

Diabetes Discourse

Volume 5, Issue 3

May, 2015

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.*

BREAKFAST FUNDRAISER WAS A SUCCESS



Dear Attendees/Supporters/Volunteers
Many thanks for attending our 3rd annual Breakfast and Diabetes Awareness Dialogue on 25th April, 2015. The Board of Directors of the Bovell Cancer Diabetes Foundation (BCDF) would like to publicly say thank you for your attendance, support and assistance for our Breakfast Fundraiser. This event would not have been a success without your generous support. As in previous years, the event was great fun, with an excellent Emcee and healthy, tasty food. Your support has helped us raise needed funds, which will allow us to continue working with communities to stamp out diabetes. The funds raised will go specifically towards sustaining our 'So in Love with my Feet Project' and the 'Small Group Workshop Series'. As you already know, ALL your \$\$ go to our projects; none go to our administrative costs, which are all voluntary. That is why events like these are so important to raise the much needed funds to support BCDF's mission. We sincerely hope that you will continue to support us. See our pictures on page 3.

Go to page 3

INSIDE THIS ISSUE

- 1 Breakfast Fundraiser Thank You & Picture Gallery
- 2 BCDF Directors earn Diabetes Educator Certificate
- 2 In Loving Memory *Cornelius Henson Bovell*
- 3 Let's Talk Cancer with... Dr. Liselle Bovell...
- 5 Children's Corner
- 6 Upcoming Events
- 6 Foot Exams
- 7 Did you Know?
- 8 BCDF 2015 Rainbow Calendar of Events

BCDF DIRECTORS EARN DIABETES EDUCATOR CERTIFICATES



Our graduating class - Front row 3rd from left BCDF Directors Rosetta Bovell and behind her Dr. Adelia Bovell-Benjamin



Two BCDF Directors graduate with **Diabetes Educator Certificates**

Rosetta Bovell and **Adelia Bovell-Benjamin** were the proud recipients of two sets of *Diabetes Educator* certificates from Emory University School of Medicine and the Grady Hospital System. (Shown above and left)

May 2015– The two BCDF Directors received Diabetes Educator Certificates from Emory University School of Medicine and the Grady Hospital System, Atlanta, Georgia, USA. The Directors were two of 20 students who successfully completed the rigorous course. We partook in supervised, guided observations at the Diabetes Center, Grady Hospital System. Grady Hospital has the most reputable Diabetes Center in Southeast USA. Emory University School of Medicine has a reputation for consistently training well-prepared and knowledgeable diabetes educators who shift well into community practice and research. The facts learnt will be passed on to you of course!



OF OUR BROTHER



Cornelius Henson Bovell "Corni"
1948-2014

The Day You Went Away

They say that time is a healer
But as time goes on,
We seem to find it just as hard
To face the fact that You have gone

25th April, 2015 was the 1st Anniversary of the day
You went away

And we reminisced at our home
And believe what we say
You will never be forgotten
And every year we will shed tears,
But it is only because we love You
And wish You were still here!

We think of you in silence
We often speak your name
What would we give to hear your voice
And see your face again

Resting where no shadows fall
Loved and remembered by us all

***From your sisters, brothers and your
BCDF Family***



LET'S TALK CANCER WITH...

Dr. Liselle Bovell

My Cervical Cancer Story: Final Part Trinbagonian by blood, roots & heritage: Miss Iona Pierre 02/05/2015 (Final Part)

Final Part of Iona's experience with cervical continues. Iona describes her war for life first, then her quality of life and living.

Cont'd from February issue.....The drainage tube was placed approximately 1 cm from the crease of my buttocks on the left side. My already diminished quality of life was diminished even further...

I was in constant pain and discomfort. It was damn near impossible for me to move around to do the things I needed to as a part of living daily life. It hurt to sit obviously. It hurt to bend over and all the while this suction bag hanging off of me; filling up to 700 mL fluid every 36-48 hours requiring me to have extra bags. My mother reported the amount of fluid coming into the abscess drainage bag and how little I was urinating and outputting in my nephrostomy bag attached to my right kidney. Another complication on top of the existing one developed. All the while they were trying to help create a dry environment for the stem cells to grow and heal the fistula, they did not take into consideration that the suction from the suction that they described as "light" was not that at all I felt it all the time it was barely tolerable. It ended up doing more damage to the already compromised area. Now my perirectal abscess has a communication with my bladder and now I am no longer a potential candidate for stem cell treatment to repair the abscess and rectal-vaginal fistula. All of this was caused by high doses of radiation.

September 2013: It was strongly suggested I see a cardiologist before I have a cystoscopy done which required me to go under anesthesia because of my enlarged heart. I went ahead and saw a cardiologist and had an Echocardiogram done. The cardiologist cleared me to have the procedure but a cardio anesthesiologist had to be present instead of a regular anesthesiologist.

[Go to page 4](#)

From page 1 - Breakfast Fundraiser

Please know that we truly appreciate your participation and we hope to see you at next year's event!

Thanks again for your support.

Sincerely,

Bovell Cancer Diabetes Foundation

2015 Breakfast Fundraiser Picture Gallery



[Go to page 4](#)

From page 3 – Iona's Cancer Story

October 15, 2013: I went to Maryland for a cystoscopy with a gynecological oncologist who had done all the recto-vaginal fistula repair attempts. Upon prepping me for the procedure, I had just got my chest mediport accessed for the IV fluids and medication and then out of nowhere, I went into cardiac arrest. They had to use the external defibrillator twice to get my heart beating again. When I was stable, I was transferred to another hospital closer to home to get an internal cardiac defibrillator, an implant to shock my heart internally if my heart were to just want to go on strike and quit again. It did not hurt because I passed out, but waking up was hardcore and pretty intense. First, I am a lightweight. My chest after sending electricity through it twice, my chest felt like a whole kindergarten class jumped up and down on it like a mattress. I had a breathing tube down my entire throat rendering my voice box useless. I could not even grunt or hum. So, being a rubber band with my flexibility and the staff not knowing that tidbit of trivia about me, they could not figure out HOW, being restrained strapped to my hospital bed I removed my breathing tube for myself. However, anyone privy to my war for my quality of living back was not surprised at all.

June 2014: I had surgery to revise basically redo over again my ileostomy. The surgery itself went smoothly but the time from when I went to the emergency room to the time I actually had my surgery was very eventful and a bit rough because they had me go without ANY water and food by mouth for almost 12 days straight...forcing me to lose 20 pounds dropping to under 100 lbs. for the first time EVER in my adult life. When I was on chemotherapy, I was 108 lbs. I'm 5'6" dropping under 110 would mean that I look exactly like those anorexic models on that creepy scary frightful website 'thinspiration'.

October 2014: I am slowly climbing up to 100 lbs having 40 more pounds to go before I am back to my former self, looking like a woman again. It is not very easy because of my ileostomy.

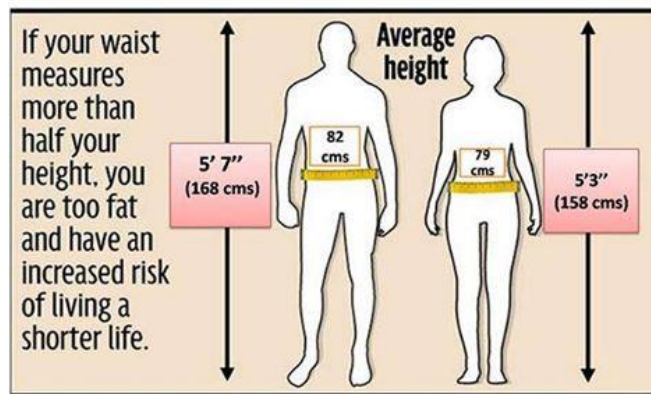
[Go to page 6](#)

From page 3 – Breakfast Picture Gallery



CHILDREN'S CORNER

Do you Remember?



Waist to Height Ratio

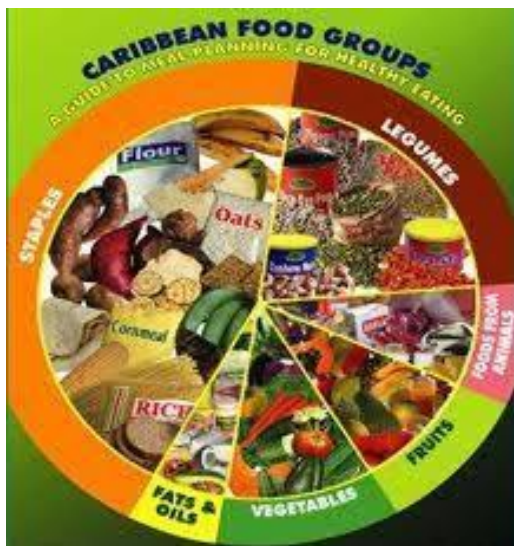
Our Healthy Eating Quiz

Question

You learn in school that you and your family could be eating better, but for Mom and Dad, making the right choices can be tricky and take lots of time. I can help Mom and Dad make healthier choices if I learn more from BCDF about healthy eating and choices. The simplest way to enjoy a healthy diet is to:

- A. Carefully read labels and choose canned foods.
- B. Eat a wide variety of nutritious foods daily.
- C. Snack on convenience foods and rely on vitamins to fill in the nutritional gaps.

Which is the correct answer - A, B, or C?



Taken from BCDF Facebook – Go like us on FB

From page 4 – Breakfast Picture Gallery



Compliments to our Volunteer Photographer
14-year old Marc-Antoni Bovell-Hector who took more than 150 pictures that day. What a great job in building work ethics and the spirit of volunteerism from young!!! It is never too young to start unpaid community building



... UPCOMING EVENTS

JUN
30



"So in Love with my Feet Project" (November 2014-June 2015)

Belle Garden, Tobago

JUN
30



Diabetes Share-Line

(868) 667-2576

2:00pm in UTC-04

JUL
08



Small Group Workshop July 8 & 9, 2015

Belle Garden Community Centre, 10:00 a.m.

JUL
10



So In Love With My Feet Massage/Focus/Support Group

Belle Garden Community Centre, 10:00 a.m.

NOV
06

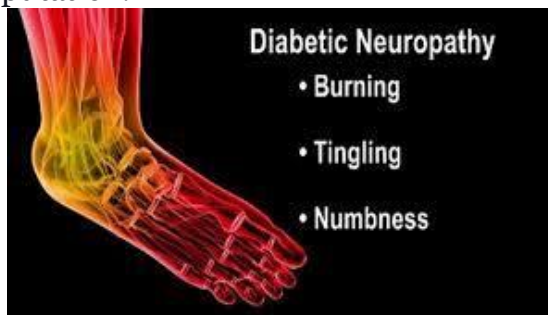


7th Annual Diabetes in the Limelight Jamboree

Cyd Gray Sporting Complex, Roxborough, Tobago

FOOT EXAMS

Bovell Cancer Diabetes Foundation seeks improvements in quantity and quality of foot checks. Learn more about our "So in Love with my Feet" project. Foot checks are vital for people with diabetes - poor control of blood glucose levels can lead to nerve damage, poor circulation and reduced feeling in the feet and legs, which can lead to serious foot problems, such as ulcers, that can lead to amputation.



From page 4 – Iona's Cancer Story

My digestive track is literally cut in half. My food does not go through my entire GI system; therefore my body does not absorb calories and nutrients normally. I still have my chest mediport, nephrostomy tube, the internal cardiac defibrillator implant, the rectal-vaginal fistula and perirectal abscess with the communication to my bladder, sadly just taking everything one day at a time. I hope that my current story, my epic struggles and suffering, that still is going literally to this very day is a catalyst for educating, enlightening, encouraging this society's, this generation's youth to accept their mortality and by doing that embracing that they are not invincible. Any sexually active adult who is NOT in a strictly monogamous relationship, no matter what gender needs to be tested for HPV. Men since they do not have a cervix cannot die from HPV, and unless they have genital warts, have no real way of knowing if they are carrying HPV. Men are the silent carriers; so until the HPV Vaccine is given to both sexes throughout the entire Caribbean, everyone, especially the lovely ladies need to get tested for HPV and when available girls/young women between the ages of 10-27 need to be vaccinated. No mother should have to watch their daughter go through anything close to what I have lived through and is currently living with.

Awareness, Prevention & Action is the key! When we know better, we will do better. The most aggressive strands of HPV that turns into Cervical Cancer & HPV in general, do not discriminate on whom it chooses as its victims. You can have one or 1,000 partners. All it takes is just one time with someone who has one of the aggressive strands of HPV that rapidly develops into Cervical Cancer and/or missing one, just **ONE** of your required annual Pap smears, especially after having a history of abnormal Pap smears like I did, to suddenly find yourself with cervical cancer just like I did. I am making a public plea to all the beautiful women (and men) of the Caribbean diaspora to be aware, have a dialogue, do not volunteer to remain in the dark about this topic.

Go to page 7

From page 6– Iona’s Cancer Story

Talk to your sexual partner about STDs and the HVP testing; and most importantly **GET TESTED!** Stay safe my beautiful people!

Respectfully yours,

Trinbagoian by blood, roots & heritage: Miss Iona Pierre 10/2/2014

Epilogue: Iona remains hospitalized for the past few weeks and to date still battling with her cancer. Please keep her in your prayers as we wish her the best. Members of the Board of Directors of the Bovell Cancer Diabetes Foundation (BCDF) visited her recently in the Virginia hospital. Will keep you posted. 🍷

DID YOU KNOW?

Green bananas are "starchy", but the type of starch they contain is **resistant starch**. **Resistant starch** is not digested in the same way as most starches. Instead of being broken down, **resistant starches** pass through the intestines unchanged, which gives them the characteristics of an insoluble fibre. Foods high in **resistant starch** increase **insulin sensitivity**, which can help people with **type 2 diabetes** and those at risk better control their **blood sugars**.



Green plantains also have about 50% resistant starch. However, plantains have the added advantage of including other types of beneficial fibres, as well as a decent nutritional profile. **Resistant starch** “resists” digestion and this explains why we do not see spikes in either blood glucose or insulin after eating foods with resistant starch, and why we do not obtain significant calories from resistant starches.



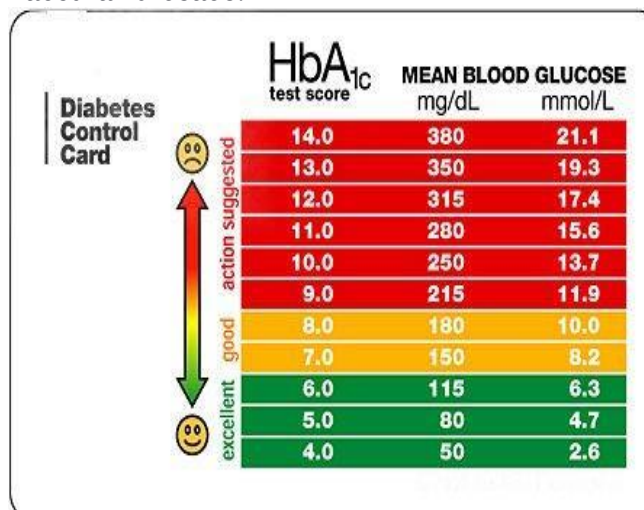
DID YOU KNOW?

Food plays a big role in diabetes prevention and management. Carbohydrate--containing foods, which include sugar, sweets, sugary drinks, grains, starchy vegetables, fruits and some dairy, are converted to sugar during the digestion process and therefore contribute to raising your blood sugar levels after eating. A high--carb intake will result in high blood sugar levels. Usually, people with high blood sugar levels are recommended to limit their carb intake to 45 grams to 60 grams per meal. Avocado contains very small amounts of available carbohydrates, which is not problematic for diabetes prevention and management.



HbA1c Benefits

People with type 2 diabetes who reduce their HbA1c levels by even 1% are less likely to suffer cataracts, heart failure and peripheral vascular disease.



BCDF 2015 RAINBOW CALENDAR OF EVENTS

November 2014 - June 2015	Complimentary Foot Care Training of Lay Foot Care Attendants <i>"So in Love with my Feet" Project</i>	(Ongoing) (Completed) (Ongoing)
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.	(Ongoing)
19 th 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 Diabetes Share-Line begins - Rescheduled	
March	Small Group Workshops - Ongoing Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.	
13 th April	Application for Second Quarter Funding Deadline - Completed	
25 th April	Breakfast and Diabetes Awareness Dialogue Morning – Market Square, Scarborough, Tobago - Completed	
May	Small Group Workshops - Rescheduled to 8 - 9th July, 2015 Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.	
May - December	Diabetes Education on Wheels (Ongoing)	
June	Small Group Workshops - Rescheduled Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management <i>"So in Love with my Feet" Project (Intake of new batch)</i>	
17 th July	Application for Third Quarter Funding Deadline	
August	Diabetes Discourse	
19 th 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 2015.	
November	Diabetes Discourse	
6 th November	Seventh Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention <i>New round of "So in Love with my Feet" Project begins</i>	