

Diabetes Discourse

Volume 8, Issue 4

August, 2018

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 DIABETES AWARENESS MONTH



world diabetes day

14 November

World Diabetes Day (WDD) 2018

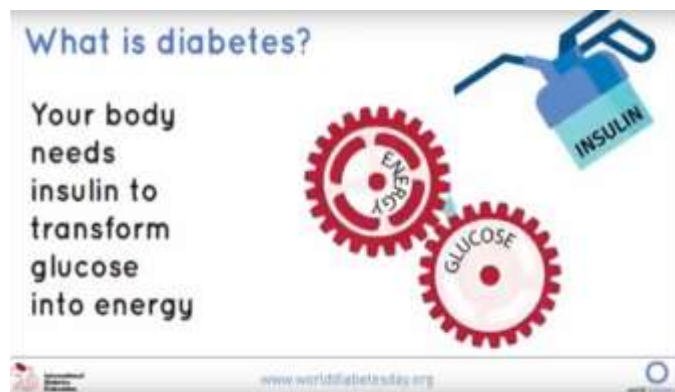
Led by the International Diabetes Federation, WDD unites the global diabetes community to produce a powerful voice for diabetes awareness and advocacy. The campaign aims to reflect the realities of dealing with a chronic condition. One in two people currently living with diabetes are undiagnosed. One in 11 people are living with diabetes, and up to 80% of type 2 diabetes could be prevented. The theme of WDD and Diabetes Awareness Month 2018 is ***“The Family and Diabetes”***. The slogan is ***“Diabetes Concerns Every Family.”*** The 2018 WDD campaign will raise awareness of the impact that diabetes has on the family and support network of those affected. It will also promote the role of the family in the management, care, prevention and education of diabetes.

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- 8/12 10th Annual Diabetes in the Limelight Jamboree; Poster Competition, Calendar of Events

ABOUT DIABETES



What is Diabetes?

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells. Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Types of diabetes

There are three main types of diabetes:

Type 1 diabetes used to be called juvenile-onset diabetes. It is usually caused by an auto-immune reaction where the body's defence system attacks the cells that produce insulin. The reason this occurs is not fully understood. People with type 1 diabetes produce very little or no insulin. The disease may affect people of any age, but usually develops in children or young adults. People with this form of diabetes need injections of insulin every day in order to control the levels of glucose in their blood. If people with type 1 diabetes do not have access to insulin, they will die.

Type 2 diabetes used to be called non-insulin dependent diabetes or adult-onset diabetes,

and accounts for at least 90% of all cases of diabetes. It is characterised by insulin resistance and relative insulin deficiency, either or both of which may be present at the time diabetes is diagnosed. The diagnosis of type 2 diabetes can occur at any age. Type 2 diabetes may remain undetected for many years and the diagnosis is often made when a complication appears or a routine blood or urine glucose test is done. It is often, but not always, associated with overweight or obesity, which itself can cause insulin resistance and lead to high blood glucose levels. People with type 2 diabetes can often initially manage their condition through exercise and diet. However, over time most people will require oral drugs and or insulin.

Symptoms of Type 1 & Type 2 Diabetes

Type 1 Diabetes	Type 2 Diabetes
 Abnormal thirst and dry mouth	 Excessive thirst and dry mouth
 Frequent urination	 Frequent and abundant urination
 Lack of energy, fatigue	 Lack of energy, extreme tiredness
 Blurred vision	 Blurred vision
 Constant hunger	 Tingling or numbness in hands or feet
 Sudden weight loss	 Slow healing wounds
 Bedwetting	 Recurrent fungal infection in the skin

Both type 1 and type 2 diabetes are serious. There is no such thing as mild or 'a touch of' diabetes.

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November is Diabetes... (from page 1)

Diabetes Concerns Every Family

To mark diabetes awareness month and World Diabetes Day 2018 on November 14, the International Diabetes Federation (IDF) is urging families to learn more about the warning signs of diabetes. New research from IDF has discovered that parents would struggle to spot this serious life-long disease in their own children. Despite the majority of people surveyed having a family member with diabetes, an alarming four out of five parents would have trouble recognising the warning signs. One-in-three would not spot them at all. The findings underline the need for education and awareness to help people spot the diabetes warning signs early. The warning signs can include: excessive thirst, frequent urination, a lack of energy, blurred vision, slow healing wounds, and numbness in the feet and/or hands. Julieta Laudani, a mother from Argentina, agrees that diabetes is hard to spot. She only discovered her daughter Fran had type 1 diabetes when, at 18 months old, Fran went through eight diapers in quick succession. Julieta, like many parents, did not think babies could have the disease and even medical staff first thought Fran had a urinary infection. Julieta describes the discovery as a shock, saying: "Fran was conscious, she was not even dehydrated or anything. We actually had no idea that diabetes could be present in little kids at all. We knew adults could get it, old people for example, but their circumstances were not like ours. There is not much knowledge. It would be great to change that." According to IDF, a lack of knowledge about diabetes means that spotting the warning signs is not just a problem for parents, but is an issue impacting a cross-section of society. Four-in-five adults across the globe failed to correctly identify the warning signs of diabetes in the IDF study. This is a major concern, due to the signs being milder in type 2 diabetes, the most prevalent form of the condition, responsible for around 90% of all diabetes cases.

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OF OUR MOTHER

***Mildred "Miss" Bovell
(1922-2013)***



Remembering the Matriarch of Bovell Cancer Diabetes Foundation on this our 10th Anniversary - gone 5 years now, but definitely not forgotten!!!!

A Tribute

We miss you very dearly. You were a very strong woman with dignity and composure. Your watchwords were: Respect, God-faring, Hard-work, Moral Value, Giving Back and Community Building. You lived a life by example; forgive, let go, work hard, build the community in which you live. Your picture and rules now remain in a conspicuous place in our homes and hearts. In confusing situations, we look at your photo, remember your rules and start to think deeper of what you might have said or done. The memory of your wise words gives strength, direction, perseverance and needed comfort. We hope we are making you proud on this our 10th Anniversary of BCDF and you are right there, smiling at us from heaven. We are confident that you are in the hands of God where no torment can touch you or take away your peace – this; along with God's help propel us through! RIP!!

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

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

HIGHLIGHT - PANCREATIC CANCER



World Pancreatic Cancer Day was Thursday, November 15th

Pancreatic Cancer Facts

Every day, more than 1,250 people worldwide will be diagnosed with pancreatic cancer. While death rates decline for other cancers, they are growing for pancreatic cancer. Survival rates have not improved substantially for the past 40 years. It has the lowest survival rate for all the major cancers.

What is Pancreatic Cancer?

Pancreatic cancer begins when abnormal cells within the pancreas grow out of control and form a tumor. The pancreas is a gland in the abdomen that lies behind the stomach and in front of the spine, with two main functions: digestion and blood sugar regulation. More than 95% of pancreatic cancers are classified as exocrine tumors, which start in the exocrine cells that make pancreatic enzymes that help in digestion. Pancreatic neuroendocrine tumors (pancreatic NETs or PNETs) account for less than 5% of all pancreatic tumors. They may be benign or malignant and tend to grow slower than exocrine tumors.

What are the Symptoms?

Pancreatic cancer often does not cause any signs or symptoms in the early stages, which can make it hard to diagnose early. Symptoms can also be vague and may come and go, while the severity can also vary for each person. You may not have any or all of these symptoms. It is important to remember that symptoms can be caused by more common things. They can also be caused by conditions such as pancreatitis (inflammation of the pancreas), gallstones, irritable bowel syndrome (IBS) or hepatitis

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About Diabetes...Cont'd from page 2

Gestational diabetes (GDM) is a form of diabetes consisting of high blood glucose levels during pregnancy. It develops in one in 25 pregnancies worldwide and is associated with complications to both mother and baby. GDM usually disappears after pregnancy but women with GDM and their children are at an increased risk of developing type 2 diabetes later in life. Approximately half of women with a history of GDM go on to develop type 2 diabetes within five to ten years after delivery. Other specific types of diabetes also exist.

Diabetes Risk Factors



The risk factors for [type 1 diabetes](#) are still being researched. However, having a family member with type 1 diabetes slightly increases the risk of developing the disease. Environmental factors and exposure to some viral infections have also been linked to the risk of developing type 1 diabetes. Several risk factors have been associated with [type 2 diabetes](#) and include:

- Family history of diabetes
- Overweight
- Unhealthy diet
- Physical inactivity
- Increasing age
- High blood pressure
- Ethnicity

- Impaired glucose tolerance (IGT)*
- History of gestational diabetes
- Poor nutrition during pregnancy

**Impaired glucose tolerance (IGT) is a category of higher than normal blood glucose, but below the threshold for diagnosing diabetes.*

Changes in diet and physical activity related to rapid development and urbanisation have led to sharp increases in the numbers of people developing diabetes. Pregnant women who are overweight, have been diagnosed with IGT, or have a family history of diabetes are all at increased risk of developing gestational diabetes mellitus (GDM). In addition, having been previously diagnosed with gestational diabetes or being of certain ethnic groups puts women at increased risk of developing GDM.

Prevention of Type 2 Diabetes

IDF recommendations for a healthy diet for the general population

- Choose water, coffee or tea instead of fruit juice, soda, or other sugar sweetened beverages (SSBs)
- Eat at least three or more servings of vegetable and fresh fruits every day, including green leafy vegetables
- Choose nuts, a piece of fresh fruit, or unsweetened yoghurt for a snack
- Limit alcohol intake to a maximum of two standard drinks per day
- Choose lean cuts of white meat, poultry or seafood instead of red or processed meat
- Choose peanut butter instead of chocolate spread or jam
- Choose whole-grain bread, rice, or pasta instead of white bread, rice, or pasta
- Choose unsaturated fats (olive oil, canola oil, corn oil, or sunflower oil) instead of saturated fats (butter, ghee, animal fat)
- Limit intake of sugar-sweetened beverages
- Be physically active between three to five days a week, for a minimum of 30-45 minutes each time.

Reprinted from:

<https://www.idf.org/aboutdiabetes/what-is-diabetes>

Cont'd from page 3, November is Diabetes...

Left untreated or unmanaged, diabetes can lead to life-changing complications. These include blindness, amputation, kidney failure, heart attack and stroke. Diabetes was responsible for four million deaths in 2017. "It is vital everyone learns to identify the warning signs of diabetes. Sadly, diabetes can be easily missed or mistaken for something else and this leaves people – whether children or adults – vulnerable to serious consequences," said Prof. Nam H. Cho, IDF President. "Diabetes can become a life-threatening disease. It has devastating complications if not treated early and managed appropriately. The rise in diabetes – particularly type 2, which is largely preventable – could in many cases be halted if people knew the warning signs and risk factors so they could adopt a healthier lifestyle or, if necessary, seek treatment. For many, particularly in developing countries, type 1 diabetes is still a death sentence. Many with type 2 diabetes are diagnosed too late when complications are already present. This is unacceptable and needs to be addressed as a matter of urgency." This November, IDF is urging people to test their diabetes knowledge and learn more. IDF has made an awareness assessment available online at <http://discoverdiabetes.idf.org/>



Reprinted from: <https://www.worlddiabetesday.org/about-wdd/wdd-2018-19.html>

Cont'd from page 4, Highlight- Pancreatic...
(inflammation of the liver).

- Abdominal and mid-back pain
- Unexplained weight loss
- Yellow skin or eyes
- Change in stool
- New-onset diabetes
- Digestive problems

What are the Risk Factors?

The cause of the majority of pancreatic cancer cases is unknown, but research has identified the following factors that may increase the risk for pancreatic cancer.

- Family history of pancreatic cancer
- Family history of other cancers
- Diabetes
- Pancreatitis (chronic and hereditary)
- Smoking, Obesity
- Race (ethnicity), Age, Diet

How is Pancreatic Cancer Treated?

Treatment for pancreatic cancer depends on how advanced the cancer is and a patient's overall health. If possible, surgeons will remove the cancer; the most common operation is to remove all or part of the pancreas and other organs. Surgery is usually followed up with chemotherapy. For metastatic pancreatic cancer (spread to other parts of the body) treatment may include chemotherapy and radiotherapy. A patient may also be offered treatment to relieve symptoms.

What To Do If You Are Concerned?

All the symptoms and risk factors can have multiple other causes. BUT if you have regularly been experiencing one or more of the symptoms mentioned that are persistent, worsening, and not normal for you, do not ignore them, go to the doctor as soon as you can, and reference pancreatic cancer. If a friend or member of your family is having any of these symptoms, tell them to do the same.

If pancreatic cancer is found early, it is more treatable so visiting your doctor could save your life! <http://www.worldpancreaticcancerday.org/about-pancreatic-cancer/>

FOCUS ON CHILDREN - YOUR CHILD & PHYSICAL ACTIVITY

Physical activity is an important part of a healthy lifestyle and all children and young people should do at least an hour of moderate to vigorous physical activity each day. This includes things like brisk walking, very active play, and most sports and games (e.g. skipping, dancing and swimming). For children with diabetes, being active and physically fit reduces blood pressure, lowers the levels of fats in the blood, keeps the heart healthy, and may help to improve blood sugar levels (also known as blood glucose) and prevent excess weight gain.

Physical Activity versus Exercise

Physical activity is any movement that uses skeletal muscles, while exercise is specific structured physical activity that involves training and developing sports skills, e.g. team sports, athletics and gymnastics.

Sports Activity and Diabetes

Activity increases the amount of glucose used by the muscles for energy. This means that being active may sometimes lower the blood glucose levels. Being active helps:

- The body to use insulin more efficiently, and regular activity can help reduce the amount of insulin your child takes
- Your child maintain a healthy weight for their height, which in turn will help their diabetes control

Activity and Blood Sugar

Regular activity should be part of your child's routine, and planning for it will help. Being active may affect blood sugar levels and you may notice changes during and after any physical activity. Regular blood sugar testing will help you to understand what being active does to your child's blood sugar levels. Being active may cause low blood sugar levels or high blood sugar levels – or have no effect at all.

Activity may cause blood glucose levels to drop if:

- There is too much insulin working in your child's body

- The activity lasts longer than one hour
 - The activity is very strenuous
- Activity will cause your child's blood glucose levels to rise if:**
- Your child does not have enough insulin circulating in their body.
 - The activity is mostly anaerobic or competitive, for example, a football match, an athletics or any sport with multiple bursts of short, sharp, fast movement

During Physical Activity

During any activity your child will use up some of the glucose that is stored in their muscles and liver. They will need to replace these stores or their blood sugar levels may drop. This usually takes around 12 hours, but can take longer after very strenuous exercise, or if they have not eaten much carbohydrate.

After Physical Activity

After exercise, your child's insulin will be more effective, so they may experience low blood sugar levels. You may need to adjust their insulin or food intake to prevent delayed hypoglycaemia (hypo), so talk to your doctor about this.

Top Tips For Planning Physical Activity

These are general guidelines, so discuss them first with your child's doctor.

Check your child's blood sugar levels before and after activity.

- If their blood sugar levels are above 14mmol/l or 252 mg/dL, check for ketones. If there are ketones, do not allow any activity until they have gone
- If their blood sugar level is high before exercise without ketones, think about when your child last had insulin. They may need a small amount before exercise if it is more than three or four hours since their last injection
- Aim for blood sugar levels of 5mmol/l (90 mg/dL) or more before starting any planned activity to reduce the risk of a hypo
- Always try to choose an injection site away from the muscles that your child is

about to use (e.g. avoid the leg if your child is going to play football). During exercise the blood flow to the muscles increases, speeding insulin's action

- If your child gets active within 1-2 hours of an injection, you may need to reduce their insulin dose with a meal to help prevent a hypo. If you do not reduce the insulin, they may need an extra snack before exercise
- If your child exercises for 60 minutes or longer, make sure they have some extra carbohydrate during the activity.
- All children should drink when they exercise. For activity lasting less than an hour, water is fine; for activity longer than an hour; try an isotonic sports drink, pure fruit juice (mix 50/50 with water).

Reprinted from:

<https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/physical-activity>

... UPCOMING EVENTS

OCT

17



**So In Love With My Feet
Massage/Focus/Support
Group**

Community Centre, 10:00
a.m.

OCT

1-31



**School Children
Poster Competition
1st – 31st October,
2018**

NOV

9



**10th Annual Diabetes in
the Limelight Jamboree**

Cyd Gray Sporting
Complex, Roxborough,
Tobago

NOV

12



**Cancer Awareness and
Education Workshop**

(868) 667-2576
10:00 a.m.

NOV

21



**Children & Teen
Hangout**

(868) 667-2576

CELEBRATE WITH US

BOVELL CANCER DIABETES FOUNDATION (BCDF)

10th Annual Diabetes in the Limelight Jamboree

09/11/18

10:00 a.m.

**Cyd Gray Complex
Roxborough**



*Enriching Lives of People
with Cancer and Diabetes*

**19 King Orange Avenue South
Santa Rosa Heights, Arima
Trinidad and Tobago**

<http://www.bovellcancerdiabetesfoundation.org>
Phone: (868) 667-2576; 685-9674
E-mail: bovellcancerdiabetesfoundation@gmail.com

*Celebrating
10 Years*

Help us celebrate a decade of
Diabetes & Cancer Prevention in
T&T. Join us at Cyd Gray Complex,
Roxborough for a day filled with
family health and fun
Free gifts for all!





BCDF

BOVELL CANCER DIABETES FOUNDATION

10TH ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE

**9th
November,
2018**

**Sporting
Complex
Roxborough
Tobago**

10:00 a.m.

Theme
**"The Family
& Diabetes"**
**Bring your
Family!**

- Blood Glucose, Cholesterol
- Blood Pressure, Nutrition, A1c , Food Demos
- Foot Exams, Stroke Info
- Eye Doctor, Dentist
- Doctors' Consults
- Diabetes Education
- Children Artwork
- Weight Clinic, Spin-To-Win
- Children's Booth, Zumca©
- Entertainment, Giveaways!!!!



www.bovellcancerdiabetesfoundation.org

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-Foundation/109253079221608>



Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is sponsoring its 10th poster competition among school students 6 to 15 years to help raise awareness and educate about diabetes prevention and management.

Create a poster! WIN prize money! Help PREVENT diabetes!

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

Three categories, open to all 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 the good news is that it could be prevented

Compete for the ...
TATIL Challenge Trophy + \$800 for
the most innovative poster depicting
the theme "The Family & Diabetes"
New: Dr. Verleen Bobb-Lewis
Challenge Trophy

2018 Theme:
"The Family & Diabetes"



Go to: www.bovellcancerdiabetesfoundation.org

Check our Facebook or ask your teacher for
more information about the competition



Bovell Cancer
Diabetes Foundation
(BCDF)

*"Stamp Out Diabetes
Blue Tie Charity Gala"*

Saturday 10th
November, 2018

8:00 p.m. - 11:00 p.m.

Colibri Ballroom
Magdalena Grand
Beach & Golf Resort

Donation: \$600.00

*ENRICHING LIVES
ONE AT A TIME*

19 King Orange Avenue South
Santa Rosa Heights, Arima
Trinidad and Tobago

www.bovellcancerdiabetesfoundation.org
Phone: (868) 667-2576; 685-9674

"Stamp Out Diabetes Blue Tie Charity Gala"



**Below the
Knee
Tea or Floor
Length Gown**

**Blue
Bowtie**



BCDF 2018 RAINBOW CALENDAR OF EVENTS

November 2017 - December 2017	Complimentary Foot Care - "So in Love with my Feet" Project Diabetes in the Limelight Jamboree ✓ Cancer Education and Awareness Workshop ✓ Prize Giving & Machine Distribution Ceremony ✓
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.
19 th January	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	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation ✓ Board of Directors Retreat ✓
March	Complimentary Foot Care - "So in Love with my Feet" Project ✓
13 th April	Application for Second Quarter Funding Deadline ✓
April 28 th April	Complimentary Foot Care - "So in Love with my Feet" Project ✓ Breakfast and Diabetes Awareness Dialogue Morning Market Square, Scarborough, Tobago ✓
May	Diabetes Discourse ✓ Teachers' Workshops Small Group Workshops (Village Councils) Cancer Education Workshop (Tobago East) Diabetes Education Workshop (PTAs) Complimentary Foot Care - "So in Love with My Feet Project" ✓
June	Complimentary Foot Care - "So in Love with My Feet Project" ✓
20 th July	Application for Third Quarter Funding Deadline
August	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation ✓
20 th October October/November	Application for Fourth Quarter Funding Deadline ✓ Primary School World Diabetes Day Poster Competition ✓ Poster design is an expression of creativity and technical aptitude. BCDF presents its
9 th November	10th Annual Diabetes in the Limelight Jamboree ✓ Diabetes Discourse
11 th November	Annual Evaluation & Debriefing Workshop (BOD, volunteers) ✓
12 th November 21 st November	Cancer Education & Awareness Workshop ✓ Children & Teens Hangout