

Diabetes Discourse

Volume 9, Issue 4

August, 2019

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.

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DIABETES: PROTECT YOUR FAMILY



world diabetes day
14 November

November is Diabetes Awareness Month and World Diabetes Day (WDD). The theme for WDD 2019 is "Diabetes: Protect your Family"

The primary aim of the World Diabetes Day (WDD) and World Diabetes Month 2019 campaign is to raise awareness of the impact that diabetes has on the family and to promote the role of the family in the prevention, education, management and care of the condition.

Preventing type 2 diabetes involves the family

- **Many cases of type 2 diabetes can be prevented by adopting a healthy lifestyle.** Reducing your family's risk starts at home.
- **When a family eats healthy meals and exercises together,** all family members benefit and encourage behaviours that could

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ABOUT SALT



eurokeeks.com

Salt and Type 2 Diabetes

Having Type 2 diabetes increases risks of high blood pressure, heart disease and kidney disease. Adding too much salt to your diet increases all of these risks, especially that of high blood pressure. People with Type 2 diabetes can benefit from cutting back on sodium, monitoring their sodium intake and striving to achieve a balanced diet that includes salt.

Key Facts

- High sodium consumption (>2 grams/day, equivalent to 5 g salt/day) and insufficient potassium intake (< 3.5 grams/day) contribute to high blood pressure and increase the risk of heart disease and stroke.
- The main source of sodium in our diet is salt, although it can come from sodium glutamate, used as a condiment in many parts of the world.
- Most people consume too much salt—on average 9–12 grams per day, or around twice the recommended maximum level of intake.
- Salt intake of less than 5 grams per day for adults helps to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart attack. The main benefit of lowering salt intake is a corresponding reduction in high blood pressure.

Misperceptions about salt reduction

- **“On a hot and humid day when you sweat, you need more salt in the diet:”** There is little salt lost through sweat so there is no need for extra salt even on a hot and humid day, although it is important to drink a lot of water.

- **“Sea salt is not ‘better’ than manufactured salt simply because it is ‘natural.’”** Regardless of the source of salt, it is the sodium in salt that causes bad health outcomes
- **“Salt added during cooking is not the main source of salt intake.”** In many countries, about 80% of salt in the diet comes from processed foods
- **“Food has no flavour without salt.”** Whilst this may be true at first, taste buds soon become accustomed to less salt and you are more likely to enjoy food with less salt, and more flavour
- **“Foods high in salt taste salty.”** Some foods that are high in salt do not taste very salty because sometimes they are mixed with other things like sugars that mask the taste. It is important to read food labels to find out sodium levels.
- **“Only old people need to worry about how much salt they eat:”** Eating too much salt can raise blood pressure at any age.
- **“Reducing salt could be bad for my health:”** It is very difficult to eat too little salt since there are so many everyday foods containing salt.

Salt consumption at home can be reduced by:

- Not adding salt during the preparation of food
- Not having a salt shaker on the table
- Limiting the consumption of salty snacks
- Choosing products with lower sodium content

Various, easy options for less sodium include: fresh fruits and vegetables, unsalted nuts and seeds, dried beans, peas, and legumes, whole grains like brown rice, oats, and popcorn without added salt, most fresh/frozen meats, poultry, and fish without added salt.

Source: <https://www.who.int/news-room/fact-sheets/detail/salt-reduction>
<https://beyondtype2.org/all-about-salt/>

WHAT IS THE HEALTHIEST WAY TO COOK VEGETABLES?

Vegetables provide multivitamins. Eat a wide and colorful variety of vegetables, and you will pack your diet with an alphabet's worth of vitamins, antioxidants, polyphenols and other healthful compounds. If you ask a food scientist if raw vegetables are healthier than cooked, the question is quite challenging. Consider two commonly used vegetables: carrots and broccoli. Carrots are sources of vitamins A, C and K, as well as niacin and folate. They also contain potassium, calcium and other minerals. Their healthiest component may be **carotenoids**, the pigment that gives carrots (and many other vegetables) such splashy, vibrant colors. In the case of fresh carrot, carotenoids are present in cell structures but not easily available. To become available, the carotenoids must be broken down and absorbed by your digestive system and put to good use in your body. Heating carrots help break down its cell structures, freeing up those carotenoids so your body can use them. But not all heating methods are equal. In one study, carrots were boiled, steamed and deep fried to determine how each method would affect the food's carotenoid content. When it came to carotenoids, boiling came out on top. Boiling released the carotenoids from the cell structure, but they were not leached into the water. However, other nutrients in the carrots such as vitamin C and antioxidant polyphenols—are water-soluble, so they leak out into cooking water when boiled. It is better to steam carrots—as well as any other polyphenol-rich vegetables if you want to get those particular micronutrients. Broccoli and other members of the brassica group (cruciferous vegetables like cauliflower and cabbage) contain a class of cancer-fighting chemicals called **glucosinolates**. The body struggles to absorb these natural chemicals without help from an enzyme called **myrosinase**.

Cont'd on page 6



OF OUR MOTHER

Mildred “Miss” Bovell
(1922-2013)



Remembering the Matriarch of Bovell Cancer Diabetes Foundation on this our 11th Anniversary, 2019

Another day, another year, it does not matter; we miss you all the time. Gone six years now, but definitely not forgotten. You are forever in our hearts. If you look down from Heaven, we hope you are very proud of what we have done, and are doing with the Bovell Cancer Diabetes Foundation (BCDF)... All who we are, and what we hope BCDF to be, we owe it to you our Dear Mother. We can hear you saying *“well done my children, that is how I brought you all up to be, hardworking, decent, productive, building communities wherever you are”*... We did it to honour you and our Father, beginning in your lifetime. Your name, which we call daily, will always be the sweetest sound... We know that you have your angel wings... We know you have graduated from this place to be honoured forever in Heaven, but we continue to miss you always!!

RIP!!

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

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

WORLD PANCREATIC CANCER DAY



Demand Better.
For Patients. For Survival.



Thursday 21st November, 2019

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. These tumors start in the exocrine cells that make pancreatic enzymes that help in digestion.

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. The 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 (inflammation of the liver).

Taken from:

<http://www.worldpancreaticcancerday.org/about-pancreatic-cancer/>

Diabetes...

Cont'd from page 1

- type 2 diabetes in the family



80% OF CASES OF TYPE 2 DIABETES IS PREVENTABLE THROUGH THE ADOPTION OF A HEALTHY LIFESTYLE



70% OF PREMATURE DEATHS AMONG ADULTS ARE LARGELY DUE TO BEHAVIOUR INITIATED DURING ADOLESCENCE

Caring for my diabetes involves my family too

- **Managing diabetes requires daily treatment, regular monitoring, a healthy lifestyle and ongoing education.** Family support is key
- **All health professionals should have the knowledge and skills** to help individuals and families manage diabetes
- **Education and ongoing support should be accessible** to all individuals and families to help manage diabetes
- **Essential diabetes medicines and care must be accessible and affordable** for every family



LESS THAN 1 IN 2 PEOPLE WITH DIABETES AND 1 IN 4 FAMILY MEMBERS OF PEOPLE WITH DIABETES HAVE ACCESS TO DIABETES EDUCATION PROGRAMMES



1 IN 5 HEALTH PROFESSIONALS DO NOT RECEIVE ANY POSTGRADUATE TRAINING IN DIABETES



Diabetes: Protect Your Family... *Cont'd*

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, which 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:

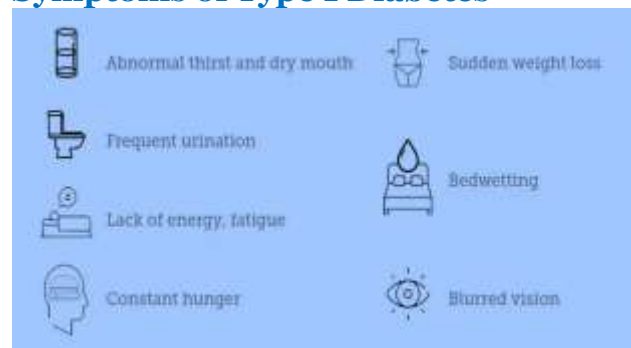
Type 1 diabetes used to be called juvenile-onset diabetes. It is usually caused by an auto-immune reaction where the body's defence system attacks the cells that produce insulin. The reason this occurs is not fully understood. People with type 1 diabetes produce very little or no insulin. The disease 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 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.

Diabetes: Protect Your Family... *Cont'd*

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 Diabetes



Symptoms of Type 2 Diabetes



Both type 1 and type 2 diabetes are serious. There is no such thing as mild diabetes.

Gestational diabetes (GDM) is a form of diabetes consisting of high blood glucose levels during pregnancy. It 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. Roughly 50% of women with a history of GDM go on to develop type 2 diabetes within five to 10 years after delivery. Other specific types of diabetes also exist.

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
- Eat at least three servings of vegetable every day, including green leafy vegetables

Diabetes: Protect Your Family... Cont'd

- Eat up to three servings of fresh fruit every day
- 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, coconut oil or palm oil)

Managing



Diabetes is a chronic, progressive disease but people with diabetes can live long, healthy lives with good diabetes management. This includes managing not only blood **glucose** but also risk factors for complications such as high blood pressure and high cholesterol. These can be managed with a healthy diet, regular physical activity and the correct use of medication. People with diabetes require access to regular and organised healthcare.

A diabetes diagnosis can put a strain on the individual and family

Families have a significant role to play in supporting loved ones with diabetes, but they need help to be educated about the pressures that a diabetes diagnosis can bring.

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

Cont'd from page 3

Myrosinase is present in raw broccoli, but cooking destroys it. Eating raw, to get the glucosinolates from broccoli, raw is best. However, other research shows you could eat just a bite or two of raw broccoli for some myrosinase, and then gently steam the rest—a method of cooking that actually boosts the broccoli's quantity of **glucosinolates** by 17%. A Spanish study team examined the effect of six different cooking methods on the activity and bioavailability of several antioxidants in 20 different vegetables. How much good stuff your body would absorb depended on the type of antioxidant, the type of vegetable and the specific cooking method. The authors concluded that microwaving, baking and cooking vegetables without oil in a heavy pan were the best methods for preserving antioxidants, while steaming and pressure cooking were worst. Boiled down, there are a few simple rules when it comes to the best way to eat your vegetables. People must eat a lot of vegetables: raw and cooked. Just as eating a variety of vegetables is a good idea, enjoying them in a variety of ways seems to maximize their health benefits.

Source: Markham Heid (2017), *Time Health*
Available at: <http://time.com/4862536/how-to-cook-vegetables/>

DIABETES MAY BEGIN MORE THAN A DECADE BEFORE DIAGNOSIS

People who develop type 2 diabetes may show early warning signs of the disease more than 10 years before their diagnosis, according to new research presented at the 2018 meeting of the European Association for the Study of Diabetes in Berlin, Germany. This Japanese study tracked more than 27,000 adults (average age 49) between 2005 and 2016. None of the people had diabetes at the beginning of the study. By the end of the 11-year study, 1,067 people had been diagnosed with type 2 diabetes. The researchers reported that several of the risk factors were

more common among those who went on to develop type 2 diabetes compared to those who did not. In particular, body mass index (BMI), fasting blood sugar, and insulin resistance (where the body does not respond properly to the effects of insulin) started to increase up to 10 years before the diagnosis. The differences between the two groups appeared to widen over time. For example, fasting blood sugar levels gradually rose in people who eventually developed diabetes, from 5.7 mmol/L (105 mg/dL) 10 years before diagnosis, to 5.8 mmol/L (102.6 mg/dL) five years before, to 6.1 mmol/L (109.8 mg/dL) one year before. In people who did not develop diabetes, fasting blood sugar levels remained relatively steady at about 5.2 mmol/L (93.6 mg/dL) over the entire decade. These important findings may result in people being able to take earlier steps to prevent either the development of the condition of prediabetes or the progression from prediabetes to type 2 diabetes.

Reprinted from: Diabetes Dialogue, Spring 2019

POSTER SUBMISSION TIME

It is poster competition time again. Our children are sharpening their skills working on designing variations of the pancreas as they learn about its role in diabetes. Get ready to submit a poster!



BUY OUR BOOK & SUPPORT US



STOP BREAST CANCER NOW!

We have to stop breast cancer! Help us to do so now... Paint the town pink by sharing our breast cancer awareness tips this October.



... UPCOMING EVENTS

OCT
15



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

OCT
1-
31



**School Children
Poster & Video
Monologue
Competition**

NOV
8



**11th Annual Diabetes in
the Limelight Jamboree**
Cyd Gray Sporting
Complex, Roxborough,
Tobago

NOV
11



**Media Launch: Iona
Pierre Cervical Cancer
Scholarship For Girls &
Cancer 'Commess'**
(868) 667-2576
10:00 a.m.

NOV
21



Children & Teen Hangout
(868) 667-2576



8th
November,
2019

Sporting
Complex
Roxborough
Tobago

10:00 a.m.

Theme
“Diabetes:
Protect
your
Family”

Bring Your Family & Have Fun With BCDF

11TH ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE

A World Diabetes Day Celebration

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

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<http://www.facebook.com/pages/Bovell-Cancer-Diabetes-Foundation/109253079221608>



9th Annual Diabetes Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is sponsoring its 9th annual 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

Compete for the ...
TATIL Challenge Trophy + \$800 for the most innovative poster depicting the theme “Diabetes: Protect Your Family”

2019 Theme:
“Diabetes: Protect Your Family”

Go to: www.bovellcancerdiabetesfoundation.org

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





Video Monologue Contest 2019

Host
Bovell
Cancer
Diabetes
Foundation
(BCDF)

2019
Video
Monologue
Contest

World Diabetes Day

- ⇒ Are you attending Secondary School in Trinidad and Tobago?
- ⇒ Send a 3-minute video with your monologue for a chance to win \$\$ and a Challenge Trophy

Theme: "Diabetes: Protect Your Family"



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Trinidad and Tobago

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BCDF 2019/20 CALENDAR OF EVENTS

8 th November, 2019	Diabetes in the Limelight Jamboree
11 th November, 2019	Media Launch – Iona Pierre Cervical Cancer Scholarship for Girls and Cancer ‘Commess’
30 th November, 2019	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF
November, 2019 – June, 2020	Complimentary Foot Care - “So in Love with my Feet” Project 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.
20 th January, 2020	Application for First Quarter Funding Deadline
29 th February, 2020	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF
March, 2020	New round of “So in Love with my Feet” Project begins
13 th April, 2020	Application for Second Quarter Funding Deadline
25 th April, 2020	“So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning Scarborough, Tobago, Please support us
May, 2020	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.
May, 2020	“So in Love with my Feet” Project
June, 2020	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management “So in Love with my Feet” Project
20 th July, 2020	Application for Third Quarter Funding Deadline “So in Love with my Feet” Project
August, 2020	Diabetes Discourse “BCDF Retreat & Program Planning
September/October, 2020 19 th October, 2020	Teachers’ Workshop Application for Fourth Quarter Funding Deadline Primary School World Diabetes Day Poster Competition Video Monologue Contest (national secondary schools)
November/December 13 th November, 2020 16 th November, 2020	Diabetes Discourse 12th Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign Cancer Education and Awareness Workshop Iona Pierre Cervical Cancer Scholarship for Girls – New Round New round of “So in Love with my Feet” Project begins Children & Teen Hangout Achievement & Prize Giving Ceremony