Diabetes Discourse

Volume 7, Issue 2 February, 2017

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.*

Inside This Issue

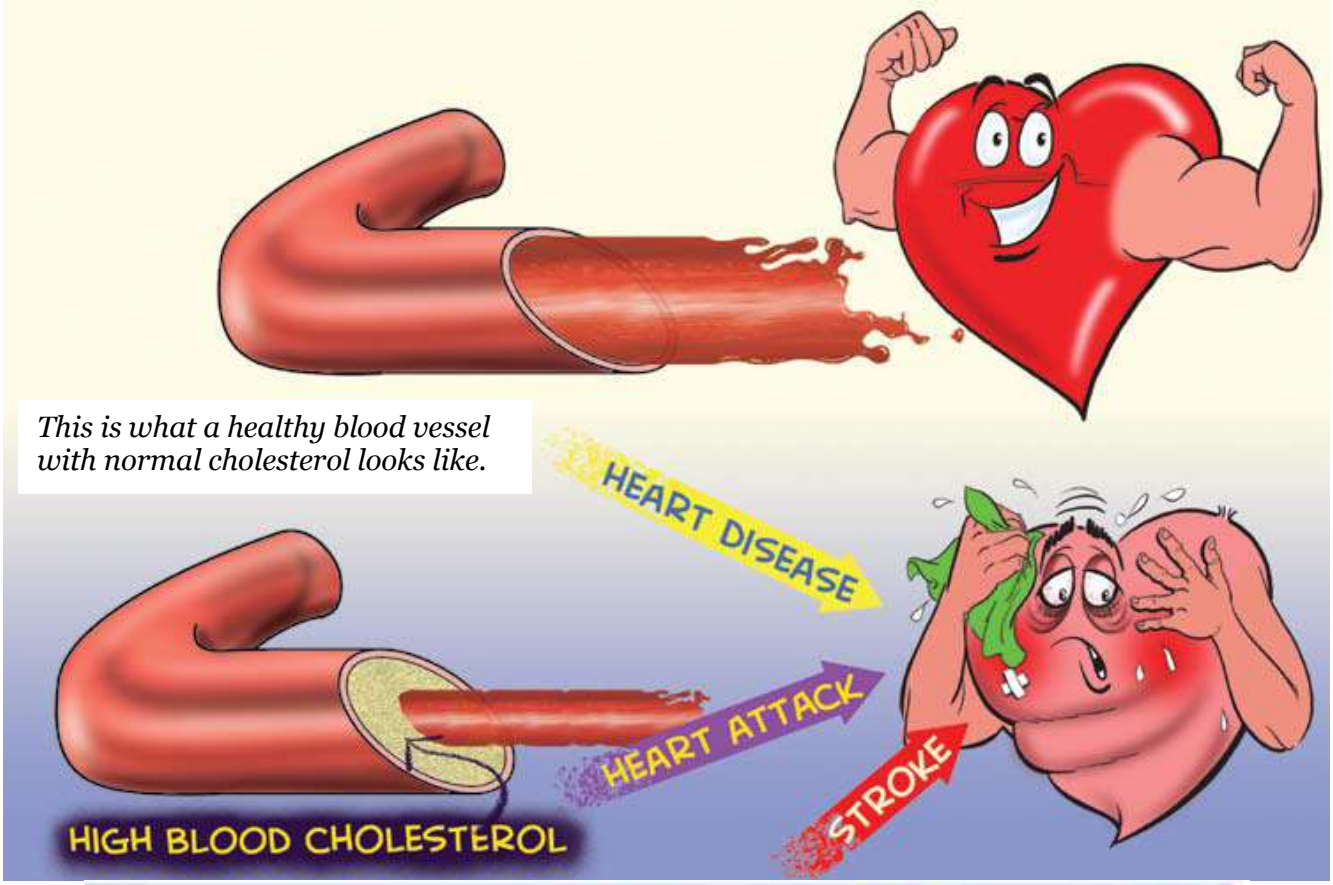
5th Annual Breakfast & Diabetes Awareness Dialogue Morning

Fellow citizens, friends and family - the fight against diabetes and cancer goes on. There is no one we know in T&T who can say they DO NOT have a friend or relative who has battled diabetes or cancer. We know that **education and awareness** could help stamp out these diseases. We have dedicated the last eight years to stamping out diabetes and cancer operating **through our multi-faceted, structured, diabetes education and prevention programme**. Together with our dedicated volunteers and supporters, we work tirelessly day and night, without subventions and our full-time jobs to educate people about prevention issues and to raise money to do the job. Bovell Cancer Diabetes Foundation (BCDF) builds awareness of these dreaded diseases and makes a difference in the lives of those affected by diabetes and cancer HERE AND NOW! Our goal is to raise $35,000 for this event to help stamp out diabetes and cancer. We are asking for your support. **Your contribution of $50 or more** will help us to step up the fight against diabetes and cancer. **Please support our breakfast morning on 29th April, 2017, Market Square, Scarborough, Tobago.** Thanks in advance for your thoughtfulness and generosity!

Go to page 9

WHAT YOU NEED TO DO TO STAY HEART HEALTHY

High blood cholesterol can lead to heart disease, heart attacks, and stroke. You can do things that will help. Losing weight can help bring down cholesterol levels. Eating healthy and being more physically active can help people lose weight and is good for the whole family.



	DESIRABLE	BORDERLINE	UNDESIRABLE
HDL Cholesterol	*children* (9-12) more than 45 mg/dl	40-45 mg/dl	less than 40 mg/dl
Good	*adults* more than 40 mg/dl		less than 40 mg/dl
LDL Cholesterol	*children* (9-12) less than 110 mg/dl	110-129 mg/dl	more than 130 mg/dl
Bad	*adults* less than 100 mg/dl	100-189 mg/dl	more than 190 mg/dl

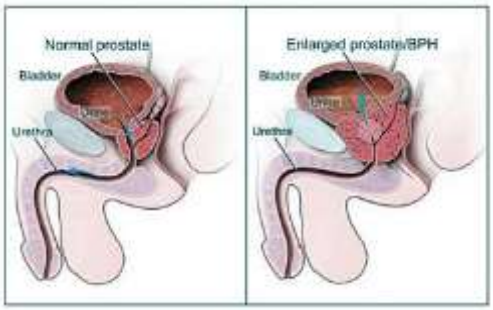
LET'S TALK CANCER WITH…

Dr. Liselle Bovell

Cancer Tidbits We Should Know

Warner et al. (2015) found that between 1995 and 2007, about 300 Trinidadian women per year were diagnosed with breast cancer with most diagnoses occurring in women aged 50 to 60 years. Even more interesting, is that breast cancer affects some races to a greater extent than others. Afro-Trinidadian women account for more than 50% of new cases compared to 33% for Indo-Trinidadian women. As a result, more Afro-Trinidadian women die of breast cancer than of any other ancestry.

Prostate cancer is more common among Afro-Trinidadian males than Indo-Trinidadian males. It is also the leading cause of cancer deaths among men in T&T.



Cancer Basics

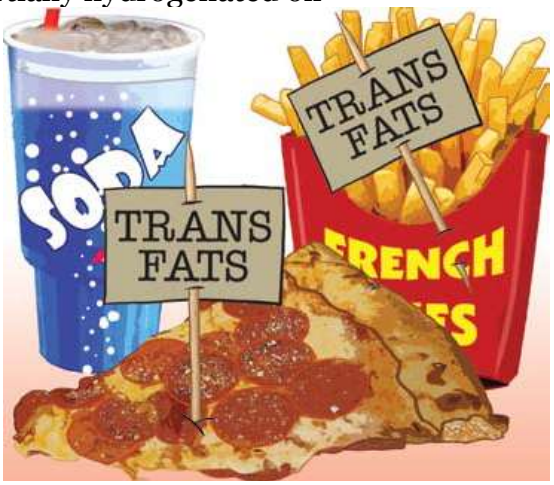
What Is Cancer?

Cancer can start any place in the body. It starts when cells grow out of control and crowd out normal cells. This makes it hard for the body to work the way it should.

CHOLESTEROL SNIPPETS …

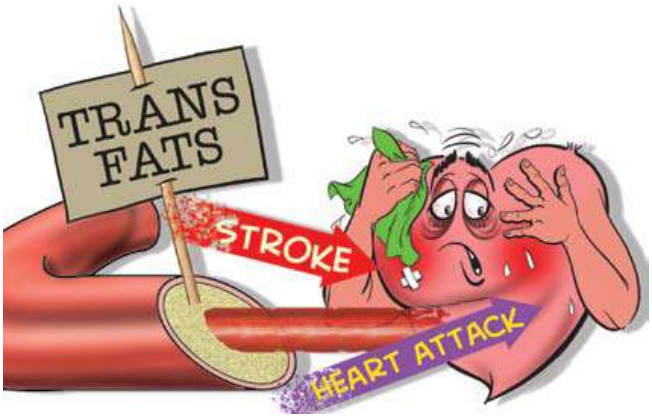
HDL or "good" cholesterol helps keep the blood vessels from getting clogged. The higher it is the better.

Trans fats come from foods that contain partially hydrogenated oil

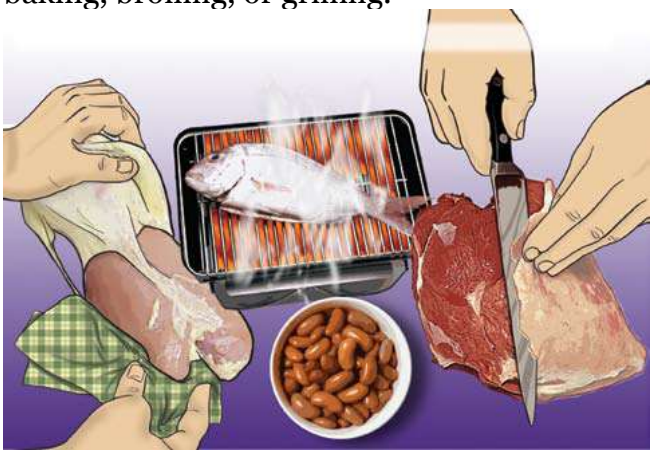


Trans fats can raise the bad cholesterol levels in your blood and damage your blood

vessels, which can lead to heart attack or stroke. You should try to eat foods with **trans fats** as little as possible.

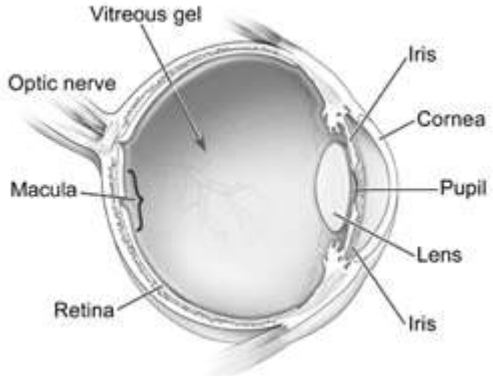


Instead of frying meat, fish or potatoes, try baking, broiling, or grilling.



Pick a variety of high-protein foods that are low in saturated fat and cholesterol. Switch from full-fat (regular) to low-fat (1%) or fat-free milk products.

DIABETIC EYE DISEASE



Diabetic eye *disease refers to a group of eye problems that people with diabetes may face as a complication of diabetes. People with diabetes are at risk for diabetic retinopathy, cataract and glaucoma.*

Facts about Diabetic Eye Disease

Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. In some people with diabetic retinopathy, blood vessels may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina. The retina is the light-sensitive tissue at the back of the eye. A healthy retina is necessary for good vision. If you have diabetic retinopathy, at first you may not notice changes to your vision. But over time, diabetic retinopathy can get worse and cause vision loss. Diabetic retinopathy usually affects both eyes.

Points to Remember

- Diabetic eye disease is a group of eye conditions that affect people with diabetes. These conditions include diabetic retinopathy, cataract, glaucoma and diabetic macular edema (DME).
- All forms of diabetic eye disease have the potential to cause severe vision loss and blindness.
- Diabetic retinopathy involves changes to retinal blood vessels that can cause them to bleed or leak fluid, distorting vision.

- Diabetic retinopathy is the most common cause of vision loss among people with diabetes and a leading cause of blindness among working-age adults.
- DME is a consequence of diabetic retinopathy that causes swelling in the area of the retina called the macula.
- Control diabetes by taking medications as prescribed, staying physically active, and maintaining a healthy diet. This can prevent or delay vision loss.
- Diabetic retinopathy often goes unnoticed until vision loss occurs; people with diabetes should get a comprehensive dilated eye exam at least once a year.
- Early detection, timely treatment, and appropriate follow-up care of diabetic eye disease can protect against vision loss.
- Diabetic retinopathy can be treated with several therapies, used alone or in combination.

Source: National Eye Institute, NIH. Available at: https://nei.nih.gov/health/diabetic/retinopathy

THE GLYCEMIC INDEX

The Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose (sugar) levels compared to a standard food.
The standard food is glucose or white bread.

Why should I eat foods with a low Glycemic Index?

Eating foods with a low Glycemic Index may help you to:

- Control your blood glucose (sugar) level
- Control your cholesterol level
- Control your appetite
- Lower your risk of developing heart disease
- Lower your risk of developing type 2 diabetes

Meal planning ideas

Use these meal planning ideas to include the Glycemic Index as part of healthy eating.

- Enjoy vegetables, most fruits and low-fat milk products with your meals. These are carbohydrate-rich foods that, in general, have low Glycemic Index.
- Plan your meals with foods in the low and medium Glycemic Index starch choices on the list that follows.
- Try foods such as lentils, which have a low Glycemic Index.
- Consult a dietitian for help with choosing low GI foods, adapting recipes, and other ways to incorporate low GI foods in your meal plan.

If I eat foods with a low Glycemic Index can I eat as much as I want?

No. Using the Glycemic Index to choose foods is only one part of healthy eating.
Healthy eating also means:

- Eating at regular times
- Choosing a variety of foods from all the Caribbean six food groups
- Limiting sugars and sweets
- Reducing the amount of fat you eat
- Including foods high in fibre
- Limiting salt intake

Remember that checking your blood glucose (sugar) before and two hours after a meal is the best way to know how your body handles the meal.
A lot of starchy foods have a high Glycemic Index. Choose **LOW** and **MEDIUM** GI foods more often

LOW GI (55 or less)*† Choose most often	MEDIUM GI (56-69)*† Choose more often	HIGH GI (70 or more)*† Choose less often
Breads		
• 100% stone ground whole wheat • Heavy mixed grain	• Whole wheat • Roti (60g)** • Pita	• White bread • Bagel, white

LOW GI (55 or less)*† Choose most often	MEDIUM GI (56-69)*† Choose more often	HIGH GI (70 or more)*† Choose less often
Cereal		
All Bran™ Bran Buds with Psyllium™ Oat Bran™	Grapenuts™ Puffed wheat Oatmeal Quick oats	Bran flakes Corn flakes Rice Krispies™
Grains		
Pasta/noodles Parboiled or converted rice	Basmati rice Brown rice Couscous	Short-grain rice
Other		
• Green plantain, peeled, Boiled** • Breadfruit, peeled, Boiled, 10 minutes • Sweet potato • Yam • Legumes • Lentils • Chickpeas (Channa) • Split Peas • Soy Beans • Kidney beans • Baked Beans	Plantain, ripe, peeled, boiled Breadfruit, raw Potato, white/Irish Sweet corn Popcorn Black bean soup Green pea soup	Cassava, peeled and boiled* Potato, baking (Russet) French fries Pretzels Rice cakes Soda crackers

Sample Menu Breakfast

Food item	Number of carbohydrate choices	Grams of carbohydrates (rounded to the nearest 15)
Porridge – plantain, cooked (2 /3 cup)	2	30
Egg, boiled, 1	0	0
Pawpaw/papaya, 1 small, or 1 cup cubed	1	15

Taken from: http://www.diabetesgps.ca/gps/pdf/CHO_African-Caribbean_ENG.pdf

CHILDREN'S AFFAIRS

The Bovell Cancer Diabetes Foundation strongly supports the training of non-medical school personnel to provide supplementary diabetes care in schools. Our Annual Teachers' Workshop moves to make sure that the diabetes management needs of students are met so they are healthy and safe when they are at school, and all school sponsored activities. By working as a team, families, health care providers, and school staff can make this a reality. Students and parents need support as they try to cope and self-manage, and all students need trained school staff who can recognise and make referrals for high and low blood glucose.

Know Your Fruits - Guava

Nutrition Facts

Serving Size 1 guava (90g)

Amount Per Serving	
Calories 30	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 1g	
Vitamin A 0% •	Vitamin C 70%
Calcium 0% •	Iron 2%

Description: Guava is a tropical fruit that is like the shape of pear. There are well over 100 varieties of guavas with skins of yellow, red or purple, and flesh that is yellow, white, pink or red.

Facts: The guava is common throughout the Caribbean (since 1526), Trinidad and Tobago and other islands, Asia, and other countries. The entire fruit is edible including the seeds. They make delicious drinks, jams and jelly.

Serving Size: ½ cup or 1 small fruit

Nutrition: Low in fat, saturated fat free, cholesterol free, sodium free, good source of potassium, folate, fibre, Vitamin A, and excellent source of vitamin C.

Phytochemicals: lycopene, quercetin, Ellagic acid

Source: http://www.defeatdiabetes.org/guava/

FINDING CARBOHYDRATE VALUES

Finding Carbohydrate Values using the Nutrition Facts Table… On packaged foods, you can find out how much carbohydrate is in a serving by reading the Nutrition Facts table. Here is an example, showing you what to look for:

Look at the **SERVING SIZE** Compare this to the amount that you eat

Look at the **CARBOHYDRATE** in the listed serving Fibre and sugar are included in this number.

Subtract the **FIBRE** from Carbohydrate. Fibre is not digested and does not raise your blood glucose

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

In this example: 37g – 4g fibre = 33 g of available carbohydrate.
http://www.diabetesgps.ca/gps/pdf/CHO_African-Caribbean_ENG.pdf

Download our BCDF Android App. We have made an Android application to help you keep up to date with our activities. The app works with Android 4.0+. Check out our website http://www.bovellcancerdiabetesfoundation.org/ for our app, and to donate - help us stamp out diabetes!

Call us to DONATE 868) 667-2576

BUY OUR BOOKS TO SUPPORT US & STAMP OUT DIABETES

BCDF is 100% volunteer in every sense of the word; we have no subventions, no sustainable sponsors. We fund-raise and write proposals to conduct all our activities. Please help us stamp out diabetes by buying our books.

- Diabetes Education and Prevention
- Diabetes Workbook

RECIPE

Watermelon Orange Ginger Turmeric Juice

Makes: 4 servings Prep time: 15 minutes
Per serving: Calories: 145, Fat: 0.8g, Carbohydrate:33.5 g, Protein: 3 g

Ingredients

- 18 oz. freshly squeezed orange juice (from about 6 oranges)
- 7 cups cubed watermelon
- Approx. 3" knob of fresh ginger, peeled
- 1 teaspoon ground turmeric

Directions

1. Add all ingredients into blender, mix until smooth
2. Pour juice through a strainer chill and enjoy!

Some studies suggest that ginger could naturally improve diabetes and enhance insulin sensitivity by suppressing sorbitol accumulation in human blood cells. Use ginger to spice up your beverage or meal.
Taken from: Healthy living made simple & www.mysequinedlife.com

BCDF 2017 RAINBOW CALENDAR OF EVENTS

November 2016 - December 2016	**Complimentary Foot Care - *"So in Love with my Feet" Project*** **Diabetes in the Limelight Jamboree**
	Cancer Education and Awareness Workshop **Children & Teen Hangout - Completed**
January - December	**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.
20th January	**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	**Diabetes Discourse** Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
	Board of Directors Retreat
March	**Complimentary Foot Care - *"So in Love with my Feet" Project***
13th April	**Application for Second Quarter Funding Deadline**
April	**Complimentary Foot Care - *"So in Love with my Feet" Project***
29th April	**Breakfast and Diabetes Awareness Dialogue Morning** Market Square, Scarborough, Tobago
May	**Teachers' Workshops** Hands-on workshops that will provide current information to help teachers learn about diabetes identification, prevention and management among students. Children & Teens Hangout
June	**Complimentary Foot Care** - *"So in Love with my Feet" Project*
21st July	**Application for Third Quarter Funding Deadline**
August	**Diabetes Discourse** Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
20th 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 sixth annual primary school poster competition for the occasion of World Diabetes Day 2017.
10th November	**9th Annual Diabetes in the Limelight Jamboree** BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention
14th & 15th November	Children & Teens Hangout

4TH ANNUAL BREAKFAST MORNING & DIABETES AWARENESS DIALOGUE

Saturday 29th APRIL, 2017

Market Square, Scarborough
6:00 a.m.—12 Noon

TRADITIONAL TOBAGO BREAKFAST... +++

Choose one from:

- **Buljol, herring, eggs, sausage or black pudding**
- **Cassava bread or bakes**
- **Chocolate "tea", black tea, cocoa or**