

Diabetes Discourse

Volume 3, Issue 1

November, 2012

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.

What a Success!

4th ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE

The 4th “Diabetes in the Limelight Jamboree” got on the way Friday 9th November, 2012 from about 10:00 a.m. (due to rain) at the Cyd Gray Sporting Complex, Roxborough, Tobago. The event achieved its #1 operational goal, to safely provide diabetes and diabetes-related screenings, foster awareness of diabetes, and to inform the Tobago community about the services that are available for their benefit from the Bovell Cancer Diabetes Foundation (BCDF) and other organisations present. Yes! You came out in your numbers and experienced World Diabetes Day (WDD) with BCDF. WDD raises global awareness of diabetes, and its escalating rates around the world and how to prevent the illness in most cases. Today, 347 million people worldwide have diabetes, and more than 80% of people with diabetes developing countries. The event was attended by roughly 300 persons (150 schoolchildren). Registrants came from all over Tobago – Roxborough, Belle

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Garden, Delaford, Argyle, Charlotteville, Glamorgan, Patience Hill, Speyside, Kendal, Castara, Buccoo, Scarborough, Canaan, Mt. Pleasant, Mt. St. George, Golden Lane, Bloody Bay, Betsy's Hope, Crown Point, Lambeau, Louis D'or, Bethel, Mt. Grace, Orange Hill, L'anse Fourmi and Calder Hall. Representation from all these villages was very encouraging to the organisers as we recognised that we are enriching lives from almost every community in Tobago – we are making a difference and raising awareness about diabetes. Jamboree Highlights included:

- ◆ Dental Screenings and lectures: Participants were screened for oral health and those who needed dental care got referrals, some of the urgent cost will be taken up by BCDF.
- ◆ Doctors examined participants and gave appropriate referrals
- ◆ Blood Pressure / Blood Glucose / Cholesterol Screening was provided
- ◆ Vision Checkups were provided
- ◆ Extended Weight Clinic provided weights, heights, BMI, waist circumference, bone mass, body fat and body water measures
- ◆ Children's booth provided story-telling, art work, monologue competition, poster display and judging
- ◆ 250 free, healthy lunches were served
- ◆ Registrants received free tote bags upon registering
- ◆ Roxborough Police Youth Club displayed its elderly handicraft
- ◆ Tobago Regional Health Authority (TRHA) gave nutrition information
- ◆ Free educational literature about diabetes was given out
- ◆ Past issues of "Diabetes Discourse" was given out

View our pictures on the following pages and read about our sponsors, donors and volunteers. Also, save the date for next Jamboree **8th November, 2013.**

Thanks again to all who participated!



Top: Registration booth; Bottom left: participant having his height measured; Right: participant getting weight taken



Some Organisers resolving on-site issues as they emerge





Top: Participant getting checked by the doctor, one of the four on-site doctors; Bottom: participant getting checked by one of the six nurses available at the “Diabetes in the Limelight Jamboree 2012”



**BCDF 2012
Monologue Queen
10-year-old Halle
Bishop from
Speyside Anglican
School with “Me
and My Diabetes”.**
Follow our website
and Facebook for
the post of this
awesome
Monologue



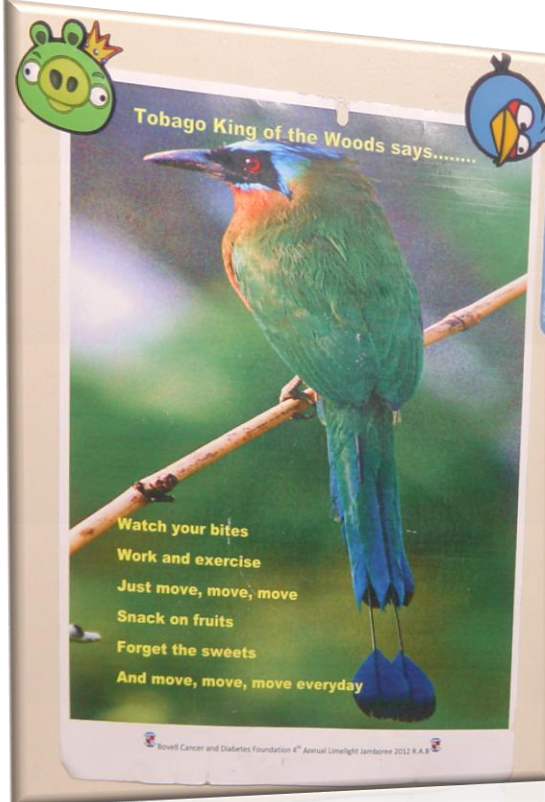
Participant receiving vision checkup



Dental screening and lecture sessions - e.g. diabetes and oral health, how diabetes affects your body etc



Tobago Regional Health Authority (TRHA) Nutrition Booth with its nutrition messages



Schoolchildren at the Jamboree during the storytelling session with BCDF's Tobago King of the Woods delivering diabetes prevention messages and our limerick



Our Evaluation Booth and a snapshot of the Challenge trophies for the winning schools in the poster competition and replicas for the children



School children checking out the winners of the Poster competition in the display



Roxborough Police Youth Club Elderly Activity Centre displaying art and craft

2012 PRIMARY SCHOOL POSTER COMPETITION

(Slogan: Diabetes: protect our future)

RESULTS

CATEGORY: DRAWING

6-9 years



Thallea James – Belle Garden A.C.



Jaden Trotman, Belle Garden A.C.



Jeanna Job, Belle Garden A.C.

10-15 years



Kezia Williams, Delaford A.C.



Michael Spencer Jr. Speyside A.C.



Jareem Neils, Belle Garden A.C.

CATEGORY: COLOURFUL

6-9 years



Charise Muir – Belle Garden A.C.



Maya Lewis, Belle Garden A.C.



Anika Bernard, Belle Garden A.C.

CATEGORY: COLOURFUL

10-15 years



Lyndell Manswell, L'Anse Fourmi Methodist



Shaquaner Williams, Charlotteville Methodist



Ajani Denoon, Speyside A.C.

This year roughly 40 posters were received. This is always a small win for BCDF as we celebrate the creative abilities and achievements of our primary school children. BCDF congratulates and thanks all the winners and those who participated for accomplishments in their artistic skills. Whether six, nine, 10 or 15 years, all the children who submitted posters have achieved in the realm of creativity, and understanding of the diabetes dilemma we face in our country – for this, we heartily congratulate them. Prizes for each category, each age group: First \$500, second \$300 and third \$200. Challenge trophy goes to the schools of the first place winners in each category and age group. Please follow our website for full viewing of the posters.

Samples of some 2012 Posters



SORREL, CHRISTMAS, DIABETES AND HYPERTENSION




The sorrel plant (*Hibiscus sabdariffa*) is an ancient hibiscus flower bud

with a slightly tart flavor. According to folklore, the plant yields its flowers just in time for the Christmas season. Sorrel, which is high in anti-oxidants is useful in boosting the immune system, and is thought to be effective in the prevention of diabetes, some cancers, heart disease and blood pressure reduction.

One of the main ingredients in sorrel is oxalic acid, which gives its acidity and prominent taste. Sorrel is low in calories and high in water content, which makes it a healthy food choice. Some other important nutritional information and facts about sorrel are:

- Rich source of vitamins A and C, minerals such as potassium, magnesium, sodium, iron, and calcium
- Provides adequate dietary fibre

As you consume your sorrel this Christmas season, please reduce the amount of sugar added to the drink, especially if your blood sugar needs to be watched – the sorrel is healthy, but the excessive sugar added to the sorrel is not. Also, remember that sorrel contains powerful laxative properties and over consumption may result in diarrhoea. Monitor your blood sugar and pressure to see how intake of sorrel affects them. 

CHRISTMAS WISHES

*The Bovell Cancer
Diabetes Foundation wishes
you and your family a safe
healthy happy and blessed
Christmas*

**MERRY CHRISTMAS
HAPPY NEW YEAR**

ENJOYING YOUR CHRISTMAS

You can still join in the festive fun if you have diabetes. There are no 'forbidden' foods but remember that traditional Christmas foods do tend to be higher in fat and calories than everyday foods. Traditional foods that you eat occasionally at Christmas, can be included as part of your usual meals without having to be adapted; but do go easy on the black cake, the stew pork, the pigeon peas and those obviously high fat, sweet and starchy foods. Christmas cake, stew pork, pigeon peas are all part and parcel of the festive season - the trick is not to eat too much in one go. Try spreading them out over the Christmas period and bulking up on healthier foods before treating yourself with something high in fat or sugar.


Watching your waistline

Although no one expects to lose weight at Christmas, the key is not to gain. Everyone eats too much at Christmas, so do not feel bad about it.


- ◆ Try to fit in some physical activity over the Christmas period – shopping in the sales, a brisk walk with the grandchildren or dancing at a party all count.
- ◆ Keep healthy snacks around the house so you have something else to snack on instead of cake.
- ◆ Try to eat healthily on the days between Boxing Day and New Year to help prevent the pounds piling on too much.

Tipsy tips - Alcohol

Most people enjoy the occasional alcoholic drink over Christmas and there is no need to give up alcohol just because you have diabetes. Try not to drink to excess however freely the drink is flowing. If you take insulin or some types of tablets, alcohol can lower blood glucose levels and therefore increases the risk of hypoglycemia (low blood glucose). If you drink alcohol make sure that you never drink on an empty stomach and that you always have a starchy snack before bedtime such as toast, cereal or a sandwich. Mixer drinks or 'chasers' need to be 'diet' or 'sugar free', such as diet soda water.

- ◆ Do not substitute alcoholic drinks for your usual meal or snacks as this may lead to hypoglycemia
- ◆ Low alcohol drinks can be useful if you are driving but few are alcohol free, so remember that if you have enough of them you may be over the limit!
- ◆ Low alcohol wines are often higher in sugar than ordinary ones, so if you do choose these just stick to a glass or two.
- ◆ If you are drinking soft drinks remember that sugar in liquid form is quickly absorbed and can cause a rise in blood glucose. Sugary drinks or drinks based on unsweetened fruit juice should not be used to quench the thirst. This is best done with 'sugar free' or 'diet' drinks.
- ◆ Do not drink and drive 

SMALL-GROUP WORKSHOP

At our recently concluded 4th Annual Diabetes in the Limelight Jamboree, only **27% of our participants who visited the extended weight clinic booth had healthy weight**; the remaining 73% were in the overweight, obese or morbidly obese category. This is cause for concern, as this puts participants at greater risk for diseases such as type 2 diabetes, high blood pressure and heart disease. The Bovell Cancer Diabetes Foundation is very concerned about this situation and has decided to take immediate action. In order to help participants, we are holding two small-group workshops before Christmas. This particular special need small-group workshop is designed to help participants make healthy lifestyle changes in nutrition, physical activity, and motivation to obtain and maintain healthy weight. At the end of the workshop participants will leave loaded up with valuable information to enable them to make INFORMED choices about how to achieve and maintain healthy weight for diabetes prevention and management. BCDF will contact you concerning your weight status and other changes that you will need to make to improve your health. 

DECEMBER, 2012 Workshop Announcement

Title

“Aim for Healthy Weight, Diabetes Prevention, Control and Christmas Fun”

Venue: Belle Garden Community Centre

Date: 18th & 19th December, 2012

Time: 9:30 a.m. – 2:30 p.m.

Registration: Free

Host: Bovell Cancer Diabetes Foundation

BCDF says THANK YOU to all its volunteers and donors. Be sure to see our next issue for a full listing of our volunteers, donors, supporters and their organisations

BCDF 2013 RAINBOW CALENDAR OF EVENTS

18-19th December, 2012	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes.
January - December, 2013	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.
11th January, 2013	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, 2013	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
8th April, 2013	Application for Second Quarter Funding Deadline
May, 2013	Diabetes Discourse
12th – 13th June, 2013	Small Group Workshops Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes.
15th July, 2013	Application for Third Quarter Funding Deadline
August, 2013	Diabetes Discourse
18th October, 2013	Application for Fourth Quarter Funding Deadline
October - November, 2013	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its fourth annual primary school poster competition for the occasion of World Diabetes Day 2012.
November, 2013	Diabetes Discourse
2nd November, 2013	BCDF Annual Fundraiser BCDF flagship event ('All You Can Eat' Fish Broth Dinner) will take place at the Belle Garden Community Centre, Belle Garden, Tobago.
8th November, 2013	Fifth Diabetes in the Limelight Jamboree BCDF will join the World Diabetes Day campaign with the emphasis on diabetes education and prevention