

Diabetes Discourse

Volume 10, Issue 1

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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.

Rain, More Rain, but the 11th Annual Diabetes in the Limelight Jamboree 2019 Prevailed!



BCDF's Mascot (Festus, Tobago King of the Woods) was flying high, and created a stir among the children despite the rain! In fact, we all forgot it was bad weather that day

Do you remember this rhyme from childhood days? “Rain, rain, go away, come again another day!” Despite the rain, thunder, landslides etc., we at BCDF were wet, set and determined to complete Jamboree 2019 at the Roxborough Sporting Complex on 8th November, 2019. The most rewarding and exciting thing was when we realised that our community members were also wet, set and determined to participate in Jamboree 2019. They came out in their numbers – the children, the teachers, the other adults and of course the volunteers. The learning curve was great, the exchanges and the fun levels were excellent. *Go to page 3*

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JAMBOREE 2019 GALLERY



Foot care – A first-time foot exam for many attendees



Storytelling in Children's Booth



Food Demonstration Booth



Stroke Booth

JAMBOREE 2019 GALLERY



Attendees exercising for prizes at 'Spin-To-Win' Booth



A1c Screening Booth



Nutrition Booth



Zumca Time for the Children

JAMBOREE 2019 GALLERY



Evaluation Booth



Blood Pressure, Blood Sugar, Flu Shot Booth



Children's Tech Booth



Education Booth

Continued from page 1

The Jamboree provides screening and diabetes education free of cost to attendees who may not otherwise have access to such care. Many of these attendees may not have the opportunity for this one-stop diabetes-related screening and education except at this annual event. Plenty of face time with a provider is an important part of our Jamboree - this contact allows us to offer invaluable education, screenings; and to detect and work on diabetes prevention and other diseases among the attendees. Another aspect that makes the Jamboree unique is the impact it has on the school children in attendance. The Jamboree provides a much-needed opportunity for large groups of children to learn firsthand, and gain a deeper understanding about diabetes prevention. This year we had a competitive "Tech" booth for the children, which created quite a stir. Also, the brisk nature of the Jamboree supplies a realistic environment to train the children for future volunteer work. We were unable to display the school children artwork because of the rain, and had to omit the ground stretches on our yoga mats for the spin-to-win booth. Nonetheless, we accomplished our goals and objectives. The Jamboree would not function effectively without the work of our treasured volunteers, supporters and attendees. All in all, it was another very successful event!

JAMBOREE 2019 GALLERY



Blood Pressure, Cholesterol Booth

JAMBOREE 2019 GALLERY



Registration Booth



Weight Clinic (waist circumference)



Weight Clinic (height)



Communication Booth

A NOTE OF



The Board of Directors of the Bovell Cancer Diabetes Foundation (BCDF) would like to thank the companies, organisations, schools, and individuals who supported the Jamboree whether financially, morally or in-kind. The event could not have been a success without your support!

DONORS/SUPPORTERS

- ✚ Lesville Guest House
- ✚ Moses Tent Rental
- ✚ Tatil & Tatil Life
- ✚ Andy Expert Tailoring (Andy & Dianne Chapman)
- ✚ Tobago Eye Clinic
- ✚ Caribbean College of Family Physicians
- ✚ Division of Health, Wellness and Family Development
- ✚ Scarborough Medical Laboratory
- ✚ Radio Tambrin
- ✚ North Regional SDA School
- ✚ Miles Almandoz & Co. Ltd.
- ✚ Nestle Trinidad & Tobago Ltd.
- ✚ Atlantic LNG
- ✚ Towers Consortium Consultancy Ltd.
- ✚ Tobago Regional Health Authority (nurses and nutritionists)
- ✚ Division of Education, Innovation and Energy
- ✚ Dr. Verleen Bobb-Lewis
- ✚ Florida University/Advent Hospital - Nurse Practitioner Charmaine John-Saunders
- ✚ Mrs. Pearl Beache
- ✚ Mrs. Mary Boucher-Hercules
- ✚ Mrs. Leah Johnson-Newsam
- ✚ Ms. Judith Trim
- ✚ Mrs. Janice Corey
- ✚ Ms. Heather Dickenson
- ✚ Ms. Leslie Colteste
- ✚ Mrs. Denise Marcelle
- ✚ Ms. Carol Baptiste

To All Schools – All Principals, Teachers Thanks to all the school children, teachers, Principals and parents who helped to make Jamboree 2019 a success. BCDF is still waiting to **ADOPT** a healthy school! Teachers, parents, please look out! We are evaluating the most responsive school to the Foundation's diabetes education programme; the school that is making the best use of the available resources and expertise at the Foundation; the school that is involving its Parent Teachers Group and working hard at identifying those with, and at risk for diabetes;

and the school that is putting healthy, sustainable systems in place to prevent diabetes and obesity! Send in your proposal to be evaluated by contacting us by phone, e-mail, Facebook or our website ...



Our dedicated volunteers who come year after year: Dr. Eastlyn McKenzie, Esla Davidson, Keturah Marcelle-Fraser, Mary Boucher-Hercules, Simona Jackson, Lisa Horsford, Leah Newsam, Lois Alleyne, Merle John, Judith Trim, Brian Nurse, Marc Anthoni Bovell-Hector, Lestel & Orville Moore, Joan Phillips-Pierre, Janice Cory, Andy & Dianne Chapman, Petronella (Ann) Allick, Tessa Bruno, Jennifer Antoine, Ameka Anthony, Catrina Hoffman, Carla Newsam-Blake, Carol Baptiste, Nurses and Nutritionists from the Tobago Regional Health Authority, Charmaine John-Saunders, Latoya Cato, Diane Phillips (student nurses), Henry Sealy, Jemma Drayton, Judith, Pinkie Daniel, Tulani Murphy



Some of our Volunteers

HOW CAN DIABETES HARM YOUR FEET?

Diabetes is the main cause for non-traumatic loss of a toe, foot, or leg. Almost half of these cases could be prevented with daily foot care. People who have diabetes can lose feeling in their feet. When that happens, it can be hard to tell when you have a problem, like a blister, sore, callus, or cut on your foot. Diabetes can reduce the amount of blood flow to your feet. Numbness and less blood flow in the feet can slow the time it takes for sores to heal and can lead to foot problems. 🙄

JAMBOREE 2019 GALLERY



Our Final Food Demo Dish (Stir Fried Veggies)



Tatit/Tatit Life supported Diabetes in the Limelight Jamboree 2019

BCDF COMMENDED



Commendation from World Diabetes Foundation

Dear Bovell Cancer Diabetes Foundation:
We are extremely appreciative of your remarkable contribution to the 2019 Global Diabetes Walk campaign (re: our 11th Annual

Diabetes in the Limelight Jamboree). Global Diabetes Walk campaign continues to grow. Due to your hard work, important steps were taken in Trinidad and Tobago mobilising people in the fight against diabetes. It is thanks to you and your team's impressive efforts that the Global Diabetes Walk campaign continues to grow. Send us your congratulatory note!!! 🥳

IONA PIERRE CERVICAL CANCER CHAMPION SCHOLARSHIP LAUNCH

On the 11th November, 2019, the Bovell Cancer Diabetes Foundation officially launched the *Iona Pierre Cervical Cancer Champion Scholarship* to increase cervical cancer awareness and prevention at the Anne Gift Auditorium, Scarborough Library. The theme of the launch was “*Youths: The New Promoters of Cervical Cancer Prevention Education*”. The scholarship, managed by BCDF, will provide small, highly-targeted scholarships that address awareness and education to strengthen the adoption of cervical cancer prevention behaviors in Tobago. Cervical cancer, a disease of gender, is preventable and curable if diagnosed and treated early. Reducing deaths from cervical cancer requires an approach that includes the following:

- Health education, including age-appropriate complete sexuality education
- HPV vaccination for adolescent girls
- Screening all women at risk of developing cervical cancer
- Screening programmes should include HIV counselling, testing and treatment, as well as other sexual and reproductive health services
- Ensuring access to palliative care, when needed.

The launch, presided over by BCDF's Vice Chair, Mr. Justas Bovell began with the national anthem, followed by a prayer and welcoming remarks. The Foundation was introduced by Marc-Anthoni Bovell-Hector, and this was followed up with the Sponsor's (Joan Phillips-Pierre) discourse. Next was a cultural interlude (Simona Jackson), then the scholarship was introduced. This was followed with a question and answer session, then the audience's call

to action. At the end of the launch, there was a break, and we resumed with “*Cancer Commess*”. In actuality, “*Cancer Commess*” was an open forum with the audience regarding cancer. Attendees were encouraged to be candid, respectful, and open without fear of repercussions or penalties. The lively, circular “*commes*” was in the form of questions, comments, opinions, experiences. In general, we could describe it as dealing with the alphabet of cancer. Total audience participation made it very interactive and informative – we talked cancer insurance (Tatil), Pink room, attitudes, health system, memory ribbons, community enhancers and barriers to the condition and much more. We ended the later than expected, but it was well worth the extra time as the audience was intent on getting their opinions heard and questions answered. A detailed report of the “*Cancer Commess*” will be published in the next issue of the Diabetes Discourse.

WHEN SHOULD YOU GET AN A1C TEST?



The A1C test measures average blood sugar over the last 3 months. It is used for two main reasons:

- To diagnose pre-diabetes and diabetes (other tests may be used instead)
- To help people with diabetes manage their condition
- If you have diabetes, you will need to have an A1C test at least twice a year, more often if your medicine changes or you are managing other health conditions.

BLOOD PRESSURE AND DIABETES SNAGS



It is quite common for persons living with diabetes to **develop hypertension** and vice versa. In fact, in many cases, patients are diagnosed with hypertension during their routine visits to a doctor for diabetes control. **Hypertension – or high blood pressure** – puts extra strain on your blood vessels and can critically increase your risk of developing coronary artery disease, heart failure, chronic kidney disease and diabetes. The link between hypertension and diabetes needs to be evaluated carefully in order to control both these conditions. Here is a brief discussion about how diabetes and hypertension are linked.

How does diabetes cause hypertension?

Type 1 diabetes occurs when the pancreas does not produce enough of the hormone called **insulin**. Insulin is needed to metabolize carbohydrates. As a result, glucose cannot enter the body cells to provide energy and tends to get accumulated in the blood. Persistently high levels of sugars in the blood result in widespread damage to the blood vessels, heart, and kidneys. These organs play a role in maintaining normal blood pressure. Damage to these organs hampers the body's ability to control blood pressure thus increasing the risk of **hypertension**.

How does hypertension cause diabetes?

Changes in the production of cortisol and antidiuretic hormone associated with levels of other hormones, such as **insulin** and **thyroid**

hormones. Hypertension can also cause damage to the body tissues as it reduces the supply of oxygen and vital nutrients to the cells and tissues. This can affect the ability of insulin receptors to respond to the insulin produced in the pancreas, and lower the effectiveness of insulin for reducing blood sugar levels. This is how patients with hypertension develop high glucose levels resulting in diabetes.

Link between diabetes and hypertension

Similar risk factors

What makes persons with diabetes type 2 more likely to develop hypertension is that diabetes and hypertension share common risk factors. Obesity, high cholesterol levels, mental stress, sedentary habits, and an unhealthy diet known to trigger the development of diabetes can also increase the risk of hypertension. Hence, diabetes care should include taking steps to control weight, reduce cholesterol, regular exercises, and eating a nutritionally balanced diet. Adopting these measures along with the regular use of anti-diabetic drugs can help to control diabetes while preventing hypertension.

Effect on eyesight

Both diabetes and hypertension are known to affect the eyesight of a person through different mechanisms. Diabetes causes narrowing of the retinal blood vessels due to which patients can develop diabetic **retinopathy**. Diabetes is also **linked** to a higher risk of cataracts. Similarly, hypertension can affect the patient's vision by triggering damage to the blood vessels in the retinal tissue. Hence, eye care is an important part of a comprehensive treatment of diabetes and hypertension.

Conclusion

Persons living with uncontrolled diabetes are at increased risk to develop hypertension and its complications, such as **diabetic retinopathy**. Persons living with diabetes are advised to take medications regularly and follow dietary and lifestyle guidelines to help control their blood sugar levels, and reduce risk of hypertension.

Taken from: Shenoy, J. 2019. Importance of blood pressure on diabetic complications. Available at: <https://www.retinarisk.com/importance-of-blood-pressure-on-diabetic-complications/>

BCDF 2019/20 RAINBOW CALENDAR OF EVENTS

November, 2019– July, 2020 November 2019–November, 2020 November 2019 – Oct. 2020 16 th January, 2020 17 th January, 2020 20 th January, 2020	Complimentary Foot Care - “So in Love with my Feet” Project Implementation of the Iona Pierre Cervical Cancer Champion 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. Monthly “So in Love with my Feet” Project 3rd Annual Prize-Giving, Appreciation & Poster Explosion Ceremony 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, 2020	Diabetes Discourse <ul style="list-style-type: none"> Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation Monthly “So in Love with my Feet” Project
March, 2020	Monthly “So in Love with my Feet” Project
13th April, 2020	Application for Second Quarter Funding Deadline
April, 2020 25th April, 2020	Monthly “So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning Scarborough, Tobago – Please plan to support us to <i>Stamp Out Diabetes</i>
May, 2020	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. Diabetes Discourse <ul style="list-style-type: none"> Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation Monthly “So in Love with my Feet” Project
June, 2020	Children and Teen Hangout Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management Monthly “So in Love with my Feet” Project Children and Teen Hangout
20th July, 2020	Application for Third Quarter Funding Deadline Monthly “So in Love with my Feet” Project
August, 2020	Diabetes Discourse <ul style="list-style-type: none"> Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation Board of Directors Professional Development Retreat
September/October/November, 2020 19 th October, 2020	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its annual primary school poster competition for the occasion of World Diabetes Day 2020; Video Monologue Contest Application for Fourth Quarter Funding Deadline
November, 2020 6 th November, 2020 9 th November, 2020 10 th November, 2020	Diabetes Discourse; BCDF Blue Tie Charity Gala 12th Annual Diabetes in the Limelight Jamboree “Cancer Commesse” & Presentation of Iona Pierre Cervical Cancer Champion Projects Children & Teen Hangout