

# Diabetes Discourse

Volume 1, Issue 1

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*Quarterly Newsletter of the Bovell Cancer Diabetes Foundation*

*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](mailto: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 BASICS

### Overview

Diabetes is a life-long disease marked by high levels of glucose (sugar) in the blood. There are different types of diabetes, which need different treatments. Type 1 diabetes is usually diagnosed in childhood. The body makes little or no insulin, and the child needs daily injections of insulin are needed to sustain life. Type 2 diabetes is far more common than type 1 and makes up most of all cases of diabetes. It usually occurs in adulthood. The pancreas does not make enough insulin to keep blood glucose levels normal, often because the body does not respond well to the insulin. Many people with type 2 diabetes do not know they have it, although it is a serious condition. Gestational diabetes is high blood glucose that develops at any time during pregnancy in a woman who does not have diabetes.

### Causes/Risk Factors

Worldwide, roughly 171 million persons have diabetes. In Trinidad and Tobago about 60,000 people have diabetes, and this is expected to rise to 125,000 by 2030 (WHO). Risk factors for diabetes include:

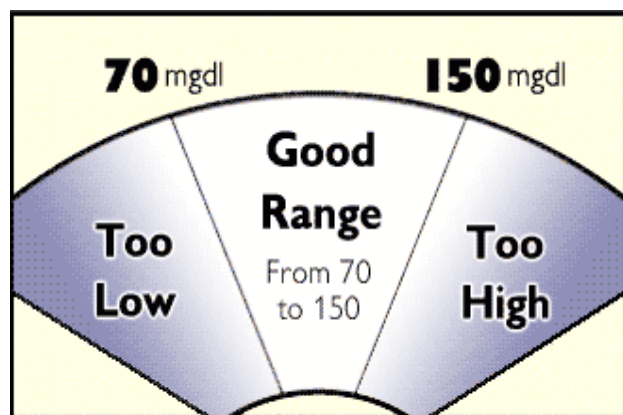
- A parent, brother, or sister with diabetes
- Obesity
- Age
- Gestational diabetes or delivering a baby weighing more than 9 pounds
- High blood pressure
- High blood levels of triglycerides (a type of fat)

*Continued on page 3*

## TYPE 2 DIABETES AND DIET

An ideal diet for most individuals, diabetic or otherwise, typically consists of fibre-rich plant-based foods, fruits, vegetables, lean proteins, and slow-digesting starch or carbohydrate. You can take good care of yourself and your diabetes or risk for diabetes by learning: i) what to eat; and ii) how much to eat. Healthful eating helps keep your blood glucose or blood sugar, in your target range. Physical activity and, if needed, diabetes medicines also help. You can help prevent health problems by keeping your blood sugar levels on target.

### What Should My Blood Glucose Levels Be?

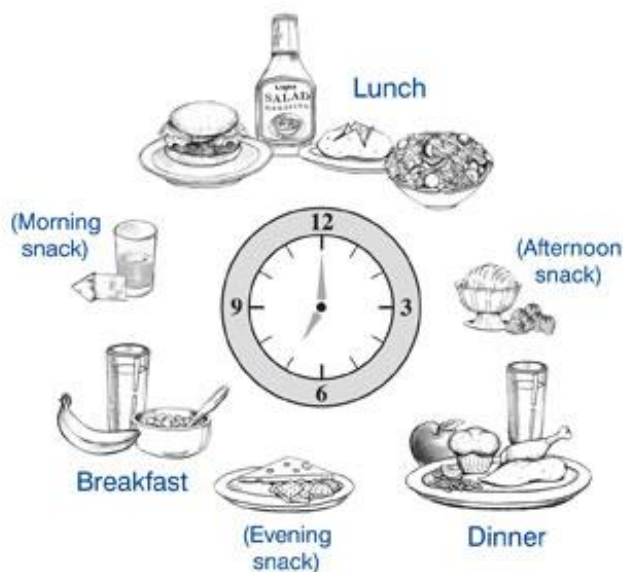


Normal Blood Sugar Numbers

### How Can I Keep My Blood Glucose Levels On Target?

- Make wise food choices
- Be physically active
- Take your medicines if needed

For people taking certain diabetes medicines, follow a schedule for meals and snacks as shown in Picture 1. The Caribbean Food Groups can help you make wise food choices (Picture 2). Foods are divided into groups, based on what they contain. Eat more from the staples, legumes, fruits, vegetables, foods from animals and least from fats and oils. Foods from staples, legumes and milk are highest in carbohydrate and will affect blood sugar the most.



Picture 1. Meal Schedule (<http://diabetes.niddk.nih.gov>)

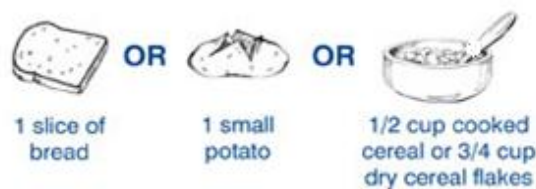


Picture 2. Caribbean Food Groups (CFN)

### How Much is a Serving of Carbohydrate or Starch?

(<http://diabetes.niddk.nih.gov>)

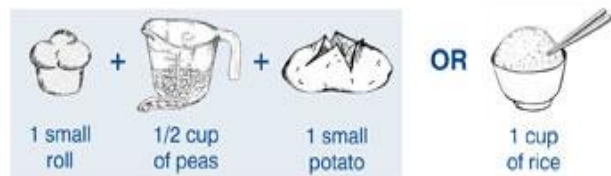
#### Examples of 1 serving



## Examples of 2 servings



## Examples of 3 servings



## Guide to Sensible Serving Sizes

This much

is the same as



**3 ounces**

1 serving of meat, chicken, turkey, or fish



**1 cup**

1 serving of

- cooked vegetables, salad, stews, milk



**1/2 cup**

1 serving of

- fruit or fruit juice, starchy vegetables, such as potatoes or corn, red beans and other dried beans, rice, macaroni or cereal



**1 tablespoon**

1 serving of

- salad dressing



**1 teaspoon**

1 serving of

- margarine or butter, oil, mayonnaise

Next newsletter – serving sizes for other foods



- High blood cholesterol level
- Not getting enough exercise

## Symptoms

High levels of blood sugar (glucose) can cause several problems, including:

- Frequent urination
- Excessive thirst
- Hunger
- Fatigue
- Weight loss
- Blurry vision

However, because type 2 diabetes develops slowly, some people with high blood sugar experience no symptoms at all. Patients with type 1 diabetes usually develop symptoms over a short period of time, and the condition is often diagnosed in an emergency setting.

## Care/Treatment

There is no cure for diabetes. Treatment involves diet, exercise and medicines to control blood sugar and prevent the many symptoms and complications. Basic diabetes management skills will help prevent the need for emergency care. These skills include:

- How to recognize and treat low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia)
- What foods to eat, how much and when
- How to take insulin or oral medication
- How to test and record blood glucose
- How to test urine for ketones (type 1 diabetes only)
- How to adjust insulin, oral medications or food intake when changing exercise and eating habits
- How to handle those days when you are sick

## Prevention

Maintaining optimal body weight and an active lifestyle may prevent the onset of type 2 diabetes. Currently there is no way to prevent type 1 diabetes.

Reproduced from: <http://healthcorner.walgreens.com>



## DIABETES AND THE BODY



People with diabetes are 2 to 4 times more likely to suffer a stroke than people without diabetes



Poorly controlled diabetes can cause nerve damage to the stomach, leading to nausea, poor digestion and bloating. It can also damage nerves in any part of the body



Diabetes, especially in people with high blood pressure, and high cholesterol, causes heart disease. Heart disease is the #1 killer of people with diabetes



Adults with diabetes need to take special care of their feet. People with diabetes are at risk for foot injuries due to numbness caused by nerve damage and low blood flow to the legs and feet. The most serious injury is a foot ulcer. Diabetic foot ulcers are at very high risk of becoming infected, and sometimes they cannot be healed. Ulcers are a frequent cause of amputation in people with diabetes.



High blood sugars, especially if combined with high blood pressure, can cause kidney damage and lead to dialysis. Nephropathy is a disease of the kidneys caused by damage to the small blood vessels, or to the units in the kidneys that clean the blood. People who have had diabetes for a long time may have kidney damage.



High blood sugars can cause gum disease (periodontal disease) and gum disease can cause high blood sugars



High blood sugar can cause blurred vision, and poorly controlled diabetes can lead to blindness



People with diabetes are more likely to die of pneumonia or influenza than people who do not have diabetes

**Diabetes can affect any part of your body!**

[www.cdc.gov/diabetes/consumer/problems](http://www.cdc.gov/diabetes/consumer/problems)

*The Diabetic Newsletter XI (10), 2010*



## DIABETES HUMOR

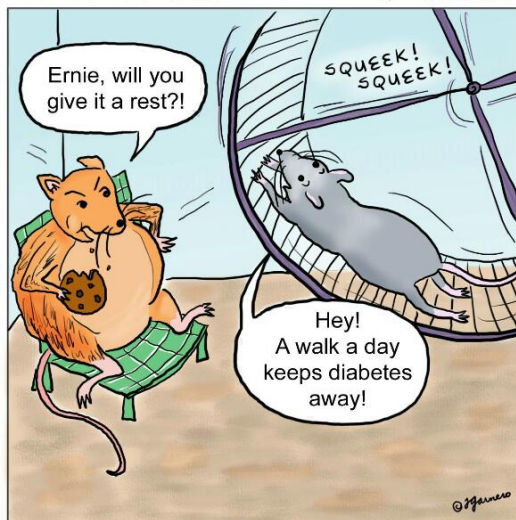
### Islets of Humor

by Theresa Garner



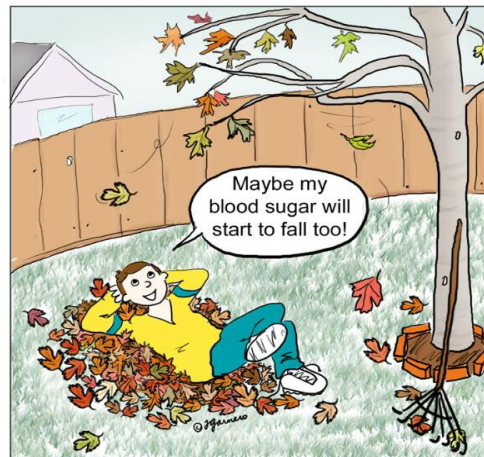
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## FINDING WEIGHT BALANCE WITH FRUITS & VEGETABLES

### Weight and Disease Risk

What is considered healthy weight is different for each person. However, being overweight can put a person at an increased risk for certain diseases. One way to determine a healthy weight range is by calculating your body mass index (BMI).

Here is an equation to calculate a BMI

$$\text{BMI} = \{\text{Weight} / \text{height} \times \text{weight}\} \times 703$$

### Example:

A person who weighs 130 lbs. and is 63 inches tall (5'3"):

$$\text{BMI} = \{130 \text{ pounds} / 63'' \times 63''\} \times 703 = 23$$

### BMI Ranges:

18.5 – 24.9	Healthy Range
25.0 – 29.9	Overweight
≥30	Obese

### Get Moving

It is important to keep physically active for overall fitness and health. To prevent weight gain, adults should be physically active at a moderate intensity for at least 30 minutes every day. Children should be physically active for 60 minutes every day.

### Portion Control

Try these tips to help cut down your intake of high fat, high calorie foods.

- ◆ As a rule of thumb, fill half your plate with fruits and vegetables at meals
- ◆ Eat smaller portions of your favorite food less often
- ◆ Take time to measure your serving sizes as shown above
- ◆ Check out the serving size on packaged foods and pay attention to the total servings

### Make Healthy Substitutions

As part of a healthy diet, eating fruits and vegetables instead of higher fat and higher calorie foods may make it easier to control your weight. Remember, fruits and vegetables have calories too! The key is substitution, which can decrease the total number of calories eaten in a day.

- ◆ Choose pieces of fresh, whole fruit instead of baked goods for a sweet snack
- ◆ Choose crunchy vegetables instead of corn curls for a snack
- ◆ Choose 100% fruit juices instead of sugary fruit-based drinks

### Colourful Fruits and Vegetables Matter!

- ◆ Eat fruits and vegetables of different colours **red**, **dark green**, **yellow**, **purple**, **white** and **orange** – to get the broadest range of nutrients
- ◆ Many fruits and vegetables are good sources of fibre, which along with their water content, adds bulk to your diet, but not calories.
- ◆ Lowering calorie intake (and increasing physical activity) is key in weight control

### Tips to Help Achieve a Healthy Balance

- ◆ Plan ahead – take time to plan and shop for healthy meals and snacks to ensure that you have a healthy selection of foods, including plenty fruits and vegetables.
- ◆ Do not skip meals; this may cause you to overeat at the next meal. If it is not time for the next meal, have a piece of fruit or some crunchy vegetable to curb your hunger.
- ◆ Set small, reasonable goals – if weight loss is your goal, aim to lose 1-2 pounds per week.
- ◆ Include regular exercise in your plan.

*Reprinted from Produce for Better Health Foundation*



## CHILDREN, ADOLESCENTS, YOUTHS (CAY) AND DIABETES

Diabetes is a common occurrence among children, adolescents and youths. When diabetes occurs in children, it is usually type 1 or juvenile-onset diabetes. However, lately type 2 diabetes has been reported among children, adolescents and youths globally.

### Why is it Hard to Detect Diabetes in Children?

- ◆ It can go undiagnosed for a long time; because children may have no symptoms or mild symptoms; and blood tests are usually needed for diagnosis

### How Parents could Help to Prevent Diabetes in CAY Make mealtimes happy

We all love to eat good food with family and friends. Everything tastes better when you are happy, relaxed and part of a group. Eating together as a family is important for children, adolescents and youths for several reasons.

- ◆ Family mealtimes help CAY. Teach them how to talk with other people and enjoy food.
- ◆ Teach them to enjoy a variety of foods and to try new foods. Encourage them to keep **T.A.S.T.E.** in mind...
  - **T**ry something new!
  - **A**ll forms of fruits and vegetables count
  - **S**hop smart
  - **T**urn mealtimes into a family activity
  - **E**xplore the bountiful variety
- ◆ Have them practice good table manners
- ◆ Keep mealtimes pleasant
- ◆ For children:
  - Serve 2-3 healthy snacks about the same time daily
  - Put small amounts on their plates
  - At mealtimes – turn off the TV!  
Return phone calls later!

- ◆ Help your children to learn and establish good eating habits with fruits and vegetables by setting the example
- ◆ Teach CAY the importance of good nutrition

### Health and Diabetes Pop Quiz

Which is the correct answer?

1. Of the following snack items, which is the least healthy

- a. Chips
- b. Popcorn
- c. An orange
- d. Corn curls

2. What does calcium do for your body?

- a. Improves eyesight
- b. Builds strong bones and teeth
- c. Prevents infections
- d. Repairs muscle tissues

3. Of the following breakfast items, which is most healthy?

- a. A rock cake
- b. Bread and cheese
- c. Bakes with plenty of fry fish
- d. A bowl of hot porridge

4. How much fat do those 4 to 18 years need daily?

- a. 15-20% of daily calories
- b. 20 to 25%
- c. 20-35%
- d. 35-40%

5. The most effective ways to get CAY to eat more fruits and vegetables, which are good sources of potassium and vitamin C, are to:

- a. Bargain with them for other privileges such as watching TV
- b. Require to take at least three bites
- c. Eat them yourself and serve them at every snack and meal

## 6. Diabetes causes

- a. Your blood glucose to be too low
- b. Your blood glucose to be too high
- c. Body to stop making glucose

## 7. CAYs can have different types of diabetes

- a. True
- b. False

## 8. You can keep your blood glucose close to your target range if you

- a. Make healthy food choices and are active everyday
- b. Stay at a healthy weight
- c. Take your medicine if needed
- d. Check your blood glucose
- e. All of the above

## 9. Foods that contain the following nutrients help keep your blood glucose close to your target range

- a. Carbohydrate
- b. Protein
- c. Fat
- d. All of the above

## 10. CAYs with diabetes can eat sugar, sweets and other desserts

- a. True
- b. False

## 11. Carbohydrates that have a lot of fibre are

- a. White bread and white rice
- b. Whole grain foods and fresh fruits and vegetables
- c. Sugary fruit drinks
- d. Sweets and desserts

## 12. If you have diabetes, you should

- a. Get 60 minutes exercise daily
- b. Limit your exercise
- c. Try to reach 10,000 steps daily
- d. Both a and d

E-mail, write, phone or leave your answers on our website for the Health and Diabetes Pop Quiz and win a prize. The first two persons with **ALL** the correct answers will win. Also, please send your questions. Answers and winners will appear in next newsletter. Phone: 868) 667-2576

E-mail: [adelia@bovellcancerdiabetesfoundation.org](mailto:adelia@bovellcancerdiabetesfoundation.org)

Website: <http://www.bovellcancerdiabetesfoundation.org>

## Be creative and help raise awareness about diabetes prevention

Please share your own healthy food and diabetes cartoons, drawings, comics and stories about diabetes prevention for publication in our newsletter. Enjoy these and be creative!



## Quarterly Questions

- ◆ What have you learnt about diabetes that you wish you had known sooner?
- ◆ What is your best healthy habit?

E-mail, write, phone or leave your answers on our website

Phone: 868) 667-2576

E-mail: [adelia@bovellcancerdiabetesfoundation.org](mailto:adelia@bovellcancerdiabetesfoundation.org)

Website:

<http://www.bovellcancerdiabetesfoundation.org>



# Second Diabetes in the Limelight Jamboree

**Cyd Gray Sporting Complex  
Roxborough, Tobago**

**FRIDAY**

**12<sup>th</sup> November, 2010  
9:00 a.m.**

- ❖ Blood Glucose Screening
- ❖ Cholesterol Testing
- ❖ Blood Pressure Check
- ❖ Food Demonstrations
- ❖ Nutrition Screening
- ❖ Diabetes Risk Test

**Wear BLUE!!!**

- ❖ Eye Doctor
- ❖ Foot Doctor
- ❖ Dentist and more...
- ❖ Medicine, Meds and Machine
- ❖ Come Talk – Facts and Myths about Diabetes
- ❖ Children Artwork
- ❖ Activities for children



***Prize Giveaways!!!  
Free Transportation!!!  
Wear BLUE!!!***