

Diabetes Discourse

Volume 10, Issue 3

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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-

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<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.*

BCDF's Work Continues In Spite of COVID-19

Dear Supporters, Volunteers, Followers & Communities:

The Board of Directors, members and volunteers of BCDF hope that you are each doing well. BCDF hopes that you are each finding the support community you need. The ongoing, worrisome pandemic is already affecting many aspects of our daily life, and will no doubt force many changes in our families, communities, nation and the world. Like many other small, voluntary organisations, BCDF is wondering how this pandemic will change the paradigms and frameworks we operate within. At this time, BCDF is continuing to come to terms with the cancellation of our flagship fundraiser, the “Annual Breakfast & Diabetes Awareness Dialogue Morning”, as well as the monthly meetings of our “So in Love With my Feet Project” and our “Small Group Workshops”. We are asking all our supporters, stakeholders and volunteers to look for new and different ways to engage with us as we move through these uncertain times. Since the school closure and ‘stay-at-home’ order, we have been engaging our children and teens virtually at our weekly “Children & Teens Hangout”.

Go to page 3

INSIDE THIS ISSUE

- 1 BCDF'S work continues in spite of COVID-19
- 2 Food safety tips; In memoriam Henson Bovell
- 3 What should people with diabetes know and do?
- 4 Iona Pierre cervical cancer champion scholarship
- 4 Nutrition: A key weapon in the fight against COVID
- 5 Covid-19 and diabetes: Do's and Don'ts
- 6 Cancer Corner: Tidbits about breast cancer
- 7 Children & Teen Hangout
- 8 BCDF Rainbow Calendar of Events



FOOD SAFETY TIPS

<https://eatsafe.org/food-poisoning-symptoms>

After several months of staying at home due to COVID19, we are ready to get out of the house, but we have to be responsible.

Food poisoning, or foodborne illness, is illness resulting from eating food or drinking water containing poisonous substances. The most common causes of food poisoning are the intake of bacteria, parasites and viruses. Contamination can occur any time during processing, pre-preparation, preparation, and post-preparation. Contamination can happen at home, and in your own kitchen if food is improperly handled and/or cooked. Food poisoning may result in many different symptoms such as: nausea, diarrhoea, fever and vomiting. We have to follow COVID19 procedures, and those to keep our food safe to prevent foodborne illness.

Wash hands and food contact surfaces often: Wash hands and surfaces with warm water and soap after every use, and after coming into contact with something other than the surfaces.

Keep foods separated: Do not keep raw meats, fishes, poultry, etc. around ready-to-eat produce. Keep all foods contained separately to prevent cross-contamination.

Cook and store foods at a safe temperature: Cook all foods to the recommended temperature, allowing it to kill off harmful bacteria. Also, be sure all foods are properly stored at the proper and recommended temperature.

Refrigerate or freeze perishable foods promptly: Make sure all perishables are properly stored within one to two hours after purchase or removal.

Defrost foods safely: Do not defrost food at room temperature. *Go to page 3*



OF OUR BROTHER



***Cornelius "Corni" Henson
Bovell 1948-2014***



Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of humankind, who have no hope. For we believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him. (Thessalonians 4:13-14)

Brother, continue to sleep in peace.

***From your sisters, brothers,
nephews, neices & your BCDF Family***





WHAT SHOULD PEOPLE WITH DIABETES KNOW AND DO?

<https://www.idf.org/aboutdiabetes/what-is-diabetes/covid-19-and-diabetes/1-covid-19-and-diabetes.html>

For people living with diabetes it is important to take precautions to avoid the virus if possible. The recommendations that are being widely issued to the general public are doubly important for people living with diabetes and anyone in close contact with people living with diabetes.

- Wash hands thoroughly and regularly
- Try to avoid touching your face before you have washed and dried your hands
- Clean and disinfect any objects and surfaces that are touched frequently
- Do not share food, glasses, towels, tools etc.
- When you cough or sneeze, cover your mouth and nose with a tissue or use the crook of your arm if you do not have a tissue to hand (dispose of the tissue appropriately after use)
- Try to avoid contact with anyone showing symptoms of respiratory illness such as coughing
- Think whether you can make changes that will help protect yourself or loved ones. For example, can you avoid unnecessary travel? Can you avoid large gatherings? Can you avoid public transport?
- If you are ill with flu-like symptoms, stay at home

Go to page 4

BCDF... COVID19

From page 1

People at high risk for diabetes and cancer will need more support in the aftermath of COVID-19 with the stress, consequent loss of jobs and livelihood. BCDF has to ensure that the needs of these people are met. As the future after Covid-19 continues to look uncertain and unpredictable, **BCDF is certain about one thing, its work must go on.** Now, more than ever we are needed by those who are at risk for diabetes and cancer. We are optimistic about one thing; this might be the 'after' moments for us to become more innovative and come up with solutions to accomplish our mission. As we think of replacements and continuity, we have to be certain that we meet the needs of the people we are serving. While BCDF is adequately poised to carry out some of its projects virtually, we are faced with the challenges of the lack of, or limited access, not enough bandwidth and distrust of the Internet by the members of the communities we serve. While we are not able to see you at this time, BCDF is also working on ways to engage everyone through this uncertain time. Please, if you have suggestions, please let us know, we welcome the feedback. Continue to follow us on: Facebook, Twitter, our website, and e-mail.

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Food Safety Tips... From page 2

This allows breeding ground for bacteria. Make sure to safely defrost food in the refrigerator.

Throw away questionable food or drinks: If you are unsure as to if the food or drink has been properly cooked, handled, or stored, throw it away; it may contain harmful toxins. Remember that even if it looks fine, it may not be.



What Should People...

From page 3

If you have diabetes:

- Prepare in case you get ill
- Make sure you have all relevant contact details to hand in case you need them
- Pay extra attention to your glucose control. Regular monitoring can help avoid complications caused by high or low blood glucose
- If you do show flu-like symptoms (raised temperature, cough, difficulty breathing), it is important to consult a doctor. If you are coughing up phlegm, this may indicate an infection so you should seek a doctor and treatment immediately
- Any infection is going to raise your glucose levels and increase your need for fluids, so make sure you can access a sufficient supply of water
- Make sure you have a good supply of the diabetes medications you need. Think what you would need if you had to quarantine yourself for a few weeks
- Make sure you have access to enough food
- Make sure you will be able to correct the situation if your blood glucose drops suddenly
- If you live alone, make sure someone you can rely on knows you have diabetes as you may require assistance if you get ill
- Keep a regular schedule, avoiding overwork and having a good night's sleep.



**IONA PIERRE CERVICAL
CANCER CHAMPION
SCHOLARSHIP (IPCCCS)**



This scholarship, intended to increase cervical cancer awareness and prevention in Tobago was launched November, 2019. The funds will provide small, highly-targeted scholarships that address awareness and education to strengthen the adoption of cervical cancer prevention behaviours in Tobago. The targeted group is secondary school girls working in teams to develop and implement projects in their communities to create cervical cancer awareness. In light of the COVID-19 pandemic, this project has to be retooled because of the disruptions taking place in the school system. Please follow us closely to hear about the new retooled project.

**NUTRITION: A KEY WEAPON IN
THE FIGHT AGAINST COVID-19**



Reduced immunity can impair our defense against viruses, making us more susceptible and at risk for COVID19. Currently, there is no evidence linking a specific food or supplement as being protective or curative. However, good diet quality and a healthy nutritional status are integral to maintaining a strong and functional immune system. UNICEF encourages good nutrition about the importance of healthy and safe diets during the pandemic. Healthy diets are low in calories and nutrient dense. Also, WHO and FAO remind us that maintaining a healthy diet helps to support our immune systems. What more can be done to improve nutrition outcomes pre- and post-COVID19? The most basic diet strategies are to avoid sugary drinks, high-salt foods, alcohol, exercise and practice portion control.



COVID-19 AND DIABETES: DO'S AND DONT'S

Since there is no available vaccine or treatment plan at this point, the best thing you can do is understand ways to keep safe and avoid the virus. We hope to have a vaccine for COVID-19 by the beginning or middle of 2021, but until that time, stay diligent and stay safe. Ignore the claims of “instant cures and remedies” on the internet, but be wary because there is no such thing. Let us clear up the misconceptions and focus on the current and reliable facts.

Do's:

- Do go to the doctor as soon as you exhibit any symptoms of the virus or feel like you may have been exposed to the virus. The virus may appear anywhere between 2-14 days after exposure. Time is essential for proper management, especially when you have diabetes.
- Do wash your hands for at least 20 seconds using warm water and soap several times a day. Make sure to wash between your fingers, under nails and on the back of your hands. Completely dry hands with clean paper or cloth towels. If soap and water are unavailable use an alcohol-based sanitizer of 60% or more using the same guidelines.
- Do wash your hands more often than previously - before every finger stick, taking insulin injections, or oral medications. Wash hands before food preparation/mealtime, after each trip to the bathroom, after handling mail or packages, after putting away groceries, after playing with or feeding pets, or removing their waste, after touching foreign objects or objects frequently touched by others in your home.
- Do wear a mask or face covering when in public places. Cloth masks are 77% effective against the coronavirus. N-95 masks, which remove up to 95% of large and small particles, continue to be reserved for health care workers. Surgical, paper masks are disposable and only filter out large particles. They should be used only once and can get quite expensive to replace. The current recommendation for a mask used by the public is a 3-layer cloth mask (tightly woven cotton is an excellent choice) which fits comfortably over your nose, mouth and chin with ear loops. It can be washed in hot water, air dried and reused. Remove your mask from back to front by the ear loops. Do not touch the face portion. Wash your hands immediately after removing the mask.
- Do continue to social distance. Stay at least 6 feet away from the people outside of your own home. This remains one of the most critical measures to reduce the viral spread.
- Do use a tissue when you sneeze or blow your nose. Discard the tissue immediately and wash your hands. If a tissue is unavailable, sneeze into your elbow.
- Do wear rubber gloves and a mask for protection when cleaning and using disinfectants. Make sure there is adequate ventilation when using cleaning products to protect your lungs. Make sure counters, surfaces, faucets, handles, light switches, toilet flushers and door knobs remain wet with disinfectant before drying them. Wipe down these surfaces often.
- Do use wipeable covers on electronics such as phones, TV remotes and computers as much as possible.
- Do have extra diabetes testing strips, and medications
- Do have ketone strips and glucagon if you have type 1 diabetes.

Dont's:

- Don't think that eating hot peppers or hot sauce will kill and cure the virus. There is information, "out there" stating a pepper deficiency may cause the virus, which is medically considered "nonsense."
- Don't drink saltwater or garlic solutions which offer no anti-viral properties.
- Don't ingest cleaning products such as rubbing alcohol, bleach or hydrogen peroxide. As crazy as it sounds, people have been doing this to cut down the risk of the virus.
- Don't smoke as it impairs your immunity
- Don't drink alcohol in excess because it can curb your immunity
- Don't frequent places with large crowds or limit your exposure as much as you possibly can. At this point, COVID-19 rates are still growing and with diabetes, you want to stay safe. If you decide to go to a restaurant, eat outdoors and ask for a table on the end
- Don't use public transportation if possible. If you must use it, try to go on off hours and carry sanitizer/wipes with you. Wash your hands as soon as you are home
- Don't live in constant fear and panic. Knowledge gives you power and real answers

COVID-19 came on full speed ahead in the early part of 2020. We have already experienced radical changes in our daily lives and are still uncertain about what the future may bring. Remember, misinformation and lack of reliable information is dangerous.

Get your information from credible sources and remain prepared. Please stay safe!

Taken from: Kleinman R. 2020. COVID-19 and Diabetes: Do's and Dont's. ADW Diabetes.
<https://www.adwdiabetes.com/articles/covid-19-and-diabetes-dos-and-donts>



Cancer Corner

TIDBITS ABOUT BREAST CANCER

- Warning signs of breast cancer can vary from woman to woman
- Certain factors can increase your risk of getting breast cancer, such as obesity, heavy alcohol consumption, two or more first-degree relatives who have had the disease at an early age, certain genetic mutations, and a high intake of red meat.

Myths and Truths

Myth: Discovering a lump means you have breast cancer

Truth: Any persistent lumps or changes in breast tissue should be examined by a doctor, but 80% of breast lumps are benign. Routine self-exams and mammograms are important.

Myth: A mammogram can cause cancer to spread

Truth: While it is generally uncomfortable, a mammogram is among the best tools available for early diagnosis. The pressure cannot cause any cancer to spread

Myth: If I do not have a family history of breast cancer, I would not get breast cancer.

Truth: Between 80 and 85% of women with breast cancer have no family histories of the disease

Myth: I am too young to worry about breast cancer

Truth: While the disease is more common in post-menopausal women, about 25% of women with breast cancer are under age 50. At age 40, women should undergo yearly breast cancer examinations and tests by doctors

Myth: Deodorants and antiperspirants can cause breast cancer

Truth: Researchers have not found any conclusive links between breast cancer and deodorant or antiperspirant use

Source: WebMD, National Breast Cancer Foundation, University of Michigan Comprehensive Cancer Center

BOVELL CANCER DIABETES FOUNDATION (BCDF)

ENRICHING LIVES OF PEOPLE WITH CANCER & DIABETES



CHILDREN & TEEN HANGOUT

BCDF IS HOSTING FREE ONLINE CHILDREN & TEEN HANGOUT SESSIONS

BCDF is hosting free online sessions for children and teens who are out of school in light of the social distancing measures introduced to reduce the spread of the Coronavirus pandemic. To join, just e-mail us your name and e-mail address

The weekly sessions will include:

- ♦ **Interactive Videos** **Healthy eating**
- ♦ **Nutrition** **Games and activities**
- ♦ **Diabetes education & prevention**

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BCDF 2019/20 CALENDAR OF EVENTS

November 2019– June 2020 November 2019/Oct. 2020	Complimentary Foot Care - “So in Love with my Feet” Project
November, 2019	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.
18 th January, 2020	BCDF Diabetes in the Limelight Jamboree Cancer Education and Awareness Workshop Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF Application for First Quarter Funding Deadline
February, 2020	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF
March, 2020	New round of “So in Love with my Feet” Project begins
19 th April, 2020	Application for Second Quarter Funding Deadline
24 th April, 2020	“So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning Scarborough, Tobago, Donation: \$50, please support us – CANCELLED
April, 2020	Virtual Children & Teen Hangout
May, 2020	Small Group Workshops - CANCELLED Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.
May 2020	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF Virtual Children & Teen Hangout
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 - CANCELLED Virtual Children & Teen Hangout
19 th July, 2020	Application for Third Quarter Funding Deadline “So in Love with my Feet” Project - CANCELLED Virtual Children & Teen Hangout
August, 2020	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF BCDF Virtual “Sip & Chat Tea Party” Virtual Children & Teen Hangout Virtual Small Group Workshops
20 th September/October / November, 2020	Application for Fourth Quarter Funding Deadline Virtual Diabetes in the Limelight Jamboree Virtual Cancer Education and Awareness Workshop New round of “So in Love with my Feet” Project begins Virtual Children & Teen Hangout Virtual Small Group Workshops