydrate), coffee or unsweetened tea.

(Source: Roberta Kleinman, RN, M.Ed., CDE)



EXERCISE AND DIABETES

What can a physically active lifestyle do for me?

Research has shown that exercise can:

- ❖ lower your blood glucose and your blood pressure
- ❖ lower your bad cholesterol and raise your good cholesterol
- ❖ improve your body's ability to use **insulin**
- ❖ keep your heart and bones strong
- ❖ keep your joints flexible
- ❖ lower your risk of falling
- ❖ help you lose weight
- ❖ reduce your body fat
- ❖ give you more energy
- ❖ reduce your stress levels

Exercise/physical activity also plays an important part in preventing type 2 diabetes. A major Government study, the Diabetes Prevention Program (DPP) in the United States, showed that modest weight loss of 5 to 7% (for example, 10 to 15 pounds for a 200-pound person) can delay and possibly prevent **type 2 diabetes**. People in the study used diet and exercise to lose weight.

Be Extra Active Every Day

Being extra active can increase the number of calories you burn. Try these ways to be extra active, or think of other things you can do.

- ❖ Walk around while you talk on the phone
- ❖ Play with your children or grandchildren
- ❖ Take your dog for a walk if you have one
- ❖ Get up to change the TV channel instead of using the remote control
- ❖ Work in the garden
- ❖ Clean the house
- ❖ Wash the car yourself if you have one
- ❖ Walk short distances instead of using a car or the bus
- ❖ Dance to soca music as you do your chores

(Source: diabetes.niddk.nih.gov/dm/pubs/physical_ez/)

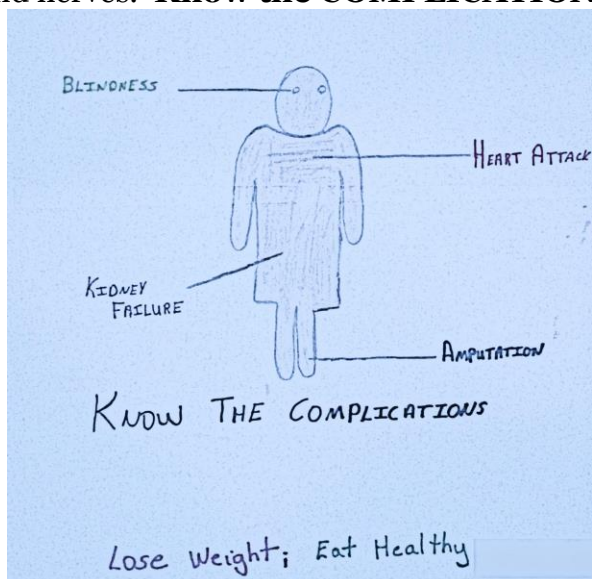


TIPS FOR CHILDREN: HOW TO LOWER YOUR RISK FOR TYPE 2 DIABETES



What is type 2 diabetes?

Type 2 diabetes is a serious disease. Now some children and teens who are inactive and weigh too much are getting type 2 diabetes. Diabetes means your **blood glucose**, also called blood sugar, is too high. In all of us, the food we eat turns into **glucose** and our bodies use it for **energy**. When you have diabetes, your body cannot use glucose as normal, and your **blood glucose** rises. Young people with type 2 diabetes may need to take pills or insulin to help the body use the glucose in the blood for energy. If blood glucose stays too high for too long, it can damage many parts of the body such as the heart, eyes, kidneys, and nerves. **Know the COMPLICATIONS**



Drawn by a child in BCDF's 5th Annual (2013) School Children Poster Competition

What should children do to keep healthy?

- ❖ Stay at a **healthy weight**
- ❖ Be more **physically active**
- ❖ Eat smaller portions of **healthy foods**
- ❖ **Limit time with** the TV, computer, and video

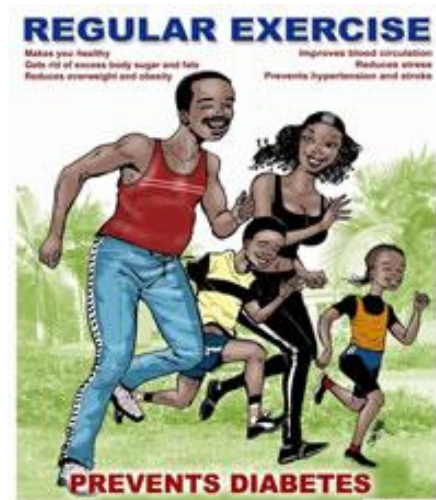
What are good food choices?

Talk to your parents about your family making healthy food choices

- ❖ Eat foods that are high in fibre like whole grain breads, cereal, brown rice, oatmeal, lentils, and dried peas, fruits, and vegetables
- ❖ Eat small servings of fish, meat, poultry and low-fat cheese. Remove skin and all the fat you can see. Have baked, boiled, or grilled foods instead of fried.
- ❖ Eat foods that are low in salt and do not add salt to your food
- ❖ Eat lots of salad and vegetables
- ❖ Drink water instead of sweet drink or fruit drink
- ❖ Eat three meals per day

Try these tips:

- ❖ Drink water instead of sweet drink or fruit drink
- ❖ When eating sweets or desserts, have only a small serving after a healthy meal and not every day
- ❖ Eat slowly. Do not take second helpings. If you are still hungry after a meal, fill up on vegetables or a piece of fruit



2nd Annual Breakfast & Diabetes Awareness Dialogue

SCARBOROUGH MARKET SQUARE

Come learn, Go tell about

DIABETES prevention - how to prevent and manage it

Proceeds will be used to assist our Diabetes Awareness and Education Programme & Projects

Adults: \$50; Children \$25 (12 and under)

Saturday 26th April, 2014

6:00 a.m. - 12:00 Noon

New this Year!! Check out our bargain table with everything under the sun...

Breakfast items: Bakes, hops, pancakes buljol, souse, black pudding, sausage, eggs, cheese, juices... Traditional - cassava bread, chocolate 'tea' ...

Help us 'Stamp Out Diabetes' with only



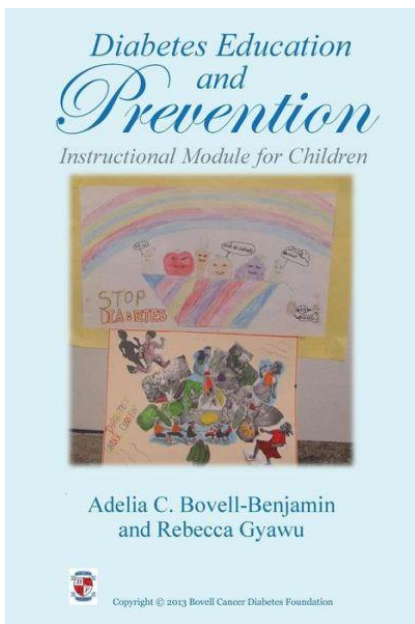
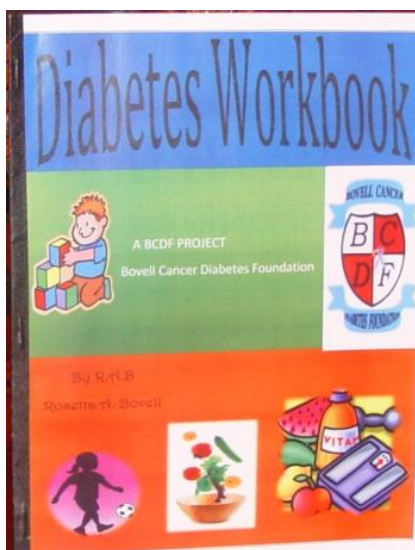
\$50.00



www.bovellcancerdiabetesfoundation.org Sign up for our Google Groups
Download our free Android Apps

... A CHILD'S BOOKSHELF...

The BOOKSHELF



BCDF is challenging every Tobagonian and Trinidadian adult to donate this set of books to the primary school you attended. Help us to stamp out diabetes by teaching our children diabetes prevention!

April, 2014 Workshop Announcement

Title “Aim for Healthy Weight, Diabetes Prevention and Control”

Venue: Belle Garden Community Centre

Date: 29th & 30th
April, 2014

Time: 9:30 a.m. – 2:30 p.m.

Registration: Free

Host: Bovell Cancer Diabetes Foundation

Small-group workshop

Obesity is a risk factor for diabetes. BCDF is very concerned about the outcomes from our extended weight clinic held November, 2013 at the “Diabetes in the Limelight Jamboree”. In April, we will conduct two small-group workshops to help participants learn about nutrition, physical activity and other changes needed to obtain and maintain healthy weight. Participants will be loaded up with valuable information to enable them to make INFORMED choices about achieving and maintaining healthy weight for diabetes prevention and management. Contact BCDF if you are concerned about your weight status. To register: call at 667-2576 or email us at bovellcancerdiabetesfoundation@gmail.com

BCDF 2014 RAINBOW CALENDAR OF EVENTS

27th December, 2013	Book Launch - Completed BCDF launches two books – <i>“Diabetes Education and Prevention: An Instructional Module for Children”</i> and <i>“Diabetes Workbook”</i>
January - December	Life for a Child Project - Continues 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.
17th January	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	Diabetes Discourse - Completed Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
12th–13th March	Small Group Workshops - Rescheduled Hands-on workshops that will provide current information to help participants learn about nutrition and physical activity and other changes needed to obtain and maintain healthy weight.
11th April 29th & 30th April	Application for Second Quarter Funding Deadline Small Group Workshops (see description above at 11-12 th March)
26th April	Breakfast and Diabetes Awareness Morning – Market Square, Scarborough, Tobago
2nd – 6th May	Complimentary Foot Care Exams; Foot Care Workshop; Diabetes Discourse
May - December	Diabetes Education on Wheels
June	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management
14th July	Application for Third Quarter Funding Deadline
August	Diabetes Discourse
17th October	Application for Fourth Quarter Funding Deadline
October/November	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	Diabetes Discourse
1st November	BCDF Annual Fundraiser BCDF flagship event (<i>‘All You Can Eat’ Fish Broth Dinner</i>) will take place at the Belle Garden Community Centre, Belle Garden, Tobago
7th November	Sixth Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention