

Diabetes Discourse

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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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WORLD DIABETES DAY, 2012



World Diabetes Day (WDD) 14th
November, 2012

Experience World Diabetes Day with BCDF on Friday 9th November

This year BCDF will focus on children and youths as the main vehicle to promote and disseminate its diabetes education and prevention messages as indicated by the IDF. World Diabetes Day unites the world against diabetes by celebrating people who are touched by diabetes every day, and raising public awareness of this killer epidemic. The campaign aims to convey the urgency with which the diabetes epidemic must be approached. According to the IDF, in 2012, WDD will warn the world about the dangers of diabetes and inspire communities to fight back and think of the future.

WDD 2012 – Educate, enjoy, protect
Go to page 7 for more details

SUGAR AND YOUR ARTERIES

Heart disease stems from damage of the arteries, which eventually affect the heart. There is a common myth that high levels of fat in the blood cause cholesterol to begin to stick to the walls of the arteries. However, without arterial wall damage, cholesterol cannot begin to form a "plaque", regardless of how high the lipids in your blood may be. Every time your blood sugar spikes, it is causing an inflammatory response that damages the lining "wall" of your arteries. Low density lipoproteins (LDL) particles become trapped behind the damaged lining, causing atherosclerosis (hardening of the arteries). In this stage, plaque continues to build until it finally ruptures through the artery wall, forming a clot, which blocks the circulation; this is a heart attack. The research says that atherosclerosis is the number one cause of heart disease and stroke. Although people with pre-diabetes or diabetes can have normal fasting readings, blood sugars can spike after improper eating. If you have diabetes or even pre-diabetes, you already know that every time you eat too many carbohydrates at one time you are spiking your blood sugar levels. But what about people who do not know they have pre-diabetes or diabetes and who are told by the doctor that their fasting glucose levels are within a normal range? These people probably do not give eating too many carbohydrates a second thought. What they do not realise is that every day, after a meal they are probably experiencing artery-damaging sugar spikes that far exceed the normal range. After-meal spikes in blood sugar are potentially extremely damaging. They not only lead to diabetes and heart disease, but also eye disease, blindness, kidney disease and nerve disease. Studies have shown that controlling after-meal spikes in blood sugar can help reduce cardiovascular risk. If you are not keeping your diet in check, you will be more prone to sugar spikes. Also, if there is diabetes in your family - it

is important to constantly check your blood sugar, watch your diet and keep physically active.

Sources used:

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(98\)12131-1/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(98)12131-1/abstract)

<http://www.ncbi.nlm.nih.gov/pubmed/14985967>

<http://www.sciencedirect.com/science/article/pii/S0735109798006378>



BCDF'S WINNING PROPOSAL

BCDF recently received an award from the Telecommunications Authority of Trinidad and Tobago in commemoration of the 2011 World Telecommunication and Information Society Day. The winning project *entitled "Information and Communication Technology to Optimise a Community Diabetes Prevention and Education in Rural Tobago"* will expand the range and reach of our existing structured community diabetes education, prevention, control and self-management programme available to individuals, families and communities in Tobago who have, or at risk for diabetes. The project encourages the use of Information and Communication Technology (ICT) equipment and/or services in rural communities in Trinidad and Tobago. BCDF is a proud recipient of this award of \$30,000.00 worth of ICT equipment and services. BCDF has been creating awareness and educating the people of Tobago and Trinidad about diabetes since 2008. Each 'win' such as this reminds us of our promise to enrich the lives of people living with cancer and diabetes.



DIABETES: DID YOU KNOW?

... many people who have diabetes do not know it...

Many people do not find out they have the disease until they have diabetes problems, such as blurred vision or heart trouble. If you find out early that you have diabetes, you can get treatment to prevent damage to your body.



...you are at risk for diabetes, if you...

- ◆ have a parent, brother, or sister with diabetes
- ◆ are physically inactive



BECOME A MINDFUL EATER

Be mindful about food – see how food tastes, if you feel hungry or full, how fast or slow you eat and if you chew your food in 2, 10, or 20 bites. This is all part of mindful eating, which could be useful in blood sugar control.

Eat more slowly. This will give you the chance to be more aware of your food, as well as give your stomach a chance to send signals to the brain to stop eating when it starts to feel full.

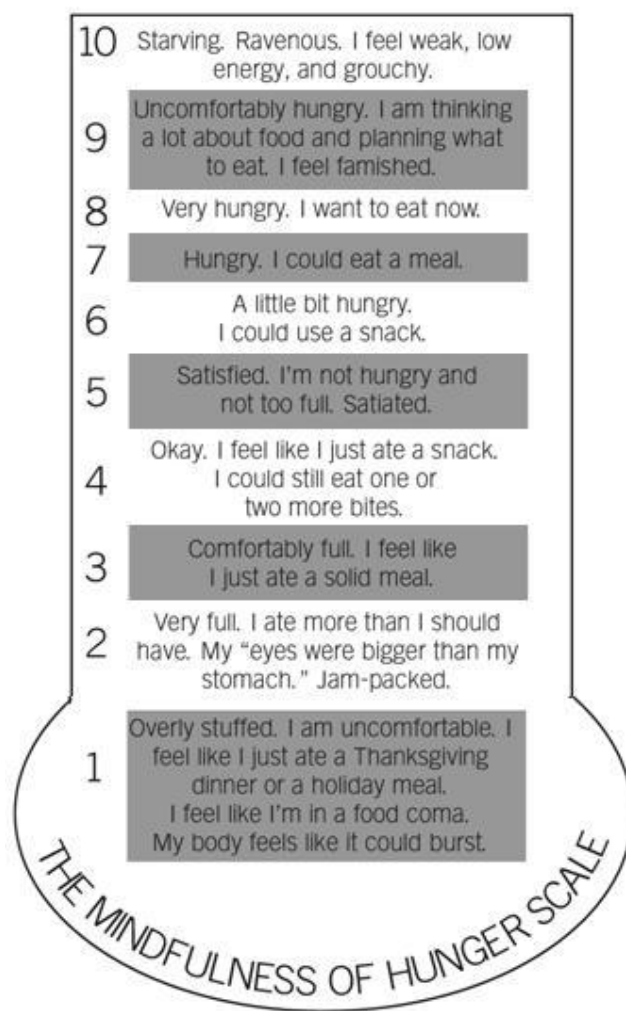
Pay attention to your meal and how you feel about it. This makes eating more enjoyable regardless of the volume of the meal. Mindfulness requires you to eat with no distractions such as TV, e-mails, phone calls or other interruptions except for the family and food. Savor the *taste* of your meal. Smell that orange before you peel it; notice the crispness of those carrots. Try to be in a calm mood and focus on the present not worry about the thousand things you must do later. Never show up starving for the next meal.

Take the time to arrange the plate. This will increase your appreciation for the meal and add to your enjoyment. Set the table; use a tablecloth and cloth napkin. Make the plate look nice; arrange the food carefully and neatly. No piling food onto the rim of the plate! This will also help with portion-control.

Listen to hunger as well as appetite cues. Think about why you are choosing to eat each time you have a snack or meal. Look at your laden plate before eating to visualize the space the food will fill in your stomach. Drink a glass of water before you even start to eat. Start a journal about your food intake. Include what, when, where and how much you have eaten. This will definitely make you more mindful of what you eat.

Become more involved with meal preparation. This will help you better appreciate the food you eat. Food can certainly be an addiction, stress reliever, emotional support and huge trouble spot for people with diabetes. It can hopefully make a difference in your overall food intake, weight and **more importantly blood sugar control!**

Appetite versus hunger. Appetite is pleasing; hunger is not. You physically experience hunger. Appetite is more of a thought or feeling of desire for a food based on physical sensations. Moreover, “satiety” does not necessitate “fullness,” just feeling satisfied. The gamut of hunger varies, from feeling extremely hungry to feeling extremely full. Notice this says extremely full, not extremely satisfied. Feeling very full is typically perceived as an uncomfortable physical sensation. Sometimes, this is still perceived psychologically as a good thing – for example, at Christmas or harvest, many people enjoy the tradition of eating so much it hurts. But that does not mean it does not still hurt. The graphic below describes this spectrum of “hunger” to “fullness” to better explain the physical sensations of hunger.



NUTRITIONAL SNAPSHOTS OF OUR FRUITS AND VEGETABLES



Trinidad and Tobago is home to a variety of fruits and vegetables. However, it is quite common to see large numbers of imported fruits for sale in our local markets, grocery stores, and on the streets of our country. Our people tend to prefer the imported fruits, maybe because of the lack of knowledge of the nutrition content of our locally-grown fruits and vegetables. When compared, to the imported fruits and vegetables, the locally-grown are richer sources of vitamins and minerals. Some examples are:

Guava versus Apple

The apple has fibre to facilitate gut health and rid the body of waste. One guava has less calories and carbohydrate but is richer in fibre, vitamin C and potassium, compared with an apple.

Food	Kcal	Carbohydrate (g)	Dietary Fibre (g)	Vitamin C (mg)	Potassium (mg)
Guava, medium (100 g)	51	11.9	5.6	184	284
Apple, medium (100 g)	59	15.3	0.8	6	115

Guava versus Grape

In comparison to a bunch of grapes, one guava has much more Vitamin C, fibre and potassium.

Food	Kcal	Carbohydrate (g)	Dietary Fibre (g)	Vitamin C (mg)	Potassium (mg)
Guava, medium (100 g)	51	11.9	5.6	184	284
Grapes, (100 g)	63	17.2	0.8	4	191

BCDF ANNUAL FUNDRAISER



BCDF second annual flagship event (*All You Can Eat' Fish Broth Dinner*) will take place on Saturday 3rd November, 2012 at the Eastside Pan Theater, Belle Garden, Tobago from 6:00 p.m. to 10:00 p.m. Buy early to get discounted tickets at: **one person on one ticket/\$100; two persons on one ticket/\$100.**

BOVELL CANCER DIABETES FOUNDATION ANNUAL BENEFIT

"All You Can Eat Fish Broth Dinner & Auction"

East Side Pan Theatre, Belle Garden
Saturday 3rd November, 2012 - 6:00 to 10:00 p.m.
Call: 667-2576 for Tickets/Reservations
Cocktails at 6:00 p.m. / Door Prize
Elegantly Casual Attire
Auction... Blackberry, Blender and More!!!
DONATION: TT\$100
Support Us In The Fight Against Diabetes

BIG DISCOUNT ON MACHINES!

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.



Glucose machines are vital to keeping track of day-to-day blood glucose levels.



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CHILDREN'S CORNER

Louise Clarke's Story

Diabetes in my 20s: Far from Sweet



*"I am going
to live
forever."*

I am sure that many 20-somethings have had this thought, subconsciously or otherwise. Even if we do not actually think it, this idea is what drives 20-somethings to act the way they do. Teen years are over! No more pleated skirts to iron and white shirts to bleach. For most of us, the world becomes focused on full-time jobs or tertiary education. We watch our elders age, and shake our heads when an old Uncle or Tantie is in hospital for "sugar" or "pressure". I suppose many of us imagine that these diseases are for the old – at least this is what I felt. So imagine my shock when I was diagnosed with diabetes. It all started with a routine visit to the doctor back in 2009. One morning, I woke up with a strange buzzing and heaviness in my left ear. Walking around was a huge challenge. I bumped into everything (and I do mean everything), and every time I turned my head too fast, I felt my body starting to tip to the left. Eventually, the sensation moved to my other ear, so I swallowed my stubbornness and went to the doctor. Everything about that visit was perfectly normal. I peed in a cup and endured the painful squeeze of having my pressure tested. The kind medical assistant wanted to know if I was diabetic, as there was sugar in my urine, but quickly allayed my worry, and said the doctor would handle it. The doctor was really interested in the sugar in my urine. He was even more interested in my frequent thirst ("I get thirsty a lot"), my feeling tired all the time ("I doh get much sleep, nah"), and going to the toilet a lot ("because of all the water I drink, Doc"). I was advised urgently to get a number of tests done, which I did in two twos. Four days later, I was back in his office. My ears seemed to be improving, but

the test results indicated that I had **Type 2 diabetes**. First I was outraged. Me? Not yet 24, and diagnosed with this disease? Diabetes is for Granny, not for me. Then I became embarrassed. What did I do to develop this disease? Of course, I was not half as hard on myself as the rest of the world was. Some said it was all the soft drinks I tended to drink like water. Then came a deep sense of fear and dread. Would I end up amputated? Blind? Would I spend the rest of my life waiting for the day I lost my eyesight and a leg or two? Would I have to inject myself daily with doses of insulin? Of course my questions were endless. Luckily, I had a good doctor who was very frank with me. The complications, he warned, were very likely to happen, if I failed to take care of myself. His advice - a healthy diet, daily exercise, and keeping a close watch on my blood glucose levels. It sounded so easy. "Yeah man! I could handle dat," I said to myself. Two dietitians and 12 pounds later, I had yet to fully control my diabetes. I can guess that someone reading this may think I was being lazy, or even reckless. Two years should be more than enough time to become accustomed to a new way of eating (less starches, more greens, fruits in moderation), and daily exercise. **The reality was different.** Overnight, I felt pressured to go from flaky beef pies, beastly cold Coca Colas and fries, to salads, half a glass of unsweetened orange juice and almond nuts. Now I'm not knocking almond nuts, nor am I knocking salads or unsweetened orange juice. However, the more it dawned on me that my dietary habits would have to change quite considerably, and permanently, the more I wanted to pretend that my diagnosis never happened. So for some months I went back to my old habits – a 20z Coca Cola every other day, pastries from Linda's, a quarter chicken with fries and macaroni salad from my favourite haunts on Ariapita Avenue. I kept telling myself, "In a few months I will change". I kept convincing myself that "this spicy beef pie from Linda's was my last". Sure, the last pie became the second to last.

Then THAT last pie became the second to last. You can guess how that went. I was having a time taking a swim in a place called denial. **Then came a rude awakening** - I was tired and dizzy, with a headache worse than a category 5 hurricane. Something told me to check my blood glucose, something I had not done in months. Once I saw those numbers I was so sure I was delirious, but there it was in grey and black – it was **560 mg/dL**, which for a human being is dangerous. That night I went to Port of Spain General Hospital. My requests for food were strongly denied, and the hourly insulin injections did not help my mood either. That was about a month and a half ago. I consider myself lucky, as things could have been much worse. I might be without a limb or in a coma. I had to take a good look at myself, and decide on what was important. Did I want to live to see my 40th birthday without too many health problems? Did I want to feel well enough so I could pursue my music and start living my life? Did I want to enjoy a quality of life other 25 year olds seem to enjoy? Other 25 year olds could eat and drink whatever they wanted, without worrying about high blood sugar, blurred vision or headaches. Didn't I deserve to be in that group? At the very least didn't I deserve to enjoy my life? **I answered yes.** So once again I looked at my diet. It is true that I may not be perfect, but healthier eating has paid off over the past few weeks. I weigh less, function better and have more energy. But how many other 20-somethings have made this discovery? How many 20-somethings eat badly, and give no thought to what could happen in their golden years? It is true that diseases like diabetes are also hereditary, but it is still avoidable. Even if you do not find yourself having to take insulin injections at age 25, at age 55 those insulin injections would not be any more bearable. I fancy myself to be an example of what can happen when you don't take care of yourself – except in my case the consequences came a lot sooner than the average person. How many of our young people think ahead that far? How many of us have taken into account that our **grandparents and parents are diabetic, which**

puts us at a higher risk of developing the disease? It is best to take it into account now, rather than somewhere in the distant future. After all, an amputated foot is unpleasant, regardless of when it gets cut off.

This story is taken from Outlish Magazine; available at: <http://www.outlish.com/diabetes-in-my-20s-far-from-sweet>

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.

DIABETES HUMOUR



"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."

4TH ANNUAL “*DIABETES IN THE LIMELIGHT JAMBOREE*”

9th November, 2012

- ❖ **Doctors’ Consults**
 - ❖ **Eye Doctor**
 - ❖ **Dentist and more...**
- ❖ **Diabetes Education**
- ❖ **Children Artwork**
- ❖ **Children Monologue**
- ❖ **Entertainment**
- ❖ **Youth Activities**
- ❖ ***Prize Giveaways!!!***
- ❖ ***Free Transport!!!***



9:00 a.m.

Roxborough Sporting Complex

- ❖ **Blood Glucose**
- ❖ **Cholesterol Testing**
- ❖ **Blood Pressure**
- ❖ **Food Demos**
- ❖ **Nutrition Screening**
- ❖ **Foot Exams**
- ❖ **Ask the Doctor**



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. [Completed]
16th July, 2012	Application for Third Quarter Funding Deadline
16th – 27th July, 2012	Lay Diabetes Footcare Training [Postponed]
August, 2012	Diabetes Discourse [Completed]
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 ('All You Can Eat' Fish Broth Dinner) 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