

Diabetes Discourse

Volume 7, Issue 3

9th Annual Diabetes in the Limelight Jamboree (10/11/17)

May, 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.

2017 Breakfast Fundraiser

Dear Valued Supporters/Volunteers

Many thanks for attending our 5th Annual Breakfast Morning and Diabetes Awareness Dialogue

As you know, this is our flagship fundraiser, which would not have been the astounding success it was without your generous support. The event was fun-filled, with some healthy, traditional Tobago foods - cassava bread, black pudding, souse, pancakes, buljol, smoke herring, freshly squeezed 'portugal' juice, chocolate 'tea' etc.). Your support helped us to raise money that will allow us to continue working relentlessly toward stamping out diabetes in Tobago. This year, the funds raised will support the "9th Diabetes in the Limelight Jamboree" and our 'Life for a Child Project', patterned after a project of the International Diabetes Federation. This project meets the immediate needs of a child with diabetes. All the funds raised will go directly to our projects. None of your money goes to administrative costs, which is all voluntary. That is why events like these are so important to raise much needed funds to accomplish BCDF's mission. BCDF does not have any subventions, and our projects depend on our fundraisers and grants.

Go to page 3

INSIDE THIS ISSUE

- 1 2017 Breakfast Fundraiser Thank You
- 2-3 Breakfast Picture Gallery; Cornelius Henson Bovell
- 4 Prevent type 2 diabetes in Children
- 5 Older Obese Adults Benefit from Exercise
- 5 What Unhealthy Food does to your Body
- 6 Bites worth Following
- 8 Women and Diabetes
- 10- Upcoming Events; 2017 Rainbow Calendar of Events
Diabetes in the Limelight Jamboree, Poster Competition

BREAKFAST 2017 PICTURES



Healthy breakfast - herring, fresh salad, cooked veggies and pancakes – just \$50!



Tobago chocolate 'tea'



It was busy, but we had to keep the pace

Watch Your Daily Sugar Intake

Females - 20 g/day; 5-6 tsp./day

Males - 36 g/day; 9 tsp./day

Children - 12 g/day; 3 tsp./day

Diabetes awareness



OF OUR BROTHER



Cornelius Henson Bovell "Corni"
1948-2014

The loss of a loved one is so hard to face,
We just want to hide,
Go somewhere and escape!
But death is something
We all must go through.
We know it is hard
When it is a brother, someone you loved and
knew.

We just know now,
You are in a better place,
No more hurt or pain shall you face.
It seems unfair, and yes, this is true,
But you are in Heaven now
Watching over us all!

God has called you home to rest!!
And you are being well taken care of
Because God knows best!

Kenya H.

<https://www.familyfriendpoems.com>

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

*Precious in the sight of the LORD is the death
of his saints (Psalm 116:15)*





Nutritious veggies served directly from our garden



Keeping the beat!



Engaging, creating diabetes dialogue & awareness

We sincerely hope that you will continue to support us, and please encourage your friends and family to support us in our future undertakings. We truly appreciate your participation and we hope to see you at next year's event! Many people got their blood sugar tested and some referrals were done.

Sincerely,
Board of Directors,
Bovell Cancer Diabetes Foundation (BCDF)



Breakfast 2017 pictures



Courts, Tobago supported us with this TV for dialoguing



Our rummage table helped bring in much needed funds



Our dialoguing hub

PREVENT TYPE 2 DIABETES IN CHILDREN

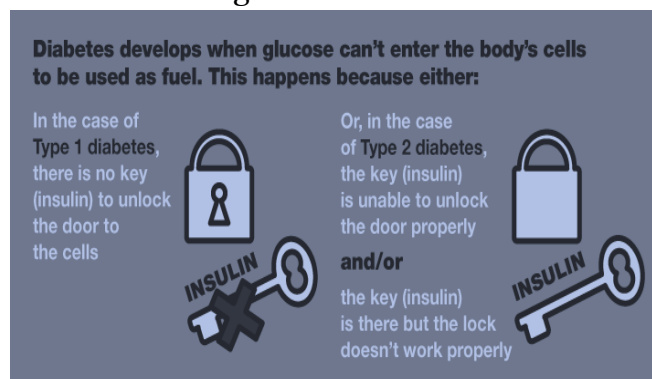
There is a growing type 2 diabetes (T2DM) problem in our young people. Parents can help turn the tide with healthy changes that are good for the whole family.

Until recently, young children and teenagers almost never got T2DM, which is why it used to be called adult-onset diabetes. In 2016, among Tobago's school children ages 6 to 13 years, there were 38 and 24% overweight and obesity, respectively. Data on Trinidad and Tobago indicated that 25% of school-aged children, 5 to 18 years are overweight or obese. Obesity is a problem closely related to the increase in children with T2DM, some as young as 10 years old.

Weight Matters

People who are overweight, especially if they have excess belly fat, are more likely to have **insulin resistance**, children included. Insulin resistance is a major risk factor for T2DM.

Insulin is a hormone made by the pancreas that acts like a key to let blood sugar into cells for use as energy. Heredity traits or lifestyle (eating too much and moving too little) can cause cells to stop responding normally to **insulin**. That causes the pancreas to make more insulin to try to get cells to respond and take in blood sugar.



Source: *Diabetes: The Basics* – Diabetes UK
CDC Features: <https://www.cdc.gov/features->

As long as enough insulin is produced, blood sugar levels remain normal. This can go on for several years, but eventually the pancreas cannot keep up. Blood sugar starts to rise, first after meals, and then all the time. The stage is now set for T2DM. Insulin resistance usually does not have any symptoms, though some kids develop patches of thickened, dark, velvety skin called '*acanthosis nigricans*', usually in body creases and folds such as the back of the neck or armpits. They may also have other conditions related to insulin resistance, including: high blood pressure, high cholesterol and polycystic ovary syndrome.

Activity Matters

Being physically active lowers the risk for type 2 diabetes because it helps the body use insulin better, decreasing insulin resistance. Physical activity improves health in lots of other ways, too, from controlling blood pressure to boosting mental health.

Age Matters

Children who get T2DM diabetes are usually diagnosed in their early teens. One reason is that hormones present during puberty make it harder for the body use insulin, especially for girls, who are more likely than boys to develop T2DM. That is an important reason to help your children take charge of their health while they are young.

More Risk Factors

These factors also increase children's risk for T2DM:

- Having a family member with type 2 diabetes
- Being born to a mother with gestational diabetes (diabetes while pregnant).
- Having one or more conditions related to insulin resistance.

If your child is overweight and has any two of the risk factors listed above, talk to your doctor about getting his or her blood sugar tested. Testing typically begins at 10 years old or when puberty starts, whichever is first, and is repeated every 3 years.

Take Charge, Family Style

As a family, healthy changes become habits more easily when everyone does them together.

OLDER OBESE ADULTS BENEFIT FROM MODERATE EXERCISE



Older adults who are obese or overweight can benefit from moderate-intensity exercise, whether they have diabetes or not. This increases their ability to remain independent, according to researchers. People with overall obesity or abdominal obesity may develop major mobility disability (MMD). Those with MMD cannot walk a quarter of a mile without sitting down, or receiving assistance. The inability to walk a quarter of a mile is a proxy for common daily activities, such as the inability to walk to go to the shop. Having MMD can really affect the quality of life and independence for older people, but it has been reported that moderate exercise is a safe and effective way to reduce that risk even in severely obese people. Researchers at Wake Forest Baptist Medical Center studied 1,635 sedentary men and women, 70 to 89 years old for two years. The men and women attended two training sessions each week, and engaged in at-home activities three to four times per week. The activities included walking, plus balance, flexibility, and strength training. The exercise reduced major mobility disability or MMD risk by 31%.

Categories of Obesity

Body mass index (BMI)	Category of Obesity
30	Obese
31 to 35	Class 1 Obesity
>35	Class 2 Obesity

Source: Jacqueline Marshall, Wake Forest Baptist Medical Center



WHAT UNHEALTHY FOOD DOES TO YOUR BODY: TRANS FAT



If you want to do one thing to improve your diet, avoiding foods with trans fatty acids, or ‘trans’ fat is an excellent choice.

There is a bit of naturally occurring ‘trans’ fat in meat and dairy foods, but that is not the concern. It is artificial ‘trans’ fat that harms our health and has no redeeming nutritional value. Artificial ‘trans’ fat is created by adding hydrogen to liquid oil, turning it into a solid fat known as “partially hydrogenated oil.” Food manufacturers like partially hydrogenated oil because it costs little and increases a food’s shelf life.

How Trans Fat Affects the Heart and Nerves

Since people with diabetes are at increased risk for nerve damage and cardiovascular disease, avoiding ‘trans’ fat is an especially wise decision.

Heart

‘Trans’ fat contributes to heart disease by upsetting the body’s balance of high- and low-density cholesterol. Trans fat increases low-density lipoprotein (LDL) – the “bad” cholesterol – and may decrease high-density lipoprotein (HDL) – the “good” cholesterol. Having elevated LDL’s and diminished HDL’s is associated with cardiovascular problems. It is estimated that reducing ‘trans’ fat intake could prevent as much as 3,000 to 7,000 coronary heart disease deaths per year.

Nerves

Our nerve cell membranes are also affected by ‘trans’ fat. As the body breaks down fat from the food we eat, fatty acids are incorporated into our cell membranes.

The makeup of cell membranes is very important since it determines what goes into and out of each cell. Healthy nerve cell membranes are porous and fluid so nutrients can enter and the membranes can recognize and receive neurotransmitters (chemical messengers allowing nerve cells to communicate with each other). **Our cell membranes have no use for ‘trans’ fats that pack the membranes too tightly, making them rigid and less porous. Each cell's capacity to replenish, rid itself of waste, and transmit vital messages is compromised.**

Tips for Avoiding Trans Fat

- ✚ To avoid ‘trans’ fat at the grocery store, you must **READ FOOD LABELS**. Choose items that have 0 grams of ‘trans’ fat. Check the ingredient list for partially hydrogenated oil. If it is listed, the product is not trans-fat-free.
- ✚ Focus on eating a diet rich in whole, fresh fruits and vegetables, lean sources of protein, whole grains and low-fat dairy products.
- ✚ Cook with monounsaturated fats such as extra-virgin olive oil
- ✚ Commit to a diet free from ‘trans’ fat by going through your cupboards and refrigerator, and tossing out items made with partially hydrogenated oil. (Yes, most of your packaged snack foods will end up in the garbage, along with margarine, packaged baked good etc.)
- ✚ Avoid fried foods when you eat out, and do not make a habit of eating fast-foods. It is also wise to limit our intake of natural saturated fats. Our body needs some saturated fat to function properly, but most of us would be wise to eat less of it.

Sources: Jacqueline Marshall, CDC and Stanford



BITES WORTH FOLLOWING

Living with Diabetes



There is no cure for diabetes, but it can be managed. Balancing the food you eat with exercise and medicine (if prescribed) will help you control your weight and can keep your blood glucose in the healthy range. This can help prevent or delay complications. Many people with diabetes live long and healthful lives.

Questions Related to Diabetes



I see additives listed on food labels all the time and have no idea what they are. I do not know if they are harmful or helpful. What are they and what do they do?

Food additives are “any substance added to foods.” Food additives are used to “maintain freshness, improve taste and color, and maintain nutritional value.” On the other extreme, it is often said “they are commonly added to food but do not add value to your food.” We are not defending food additives or telling you that they are healthful. We are just making you more aware of the information. Some additives are stabilizers, thickeners and gelling agents which help processed foods have “structure, viscosity and stability.”

They form stiffness or stabilize the food. **Stabilizers/emulsifiers** usually include pectin, lecithin (from egg yolk or corn) Agar agar (algae) and carrageenan (seaweed). Foods like water and oil which do not mix, will require a stabilizer. Stabilizers are used in dairy products, mayonnaise, margarine and salad dressings. Thickeners are flavorless powders or gums that work under many conditions. **Thickeners** include starches, pectin and gums. They are used to thicken soups, sauces and puddings. Gelling agents include gelatin, gums, starches and pectin. **Gelling agents** are added to jellies, jams, desserts, yogurts and candies. These additives are identified on the label to help consumers. All food additives must be approved by the FDA prior to use. Most food additives are from natural products but up to 1% can be from synthetic ingredients.

How safe are additives?

Certain additives can have food and drug interactions. For example, anticoagulants (blood thinners) and anti-hypertensive (blood pressure) may be affected by carrageenan and antibiotics/cholesterol drugs may be affected by pectin. Some food additives which may be considered “riskier or questionable for health” include: monosodium glutamate (MSG), high fructose corn syrup, food dyes, Trans-fat, sodium nitrate and BHA/BHT.

High fructose corn syrup is a highly refined artificial sweetener, which may contribute to diabetes, inflammation and tissue damage. It is often found in canned vegetables, cereals, bars, breads, and flavored yogurts. Some studies show it may promote to overeating and weight gain. High fructose corn syrup tends to turn off the mechanism of feeling full. **MSG** is a flavor enhancer found in snack foods, Chinese food, cookies, frozen dinners and lunch meats. People often complain of headaches, feeling fatigued and weight gain. Some people are highly sensitive to **MSG** and others are extremely allergic.

Food dyes like red, blue and yellow, are often found in cereals, sport drinks, snacks, red cherries, and fruit cocktail. These are artificial dyes and may cause behavioral

problems or allergies, especially in children. **Sodium nitrate** is added to processed and preserved meats including luncheon meats, bacon, hot dogs, and smoked fish. It may cause allergic reactions.

BHA/BHT is an added preservative in chewing gum, chips, cereals and Jello and may cause a neurological effect. The best way to avoid food additives would be to avoid bagged, boxed and processed foods and concentrate on whole simple foods like whole fruits, vegetables, lean meats, fatty fish, no preservative whole grain bread and stick to “clean eating” as much as possible.

Source: Roberta Kleinman ADW Diabetes Newsletter: July, 2017

Diabetes, What to Know Head to Toe

Eyes: Diabetes can lead to vision loss or even blindness

To take good care of your eyes:

- ✚ Keep your blood sugar close to your goal
- ✚ Bring high blood pressure down
- ✚ Get a dilated eye exam by an eye doctor every year. Your eye doctor will use drops to enlarge your pupils to look inside your eyes
- ✚ See your eye doctor if:
 - Your vision is blurry
 - You see double
 - You see spots or floaters
 - One or both eyes hurt
 - You feel pressure in your eye
 - You cannot see things at the sides like you used to
 - You have trouble reading

Feet: Diabetes can harm the blood vessels and nerves in your feet

To keep your feet healthy:

- ✚ Keep your blood sugar close to your goal
- ✚ Take off your shoes and socks and have your feet checked at least once a year--more often if you have any foot problems
- ✚ Wash your feet every day. Dry them, even between toes
- ✚ Check daily for cuts, blisters, redness, and swelling. If you cannot see the bottom of your feet, use a mirror or ask someone for help. If you find anything, contact your

health care provider--no matter how small the problem

- ✚ Never walk barefoot
- ✚ Wear shoes that fit well. If you have lost feeling in your feet, ask your health care provider for advice on proper shoes
- ✚ Break in new shoes slowly
- ✚ Wear clean padded socks that fit well Make sure the sock seams are in the right place
- ✚ Cut your nails straight across and file the edges
- ✚ Shake out your shoes before putting them on. A small pebble can lead to problems
- ✚ Do not smoke

Heart: People with diabetes are twice as likely to develop high blood pressure as people without diabetes

To have a healthy heart:

- ✚ Lose weight, if you are overweight. Talk to your health care provider
- ✚ Become more physically active
- ✚ Have your blood pressure checked at each health care provider visit
- ✚ Ask your health care provider what your blood pressure goal should be. A blood pressure level <130/85 mm Hg is the goal for most people with diabetes
- ✚ Do not smoke

Source: FDA

Exercise Reduces Stress Hormones



When you are under stress, taking time to exercise is probably the last thing on your mind. It may seem hard to believe, but if you dedicate a little time most days of the week to exercise, you will probably find your stress levels actually decrease. While you will have less free time, you will be able to enjoy it more, and you will be

better able to focus on needed matters. When stressed, your body produces **cortisol** and **adrenaline**. These hormones are responsible for many of the feelings and reactions in your body that we equate with stress. Exercising helps your body to control the production of these hormones, reducing that “fight or flight” reaction, feelings of anxiety, sleeplessness, and other symptoms of elevated stress levels.

Carrots



Carrots are great for your eyes because of their beta-carotene content. Your body converts beta-carotene into vitamin A, which is critical for healthy vision, a healthy immune system, and healthy skin. Cooking carrots increases the bio-availability of their key nutrients.

WOMEN AND DIABETES



2017 World Diabetes Day

Theme
“Women & Diabetes”

Slogan
“Our Right to a Healthy Future”

In this May edition, we focus on a diabetes-related issue, which is unique to women.

Pregnant and Pumping

Changes in hormone levels throughout the menstrual cycle can affect blood glucose levels. Pregnancy can also affect blood glucose levels, and high blood glucose levels can affect a pregnancy

Great Expectations

If you consider a healthy pregnancy with diabetes as a challenge, consider this:

- ✚ Less than 100 years ago, before the discovery of **insulin**, many young women with Type 1 diabetes did not even live to reach childbearing age
- ✚ Less than 30 years ago, physicians routinely told young women with Type 1 diabetes that pregnancy was far too dangerous for both mother and child
- ✚ Today, thanks to advances in diabetes treatment, plus improvements in medical care for infants, there has never been a better time for you to have a healthy baby
- ✚ **Insulin pump** therapy is one of the options available to women today for managing diabetes during pregnancy

Challenges of pregnancy

- ✚ Pregnancy with diabetes presents a variety of challenges for you and your diabetes management team far beyond the routine morning sickness, fatigue, and strange food cravings experienced by many women who are expecting
- ✚ The length of time you have had diabetes as well as the course of your disease influences the seriousness of medical risks during your pregnancy. For example, if you have mild **retinopathy**, it may progress during pregnancy. Your kidney status could worsen
- ✚ Women with diabetes are at higher risk for frequent and severe **hypoglycemia** (low blood glucose) during pregnancy because glucose crosses the placenta to provide nutrition for the growing baby
- ✚ The pregnancy state also tends to allow *diabetic ketoacidosis* — a dangerous condition usually accompanied by very high blood glucose — to develop quickly

- ✚ Having a thorough medical evaluation prior to pregnancy is extremely important for determining your individual situation and management solutions
- ✚ Good blood glucose control before and during pregnancy will minimize all risks to the mother
- ✚ Risks to the baby are also a consideration when a woman has diabetes
- ✚ Most birth defects in infants born to mothers with diabetes are directly related to the mother's degree of high blood glucose at the time of conception
- ✚ Infants of mothers with poorly controlled diabetes have an increased rate of congenital malformations of the heart, skeleton, and nervous system
- ✚ Spontaneous abortion, or miscarriage, is also known to occur more often in women with high blood glucose
- ✚ **Macrosomia**, which means the baby is larger than normal for its developmental age, low blood glucose in the baby at birth, and respiratory distress syndrome are additional potential problems
- ✚ Because the fetal organs are largely developed within the first eight weeks of pregnancy, which may be before you even realize you are pregnant, optimal blood glucose control before conception should be your primary goal
- ✚ If you can maintain normal blood glucose levels before conception and during your pregnancy, you can reduce the risks to yourself and your baby to those of women who don't have diabetes

Pre-pregnancy planning

- ✚ If you have diabetes, it is critically important to plan for pregnancy **before** conception. For women with no immediate desire to start or expand their family, that includes finding a reliable method of **birth control** to prevent an unplanned pregnancy
- ✚ If you would like to become pregnant, you should meet with your doctor to determine your overall health, stamina, and ability to conceive and carry a pregnancy to term

- ✚ Genetic counseling may also be beneficial. A **diabetes educator** can provide intensive education to help you understand the effects of pregnancy on diabetes, as well as work toward optimal blood glucose control for diabetes and pregnancy
- ✚ Ideally, you should strive for near-normal blood glucose levels for at least three months prior to pregnancy
- ✚ During this time, be sure to use a reliable method of birth control, and use this time to make sure you have the personal commitment, along with family support, to sustain you through frequent medical and obstetrical visits during the nine months of pregnancy

Blood glucose control during pregnancy

- ✚ Regardless of the type of diabetes you have, a goal of optimal blood glucose control is essential for a healthy pregnancy
- ✚ The blood glucose control goals suggested by the American Diabetes Association are lower for pregnant women than for the general population with diabetes
- ✚ The American Diabetes Association has set the following “above-normal” levels:
 - **Fasting:** At or above 92 mg/dL
 - **1 Hour:** At or above 180 mg/dL
 - **2 Hour:** At or above 153 mg/dL

Source: Hieronymus, L. & Geil, P. (2015). ADW Newsletter (www.diabetesselfmanagement.com)

To be continued: Next edition: Some strategies for maintaining optimal blood glucose control before and during pregnancy.

Be a part of stamping out diabetes in T&T

Your donation will help us to create cancer and diabetes awareness and run our several projects. This would mean so much to someone fighting cancer. **Please donate today by phone or mail.**

Phone:

Phone: 868) 667-2576

Mail: Bovell Cancer Diabetes Foundation
19 King Avenue, Santa Rosa Heights
Arima Trinidad

Cheques payable to:

Bovell Cancer Diabetes Foundation

... UPCOMING EVENTS

OCT
1-30



Primary School Children Poster Competition
Tobago

NOV
10



9th Annual Diabetes in the Limelight Jamboree
Cyd Gray Sporting Complex,
Roxborough, Tobago
10:00 a.m.

NOV
13



Cancer Education Workshop
To be Determined
10:00 a.m.

NOV
14



Children and Teen Hangout
To be Determined
3:00 p.m.

Misleading Advice:

Do not worry about dietary fat. Fat does not spike blood glucose. However, it has about 120 calories per tablespoon and can affect your weight-control efforts, which makes controlling blood glucose challenging. The type of fat you eat matters, too. Saturated fats decrease your body's sensitivity to insulin, and both saturated and trans fats contribute to high cholesterol.



Source: diabeteslivingonline.com

BCDF 2017 RAINBOW CALENDAR OF EVENTS

November 2016 - June 2017	Complimentary Foot Care <i>"So in Love with my Feet" Project</i> Cancer Education Workshop – "Together we can Outsmart Cancer"
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.
18 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 Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
March	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. New round of "So in Love with my Feet" Project begins
11 th April	Application for Second Quarter Funding Deadline (Completed)
5 th – 6 th April 29 th April	"So in Love with my Feet" Project Breakfast and Diabetes Awareness Dialogue Morning – Market Square, Scarborough, Tobago
May	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. "So in Love with my Feet" Project
June	Diabetes Discourse – Quarterly Newsletter of BCDF Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management "So in Love with my Feet" Project
18 th July	Application for Third Quarter Funding Deadline
August	"So in Love with my Feet" Project Diabetes Discourse - Quarterly Newsletter of BCDF "So in Love with my Feet" Project
17 th October	Application for Fourth Quarter Funding Deadline
October/November	School Children World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its 9 th annual primary school poster competition Cancer Education Workshop; Children & Teen Hangout
November	Diabetes Discourse - Quarterly Newsletter of BCDF 9th Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention New round of "So in Love with my Feet" Project begins
10 th November	



9th Annual “Diabetes in the Limelight Jamboree”

WHEN?

10th
NOVEMBER
2017

10:00 a.m.

WHERE?

Roxborough
Sporting
Complex



Spin-to-Win
Great prizes

BOVELL CANCER
DIABETES
FOUNDATION

Belle Garden Tobago

Phone: 868-667-2576
E-mail:
bovellcancerdiabetesfounda
tion@gmail.com

Doctors on site

Dentist

Weight Clinic

Blood Glucose

Foot Exams

Diabetes Education

A_{1c} test for all **New**

Eye Doctor

Children's Booth

Zumca

Cholesterol Testing

Stroke Awareness

Blood Pressure

New Food Demos **New**

Theme: “*Women and Diabetes*”

- ♦ Free gifts for the first 100
- ♦ Sign up for free monthly foot care
- ♦ Be the lucky one to receive a free blood glucose machine & strips
- ♦ Join our *Life for a Child* project
- ♦ Sign up for small group workshop

Slogan: “*Our Right to a Healthy Future*”



Bovell Cancer Diabetes Foundation

<http://www.bovellcancerdiabetesfoundation.org>

Phone: 868) 667-2576

E-mail: bovellcancerdiabetesfoundation@gmail.com

<http://www.facebook.com/pages/Bovell-Cancer-Diabetes-Foundation/109253079221608>



Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is sponsoring its 9th poster competition among school students 6 to 15 years to help raise awareness and educate about diabetes prevention and management.

Create a poster! WIN prize money! Help PREVENT diabetes!

First Prize—\$600; Second Prize—\$400; Third Prize— \$300; and Merit prizes

Three categories are open to all school children between the ages of 6 and 15 years

- Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces
- At present there is no cure for diabetes, but the good news is that it could be prevented
- Entries are accepted until 27th October, 2017

Compete for the ...
TATIL Challenge Trophy plus \$800 for the most innovative poster depicting the theme
"Women and Diabetes"

2017 Theme:
"Women and Diabetes"

2017 Slogan: "Our Right to a Healthy Future"

Go to: www.bovellcancerdiabetesfoundation.org
Check our Facebook or ask your teacher for more information about the competition

