

Diabetes Discourse

Volume 2, Issue 3

May, 2012

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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STARTING INSULIN

Starting insulin could be a good step towards better control of your diabetes – not a sign of failure



You have learnt that diabetes is a disease that changes over time. Because of this, your diabetes treatment may also need to change to keep your blood sugar (glucose) level in the target range. Early in the treatment of type 2 diabetes, pills may work just fine to manage your blood sugar. But over time, the pills may not continue to work as well.

Here are some facts you need to consider:

- Most people with type 2 diabetes may eventually need to take insulin to manage their blood sugar levels.
- Twenty-six percent of people with diabetes use insulin, with or without diabetes pills.

Some common misconceptions

Many people with diabetes have some fears about using insulin.

◆ Some people believe that starting insulin means that they have "failed." This is not the case! Diabetes changes over time, and your therapy has to be adjusted to keep up with the need for good blood sugar management.

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WORLD DIABETES DAY 2012

World Diabetes Day 14th 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 and youths. We would like to obtain your feedback on what you think we should have as part of our celebration. ... *Go to page 7...*

YOUR EYES AND DIABETES



To prevent eye problems:

- ◆ Keep your blood sugar under control
- ◆ Keep your blood pressure and cholesterol under control
- ◆ Have a dilated eye exam every year

What kinds of eye problems can diabetes cause?

High blood sugar can cause **blurry** vision, which may slowly improve when your blood sugar level is lowered. Also, over time, diabetes can damage the blood

vessels in your eyes. It is the leading cause of blindness among adults. Diabetes may cause these common eye problems:

- ◆ cataracts (CAT-uh-racts)
 - can cause cloudy or foggy vision
- ◆ glaucoma (glau-CO-mah)
 - can cause cloudy or foggy vision
- ◆ diabetic retinopathy (reh-tin-AH-path-ee)
 - the most common cause of vision loss

The thought of eye problems caused by diabetes can be scary. But, here is some good news. You can still protect your eyes and help keep them healthy.



Blurred Vision



Vision with retinopathy

How will I know if I have retinopathy?

You can have retinopathy and not know it because it may not change your vision until it gets worse. That is why it is so important to get a special eye exam, called a **dilated (DIE-lay-ted)** eye exam, at least once a year.

What is a dilated eye exam?

During a dilated eye exam, your eye doctor will use special drops to open (dilate) your pupils. The pupil is the part of your eye that lets light enter. After dilating your pupils, the doctor will be able to see inside your eyes to look for problems like retinopathy.


What can I do if I have retinopathy?

Mild retinopathy may not need treatment. You will need to keep your blood sugar, blood pressure, and cholesterol under control. If you need treatment for your eyes, your doctor will talk to you about those that are right for you.

Get a dilated eye exam from an eye doctor at least once a year, and take those results with you to your next appointment with your doctor, and work out a plan to keep your eyes healthy.

SMALL GROUP WORKSHOP



The Bovell Cancer Diabetes Foundation will host the second of its 2012 series of small group workshops on **13 and 14th June, 2012; 10:00 a.m. – 2:00 p.m.** Please stay posted for venue. Do not miss this! Mark your calendars! 

DIABETES AND HIGH BLOOD PRESSURE



Why high blood pressure?

Think about this:

- ◆ About 3 of 4 people with diabetes have high blood pressure or take medications to treat it
- ◆ People with high blood pressure and diabetes double their risk of having a heart attack and stroke compared with people who have high blood pressure without diabetes
- ◆ 2 of 3 people with diabetes will die of heart disease or stroke

What is blood pressure?

Your blood brings oxygen and energy to every part of your body. To do this, the blood travels through blood vessels ... *Go to page 4...*

... From page 1...

- Other people fear taking insulin because they think the shots will be painful – once you know how to use your supplies and develop a technique, injecting insulin can be quite simple
- Some people worry about having to give themselves the shot – with good training from your nurse or doctor, you will learn how to do so


How insulin works

If your doctor decides that you should start insulin, you may have questions about how insulin works. Insulin is a hormone in the body, which is produced by 'beta' cells in the pancreas. The body uses insulin to move the sugar (glucose) obtained from food from the bloodstream into cells throughout the body, which then use the sugar for energy. People with diabetes do not make enough insulin. Luckily, several types of insulin products available allow us to replace the insulin the pancreas cannot make. Insulin is a protein, so it cannot be taken by mouth - it would be digested, just like the food you eat. That is why insulin is taken by injection (a shot). Over the last 10 years, several new types of insulin have been developed to meet the different needs of people with diabetes.

Taking insulin

Learning you may need to start taking insulin can be tough. One of the first questions people ask is, "Why?" The answer is: If you have diabetes, your body does not make enough insulin or use insulin correctly to manage your blood sugar (glucose). If you are taking diabetes pills, they must work with the body's insulin to be effective. In time, if you make too little insulin for the pills to work, you will need extra insulin to help manage your blood sugar.

Concerns about taking insulin

If you have questions, it is important to get them answered right away. Ask your doctor questions about starting insulin or send your questions to the Bovell Cancer Diabetes Foundation. We will have the answers for you at our website and the newsletter or by phone. (Source: www.mercknqage.com) 

... From page 3...

called arteries. As the blood inside your arteries travels, it gathers speed and force. **The force of your blood against the inside of your arteries is your blood pressure.** If your blood pressure is high, the extra force of the blood inside your arteries can cause problems.

What is a healthy blood pressure?

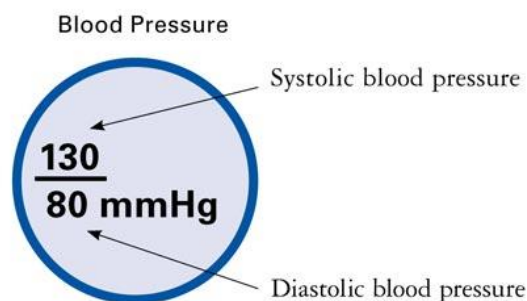
A blood pressure of less than 130/80 mmHg is healthy for most people with diabetes. Normal blood pressure is less than 120/80 mmHg.

Do I have high blood pressure?

The only way to know if you have high blood pressure is to have it measured. Your blood pressure is really 2 measures:

- Systolic (sis-TOL-ik) blood pressure—the pressure in your arteries when your heart pumps out blood
- Diastolic (die-uh-STOL-ik) blood pressure—the pressure in your arteries when your heart relaxes between beats

Your blood pressure reading is written as a fraction - systolic over diastolic - 130/80 mmHg (millimeters of mercury), read as 130 over 80.



Why is high blood pressure bad?

High blood pressure can damage just about any part of your body. It is dangerous for your heart, arteries, and brain. Your heart is the pump that pushes blood into your arteries. Healthy arteries expand (get wider) to take in blood from the heart and contract (get narrower) to push the blood where it needs to go. The force of high blood pressure harms your arteries and can lead to serious medical problems.

How to keep blood pressure low

Many things that you can do to lower your blood pressure can also help you control your blood sugar.

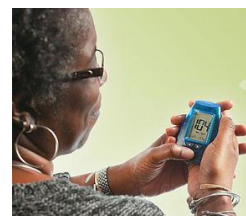
- ◆ **Losing weight** (if overweight); some people with high blood pressure can get down to a normal blood pressure just by losing weight
- ◆ **Drinking less alcohol**—usually no more than 1 drink a day for women or 2 drinks a day for men
- ◆ **Quitting smoking**
- ◆ **Eating foods that are low in sodium (salt)**
- ◆ **Being physically active**; people with diabetes should aim for at least 30 minutes of exercise a day at least 5 days a week. Start off slowly and build up to 30 minutes
- ◆ **Taking blood pressure medicine as directed**

- ◆ **You should have your blood pressure measured every time you visit your health care doctor**
- ◆ **My blood pressure goal is:** _____
- ◆ **My last blood pressure measurement was:** _____

Taken from: <http://www.merckEngage.com>



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.



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



CHILDREN'S CORNER



Do you know or heard much about diabetes? You may know that it is a condition, which happens when a

person's body cannot control the amount of sugar (or glucose) in the blood. You also might know that people with diabetes have to pay attention to what they eat and get shots to help them stay healthy. But what is it like to live with diabetes every day? Just ask Chandler! Chandler is 11 years old now, but he found out he had diabetes a few days after his fourth birthday. He has been living with diabetes for more than half his life already!

But diabetes does not stop him from doing all the things he likes. Even though he has to get shots and be aware of what he eats, he is still a very active guy. He loves to play cricket, soccer, ride his bike, play video games, read, fish, swim, and play in the steel band. He also likes watching all kinds of sports. Some kids may have heard about diabetes but have never met someone with it. So we asked Chandler: "What do kids who do not have diabetes need to know about it?" He said kids need to know that "you cannot catch it and it is not contagious." He also said that kids should learn about diabetes "so you can help a diabetic person if they are in trouble."

Finding out about diabetes

So how did Chandler find out he had diabetes? It all started right before his 4-year checkup. His mom and dad noticed that he was drinking a whole lot and always having to go to the bathroom. He would wake up very thirsty and have to go to the bathroom in the middle of the night. At the checkup, his mom told Chandler's doctor about what was going on. The doctor asked Chandler to do a urine (pee) test. When the results came back, the doctor told Chandler that he needed to go to the hospital because he probably had diabetes. At the hospital, the doctors did some tests and then told Chandler he had type 1 diabetes. When someone has type 1

diabetes, it means his or her body has stopped making enough **insulin**. Insulin is needed to help glucose get from the blood into the cells. So, since glucose cannot get into the cells on its own, the amount of glucose in the blood (**blood sugar**) can get very high and cause health problems. To fix this, a person with type 1 diabetes like Chandler has to get insulin through shots or an insulin pump. Chandler and other people with type 1 diabetes also have to test their blood sugar levels several times a day. Chandler says, "I get my blood checked and a needle (insulin shot) at breakfast, lunch, and dinner and whenever I want a snack and before I go to bed." Chandler has already received more than 5,000 insulin shots since he was first diagnosed. Even though he gets all those shots, he is still not really used to them. Sometimes his mom and dad have to convince him to get poked with a needle. It is definitely not fun, but Chandler knows he has to get his shots to stay healthy. "When I am not at school, I have to make sure I always have my diabetes bag with me and tell someone if my blood sugar levels drop too low." If someone with diabetes starts to feel low, they might have a lot of different symptoms, including headache, drowsiness, weakness, dizziness, or shaky. A diabetes bag has everything someone with diabetes might need in an emergency, such as insulin and needles, a blood glucose meter and test strips, and something sugary to eat in case blood sugar levels drop really low. Chandler takes his diabetes bag along when he is away from his parents or school, like over at a friend's house or on a field trip.

Living with diabetes

Like Chandler, people with diabetes have to be more careful about their health and pay much more attention to what they are eating than most people. They also have to check their blood sugar levels a lot and get insulin shots. It is a lot of responsibility and the needles sure are not fun, but Chandler still has a good time like every other kid.

Reproduced from:

http://kidshealth.org/kid/diabetes_basics/what/chandler_diabetes_story.html#



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 a telephone call. 📞

WARNING SIGNS OF STROKE

Use FAST to remember warning signs of stroke:



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME: If you observe any of these signs, **call 9-1-1 immediately.**

In Tobago, call **2-1-1**; Trinidad call **9-9-9**. **Do not call 9-1-1 in Trinidad and Tobago, only in the U.S.** ...Go to page 7...

DIABETES HUMOUR

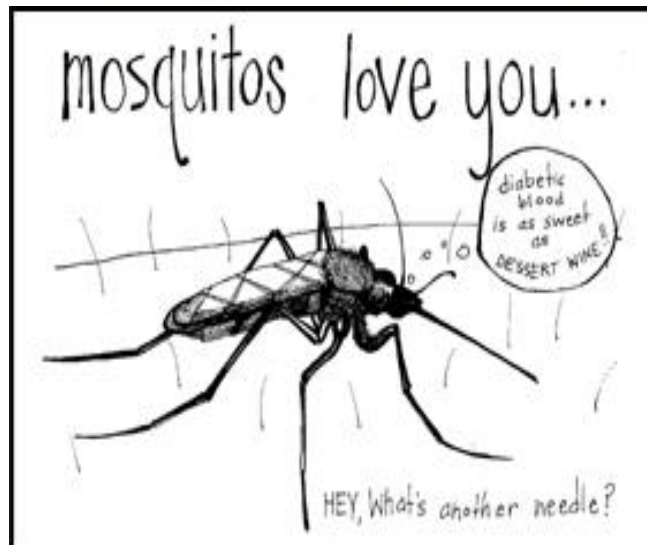
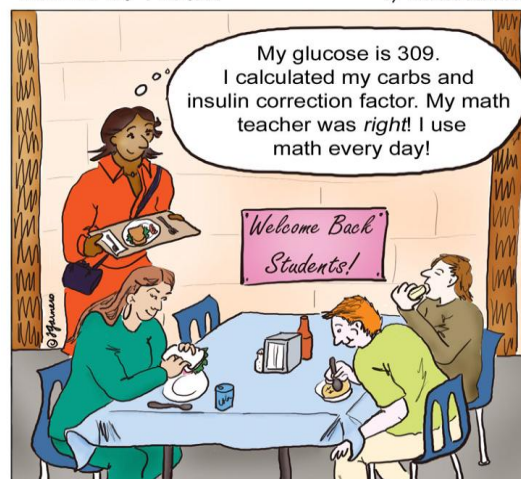
Islets of Humor

by Theresa Garner



Islets of Humor

by Theresa Garner




Mosquitoes

Taken from Islets of Humor

... From page 6... **Stroke symptoms include:**

- ◆ SUDDEN numbness or weakness of face, arm or leg - especially on one side of the body.
- ◆ SUDDEN confusion, trouble speaking or understanding.
- ◆ SUDDEN trouble seeing in one or both eyes.
- ◆ SUDDEN trouble walking, dizziness, loss of balance or coordination.
- ◆ SUDDEN severe headache with no known cause.

Taken from: www.stroke.org/symp 

TWO OF THREE KEY MESSAGES FROM IDF*

The World Diabetes Day 2012 campaign marks the fourth year of the five-year theme on “Diabetes education and prevention.” Children and young people will be the driving force for the promotion and dissemination of education and prevention messages. The slogan of the campaign is: *Diabetes: protect our future.* Children and youths are at the core of campaign activities and we are broadening our outreach to engage individuals and organisations outside of the diabetes community active in promoting a healthier future. Help us to put diabetes firmly in the mainstream!

Access to essential education for all

- ◆ The general public must be made aware of the need to recognise diabetes early and how to prevent diabetes and the serious health consequences of the disease
- ◆ All people with diabetes and those at risk of diabetes, no matter where they live, have the right to learn about diabetes, how it can be prevented, how it can be managed effectively and how to access educational and clinical resources
- ◆ Diabetes-specific education is required for healthcare personnel and people with diabetes

- ◆ Diabetes self-management education is a critically important, fundamental and integral component of diabetes prevention and care and should be available and accessible to everyone
- ◆ The primary barrier to access to education is shortage of qualified diabetes educators
- ◆ Investment in diabetes education and diabetes prevention programmes will save money in the long term and deliver significant returns in quality of life for people with diabetes and people at high risk for diabetes


The way we live is putting our life at risk

- ◆ Type 2 diabetes is a common and serious global health problem, which, for most countries, has developed along with rapid cultural and social changes, ageing populations, dietary changes, increasing urbanisation, reduced physical activity, and other unhealthy behaviours
- ◆ Lifestyle interventions and socially responsible policies can promote healthy living and help prevent type 2 diabetes
- ◆ There is conclusive evidence that type 2 diabetes can be prevented through nutrition counselling, increasing physical activity and modest weight reduction
- ◆ Healthy nutrition and physical activity are not just a matter of personal choice
- ◆ The causes of diabetes are complex and multi-faceted. All sectors of society have a responsibility to act

<http://www.idf.org/worlddiabetesday/2012>

IDF - International Diabetes Foundation*

QUARTERLY QUESTION (R)

Q: What special activity would you like BCDF to do for the children and youths in the 2012 World Diabetes Day? Tell us! 

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. [On-going]
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 [Completed]
May, 2012	Diabetes Discourse [Completed]
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
16th – 27th July, 2012	Lay Diabetes Footcare Training
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