

Diabetes Discourse

Volume 8, Issue 3

10th Annual Diabetes in the Limelight Jamboree (09/11/17)

May, 2018

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.

2018 Breakfast Fundraiser

Dear Valued Supporters/Volunteers

Many thanks for attending our 6th Annual Breakfast Morning and Diabetes Awareness Dialogue

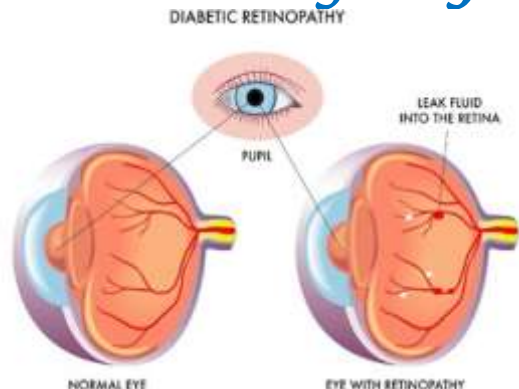
As you know, this is our flagship fundraiser, which would not have been the astounding success it was without your generous support. The event was fun-filled, with some healthy, traditional Tobago foods - cassava bread, pancakes, buljol, smoke herring, freshly squeezed 'portugal' juice, chocolate 'tea' 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 "10th 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. We sincerely hope that you will continue to support us,

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Diabetic Retinopathy



<https://www.healthnavigator.org.nz/health-a-z/d/diabetic-retinopathy/>

Diabetic retinopathy (DR) can cause vision loss, but with early treatment, much of this loss could be prevented.

What happens in diabetic retinopathy?

Diabetes damages the blood vessels which supply the retina of the human eye. The retina is a very thin and complex layer which lines the back and inner wall of the eye. Diabetes causes the small blood vessels within the retina to close and/or leak blood, fats, and fluid, all of which are toxic to the retina causing it to swell. If blood vessel closure occurs in the center of the retina, lack of oxygen may cause irreversible loss of vision. Closure can also cause abnormal vessel growth, bleeding and scar tissue. **DR** is the most common eye disease for people with diabetes, and the leading cause of blindness in working-age adults. The risk is greater for those who have had diabetes for a long time and those with higher glucose, blood pressure and cholesterol levels. As retinopathy gets worse, you may experience blurred vision, floaters, shadows or difficulty with color perception or reading. **DR** may take many forms. Early detection and treatment are key to preventing vision loss. It is a lifelong condition that requires consistent oversight. Retina specialists (trained, qualified ophthalmologist) can treat **DR** with laser surgery, injected medications, or microsurgery.

(Reitz, *Diabetes Forecast* May/June, 2018).



OF OUR BROTHER



Cornelius Henson Bovell "Corni"
1948-2014

You have been gone for four years
It still hurts every day
There is not a day that goes by
Without us thinking why
So many things we wanted to say
We never imagined you would be so far away
In our hearts you will always be
Until the time is meant for each of us
We never got to say goodbye
But we know you are always by our sides
We share so many happy memories
Our brother...our true friend
May our love for you reach Heaven today
You are still sadly missed by all of us
Until we meet again!!!!

© Marie. <https://www.familyfriendpoems.com>

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

For since we believe that Jesus died and was raised to life again, we also believe that when Jesus returns, God will bring back with Him the believers who have died (1 Thessalonians 4: 14).



Diabetes IQ

- Do you have to cut all sugar from your diet?
 - a. Yes. Sugar worsens diabetes
 - b. No. I can eat as much sugar as I want, as long as it is natural.
 - c. **No. I can still eat foods with sugar in moderation**

C is the correct answer. Many healthy foods contain sugar. For example, dairy products, such as yogurt contain lactose, which is a sugar. Also, fruits contain fructose. These foods also supply other nutrients that are good for you. In general, have balance in your diet and take a moderate approach to carbohydrates.

... Upcoming Events

SEP-OCT
1-31



Primary School Children Poster Competition
Tobago

NOV
9



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

NOV
12



Children & Teen Hangout
To be Determined
10:00 a.m.

NOV
13



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

NOV
15-23



Small Group Workshops
To be Announced
10:00 a.m.

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 2018 pictures



A snapshot of the healthy breakfast offered to our customers April, 2018



Our volunteers at work, pleasing our customers/supporters



It is chocolate "tea" time!



A moment of relaxation during the busy morning
 Snapshots of our customers/supporters being served



Snapshot of our customers/supporters being served



Cooking time - pancake



Cooking time - "fry bakes"



Special Thanks

The Board of Directors of the Bovell Cancer Diabetes Foundation would like to publicly thank the village councils, Women's Federation, and persons who helped to sell tickets, donated items and volunteered at our 6th Annual Breakfast Morning and Diabetes Awareness Dialogue 2018. For BCDF, this is such a step forward, working along with other groups to better serve the people. Words cannot express how appreciative we are of these groups and individuals. We are very excited about our continued working and collaboration with the village councils, Women's Fed, and individuals.



- [JOHN DIAL](#) Village Council worked along with us, THANKS



- [MT. ST. GEORGE](#) Village Council worked along with us and donated items, THANKS
- [GOLDEN LANE](#) Village Council worked along with us, THANKS
- [WOMEN'S FEDERATION](#) worked along with us, THANKS
- [ROXBOROUGH ESTATE VISITOR SERVICES COOP](#) (Argyle Waterfall) worked along with us, THANKS!
- [ROXBOROUGH FIRE SERVICES](#) worked along with us, THANKS!
- [BELLE GARDEN VILLAGE COUNCIL](#) was there, THANKS

Five Reasons for Heavy Sweating with Diabetes

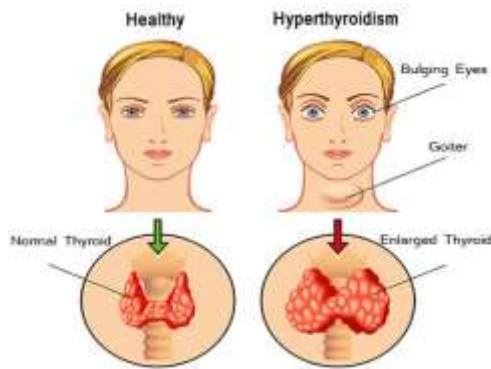


People with diabetes can be prone to excessive sweating, which can also lead to dehydration and other health complications. Heavy sweating can also signal poor diabetes control.

1. Blood Glucose Levels

Excessive sweating in diabetes can be linked to low blood glucose levels known as [hypoglycemia](#). When blood glucose levels drop, it triggers a “fight or flight” response from your body. As a result, your body produces additional hormones known as [norepinephrine](#) and [adrenaline](#). This can lead to symptoms of [hypoglycemia](#) such as heavy sweating, shakiness, hunger, stomach cramping, blurred vision, fast heartbeat, headaches, nausea, weakness, confusion, anxiety and tingling around the mouth and lips. If low blood sugar or [hypoglycemia](#) is ignored, it could lead to coma and even death. Causes of [hypoglycemia](#) can vary from too much diabetes medication such as sulfonylurea pills or insulin, too much exercise or not eating enough carbohydrates. It is important to get your blood sugar back to normal as soon as possible to alleviate these symptoms including sweating. Keep glucose tablets, a few pieces of hard candy or a can of regular soda handy to increase your blood sugar levels quickly.

2. Hyperthyroidism



Another reason for heavy sweating is [hyperthyroidism](#), a metabolic condition that people with diabetes may be prone to as 10% of people with diabetes will develop a thyroid disorder in their lifetime. [Hyperthyroidism](#) can affect any age group but is much more common in women. Thyroid hormones have an effect on almost every system of your body. The thyroid gland plays an important role in maintaining insulin levels and blood glucose levels. The thyroid gland, found in the front of your neck, produces key hormones in response to signals sent by your brain. These hormones work to increase or decrease your metabolic rate. When the thyroid gland is overactive, it is called [hyperthyroidism](#). More hormones are secreted than usual, which boosts your metabolic rate. This can cause heavy sweating, heat sensitivity, neck swelling, weight loss, hair loss, fragile nails, heart palpitations, dry eyes, tremors, irritability, increased appetite, insomnia, frequent bowel movements, shaking hands, and nervousness, difficulty breathing or swallowing. [Hyperthyroidism](#) can cause irregular periods in young women, miscarriages and infertility. Excessive thyroid hormones can cause increased glucose production in the liver, and insulin resistance leading to poorly controlled diabetes. People with diabetes should be periodically checked for thyroid disease with a simple blood test. Having diabetes and [hyperthyroidism](#) can worsen diabetes symptoms and lead to further complications such as [neuropathy](#) or nerve damage. [Hyperthyroidism](#) also plays a role in bone loss or osteoporosis.

3. Heart Problems



There is a strong link between diabetes and heart disease. Heart disease is a leading cause of death in people with diabetes. Cardiovascular disease (CVD) is more common in people with diabetes.

Cardiovascular disease is defined as a myocardial infarction or a heart attack, heart failure and having a stroke. The longer you have diabetes, the higher the risk of developing heart disease. This risk may be increased when a person with diabetes is overweight or obese especially when carrying fat in the belly area (a waist line of 35 inches or more for a woman, 40 inches or more for a man), hypertension or high blood pressure, high LDL levels (bad cholesterol), high triglycerides, smoking, inactivity and elevated or uncontrolled glucose levels. Uncontrolled blood sugars can damage the heart and blood vessels. A heart attack is when, “the blood supply that normally nourishes the heart with oxygen is cut off and the heart muscle dies.” Heart attacks are caused by plaque build- up, blood clots and coronary spasm.

4. Outdoor Heat

Outdoor heat, haze and humidity while exercising can be difficult on the heart and cause excessive sweating. Older people or people with diabetes may have a dulled response to dehydration and may suffer from heat stroke faster and more often. Sweating helps the body cool down by dropping the body temperature through evaporation. When the humidity is 75% or higher, it is difficult to cool down by sweating since there is too much water vapor in the air. Sweating is hard on the system because it pulls out sodium, potassium and other minerals needed for nerve conduction, water balance and muscle contraction. Sweating also increases blood flow to the skin when you are over-heated.

5. Stress



Another reason for heavy sweating is emotional or physical stress. The stress response occurs when the body perceives a threat. A hormone called **adrenalin** floods the body and increases the heart rate, blood pressure, breathing rate, blood sugar and perspiration. Sweat comes from the sweat glands, which are mainly located in the armpits and groin. Many people also sweat heavily on their feet and palms of their hands. It is a normal response when you are anxious about anything. Wear natural, breathable fibers like cotton, lose weight, avoid spicy foods, nicotine, caffeine and alcohol to reduce sweating. Take several deep breaths when you start to sweat. Use an antiperspirant to minimize perspiration under your arms. Drink water to stay hydrated.

Source: ADW Diabetes Newsletter | May 15th, 2018|

Tips for Tasty & Healthy Meals



Choose seasonal fruits and vegetables and pick the brightest colours that you can.

Buying fruits and vegetables in season lets you enjoy peak flavour at lower cost

Use cooking methods that lower fats.



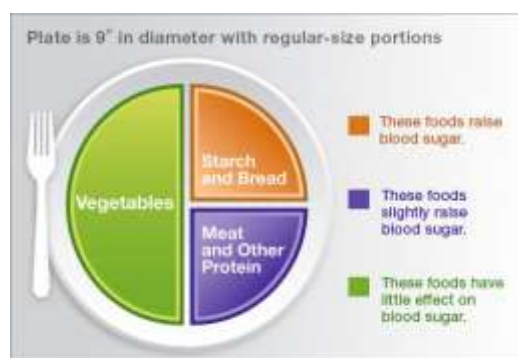
Steamed vegetables are especially flavourful when herbs are added to the steaming liquid. Broiled or grilled meats are lower in fat and develop a rich golden colour that adds visual and taste appeal. Baking, especially in a pan with a rack is another low fat cooking method. Barbecuing is another lower calorie cooking method.

Use spices and herbs to kick up the flavour.



Parsley, chive, chadon beni, rosemary, and thyme are classic herbs that you will savour. Cinnamon, cloves, nutmeg will add a new taste to traditional dishes

To keep control of your portions, think of the “space on your plate.”



A well balanced plate will consist of 1/4 protein (e.g. chicken or fish), 1/4 starch (e.g. rice, provision, macaroni) and 1/2 vegetables. Add milk to drink and fresh fruit for dessert and you are well nourished at a moderate calorie expense.

Source: <https://www.diabetes.ca>

BCDF 2018 RAINBOW CALENDAR OF EVENTS

November 2017 - December 2017	Complimentary Foot Care - “So in Love with my Feet” Project ✓ Diabetes in the Limelight Jamboree ✓ Cancer Education and Awareness Workshop ✓ Prize Giving & Machine Distribution Ceremony ✓
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.
19 th 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
13 th April	Application for Second Quarter Funding Deadline ✓
April 28 th April	Complimentary Foot Care - “So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning Market Square, Scarborough, Tobago ✓
May	Diabetes Discourse Teachers’ Workshops - Rescheduled Small Group Workshops (Village Councils) - Rescheduled Cancer Education Workshop (Tobago East) - Rescheduled Diabetes Education Workshop (PTAs) - Rescheduled Complimentary Foot Care – “So in Love with My Feet Project”
June	Complimentary Foot Care – “So in Love with My Feet Project”
20 th July	Application for Third Quarter Funding Deadline
August	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
20 th October	Application for Fourth Quarter Funding Deadline
October/November	School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its 7 th annual primary school poster competition for the occasion of World Diabetes Day 2018.
9 th November 13, 14, 15-23 rd November	10th Annual Diabetes in the Limelight Jamboree Diabetes Discourse Cancer Education & Awareness Workshop Children & Teens Hangout; Small Group Workshops Annual Evaluation & Debriefing Workshop (BOD, volunteers)



BCDF

BOVELL CANCER DIABETES FOUNDATION

10TH ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE

**9th
November,
2018**

**Sporting
Complex
Roxborough
Tobago**

10:00 a.m.

Theme
**"The Family
& Diabetes"**
**Bring your
Family!**

- Blood Glucose, Cholesterol
- Blood Pressure, Nutrition, A1c , Food Demos
- Foot Exams, Stroke Info
- Eye Doctor, Dentist
- Doctors' Consults
- Diabetes Education
- Children Artwork
- Weight Clinic, Spin-To-Win
- Children's Booth, Zumca©
- Entertainment, Giveaways!!!!



www.bovellcancerdiabetesfoundation.org

Bovell Cancer Diabetes Foundation

<http://www.bovellcancerdiabetesfoundation.org>

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



Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is sponsoring its 10th 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, 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

Compete for the ...
TATIL Challenge Trophy + \$800 for
the most innovative poster depicting
the theme "The Family & Diabetes"
New: Dr. Verleen Bobb-Lewis
Challenge Trophy

2018 Theme:
"The Family & Diabetes"



Go to: www.bovellcancerdiabetesfoundation.org

Check our Facebook or ask your teacher for more information about the competition