

# Diabetes Discourse

Volume 4, Issue 1

November, 2013

*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](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.

## Celebrate SUCCESS OF WHAT?



The “5<sup>th</sup> Annual Diabetes in the Limelight Jamboree” got on the way Friday 8<sup>th</sup> November, 2013 from about 9:30 a.m. at the Cyd Gray Sporting Complex, Roxborough, Tobago. For the 5<sup>th</sup> consecutive year, the event achieved its #1 operational goal, to safely provide diabetes and diabetes-related screenings, foster awareness of diabetes, and inform the Tobago community about the services that are available for their benefit from the Bovell Cancer Diabetes Foundation (BCDF). The school children came in their numbers to experience World Diabetes Day (WDD) with BCDF; thanks to the Principals, teachers and parents. WDD (14<sup>th</sup> November) raises global awareness of diabetes and its escalating rates around the world. In 2013, **382 million** people have diabetes; by 2035 this will rise to **592 million**. It is estimated that the prevalence of diabetes in Trinidad and Tobago is 12-13% in adults 20-79 years, almost twice the global average.

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The event was attended by roughly 350 persons (200 schoolchildren) from all over Tobago and Trinidad. View our pictures on the following pages and read about our supporters, donors and volunteers. Also, save the date for next Jamboree **7<sup>th</sup> November, 2014**. Thanks to all who helped in making this the success it was! Jamboree Highlights included:

◆ **Children's booth provided story-telling and art work**



Secretary for Education, Youth Affairs & Sport (Mr. Gary Melville) addressing the schoolchildren at the 5<sup>th</sup> Annual Diabetes in the Limelight Jamboree

◆ **Zumba time with the schoolchildren**



◆ **Blood Pressure / Blood Glucose / Cholesterol/Doctors' Examinations**





### ◆ Footcare Booth



### ◆ Extended Weight Clinic



## THANKS FOR SUPPORTING THE DIABETES IN THE LIMELIGHT JAMBOREE

The Board of Directors of the Bovell Cancer Diabetes Foundation would like to thank the following persons, organisations and companies for their financial, moral and in-kind support; the event would not have been possible without their support. BCDF resident emcee, Dr. Eastlyn McKenzie, former Independent Senator, Trinidad and Tobago Senate did a spectacular job of chairing the event, guiding the participants to the respective booths, as well as, providing snippets of diabetes information and tips in a humorous manner. Mr. Gary Melville, Secretary for Education, Youth Affairs & Sport, Tobago House of Assembly for the financial, support and for serving as the Jamboree keynote speaker. The following companies and organisations are thanked for their prizes, support and coverage of the Jamboree – Rhand Credit Union, Trinidad & Tobago Electricity Commission (Port-of-Spain), First Citizens Bank (Port-of-Spain), SM Jaleel & Co Ltd., National Gas of Trinidad & Tobago, Atlantic LNG, Moses Tent Rental, Lesville Guest House. The following media houses, Radio Tambrin, Tobago Channel 5 and the Tobago News graciously helped us with public service announcements. Our tireless volunteers who assisted with the planning, setting up, and running of the Jamboree – Helen Bernard, Esla Davidson, Keturah Marcelle, Mary Boucher-Hercules, Simona Jackson, Lisa Horsford, Simone Murray, Leah Newsam, Carlene Newsam, Wista Reid, Alime Abdul-Hakim, Carla Newsam-Blake, Karen Nesbitt, Kathleen Meharry, Merle John, Nurse Lewis, Judith Trim, Allan Winchester, Brian Nurse, the two EMS gentlemen, who came in and just got down to work, that was fantastic, Marc-Anthoni Bovell-Hector, Lestel Moore, Orville Moore, Mrs. Melville (Charlotteville Methodist), those in the U.S. contingent – Tulani Murphy, Ayodele Murphy, Sherrick Simington, Lori Brown, Ashuantay Houston, DeBorah Rowser, the nurses and all the doctors. We say a heartfelt thank you to all the participants, the Principals and teachers who encouraged and guided their students to participate in the poster competition, the children, all those who supported and volunteered with us. **Thank You!!!!!!!**



## A TRIBUTE IN MEMORIAM



*If we live, we live  
to the Lord; and  
if we die, we die  
to the Lord. So,  
whether we live  
or die, we belong  
to the Lord  
(Romans 14:8)*

### Mildred "Miss" Bovell

In 2008, the Bovell Cancer-Diabetes Foundation (BCDF) was created in honour of our parents. Our father, Theophilus Bovell was already deceased, our mother, still an active, healthy, community-oriented 86-year-old was dubbed the *Matriarch of BCDF*. In fact, she was very insightful and instrumental in the formation and smooth running of the Foundation. All too abruptly and without too much warning, on Saturday 17<sup>th</sup> August, 2013 at 5:13 p.m. God called Mildred "Miss" Bovell name so softly, that only she alone heard; none of us at her bedside heard the footsteps of the angels drawing near; she quietly left us all. Miss was blessed with an extraordinary gift for encouraging and helping others; she was committed to enriching lives. Her passion for helping others and enhancing the community in which she lived was strong and deeply rooted in her, possibly because of her unwavering faith in God, what a believer! She enriched the lives of many individuals by actively promoting better educational, social, political and cultural opportunities within the village of Belle Garden in particular and the island of Tobago in general. She consistently spoke for the voiceless and advocated for the children and elderly when others dare not take the chance. Her exemplary life was one of thoughtful deeds; she always extended a hand to others' needs and was sincere and true in heart and mind. Miss did not hesitate to give to others and go without herself; she was a selfless human being, giving to her community before family. During her time, she served as a founding, and long-standing member, and officer in the Belle Garden Village Council, the Women's League, St.

St. Edwards Anglican Church, Tobago Women's Federation, Tobago Association of Village Councils and several other groups. It is so amazing how time speeds on; already 117 days have passed since death took our *Matriarch* and shining light from us. But we know that the *Matriarch* is safe in God's arms, now and forever "*even though she walks through the valley of the shadow of death, she will fear no evil...* (Psalm 23:4). She had a full, rich, exemplary life and turned 91 years on 3<sup>rd</sup> December, 2013. She has left wonderful memories and some big shoes for us to fill. As we bring the 5<sup>th</sup> *Annual Diabetes in the Limelight Jamboree* to a successful close, we **SALUTE THE MATRIARCH**, and take comfort in our Christian teaching on death: "*although she died, she believed in Jesus who is the resurrection and the life; even if she died, she shall live*" (John 11:25). Our wish is that she continues to watch over us, guide us and rest in peace and safety in God's arms.



## BREAST CANCER RISK AND STATISTICS - Liselle Bovell, PhD

Breast cancer is the most common cancer in women worldwide. The most current data available estimated that more than 1.6 million new cases of breast cancer occurred among women worldwide. The exact cause of breast cancer is not fully known and there is currently no cure when the disease is advanced. Although there is no definitive way of preventing breast cancer, the most important strategy in improving survival is still screening and early detection. Although all women are at risk for breast cancer, the risk of getting breast cancer increases as you age. Most breast cancers and breast cancer deaths occur in women 50 years and older. Younger women can also get breast cancer, though this occurrence is not as common as only 5% of breast cancers occur in women under age 40. While breast cancer risk is lower among younger women, certain genetic factors can put

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## 2013 PRIMARY SCHOOL POSTER COMPETITION

### RESULTS

#### CATEGORY: DRAWING

##### 6-9 years



**Jaheim Matthews - Belle Garden A.C.**



**Shenicia Sergeant – Belle Garden A.C.**



**Shannica Arthur – Delaford A.C.**

##### 10-15 years



**Sarai Murray – Pembroke A.C.**



**Kathlyn George – Speyside A.C.**



**Sharré Davidson –Charlotteville SDA**

#### CATEGORY: COLOURFUL

##### 6-9 years



**Peaches Sergeant – Belle Garden A.C.**



**Jewel Morris – Belle Garden A.C.**

##### 10-15 years



**Marie Nurse – Speyside A.C.**

#### CATEGORY: COLOURFUL



**Kyrell Callender – Ebenezer Methodist**



**Kendra Greene – Charlotteville Methodist**

#### CATEGORY: PAINTING

##### 6-9 years



**Charise Muir – Belle Garden A.C.**



**Latifa Sandy – Belle Garden A.C.**

##### 10-15 years



**Keandra Johnson – Speyside A.C.**



**Danisha Gordon – Speyside A.C.**



**Maya Lewis – Belle Garden A.C.**

#### COMMENDATIONS

Further congratulations are in place for winners **Keandra Johnson** (Speyside A.C.; painting), **Sarai Murray** (Pembroke A.C.; drawing) and **Marie Nurse** (Speyside A.C.; colourful). They were commended by the judges' report indicated these children's work as promising and exceptional. BCDF is encouraging the principals and teachers to continue working with these children and others in your school to further nurture this potential, which has been identified at an early age. BCDF will follow these students.

More than 50 posters were received, and new schools participated this year. This is always a small win for BCDF as we celebrate the creative abilities and achievements of our school children. BCDF congratulates and thanks all the winners and those who submitted posters. 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. The winners received their prizes, certificates, and individual congratulatory letters from the Board of Directors of the Bovell Cancer Diabetes Foundation and the schools received their challenge trophies, which they hold until June 2014. We encourage those Principals and teachers, whose school did not participate this year to get on board October 2014, allow your school to join in the fight to stamp out Diabetes from Tobago. Full viewing of all the posters will be available on our website shortly and in the next issue of Diabetes Discourse. Again, we congratulate all the children, teachers, Principals and parents for the hard work. Thank you to our Head Judge (Mr. Brian Nurse), and the other judges for a tough job well-done.



**Belle Garden A.C. captured most of the Challenge Trophies. Above, winners take time out to pose with Lema Bovell, Chair, BCDF and Rosetta Bovell, Director**

*From page 4...Breast Cancer Risks and Statistics...*

some women at a higher risk. We all get **genes**, little pieces of instruction for our bodies, from our parents—half from mother and half from father. In the last 20 years, scientists have learned that some **genes**, called **BRCA genes**, can directly affect our risk for breast cancer. Two genes, called **BRCA1** and **BRCA2** (for breast cancer genes 1 and 2) can play a big role in breast cancer. Normally, these **genes** stop breast and ovarian **cells** from growing, and dividing uncontrolled. When an error or **mutation** occurs, it can increase the chances of cancer developing. Women who are diagnosed at younger ages may have a **BRCA1** or **BRCA2 gene** mutation. We all have two copies of each **gene**. As long as at least one **BRCA1** and one **BRCA2 gene** works normally, your risk for cancer is not raised. The two copies of each gene act as backups for each other. However, if both copies of either **BRCA1** or **BRCA2** are damaged, your body loses a tool for stopping cancer cells from growing. Some people are not born with normal **BRCA genes**—they inherit a **mutation** in one of these **genes**. Since they do not have backup protection, with any damage to the normal **BRCA gene**, there is the possibility of cancer.



Women with a BRCA mutation face a 60–87% lifetime risk for breast cancer and a 20–54% lifetime risk for ovarian cancer—much higher than the general population.

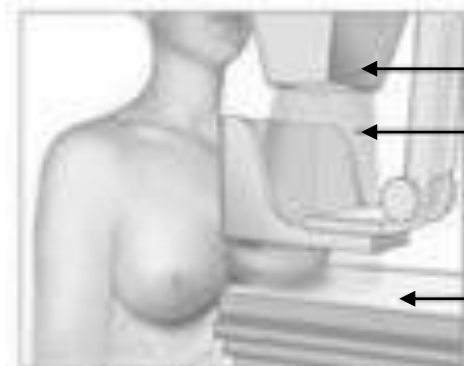
Still, most people who develop breast cancer did not inherit an abnormal breast cancer gene and have no family history of the disease. You are more likely to have an abnormal breast cancer **gene** if:

- ❖ You have blood relatives (mother, sisters, aunts, grandmothers) on either your mother or father's side of the family who had breast cancer diagnosed before age 50.
- ❖ A man in your family has had breast cancer.

- ❖ There is both breast and ovarian cancer in your family, particularly in a single individual.
- ❖ There are other gland-related cancers in your family such as pancreatic, colon, and thyroid cancers.
- ❖ Women in your family have had cancer in both breasts.
- ❖ You are of African descent and have been diagnosed with breast cancer at age 35 or younger.

### **Breast Cancer Screening**

Approximately 85-90% of all breast cancers are detectable by **mammography** (used to produce an x-ray image of the breast). In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken in each position. Early detection by mammography has reduced the overall breast cancer mortality rate by 20-30% in women over 50 years of age.



### **Breast Cancer Prevention**

High intake of fruits and vegetables, which are rich sources of antioxidants, such as beta carotene, vitamins A, E and C. Diets low in fats, red and overcooked meats, as well as avoiding smoking can reduce the risk of developing breast cancer. Women who exercise regularly have a lower incidence of breast cancer than women who do not exercise..... *Continued in the next issue*.....

### **SMALL-GROUP WORKSHOP**

At our recently concluded 5<sup>th</sup> Annual Diabetes in the Limelight Jamboree, the extended weight clinic booth took the following measures: body weight, height, body mass index, waist circumference, percent body fat,

## **MARCH, 2014 Workshop Announcement**

### **Title “Aim for Healthy Weight, Diabetes Prevention and Control”**

**Venue: Belle Garden  
Community Centre**

**Date: 11<sup>th</sup> & 12<sup>th</sup>  
March, 2014**

**Time: 9:30 a.m. – 2:30 p.m.**

**Registration: Free**

**Host: Bovell Cancer  
Diabetes Foundation**

body water and bone mass from males and females. cursory examination of the results indicates many participants are not maintaining healthy weight. 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. BCDF is very concerned about this situation so in March, we will have two small-group workshops to help participants learn about nutrition and physical activity and other changes needed to obtain and maintain healthy weight. Participants will be loaded up with valuable information to enable them to make INFORMED choices about achieving and maintaining healthy weight for diabetes prevention and management. Contact BCDF if you are concerned about your weight status.

*Call 667-2576*

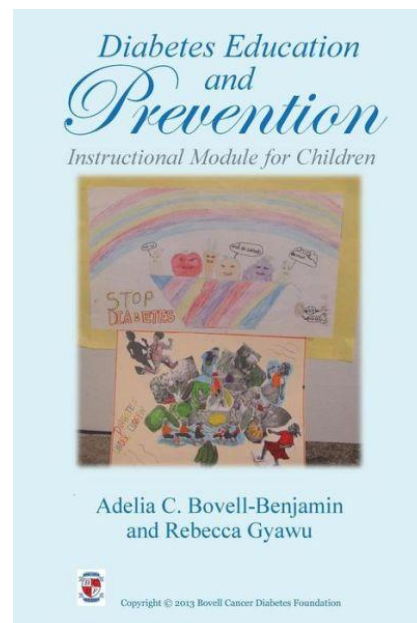
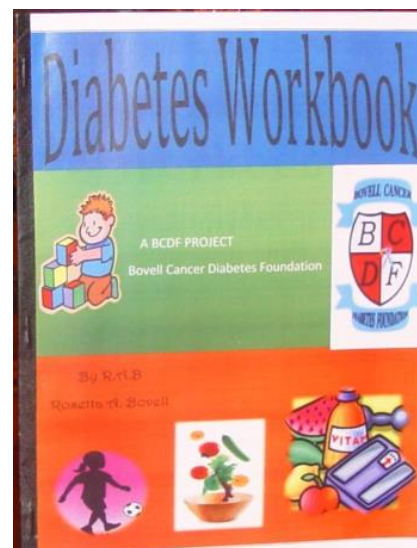


### ... A CHILD'S BOOKSHELF...

In Trinidad and Tobago (T&T), diabetes is the second leading cause of death and the prevalence rate is approximately 12% - 13%. Diabetes is also the leading cause of blindness and limb amputations in T&T. It has been estimated by the Diabetes Association of T&T (DATT) that in T&T, 175,000 persons have diabetes and 300 limbs are amputated annually because of diabetes. There are roughly 102,100 persons in T&T with **pre-diabetes**. This number is projected to increase to 130,500 by the year 2025. Research has shown that in the absence of specific education programmes aimed at prevention or early detection, **more than 50% of those persons with pre-diabetes will go on to full-blown diabetes**. There is compelling clinical proof that 80% of diabetes cases can be prevented by improving diets and increasing physical activity. The link between diabetes and education is a key target for efforts to prevent, reduce and control diabetes-related complications in those with the disease. If the burden of diabetes in T&T is to be effectively addressed, there is an urgent need to raise the level of knowledge regarding prevention and self-management among children and other community members in Tobago. These books consist of eleven lessons, including a series of evaluation questions, a diabetes bingo and an activity workbook. The lessons were created for 10-15 year-old children; however, teachers and educators could always modify the contents to meet their specific groups of learners. The lesson times may also be adjusted accordingly. The module is suitable for use by diabetes and health educators, school teachers, individuals, nutrition units, health departments, community-based and non-governmental organisations (CBOs and NGOs), faith-based organizations (FBOs), diabetes associations or any groups or persons involved in diabetes education and prevention efforts. The lesson content (for example, the food groups) could be modified to meet the needs of any community, region or country worldwide. **Be sure to get copies!**

### ... A CHILD'S BOOKSHELF...

The BOOKSHELF



**BCDF is challenging every Tobagonian and Trinidadian adult to donate this set of books to the primary school you attended. Help us to stamp out diabetes by purchasing the books for a child to learn about diabetes prevention!**



# BCDF 2014 RAINBOW CALENDAR OF EVENTS

<b>27<sup>th</sup> December, 2013</b>	<b>Book Launch</b> BCDF launches two books – <i>“Diabetes Education and Prevention: An Instructional Module for Children”</i> and <i>“Diabetes Workbook”</i>
<b>January - December</b>	<b>Life for a Child Project</b> 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.
<b>17<sup>th</sup> January</b>	<b>Application for First Quarter Funding Deadline</b> Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
<b>February</b>	<b>Diabetes Discourse</b> <b>Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation</b>
<b>12<sup>th</sup>–13<sup>th</sup> March</b>	<b>Small Group Workshops</b> Hands-on workshops that will provide current information to help participants learn about nutrition and physical activity and other changes needed to obtain and maintain healthy weight.
<b>11<sup>th</sup> April</b>	<b>Application for Second Quarter Funding Deadline</b>
<b>26<sup>th</sup> April</b>	Breakfast and Diabetes Awareness Morning – Market Square, Scarborough, Tobago
<b>May</b>	Diabetes Discourse
<b>May - December</b>	Diabetes Education on Wheels
<b>June</b>	<b>Small Group Workshops</b> Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management
<b>14<sup>th</sup> July</b>	<b>Application for Third Quarter Funding Deadline</b>
<b>August</b>	<b>Diabetes Discourse</b>
<b>17<sup>th</sup> October</b>	<b>Application for Fourth Quarter Funding Deadline</b>
<b>October/November</b>	<b>Primary School World Diabetes Day Poster Competition</b> 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.
<b>November</b>	<b>Diabetes Discourse</b>
<b>1<sup>st</sup> November</b>	<b>BCDF Annual Fundraiser</b> BCDF flagship event ( <i>All You Can Eat' Fish Broth Dinner</i> ) will take place at the Belle Garden Community Centre, Belle Garden, Tobago
<b>7<sup>th</sup> November</b>	<b>Sixth Annual Diabetes in the Limelight Jamboree</b> BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention