

Diabetes Discourse

Volume 3, Issue 4

August, 2013

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.*

INSIDE THIS ISSUE

- 1 Highlighting Supporters – Mr. & Mrs. Moore
- 2 Diabetes in Trinidad and Tobago - 2012
- 2 Good Oral Care is Beneficial to your Diabetes
- 4 Healthy Eating for Children
- 4 Children's Corner
- 6 5th Diabetes in the Limelight Jamboree
- 7 Primary School Poster Competition
- 8 BCDF 2013 Rainbow Calendar of Events

HIGHLIGHTING SUPPORTERS

None of us have it all together, but
TOGETHER we have it all.

BCDF cannot go it alone; therefore we continue to cherish and appreciate our supporters. We continue to highlight our constant, revered supporters.

Meet **Lestell and Orville Moore** of Lesville Bed & Breakfast Apartments, Feeder Road, Canaan, Tobago. The Moores' have been among BCDF'S strongest supporters since our launch in 2008. BCDF volunteers travelling from the U.S.A. are housed at Lesville. This is what they have to say about the Moores - The service is great, Mr. & Mrs. Moore are excellent and very helpful, they made our stay great. The place is very clean, spacious and comfortable. We will always recommend Lesville; they showed us all the sites in Tobago.



Mr. Moore

Mrs. Lestell Moore



When you see the Moores, congratulate them and follow their examples of supporting BCDF to stamp out diabetes. Take a step for diabetes with BCDF!

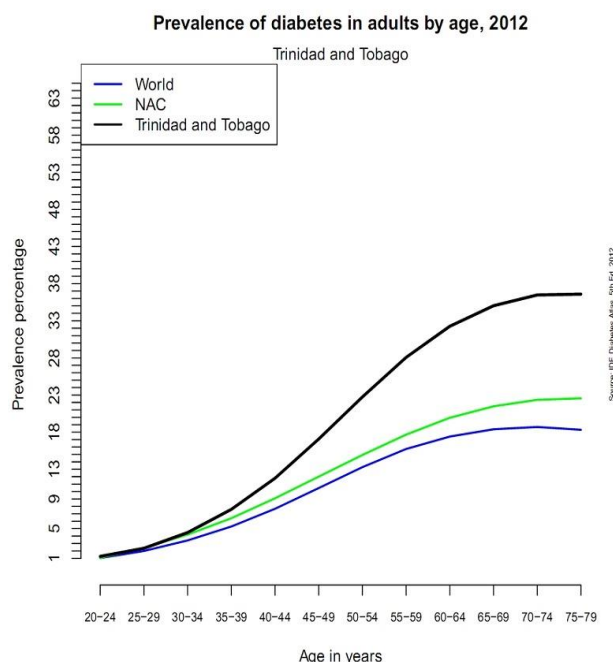


BCDF wishes one of our featured supporters Secretary Hilton Sandy a speedy recovery from his illness.

DIABETES IN TRINIDAD AND TOBAGO (T&T)– 2012

Total population of Trinidad and Tobago	1.3 million
Prevalence of diabetes in adults (20-79 years)	12.5%
Total cases of adults with diabetes (20-79 years)	120,298
Number of deaths in adults due to complications of diabetes	1,392
Main healthcare expenditure due to diabetes/person with diabetes (in 1000s)	7,092
Number of cases of diabetes in adults who are undiagnosed	33,330

Trinidad and Tobago versus World Prevalence of Diabetes (www.idf.org)



The figure shows which age groups in the population have the highest proportions of diabetes. The blue line is the distribution of diabetes prevalence by age for the world; the green line is for the region; and T&T distribution is plotted in the black line. Many middle- and low-income countries have more people under the age of 60 with diabetes compared to the world average. Meanwhile, for high-income countries, a

growing population over the age of 60 makes up the largest proportion of diabetes prevalence.



GOOD ORAL CARE IS BENEFICIAL TO YOUR DIABETES

Tooth and gum problems (**gingivitis**: red, swollen and bleeding gums which do not affect the bone; **periodontitis**: inflammation around the tooth which causes bone loss and can elevate blood sugars) are more common in people with diabetes, especially when blood sugars are uncontrolled. High blood sugars prevent the white blood cells from fighting infection and increase the risk of oral infections.

Gum disease is two times more common in people with diabetes. Other risk factors for gum disease include:

- ◆ Smoking
- ◆ Family history
- ◆ Genetics
- ◆ Hormone changes
- ◆ Poor mouth care

The good news is with reasonable attention to your mouth you can help avoid problems. It is well known that your mouth can affect your entire health as well as be a window to your overall health. Dentists may now be able to help identify cardiac disease, diabetes, and cancer by simply doing a complete mouth check-up. When your mouth is cared for properly you can eat, smile, talk and laugh without difficulty. Keep your scheduled dental appointments and decide with your dental professional how many times you should visit per year.

- ◆ Some people can get by with a one time a year visit while others are plaque producers which may require up to four visits a year
- ◆ Always discuss your mouth care choices with your dentist

Let us examine some simple daily techniques to ensure proper mouth care and keep you happy for a lifetime.

Cont'd on page 3

Cont'd from page 2

- ◆ The reason to brush your teeth is to dislodge the plaque that increases around the gum line. Brushing at the gum line and on the gums is the best technique. Plaque can cause infections that hurt the gums and bones that support the teeth. When plaque is not removed it can form tartar which must be removed by a professional.
- ◆ The brushing process should take about 2 full minutes when done correctly. Some electric toothbrushes have timers built in but you can use a simple kitchen timer at first, just to see how long 2 minutes really is. Each quadrant of your mouth should take 30 seconds.
- ◆ The toothbrush should be held at a 45° angle instead of flat against your teeth. Pay close attention to the back molars and wisdom teeth and both the inner and outer surfaces.
- ◆ The brush should move in short strokes covering the entire tooth surface, the gum line and the actual gum.
- ◆ Stick to a soft bristle since harder bristles do not remove more plaque and can irritate the tissue. The hard bristles can lead to enamel loss (the hard protective surface that surrounds the tooth). Gargling with plain water after you have drinks such as alcohol, citrus, and coffee, which can make the teeth more porous, is better than brushing. Brushing twice a day should be sufficient. Do not eat after you brush.
- ◆ Even toothbrush head size can make a difference. If you have a small mouth, do not pick a large toothbrush; if you have a large mouth do not pick a child-size toothbrush. Change your tooth brush every 3-4 months since the bristles do wear out. Throw out your



**Help us
stamp out
diabetes in
our nation
– donate
to BCDF**



- ◆ toothbrush after a cold, flu or respiratory sickness. Rinse your tooth brush with hot water every few days.
- ◆ If you can afford an electric tooth brush, invest in one since the vibrating can do part of the work.
- ◆ Include scraping your tongue with a tongue scraper or just brushing your tongue. The tongue has bacteria especially near the back end which also contributes to gum disease.
- ◆ Flossing is one of the most important parts of mouth care. This helps break up the plaque and trapped foods.
- ◆ Mouth rinses may be helpful; treatment rinses strengthen the enamel and fight decay. Rinses which contain alcohol can cause dry mouth and irritation.
- ◆ People with diabetes may have dry mouth due to elevated blood sugars, kidney disease or from certain medications. Taking small sips of water, sucking on sugar free mints or hard candies or chewing on sugar free gum (contains Xylitol, the sugar free alcohol in gum, which cannot be metabolised by bacteria so it stops the growth) can be beneficial. Watch the total amount since they may increase stomach bloating and digestive issues.

Good oral care is well worth all the benefits that can be seen especially when you have diabetes.

Source: Kleinman, R. American Diabetes Wholesale Newsletter

CHILDREN'S CORNER

Anica and Brittley Schmidt's Story

ANICA

I have had diabetes since I was eight-years-old. It was miserable when I first got diagnosed because I did not like all the finger pokes and shots. Now, I am pretty proud of the fact that I have diabetes. It makes me unique. I have gotten to know my school nurses better and I have such a special friendship with them. I know they would do anything to help me. They are so nice and fun to be around. They are some of the most important people in my life. I am the oldest of six children and things are really fun at our house. We have 35 acres of land and over 40 animals. In our free time we play with the animals, ride bikes, read, play sports, write stories, and jump on our trampoline. I play the piano, and I love basketball. My best friends are my siblings and we are all very close. Even though I have diabetes, I can still do everything that I want to do. When my sister, Brittley, got diabetes three and a half years after me it was just a shock. I never expected her to get it, too. Brittley and I have a lot of fun having diabetes together because we help each other remember to check our blood and we both do the same things. I do not feel as alone and I can talk to Brittley about how I feel because she has felt it too. I love going to the Diabetes Centre with Brittley and my other sister, Sadie. Sadie is helping find a cure for diabetes. Sadie sometimes wishes she could have diabetes like us. We love seeing our doctor and our nurse. Everyone there is so happy and nice. Diabetes has helped me become stronger. It has taught me responsibility. I love diabetes, even when it gets really hard at times.

BRITTLEY

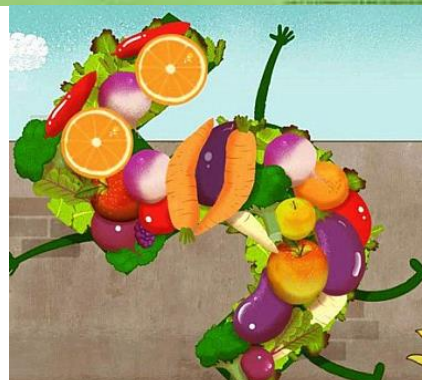
I love having diabetes! The first time I got diabetes was when I was at my brother's scout meeting. I had to go to the bathroom four times and I got a whole bunch of drinks from the drinking fountain. In the car I did not like the light and my whole body was aching. At home we checked my blood with my older sister's machine and it was high. Later that

night when all my brothers and sisters were asleep my parents drove me to the hospital. I had diabetes! I did not want to have diabetes because I was always afraid of shots. I cried a lot because I had to get a bunch of shots. I was thankful that my big sister had it too because then I would not be alone having diabetes. The next day I went to the Diabetes Centre and learnt all about diabetes. They taught me how to give myself shots and from then on I was never afraid again. Now some grown-ups say they are afraid of shots and I tell them I am not. Today I am happy to have diabetes. It has helped me to be brave and to not be afraid of shots. I have a lot of people I can count on. I have two aunts with diabetes and a sister. I really like my nurses and doctor who is very nice to me and he is always happy; I am always happy when I am around him. *Source:* <http://www.childrensdiabetesfoundation.org>



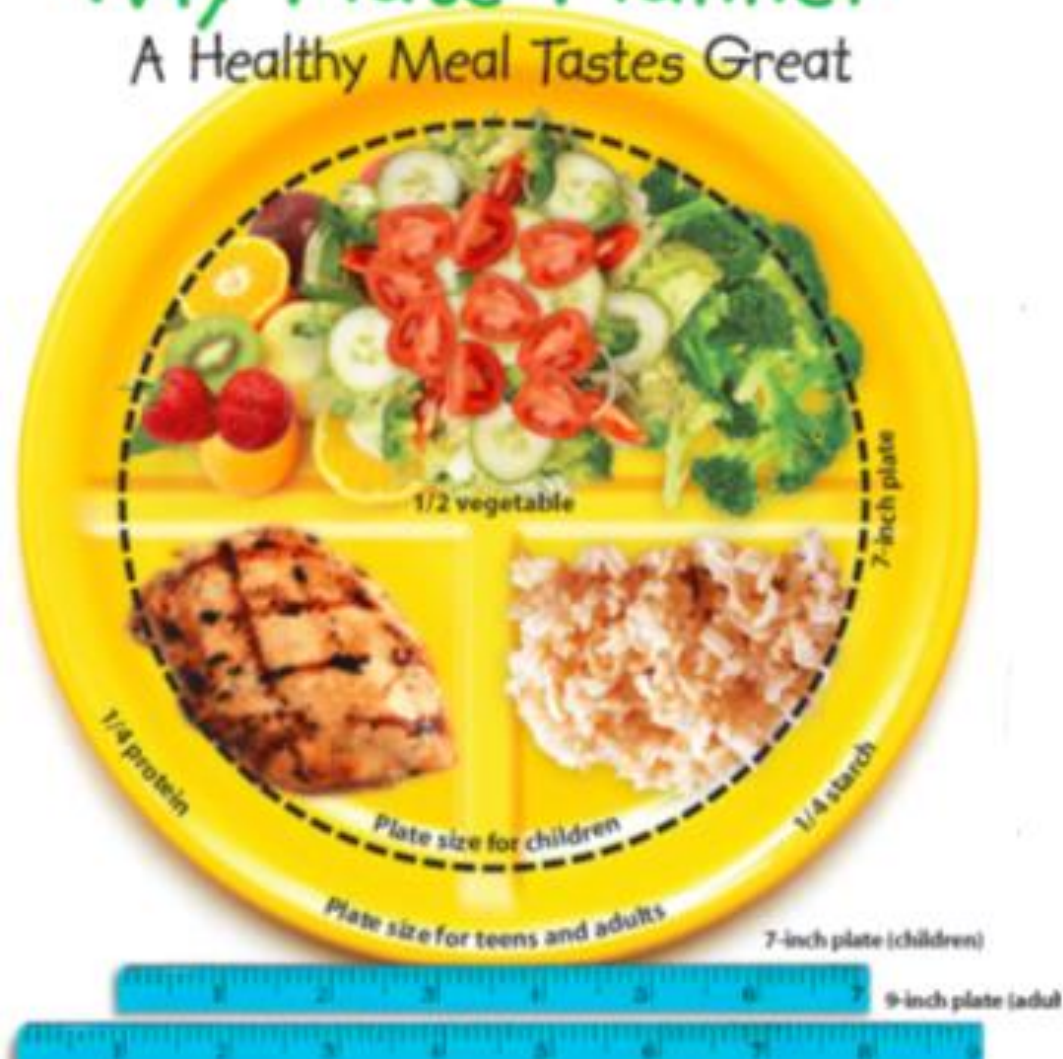
HEALTHY EATING FOR CHILDREN

EAT THESE (images.search.yahoo.com)



My Plate Planner

A Healthy Meal Tastes Great



The Plate Method above is a simple way to learn healthy portion sizes.

Just split the plate into three parts, the largest part for vegetables



What is the name of this vegetable?

Taken from: <http://learningaboutdiabetes.org/children.html>



Your hand can help you to measure the right amount of food to eat.
Use your hand to measure out portions

Palm of Hand
Amount of lean meat

A Fist
Amount of rice, cereal or macaroni

A Thumb
Amount of cheese

Thumb Tip
Amount of peanut butter

5TH ANNUAL “DIABETES IN THE LIMELIGHT JAMBOREE”

8th November, 2013

❖ **Doctors’ Consults**

- ❖ **Eye Doctor**
- ❖ **Dentist and
more...**

❖ **Diabetes Education**

❖ **Children Artwork**

❖ **Weight Clinic**

❖ **Facebook Signup
Prizes**

❖ **Free Zumba Session**

❖ **Talk It Out Booth**

❖ ***Prize Giveaways!!!***

❖ ***Free Transport!!!***

❖



9:00 a.m.

Roxborough Sporting Complex

❖ **Blood Pressure**

❖ **Food Demos**

❖ **Nutrition Screening**

❖ **Foot Exams**

❖ **Stroke Awareness**

❖ **Glucose testing**

❖ **Cholesterol testing**

WEAR BLUE!!!!!!!

Bovell Cancer Diabetes Foundation

<http://www.bovellcancerdiabetesfoundation.org>

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[http://www.facebook.com/pages/Bovell-Cancer- Diabetes-Foundation/109253079221608](http://www.facebook.com/pages/Bovell-Cancer-Diabetes-Foundation/109253079221608)



Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is sponsoring its fifth island-wide poster competition among primary school students to help raise awareness about diabetes prevention.

Create a poster to WIN prize money, and help PREVENT diabetes!

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

Three categories & two age groups are open to all primary 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
- Entries are accepted until 1st November, 2013

2013 Slogan

**Diabetes: Protect Our
Future**

Go to: www.bovellcancerdiabetesfoundation.org

or ask your teacher for more information about the competition. Take a step for diabetes by participating



BCDF 2013 RAINBOW CALENDAR OF EVENTS

18-19 th December, 2012	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes. Cancelled.
January - December, 2013	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.
11 th January, 2013	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, 2013	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
8 th April, 2013 20 th April, 2013	Application for Second Quarter Funding Deadline Breakfast and Diabetes Awareness Dialogue, Market Square, Scarborough
May, 2013	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes Diabetes Discourse
June, 2013	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes.
15 th July, 2013	Application for Third Quarter Funding Deadline
August, 2013	Diabetes Discourse
18 th October, 2013	Application for Fourth Quarter Funding Deadline
October - November, 2013	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, 2013	Diabetes Discourse
2 nd November, 2013	BCDF Annual Fundraiser BCDF flagship event ('All You Can Eat' Fish Broth Dinner) will take place at the Belle Garden Community Centre, Belle Garden, Tobago.
8 th November, 2013	Fifth Diabetes in the Limelight Jamboree BCDF will join the World Diabetes Day campaign with the emphasis on diabetes education and prevention