

Diabetes Discourse

Volume 4, Issue 3

August, 2014

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.*

WE HAVE NOT FORGOTTEN



On 17th August, 2013, the Bovell Cancer Diabetes Foundation (BCDF) suffered a terrible blow and setback when we lost our mother/matriarch of the Foundation. Miss, we are thinking of you on your first year in heaven. We know you are resting in God's arms. Your life was a blessing; your memory a treasure. You are loved beyond words and missed beyond measure. As you rest in peace, know that we are following your famous words "always do your best". The year 2012 to 2013 was yet another milestone in the life of BCDF. We celebrated our 5th founding year. Over the years, we have made an impact on the lives of children, women, men, families and communities in Tobago. Since 2009, we have celebrated World Diabetes Day, which has become routine. It enables us to do diabetes and cancer education 'en masse', screen

Go to page 3

INSIDE THIS ISSUE

- 1 We have not Forgotten
- 2 Facts about Fats: Helpful Hints
- 2 Let's Talk Cancer with Dr. Liselle Bovell
- 3 Diagnosing Diabetes
- 4 Facts about Fat
- 5 Diabetes Humour for Children; Baby your Feet
- 6 Guide to HbA1c; 5 Healthy Eating Decrees
- 7 Delinquent Diabetics in Trinidad and Tobago
- 8 BCDF 2014 Rainbow Calendar of Events

FACTS ABOUT FAT: HELPFUL HINTS



Try to avoid frying. This just adds calories and fat to the food. Try other cooking methods such as baking, broiling, grilling, steaming, etc.

Choose lean meats. The leaner the meat, the less fat and saturated fat it contains, such as skinless chicken breast. Each 3 oz portion has less than 2 grams of saturated fat.

Portion your meats. Make sure to weigh your meats after they have been cooked to avoid eating too much. Keep portions at 3-4 oz. at lunch and dinner.

Eat fish 2-3 times per week or more. Fish is naturally lower in fat and calories, and is an excellent source of protein. The portions may be slightly larger, 5-6 oz. at lunch and dinner.

Choose low fat dairy products. They give you the same amount of nutrients (protein, calcium, vitamin D) as full-fat dairy products, minus the fat.

Avoid sauces and dressings. They tend to be high in fat and calories. Ask for sauces and dressings on the side and dip your fork into them before pinching the food. This will help control the amount that you eat.

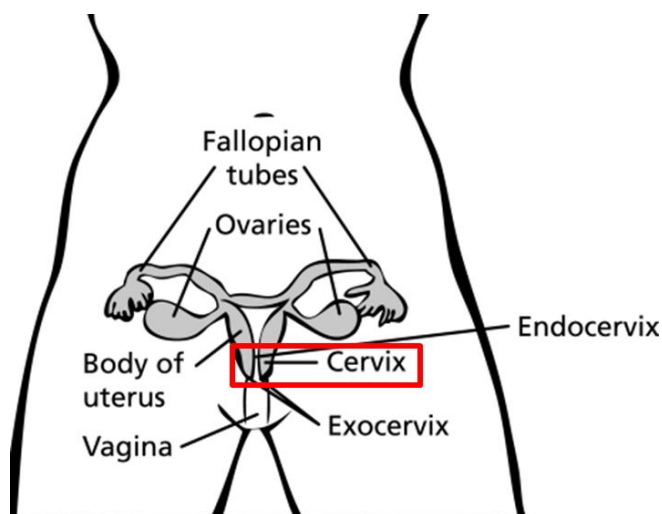
(See page 4)

Taken from Diabetes Research Institute University of Miami

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

Cervical Cancer: How does it affect Trinidad and Tobago?



Cervical cancer forms in tissues of the **cervix**, which is the lower part of the **uterus**, called the “*womb*”. The **foetus** (unborn baby) grows in the upper part of the **uterus**. The **cervix** is the organ that connects the body of the uterus to the **vagina**, or “**birth canal**”. Cervical cancer is the second most common cancer in women in **Trinidad and Tobago**, with a high mortality rate among those affected. It is a slow-growing cancer that may not have symptoms, but can be diagnosed through screening and tests. There are **2 types of tests** used for **cervical cancer screening**. 1) The “**Pap test**” – the cells are scraped from the cervix and closely examined under a microscope. If women take the Pap test regularly, doctors can find early cell changes and treat them before they become cancer; and can also find cervical cancer early, when it is easier to treat. 2) The **HPV (human papilloma virus) test - Cervical cancer is almost always** caused by **HPV infection**. The **HPV** test identifies certain infections that can lead to abnormal cell changes and cancer. HPV infections are very common, and most of them usually go away by themselves without causing problems. The HPV test may be used in conjunction with a Pap test, or to help doctors decide how to treat women who have an abnormal Pap test. Two

preventive care HPV vaccines are currently available, both of which are effective against **high-risk HPV genotypes HPV 16 and HPV 18**; the most common HPV genotypes found associated with invasive cervical cancer. **Gen-o-type** is the genetic makeup of an individual organism. Dr. Felicia Hosein's group at the **University of the West Indies, St. Augustine**, recently examined the contribution of **HPV 16 and HPV 18** to the occurrence of **cervical cancers in Trinidad**. According to their results, the most common HPV genotypes found were HPV 16 and HPV 18 occurring in 66.1% and 17.8%, respectively, of 56 cases examined. In this study, **HPV 16 and HPV 18** together were associated with 83.9% of the cases of invasive cervical cancers analyzed. They reported that the majority of **HPV** infections are transient, with up to 90% of detected infections being cleared within 2 years. The progress of **cervical HPV** infections to cancer occurs in cases of persistent infections. An average of **123 new cases of cervical cancer is expected per year in Trinidad and Tobago**. The 83.9% of cases of invasive cervical cancer having **HPV 16 and HPV 18** observed in this study is **higher than the worldwide average** of 70-76%. Therefore, the authors concluded that the **HPV vaccines targeting HPV 16 and HPV 18** may contribute to **reducing the cervical cancer burden in Trinidad**.



DIAGNOSING DIABETES

Although **HbA1c** testing is mainly used for monitoring blood sugar control in patients with diabetes, the World Health Organization (WHO) now recommends that **HbA1c** can be used as a diagnostic test for diabetes. A value less than 48 mmol/mol or 6.5% does not exclude diabetes diagnosed using glucose tests. One advantage of using **HbA1c** for diagnosis is that the test does not require a fasting blood sample. See the guide to HbA1c on page 7 of this newsletter for more information on **HbA1c**.

Source: Use of glycated haemoglobin (HbA1c) in the diagnosis of diabetes mellitus; World Health Organization, 2011



From page 1

community members, and give valuable feedback and referrals. Each year, we have been able to add a new piece of diabetes education and care to our programme. Some highlights:

1. The annual Jamboree - we now have comprehensive foot exams, extended weight assessments, increasing presence of school children and activities;
2. Social media – BCDF launched its



Android app; a strong presence on Facebook (FB); Google groups for our newsletter; and our website with upgrades. You can now donate at our website.

3. Quarterly newsletter continues on-line and hard copies
4. Primary School World Diabetes Day Poster Competition
5. BCDF launched two books – “Diabetes Education and Prevention: An Instructional Module for Children” and “Diabetes Workbook” BCDF is challenging every Tobagonian and Trinidadian adult to donate this set of books to the primary school you attended to help us to stamp out diabetes!
6. Small group workshops – 10 so far with varying topics.
7. Fundraisers – first annual breakfast in the Market Square; All you can eat Fish Broth Dinner
8. Life for a Child Project
9. Glucose machines courtesy BCDF
10. Grants to individuals and families (4 for the year)
11. Proposals submitted (2)

Our work continues... Miss, we are following your words!



FACTS ABOUT FAT

Fat is a nutrient that is needed in small quantities in the body. It plays a role in the absorption of fat-soluble vitamins (vitamins A, D, E, K), the manufacturing of hormones, helps keep the body warm, and adds cushioning to protect the body from being damaged from a simple fall. Fat is also needed for stored energy. It provides 9 calories per gram, and therefore has more calories than carbohydrates and protein. There are different types of fats, which include: **saturated fats, trans-fatty acids, cholesterol, monounsaturated fats, polyunsaturated fats, and omega 3 fatty acids.**

Saturated Fats may increase cholesterol levels. Foods that contain saturated fat include animal proteins (beef, hotdogs, sausage, bacon, and poultry with skin), high-fat dairy products (whole milk, cheese, butter), lard, cream sauces, palm oil, coconut and coconut oil.



Trans-Fatty Acids are a byproduct of the “hydrogenation” of oils. This process makes the fat more solid, saturated, and more resistant to rancidity. Trans-fatty acids raise LDL cholesterol and lower HDL. Avoiding foods with trans-fatty acids is ideal. Foods high in trans-fatty acids include baked goods and processed snacks (muffins, pastries, cookies, chips, cakes), stick margarines, and shortening.



Cholesterol



It is made in the body and also obtained from the foods you eat. Dietary cholesterol may raise blood cholesterol levels, so your intake should be **less than 200 mg per day**. Some rich sources of cholesterol are: high fat

animal proteins, high-fat dairy products, egg yolk, liver and other organ meats, and shellfish.

Monounsaturated Fats



They are “good” fats as they help lower total cholesterol. Food sources include: olive oil, peanut oil, canola oil, almonds, peanut butter, avocado, and green and black olives (as used in pastelles).

Polyunsaturated fats (omega 6 fatty acids) may also help lower cholesterol levels. Sources include margarine, mayonnaise, oils (corn, safflower, and soybean), salad dressing, and pumpkin seeds (if you eat them).



Omega 3 fatty acids have shown to help lower triglycerides and cholesterol levels and reduce the risk for heart disease. Fish and fish oils such as wild salmon, herring, mackerel, and sardines are the best sources of these fats, as well as flaxseeds, walnuts, and canola oil. The recommended intake is **1-2 grams per day**. A 4 oz. portion of salmon contains about 3 grams omega 3 fatty acids.



*Taken from Diabetes Research Institute
Universitu of Miami*



DIABETES HUMOUR FOR CHILDREN

When i go low...



The littlest things make me incredibly angry

This is so funny any type 1 will totally understand this! My little boy probably would love to see mommy look like this (cause he told me today the hulk is a good guy lol) he loves the hulk.



"Before I drink your blood, I'll need you to do me a huge favor. Can I check your blood sugar? As a diabetic, I don't want to take any chances."

Source: <http://www.pinterest.com/karenhigginson/type-1-diabetes-humour/>

To those children who are travelling down the road of Diabetes, please know that the Bovell Cancer Diabetes Foundation cares for you. Please contact us or tell your parents about us.



BABY YOUR FEET



Healthy feet are the key to staying active, fit and free of chronic, painful foot problems that slow you down. These basic self-care tips are sure to help you stay in step for the miles ahead.

Only wear shoes that fit well and allow your feet to function normally. The right shoes will provide support and comfort for your feet, legs and back. Well-fitted shoes can help prevent blisters, corns and chronic pain in the heel, arch and forefoot.

>> Bad news shoes: High heels can cause foot and leg problems by cramping the toes and applying added pressure to the ball of the foot. **Flip flops** lack stability, arch support and cushioning.

Notice changes in your feet. Do not delay reporting symptoms to your doctor, such as worsening pain in your arch and heel (**plantar fasciitis**), a large bump at the joint of a big toe (**bunion**) and curling toes (**hammer toes**). All should be reported.

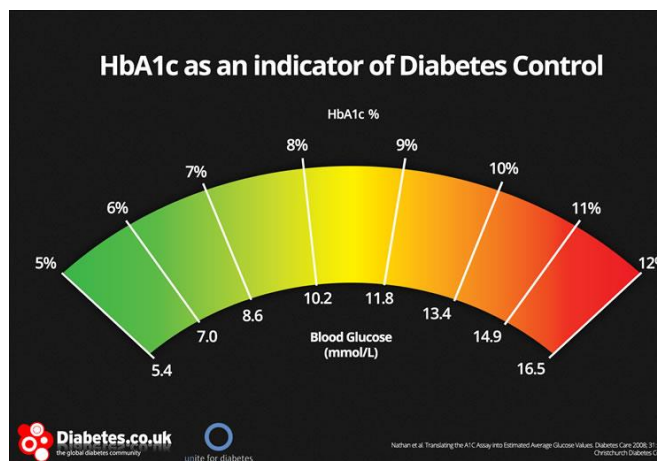
Do not walk barefoot. Footwear helps you avoid foot injuries such as bumps, jams and cuts, which can lead to infections and even insect bites or stings.

Practice foot hygiene. Wash your feet and toenails daily. Use a pumice stone to smooth out callused areas. Trim your toenails straight across, but not too short.

>> For people with diabetes: Professional foot care is critical to avoiding serious foot problems worsened by nerve damage. Always wear shoes to avoid injuries.

...Continued on page 7...

GUIDE TO HbA1C



HbA1c refers to **glycated haemoglobin**. It develops when **haemoglobin**, a protein within red blood cells that carries oxygen throughout your body, joins with glucose in the blood, becoming 'glycated'. HbA1c is also called **haemoglobin A1c** or simply **A1c**. By measuring **HbA1c**, doctors are able to get an overall picture of what our average blood sugar levels have been over a period of weeks/months. For people with diabetes this is important as the higher the **HbA1c**, the greater the risk of developing diabetes-related complications.

HbA1c targets

Targets for HbA1c are as follows:

- ❖ For **people without diabetes**, the range is **20-41 mmol/mol or 4-5.9%**
- ❖ For **people with diabetes**, an HbA1c level of **48 mmol/mol or 6.5%** is considered good control, although some people may prefer their numbers to be closer to that of non-diabetics
- ❖ For **people at greater risk of hypoglycemia** (lower than normal blood sugar), a target HbA1c of **59 mmol/mol or 7.5%** to reduce the risk of hypoglycemia

HbA1c Target	Mmol/mol	%
Non-diabetics	20 - 41	4-5.9
Diabetes	48	6.5
Diabetics at high risk for hypoglycemia	59	7.5

Source: <http://www.diabetes.co.uk/what-is-hba1c.html>

5 HEALTHY-EATING DECREES

Here are 5 do-able decrees that could actually work for a healthier you!



Eat more Omega-3s
Seek out seafood

Getting more foods rich in omega-3 fatty acids might just help you keep your blood pressure down. Researchers have found that among 4,680 healthy adults, those who ate the most omega-3 fatty acids in their diets had the lowest rates of high blood pressure or hypertension. Research also suggests that omega-3s can help improve your mood. Aim to get two servings of fish a week, especially oily fish, which are rich in omega-3s.

Pile on the
veggies

Roasting vegetable caramelises their natural sugars so they taste fantastic. It is an easy way to cook veggies for dinner—pop a pan of them in the oven and make the rest of dinner while they roast.

Up Your
Fiber Intake

Getting enough fibre may help prevent cardiovascular disease, type 2 diabetes and a number of cancers, and eating more fiber may help you slim down. The recommended daily intake is 21 to 38 grams/day. One of the easiest ways to up your fiber intake is to eat more whole grains.

Eat Less
Meat

Replace meat with peas and beans and eat less saturated fat—and research shows that saturated fat increases LDL.

Cut back on
your sugar
intake

Source: Eating Well Editors <http://www.eatingwell.com>



DELINQUENT DIABETICS IN TRINIDAD AND TOBAGO

By Kimberly Castillo

Story Created: Mar 3, 2013 at 10:57 PM ECT

The latest study on patient self-management of diabetes in Trinidad and Tobago is out and the results are dismal. The research was based in South Trinidad, where data from more than 500 patients between the ages of 25 and 87 was collected and studied. Patients were surveyed on social and behavioural history, general health and disease-specific regimen behaviour. The results showed serious shortcomings in patient self-management of diabetes. Nearly all the patients lacked an understanding of how to manage their diabetes and how the disease affects the body. One in three diabetes patients did not take their prescribed medications for high blood sugar, blood pressure and nearly all the patients were physically inactive. Symptoms of high and low blood sugar and targets for blood pressure, blood sugar and cholesterol control were also not understood by most patients who reported they either forgot to take their medications or stopped taking them whenever they felt better. Patients with diabetes self-monitored their blood sugar only 35% of the time, and paid attention to foot care and diet only 50% of the time. Less than 5% of the patients had heard of a test called **HbA1c** as a measure of long term blood sugar control. Nearly all of the patients reported poor dietary habits, including the regular consumption of fast food and sugary beverages. More than 50% never tried to increase their physical activity; 85% reported "sitting" as their primary leisure activity. Some reported financial problems as a barrier to following a good diabetes control regimen. One in four diabetes patients reported heavy alcohol use. Today, T&T is ranking among the countries with the highest prevalence and the fastest-growing number of diabetes cases. Call us at BCDF; we are working to reverse this trend.

Modified from the Trinidad Express Mar 3, 2013 <http://www.trinidadexpress.com/>

BABY YOUR FEET

From page 5...

Always wear shoes to avoid injuries. Make sure your doctor routinely checks your feet for injury or infection. Check your feet daily to spot any new sores or areas that are slow to heal.

Source: Top Health <http://www.personalbest.com>



Mark Your Calendars!

2014

6TH Annual "Diabetes in the
Limelight Jamboree"
7th November
Roxborough

Come see, come learn, come
help your family and
community prevent Diabetes

Download our BCDF Android App. We have made an Android application to help you keep up to date with our activities. The app works with Android 4.0+. Check out our website <http://www.bovellcancerdiabetesfoundation.org/> for our app, and to donate to help us stamp out diabetes!



BCDF 2014 RAINBOW CALENDAR OF EVENTS

27th December, 2013	Book Launch - Completed BCDF launches two books – <i>“Diabetes Education and Prevention: An Instructional Module for Children”</i> and <i>“Diabetes Workbook”</i>
January - December	Life for a Child Project - Continues 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.
17th 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 - Completed
12th–13th March	Small Group Workshops - Rescheduled Hands-on workshops that will provide current information to help participants learn about nutrition and physical activity and other changes needed to obtain and maintain healthy weight.
11th April 29th & 30th April	Application for Second Quarter Funding Deadline - Completed Small Group Workshops - Completed
26th April	Breakfast and Diabetes Awareness Morning – Market Square, Scarborough, Tobago - Completed
2nd – 6th May	Complimentary Foot Care Exams; Foot Care Workshop; Diabetes Discourse Postponed to November, 2014
May - December	Diabetes Education on Wheels
June	Small Group Workshops - Completed Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management
14th July	Application for Third Quarter Funding Deadline - Completed
August	Diabetes Discourse
17th 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 fourth annual primary school poster competition for the occasion of World Diabetes Day 2012.
November	Diabetes Discourse
1st November	BCDF Annual Fundraiser BCDF flagship event (<i>‘All You Can Eat’ Fish Broth Dinner</i>) will take place at the Belle Garden Community Centre, Belle Garden, Tobago - Cancelled
7th November	Sixth Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention

6TH ANNUAL “DIABETES IN THE LIMELIGHT JAMBOREE”

7th November, 2014

❖ **Doctors’ Consults**

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

- ❖ **Diabetes Education**
- ❖ **Children Artwork**
- ❖ **Weight Clinic**
- ❖ **Free Zumba Session**
- ❖ ***Prize Giveaways!!!***
- ❖ ***Free Transport!!!***
- ❖ ***DJ Music all day
long***



9:00 a.m.

Roxborough Sporting Complex

- ❖ **Blood Glucose**
- ❖ **Cholesterol Testing**
- ❖ **Blood Pressure**
- ❖ **HbA1c (New)**
- ❖ **Foot Exams**
- ❖ **Stroke Awareness &
Prevention Booth**