

Diabetes Discourse

Volume 6, Issue 4

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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.

JAMBOREE MONTH, WORLD DIABETES DAY (WDD) & EYES ON DIABETES



World Diabetes Day (WDD) 2016

The theme of World Diabetes Day 2016 is ***"Eyes on Diabetes"***. The activities and materials for 2016 will focus on promoting the importance of preventing and screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

Key Messages

- ✚ Preventing and Screening for type 2 diabetes is important to modify its course and reduce the risk of complications.

Diabetes is a huge and growing burden: 415 million adults were living with diabetes in 2015 and this number is expected to increase to around 642 million or one in ten adults by 2040 [1].

- One in two adults with diabetes is undiagnosed [1].
- Many people live with type 2 diabetes for a long period of time without knowing this. By the time of diagnosis, diabetes complications may already be present.

Go to page 3

INSIDE THIS ISSUE

- 1 Jamboree Month, WDD & Eyes on Diabetes
- 2 If you Believe; Small Tweakers, Big Benefits
- 2 In Loving Memory - Mildred "Miss" Bovell
- 2 Eat Mindfully
- 3 Let's Talk Cancer with... Dr. Liselle Bovell...
- 5 8th Annual Diabetes in the Limelight
- 6 2016 Children Poster Competition
- 7 2016 Poster Competition Rules
- 8 Upcoming Events; Why it Matters

IF YOU BELIEVE

"I do not want to burden my family"

KEEP THIS IN MIND

Family support makes blood sugar control easier

"The best success stories I have are the ones whose families really work with them so they are not doing it alone", says Dr. Adimoolam. In fact, a study in the Diabetes Educator found social support to be major factor in helping people with diabetes stick with their treatment plan. Debbie Butler, a certified diabetes educator at the Joslin Diabetes Center in Boston recommends asking your loved ones for a specific request. "Try asking them to help you manage your supplies, pick up prescriptions or accompany you to appointments," she says. "Or ask for help in problem solving. For example, if your sugars have been running high, ask them to help you get to the bottom of it – the more they are actively helping you, the less likely they will be to nag!"


IF YOU BELIEVE

"People will think less of me for having diabetes"

KEEP THIS IN MIND

Not being open actually adds to your stress While you do not have to tell everyone you meet about your diabetes, confiding in loved ones and even close co-workers can free you from having to "keep up appearances." Getting it off your chest can help you "get rid of negative vibes and gain a healthier mindset around your diabetes," says endocrinologist Deena Adimoolam. The result: you may feel more comfortable testing your blood sugar in front of others and asserting your need to thoughtful choices when eating in company.

SMALL TWEAKS, BIG BENEFITS

Put fruit on your kitchen counters – and stash the cereal. You eat what you see, studies have reported. In fact, people who keep cereal out tend to weigh 20 lbs. more than those who don't. *Diabetes 21(3):19* 



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; it is three years now since the Matriarch of the Bovell Cancer Diabetes Foundation (Mildred Bovell) was called to her heavenly life. Since then, some of your other friends have joined you – Malvina Bishop, Sonny Byron and Newlyn John. May all of you continue to rest in peace and may God continue to sustain those of us left here.

*From your children, grandchildren,
great grandchildren, friends and your
BCDF Family*



EAT MINDFULLY

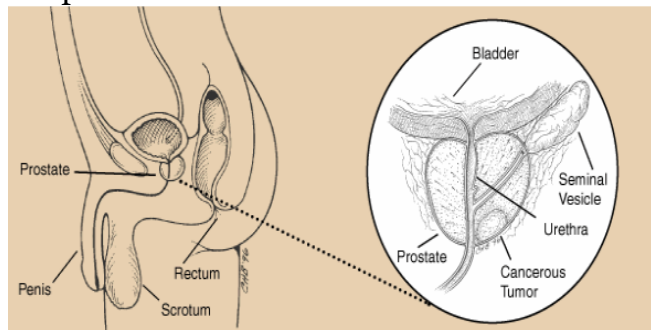
My mother always said – eat mindfully for good health. Mindful eating, simply put, is a moment-to-moment awareness of our eating behaviour and our relationship to food. Many of the people with type 2 diabetes are very knowledgeable about nutrition, but have the determination to stick to a diet only for a short term. This approach provides an opportunity to have a more natural, emotionally healthy long-term relationship with food. Chewing each bite 25 times is a good start. It slows down eating, allows enjoyment of all tastes, textures, noises and nuances of the food – leaving you more satisfied with less and could help you lose weight! *Perry, ML. 2016. Eat mindfully. Diabetes 21(3):20*

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

What is prostate cancer?

September is prostate cancer month. In Trinidad and Tobago, prostate cancer is the leading cause of cancer-related mortality among men, accounting for 38% of these deaths. Afro-Trinidadians are at highest risk of developing prostate cancer. Cancer starts when cells in the body begin to grow out of control. Cells in nearly any part of the body can become cancer cells, and can spread to other areas of the body. Prostate cancer begins when cells in the prostate gland start to grow uncontrollably. The prostate is a gland found only in males. It makes some of the fluid that is part of *semen*. The prostate is below the bladder and in front of the rectum. In younger men, the size of the prostate gland is about the size of a walnut, but it can be much larger in older men. Just behind the prostate are glands, which are called the *seminal vesicles* that make most of the fluid for semen. The *urethra*, which is the tube that carries urine and semen out of the body through the penis, goes through the center of the prostate.



What are the symptoms?

Early prostate cancer rarely causes symptoms. Even with advanced prostate cancer there may be no symptoms. Where symptoms do occur, they are often due to non-cancerous conditions, such as benign prostate hyperplasia (BPH). Symptoms of advanced prostate cancer may include unexplained weight loss, feeling the frequent or sudden need to urinate, or pain in the lower back/pelvic area or sciatica. You should speak with a doctor if you have any of these symptoms.



- Up to 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles, equivalent to up to 160 million cases by 2040 [1].
- With increasing levels of poor nutrition and physical inactivity among children in many countries, type 2 diabetes in childhood has the potential to become a global public health issue leading to serious health outcomes [1].
- 12% of total global expenditure on health is currently spent on adults with diabetes
- The number of people with diabetes in developing countries will continue to grow, posing a threat to sustainable development. In 2015, there were 140,300 cases of diabetes in Trinidad and Tobago
- ✚ **Screening for diabetes complications is an essential part of managing all types of diabetes.**
- One in two people with diabetes remain undiagnosed [1], which makes them mostly prone to the problems of diabetes, causing substantial disability and early death
- More than 640 million of us may be living with diabetes by 2040[1]. Delayed diagnosis means that many people with type 2 diabetes will suffer from at least one complication by the time they are diagnosed with diabetes
- In many countries diabetes is a leading cause of blindness, cardiovascular disease, kidney failure and lower-limb amputation [1]
- More of us will develop and live with type 1 diabetes. Screening for diabetes complications is an important part of effective management of the disease, to ensure optimal health
- Of the 415 million adults worldwide living with diabetes in 2015 [1], over 33% will develop some form of diabetic

retinopathy – a complication of diabetes that can lead to vision impairment and blindness [2]

- More than 93 million adults, or one in three, currently living with diabetes have diabetic retinopathy[2]
- The management of diabetes and its complications begins in primary health care and this should include screening for diabetic retinopathy
- Early detection and timely treatment of diabetic retinopathy can prevent vision loss and reduce the impact of diabetes on individuals, their care givers and society
- Careful prevention, management of diabetes and screening for diabetic eye disease can help prevent visual impairment and blindness

[1]. IDF Diabetes Atlas 7th edition

www.idf.org/diabetesatlas www.idf.org/diabetesatlas

[2]. Diabetes Eye Health: A Guide for Health

www.idf.org/eyehealth

BCDF & WORLD DIABETES DAY

This year (2016), BCDF is joining the WDD campaign by hosting its 8th Annual “*Diabetes in the Limelight Jamboree*” to continue informing the public about the importance of diabetes prevention. The Jamboree will include screening activities such as blood glucose, cholesterol, blood pressure, weight clinic, A1C test, micro-albumin urine test, foot exams, children art work, storytelling, doctors, dentist, free blood glucose machines, eye doctor, entertainment, giveaways, and more. Since 2008, we have continued to serve Tobago and Trinidad with the annual “*Diabetes in the Limelight Jamboree*”, directly impacting roughly 500 children and adults annually; 1,200 adults have received vision testing (at no cost to them); our annual “*Small Group Workshops*” have increased by 50%; over the years, the electronic readership of our quarterly newsletter “*Diabetes Discourse*” has expanded to 500 plus; our “*School Children Poster Competition*” continues to attract competitors with a 15%

increase in entries in 2015; we have greatly enhanced our presence in the social media (Facebook, Google Groups), each post reaching an average of 1,000 persons and 8,400 followers; we have launched our Android app, which is available on our website for free download; and upgraded our website to improve user friendliness. In 2016, our first-of-a-kind workshop for teachers, “*Diabetes Prevention, Recognition and Oversight at School: What Teachers Need to Know*” attracted participants from 29 of 33 primary schools in Tobago. We have enhanced our activities to include a complimentary short- and long-term foot care and exams for individuals with and without diabetes. Two of our Directors received professional certificates as Diabetes Educators and four Lay Foot Care Attendants (LFCAs) were trained and certified. BCDF continues to be competitive in its proposal writing – we have procured the equipment and training to conduct HbA1c and kidney function testing. We have also launched our companion book set “*Diabetes Workbook*” “*Diabetes Education and Prevention*”, which is available online. As a voluntary Foundation, we have had annual audited financial statements since our launch. Each of these small ‘wins’, remind us of our promise to enrich the lives of people living with cancer and diabetes, even though we still face serious financial and other challenges.

“Stamping out diabetes means prevention and management”. 

CONSIDER DONATING TO BCDF

A \$1 for BCDF





8TH ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE



- ❖ Doctors on site
- ❖ Diabetes Education
- ❖ Weight Clinic
- ❖ Blood Glucose
- ❖ Blood Pressure
- ❖ Stroke Awareness
- ❖ Kidney damage test

Vision Testing
Children Artwork
Zumba
Cholesterol
Foot Exams
Dentist
A₁C test

11th November, 2016 - 9:30 a.m.
Roxborough Sporting Complex

NEW THIS YEAR!

-  **SPIN TO WIN:** Spin to win Great Giveaways!
-  **SUGAR SHOCKERS:** Learn about secret sugars in your favourite foods

 **www.bovellcancerdiabetesfoundation.org**
bovellcancerdiabetesfoundation@gmail.com

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Bovell Cancer Diabetes Foundation

<http://www.bovellcancerdiabetesfoundation.org>

Phone: 868) 667-2576

E-mail: bovellcancerdiabetesfoundation@gmail.com

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[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 8th poster competition among primary school students to help raise awareness and educate about diabetes prevention.

Create a poster! WIN prize money! 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

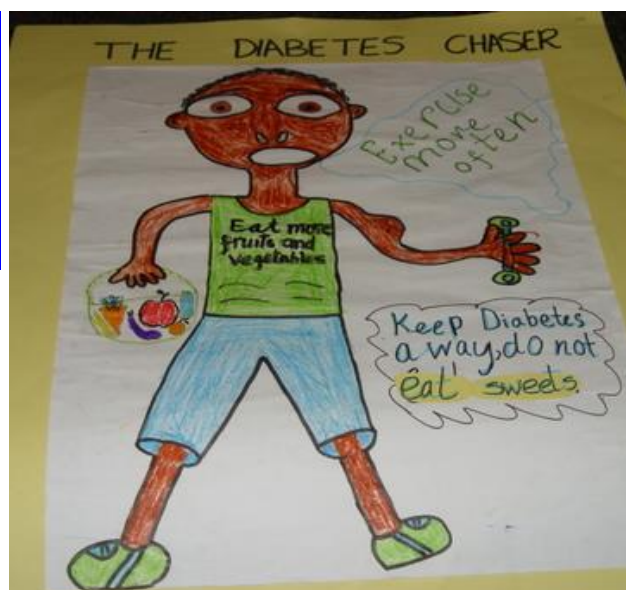
- Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces
- At present there is no cure for diabetes, but type 2 diabetes could be prevented
- **Entries are accepted until 31st October, 2016**

New this Year!
TATIL Challenge Trophy plus \$800 for the
most innovative poster depicting the theme
"Eyes on Diabetes"

**2016 Theme: "Eyes on
Diabetes"**

Go to: www.bovellcancerdiabetesfoundation.org

Check our Facebook or ask your teacher for more





Bovell Cancer Diabetes Foundation Poster Competition 2016 Diabetes Education & Prevention

COMPETITION DESCRIPTION

The Bovell Cancer Diabetes Foundation announces the eighth island-wide poster competition among primary school children to help raise awareness and educate about the seriousness of diabetes and its complications, and the importance of diabetes prevention. All the submissions – whether humorous, serious, figurative or abstract, drawing or otherwise should transmit **an important message** that reflects some aspect of *"Eyes on Diabetes"* (Theme for World Diabetes Day 2016)

ELIGIBILITY

Any child who lives and attends school in Tobago, and is between the ages of 6 and 15 years is eligible to participate.

Two age groups : **6-9 years; 10-15 years**

HOW TO ENTER

1. Each poster must have an official entry form signed by class/art teacher or principal or parent/guardian attached to the back. **No glue!**
2. There may be no more than one poster entry from each student
3. Posters must have the category you are competing under (drawing, painting or colourful)
4. Each poster must have a **title** and must address *"Eyes on Diabetes"* - the 2016 focus.
5. Each entry may have only one author printed on the poster; individual entries only!
6. Students should be creative and not duplicate the same poster as his/her friend or class mate.

JUDGING PROCESS

1. Posters must have a *"Eyes on Diabetes"* focus
2. Appearance: attractively displayed in colour
3. Demonstrate effective use of art materials
4. Original design or innovative concept
5. Should make an impact from a distance
6. Adhere to the rules of the competition, for example, poster size
7. Be suitable for reproduction
8. Winners will be announced 11th November, 2016 and will be **PAID** in cash on that day at the 8th "Diabetes in the Limelight Jamboree", Cyd Gray Sporting Complex, Roxborough, Tobago

POSTER SIZE AND CATEGORIES

1. Minimum poster size must be 30 cm x 40 cm (11.8" x 15.7") and no larger than 51L x 81cm (20.0" x 32.0")
2. Entries will be judged under the following categories: **1) Drawings; 2) Colourfuls; and 3) Open**

PRIZES

Individual Prizes in Each Category and Age Group

- **First Prize** value \$600
- **Second Prize** value \$400
- **Third Prize** value \$300

Merit prizes will be awarded (\$100 each)

School Prizes

Challenge trophy for 1st prize in each category, each age group. **New this year—TATIL Challenge Trophy and \$800** for the winner with the most innovative depiction of the theme *"Eyes on Diabetes"*

Entries close 31st October, 2016

... 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 1st – 31st October, 2016

NOV
11



8th Annual Diabetes in the Limelight Jamboree

Cyd Gray Sporting
Complex, Roxborough,
Tobago

NOV
15



Cancer Awareness and Education Workshop

(868) 667-2576
9:00 a.m.

NOV
16



Children & Teen Hangout

(868) 667-2576

WHY IT MATTERS

HIGH CHOLESTEROL?

About 60% of people with diabetes also have high cholesterol. The problem is, high blood sugar damages blood vessels, while high cholesterol causes arteries to become stiff and narrow. Together, it is a recipe for heart attack!

What You Can Do:

- ✚ Skip the saturated fats. Saturated fats – the kind that turn solid at room temperature, such as lard – raise low density lipoproteins.

They are often found in processed foods. Read food labels and limit your daily intake to not more than 13 grams.

EXCESS WEIGHT?

Obesity makes your body more resistant to insulin. The good news? A small amount of weight loss, typically five to seven percent is usually enough to help.

What You Can Do

- ✚ Set realistic goals. Modest weight loss makes a big difference in blood sugar control, so focus on losing just five pounds at a time. Consider setting a goal that has nothing to do with a scale, such as beginning to walk long distance.
- ✚ Write it down. Studies show simply jotting down what you eat can help you lose weight, probably by making you more mindful of every bite. Do not stop recording your meals – record your physical activity, too. Record everything from flights of stairs, to steps taken, to vacuuming because they count. Review your log to look for trigger foods.
- ✚ Get a buddy. An accountability partner – a person who will hold you to your goals

HIGH BLOOD PRESSURE?

People with diabetes and hypertension are at great risk for heart attack and stroke. High blood pressure is one of the leading causes of kidney damage in people with diabetes.

What You Can Do:

- ✚ Monitor your blood pressure
- ✚ Reduce sodium intake
- ✚ Increase physical activity
- ✚ Stop smoking if you do, nicotine causes hypertension in and of itself; smoking raises blood sugar levels!
- ✚ Relax – chronic stress raises blood pressure and causes insulin resistance