

Diabetes Discourse

Volume 5, Issue 4

August, 2015

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.

NOVEMBER IS JAMBOREE MONTH & WORLD DIABETES DAY (WDD)



WDD is focused on the role healthy eating plays in helping to manage type 1 diabetes and both manage and prevent type 2 diabetes.

World Diabetes Day (WDD) 2015:

WDD 2015 activities and materials will focus on healthy eating. In particular, on the importance of accessing healthy food to help prevent the onset of type 2 diabetes and effectively manage all types of diabetes to avoid complications.

Why is World Diabetes Day 14th November?

November 14th is a significant date in the diabetes calendar because it marks the birthday of the man who co-discovered insulin, **Frederick Banting**. Banting discovered insulin in **1922, alongside Charles Best**. World Diabetes Day is internationally recognised and is now an official United Nations Day

Key Messages

🌟 **Act to change your life today**

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DIABETES AND ALCOHOL

How does alcohol affect diabetes?

When you have [diabetes](#), you need to be careful with alcohol. If you take [insulin](#) or pills for diabetes, drinking alcohol may cause low blood sugar. Too much alcohol can also affect your ability to know when your blood sugar is low and to treat it. Drinking alcohol can make you feel lightheaded at first and drowsy as you drink more, both of which may be similar to the symptoms of low blood sugar. Some people confuse low blood sugar with drunkenness, so be sure to wear a [medical alert tag](#) and tell people you have diabetes. Drinking alcohol over a long period of time can cause damage to your liver, called [cirrhosis](#). If this happens, your body may lose its natural response to protect itself from low blood sugar. If you are controlling your diabetes and do not have other health problems, it may be okay to have a drink once in a while. Learning how alcohol affects your body can help you make the right choices.

How much alcohol can you drink safely?

Work with your doctor or other diabetes expert to find what is best for you. Make sure you know whether it is safe to drink if you are taking insulin or pills.

If you do drink:

- ✚ Check for low blood sugar before you drink. Alcohol can cause low blood sugar for up to 12 hours after drinking, so keep checking your blood sugar. Eating can help, but in some people eating will cause [high blood sugar](#). If you have had trouble keeping your blood sugar in a target range, do not drink.
- ✚ Limit alcohol to 1 drink a day with a meal if you are a woman. If you are a man, limit alcohol to 2 drinks a day with a meal. A standard drink is:
 - A 12 oz. (355 mL) bottle of beer or wine cooler
 - A 5 oz. (148 mL) glass of wine

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OF OUR MOTHER

Mildred “Miss” Bovell (1922-2013)



Remembering the Matriarch of BCDF - Gone but definitely not forgotten!!!! We are still adjusting and missing you. People, we have not forgotten! It seems like yesterday; today, it is two years since the Matriarch of the Bovell Cancer Diabetes Foundation (Mildred Bovell) was called to her heavenly life. May she continue to rest in peace and may God continue to sustain us.

***From your sons, daughters, friends and
your BCDF Family***



HOT PEPPERS CAN HELP YOUR HEART!

The health benefit comes from capsaicin (pronounced kap-say-sin), the same compound that makes peppers like Trinidad Moruga scorpion etc. so hot. Studies have suggested that hot peppers can help reduce blood pressure, cholesterol, and the formation of blood clots.



LET'S TALK CANCER WITH...

Dr. Liselle Bovell

WOMAN'S TATTOOS MISTAKEN FOR CANCER ON IMAGING TEST

When a California woman with cervical cancer underwent a body image scan, doctors noticed bright areas in her lymph nodes, suggesting her cancer had spread. But it was only after surgery to treat the cancer that they realized the real reason for those bright spots: her tattoos. The woman had recently been diagnosed with cervical cancer. In November 2012, her doctors requested the imaging scan to check to see if the cancer had spread (metastasized) to other parts of her body. The type of scan the doctors wanted was a Positron emission tomography-computed tomography (better known as PET/CT or PET-CT) fusion scan, which combines technology from both PET and CT scans, and requires that patients receive an injection of a radioactive tracer that makes tumors appear as bright spots on the scan. The scan showed not only the woman's cervical tumor, but also bright spots on the lymph nodes in her pelvis, which looked suspiciously like cancer metastases, the researchers wrote in their report of her case, published in the journal *Obstetrics and Gynecology*. To treat her cervical cancer, the woman had surgery to remove her uterus, cervix, fallopian tubes and pelvic lymph nodes. But when doctors later examined cells from the woman's lymph nodes under a microscope, they saw that the cells contained deposits of tattoo ink — not cancer. The woman had more than 14 tattoos on her legs. Those lymph nodes that were lighting up brightly on the PET scan were doing so because of the tattoo pigment that was in the lymph nodes. There have previously been reports of tattoo ink spreading to people's lymph nodes and showing up on PET scans in patients with other cancers, including breast cancer and melanoma. It is important that doctors are aware that extensive tattoos could do this.

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- Healthy eating is an important part of managing all types of diabetes.

Act to change the world tomorrow

- Access to affordable healthy food is essential to reducing the global burden of diabetes and ensuring global sustainable development.

BCDF & WDD

BCDF has been marking WDD with its “*Diabetes in the Limelight Jamboree*” to improve the lives of people at risk for, and those with diabetes; and to increase awareness among the general public and policy-makers. This year will mark our 7th Jamboree. The Jamboree raises awareness about the seriousness of diabetes and its complications, informs and educates the general public about the importance of diabetes prevention and healthy lifestyles to help prevent and effectively manage diabetes. The Jamboree usually includes screening activities such as blood glucose, cholesterol, blood pressure, weight clinic, A1C test, micro-albumin urine test, foot exams, children poster competition art work display, storytelling, doctors, dentist, free blood glucose machines, eye doctor, entertainment, giveaways, and more. **“Stamping out diabetes means prevention and control”**. This 2015 we need 1,000 people at the Jamboree to form a human blue circle. This will send a strong statement to our policy-makers about the importance of taking coordinated and concerted actions to confront diabetes as a critical health issue.

Healthy eating:

- Can help prevent the onset of type 2 diabetes
- Is an important part of the effective management of all types of diabetes to help avoid complications

Be one of 1,000 at the Jamboree to join the human blue circle to create diabetes awareness and prevention. Wear blue and come help to stamp out diabetes from our country!!!!

BCDF IN THE NEWS...

Synergy

e-newsletter for Emory Healthcare nurses

EMORY HEALTHCARE

Name:

DeBorah B. Rowser

Credentials:

MN, BSN, RN

Job Title: Research
Nurse Clinician

Years as a Nurse:

39 years



Years at Emory Health Care:
Intermittent 23 years

Where have you traveled for this work:
The Republic of Trinidad & Tobago

How did you get started? In 2013, I traveled to the Republic of Trinidad and Tobago to perform foot care assessments in conjunction with the **Bovell Cancer Diabetes Foundation (BCDF)**, an organisation established by individuals who had lost their father to diabetes complications. The Foundation with funds from Scotia Bank, Trinidad Ltd. sponsored my second visit to teach Lay Foot Care Attendants (LFCAs) foot assessment principles and take on teaching principles to their diabetes population.

Why do you do this work? Family circumstances led to my passion and expertise in diabetes care and management. My personal commitment is to learn and gain expertise in traditional and complementary strategies that continue to capture my interest. I am also committed to providing educational sessions to teach foot care and other diabetes management strategies, such as eating wholesome foods, to help combat this growing health challenge. Congratulations to DeBorah Rowser for making the Spotlight in the Emory Synergy. DeBorah is our past and current volunteer foot care expert. Again, thanks for your service and putting BCDF in the International spotlight!



STUDY FINDS SUGARY DRINKS LINKED TO INCREASED RISK FOR TYPE 2 DIABETES

Sugary drinks are linked to an increasing rate of type 2 diabetes both in the United Kingdom and the USA; a study conducted by a team of researchers from Cambridge University reported. Interestingly, even those who are physically fit but drink sugary beverages are also at risk of diabetes. The researchers also pointed out that even so-called “diet” drinks or fruit juices that contain artificial sweeteners are not good for the healthy. The study, published in the BMJ, reviewed 17 separate observational studies. However, the authors failed to identify how many sweetened drinks actually trigger type 2 diabetes but there are credible biological factors that link sugar intake to a rapid rise in blood glucose. The authors inferred that present level of consumption of sugary beverages was enough to cause “approximately 2 million excess events of type 2 diabetes in the USA and 80,000 in U.K. over 10 years.” Translated into monetary terms, this costs Americans roughly GBP 12 billion and Britons GBP 206 million. Habitual consumption of sugar sweetened beverages was associated with the greater incidence of type 2 diabetes independently of adiposity. Although artificially sweetened beverages and fruit juice also showed positive associations with incidence of type 2 diabetes, the findings were likely to be influenced by methodological bias. None the less, both artificially sweetened beverages and fruit juice were unlikely to be healthy alternatives to sugar sweetened beverages for the prevention of type 2 diabetes. Under assumption of causality, consumption of sugar sweetened beverages over years may be related to a substantial number of cases of new onset diabetes. Water is the best choice for quenching your thirst. Avoid sugary drinks like soda (soft drink, sweet drink), sports beverages, and energy drinks.

Reprinted from Diabetes Voice, 9/2015

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DIABETES AND ALCOHOL

- A mixed drink with 1.5 oz. (44 mL) of 80-proof hard liquor, such as gin, whiskey, or rum
- + Choose alcoholic drinks wisely. With hard alcohol, use sugar-free mixers, such as water, diet tonic, or club soda. Pick drinks that have less alcohol, including light beer or dry wine. Or add club soda to wine to dilute it. Also remember that most alcoholic drinks have a lot of calories
- + Check your blood sugar before you go to bed. Have a snack before bed so your blood sugar does not drop while you sleep

Also remember:

- + Do not drink after **exercise**. The exercise itself lowers blood sugar
- + Never drink on an empty stomach. If you do drink alcohol, drink it only with a meal or snack. Having as little as 2 drinks on an empty stomach could lead to low blood sugar

Do not drink at all if:

- + You have problems recognising the signs of low blood sugar until they become severe
- + You have nerve damage. Drinking can make it worse and increase the pain, numbness, and other symptoms.

Some Tips to Sip By

- + Sip your drink slowly to savor it and make it last
- + Do not drive or plan to drive for several hours after you drink alcohol
- + Drink only when and if blood glucose is under control. Test blood glucose (if prescribed) to help you decide if you should drink

Reprinted from www.diabetes.org; *Diabetes Voice* 9/2015

GESTATIONAL DIABETES MELLITUS (GDM) CAN BE PREVENTED WITH LIFESTYLE INTERVENTION

The Finnish Gestational Diabetes Prevention Study (RADIEL), a randomized controlled trial, found that a moderate individualized lifestyle intervention can reduce the incidence of GDM by 39% in high-risk pregnant women. Two hundred and ninety-three women with a history of GDM and/or a pre-pregnancy BMI of ≥ 30 kg/m² were enrolled in the study at < 20 weeks of gestation and were randomly allocated to the intervention group (n = 155) or the control group (n = 138). Each subject in the intervention group received individualized counselling on diet, physical activity, and weight control from trained study nurses, and had one group meeting with dietitian. The control group received standard antenatal care. The diagnosis of GDM was based upon a 75-g, 2-h oral glucose tolerance test at 24–28 weeks of gestation. Results showed that the incidence of GDM was 13.9% in the intervention group and 21.6% in the control group, after adjustment for age, pre-pregnancy BMI, previous GDM status and the number of weeks of gestation. Gestational weight gain was lower in the intervention group. Women in the intervention group increased their leisure time physical activity more and improved their dietary quality, compared with the women in the control group. These findings may have major health consequences for both the mother and the child.

Reprinted from *Diabetes Voice*, 9/15
<http://care.diabetesjournals.org/content/early/>

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WOMAN'S TATTOOS MISTAKEN

The woman did not have any complications after her surgery, and she was allowed to leave the hospital after three days. She is now doing very well and does not have any evidence of cancer recurrence.

Reprinted from Rachel Rettner at:
<http://www.livescience.com>

... UPCOMING EVENTS

SEP
18



**So In Love With My Feet
Massage/Focus/Support
Group**
Belle Garden Community
Centre, 10:00 a.m.

OCT
01



**Primary School Children
Poster Competition**
Island-wide 1st October

OCT
30



Diabetes Share-Line
(868) 667-2576
2:00pm in UTC-04

NOV
06



**7th Annual Diabetes in the
Limelight Jamboree**
Cyd Gray Sporting
Complex, Roxborough,
Tobago

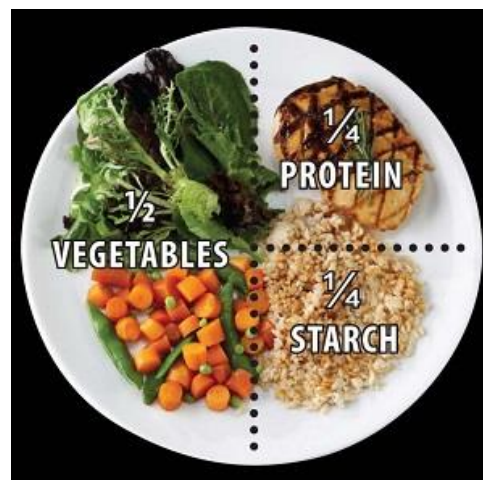
INSULIN RESISTANCE MIGHT INCREASE ALZHEIMER'S RISK

Results from a study published in JAMA Neurology showed that insulin resistance, a prevalent and increasingly common condition in developed countries, is associated with significantly lower regional cerebral glucose metabolism, which in turn may predict worse memory performance. People living with diagnosed diabetes may benefit from initiating treatments to lower peripheral insulin resistance to maintain neural metabolism and cognitive function. "By altering insulin resistance in midlife, it may be possible to reduce future risk of Alzheimer's," said study co-author Barbara Bendlin, an Alzheimer's researcher at the University of Wisconsin School of Medicine and Public Health, in an email to Reuters Health. Insulin resistance, the body's failure to respond to the hormone insulin, characterizes type 2 diabetes. Diabetes has been linked to Alzheimer's disease, but the exact nature of the connection has not been as clear.



Reprinted from Diabetes Voice, 9/2015

2015 SMALL GROUP WORKSHOP



BCDF successfully completed its 2015 Small Group Workshops July 1 & 2, at the Belle Garden Community Centre. As the name implies, we aim for 20 persons over two days, which was accomplished. Workshop attendees are usually selected from our Jamboree database based on certain risk factors such as blood glucose level at the time of Jamboree. We follow up with participants by inviting them to participate in the workshop. This year the workshop was entitled "*Healthy Eating and Diabetes*." Topics discussed over the two workshops included:

- ✚ Understanding Food where we discussed sources of calories, food nutrients, energy scale for food, amount of nutrients needed, six food groups and how to eat a balanced diet.
- ✚ Pathophysiology of Diabetes – definition of diabetes, types of diabetes, symptoms of diabetes, risk factors for diabetes and consequences of uncontrolled diabetes.
- ✚ Meal Planning using the Plate Method – In a very interactive hands-on session, participants were taught how to plan their meals using the 9" plate, portion sizes. Participants ended with making their own plates made their own plates based on the foods they usually consume.
- ✚ Small group workshops for 2015 met the objectives outlined.



SHARING WORLD DIABETES DAY INFOGRAPHIC



Make **HEALTHY EATING** a **RIGHT**, not a privilege



CONSISTENTLY
= **HIGH blood**
SUGAR LEVELS


If left unmanaged can result
in serious health complications



DIABETES
is the **World's**
3rd most populous
country

1. CHINA
2. INDIA
3. DIABETES
4. USA

Global healthcare
expenditure

1 ^{US}  **in 9**
IS SPENT ON
DIABETES CARE



DIABETES poses
a **THREAT** to
GLOBAL
SUSTAINABLE
DEVELOPMENT

HEALTHY EATING

and physical
activity



COULD
PREVENT

IS AN
IMPORTANT

UP TO
70%
of type 2
DIABETES



PART OF
EFFECTIVELY
MANAGING
type 1
DIABETES



All figures from the IDF Diabetes Atlas Update 2014

HALT the diabetes EPIDEMIC

www.worlddiabetesday.org
#WDD



world diabetes day
14 November

BCDF 2015 RAINBOW CALENDAR OF EVENTS

November 2014 - June 2015	Complimentary Foot Care Training of Lay Foot Care Attendants <i>"So in Love with my Feet" Project</i>	(Ongoing) (Completed) (Ends October)
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.	(Ongoing)
19 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 - Completed Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation Diabetes Share-Line begins - Rescheduled	
March	Small Group Workshops - Ongoing Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.	
13 th April	Application for Second Quarter Funding Deadline - Completed	
25 th April	Breakfast and Diabetes Awareness Dialogue Morning – Market Square, Scarborough, Tobago - Completed	
May	Small Group Workshops - Rescheduled to 8 - 9th July, 2015 Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.	
May - December	Diabetes Education on Wheels (Ongoing)	
June	Small Group Workshops - Rescheduled – Completed 1 & 2nd July Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management <i>"So in Love with my Feet" Project (Intake of new batch)</i>	
17 th July	Application for Third Quarter Funding Deadline (Completed)	
August	Diabetes Discourse (Completed)	
19 th October	Application for Fourth Quarter Funding Deadline (Open)	
October/November	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its sixth annual primary school poster competition for the occasion of World Diabetes Day 2015. (Open)	
November	Diabetes Discourse	
6 th November	Seventh Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention <i>New round of "So in Love with my Feet" Project begins</i>	

BOVELL CANCER DIABETES FOUNDATION



7TH ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE

6TH NOVEMBER,
2015
10:00 A.M.
Sporting Complex
Roxborough, Tobago

Free gifts for
the first 100

- > Read our latest newsletter
- > Visit our children's booth
- > Sign up for our free monthly foot care
- > Be the lucky one to receive free glucose machine and strips
- > Attend our small group workshop
- > Join our Life for a Child Project

BOVELL CANCER
DIABETES
FOUNDATION

Phone: 888) 887-2578
Visit us on Facebook!

- Doctors on site
- Dentist
- Weight Clinic
- Blood Glucose
- Blood Pressure
- Stroke Awareness
- Diabetes Education
- Children's booth (story telling)
- A₁C test
- Microalbumin urine test

Eye Doctor

Children Art

Zumba

Cholesterol

Foot Exams

- = *Prize Giveaways!!!*
- = *DJ Music, Entertainment*
- = *Transport!!*

New this year!!

- **Specialist doctors on site!!!**

<http://www.bovellcancerdiabetesfoundation.org>

E-mail: bovellcancerdiabetesfoundation@gmail.com

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->



2015 Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is sponsoring its 7th island-wide poster competition among primary school students to help raise awareness about diabetes prevention and effective management. **September— 30th October, 2015**

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

The key messages of the 2015 World Diabetes Day campaign

Act to change your life today! Healthy eating is an important part of managing all types of diabetes.

Act to change the world tomorrow! Access to affordable healthy food is essential to reducing the global burden of diabetes and ensuring global sustainable development.

Although there is no cure, diabetes could be prevented!

2015 Focus

Healthy Eating & Diabetes

For more information go to:

www.bovellcancerdiabetesfoundation.org

Ask your teacher, e-mail or call us!

