

Diabetes Discourse

Volume 10, Issue 4

August, 2020

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.

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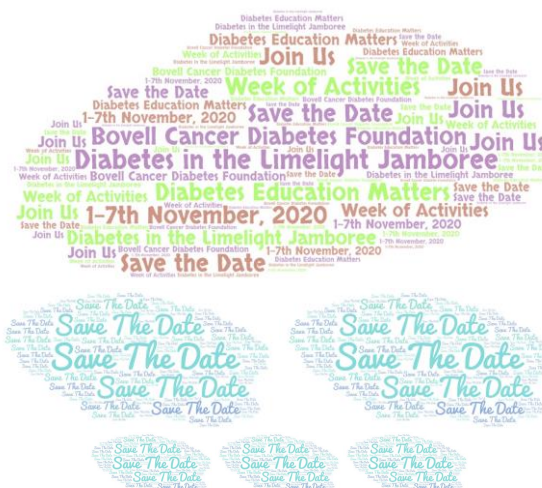
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WORLD DIABETES DAY

November is Diabetes Awareness Month and World Diabetes Day (WDD). The theme for WDD 2020 is ***"Diabetes: Nurses Make the Difference."*** The primary aim of the World Diabetes Day (WDD) and World Diabetes Month 2020 is to focus on promoting the role of nurses in the prevention and management of diabetes. BCDF's tagline is ***"Diabetes Education Makes The Difference"***

1st – 7th November 2020
Diabetes in the Limelight
Jamboree

A Week of Activities in
celebration of World
Diabetes Day



TYPE 2 DIABETES AND A HEALTHY FAMILY LIFESTYLE

When you are living with Type 2 Diabetes, your Family lives with it as well

Diabetes affects >75,000 Trinbagonians or 7.5% of the Trinidad and Tobago population. Of all people with diabetes, about 95% have Type 2. When you live with Type 2 diabetes, you quickly realize that your immediate family lives with it, too. Family support is essential when it comes to day-to-day management of diabetes and avoiding serious health issues related to the disease. Diabetes can affect the entire family in several ways. In particular, your blood relatives should be aware that a family history of Type 2 diabetes put them at higher risk for developing type 2 and prediabetes. Prediabetes is diagnosed when blood glucose is higher than normal but not high enough for a diagnosis of diabetes. Prediabetes is a risk factor for the development of Type 2 diabetes.

Family ties that bind

It is well known that Type 2 diabetes runs in families. If you have it, your family members, especially close relatives such as siblings and children have a strong genetic tendency to develop the disease. Your children's risk of developing diabetes correlates with the age at which you were diagnosed. If you were diagnosed before age 50, your offspring have a one in seven chance of developing Type 2 diabetes; if you were diagnosed after age 50, the possibility drops to 1 in 13. Research suggests that a child's risk for developing Type 2 diabetes increases if the parent with Type 2 is the mother, and that the risk goes up to about 50% if both parents have it. If you are an identical twin with Type 2 diabetes, your twin's risk is almost three in four. In fact, if you have Type 2 diabetes but cannot think of any relatives who have it, chances are that some do have it but do not know it yet. Currently, almost 30% of people with Type 2 diabetes are unaware they have it, and 51% of people aged 65 years or older have prediabetes.

Lifestyle matters

Encourage your family members to make changes that may help lower their risk for developing Type 2 diabetes. For example, being overweight or obese and maintaining a sedentary lifestyle increase the risk for Type 2 diabetes. The degree of risk increases as one's body mass index (BMI) increases. In fact, around 85% of those with Type 2 diabetes are heavier than their optimum body weight. Since these risk factors can be modified, you and your family members will benefit from focusing on lifestyle changes that not only help your own diabetes treatment plan but also put your family members on a preventive path. Data show that people with prediabetes are at high risk for developing Type 2 diabetes, but this is not bound to happen. The adoption of healthy eating patterns, a weight reduction of 5-10% of total body weight, and regular physical activity can bring blood glucose levels back to normal and possibly prevent or postpone the onset of Type 2 diabetes. Implementing dietary changes and more physical activity are also bases for the treatment of diabetes.

Healthful Eating

Healthy eating is recommended for everyone, and your family members who do not have Type 2 diabetes are no exception. People at high risk for developing Type 2 diabetes can reduce risk with a moderate weight loss, about 7% of body weight, using dietary strategies such as eating fewer calories and reducing intake of dietary fat. Most of us, including people with Type 2 diabetes, fall far short of the recommended daily allowances for fiber and whole grains. To improve both you and your family's intake of fiber and whole grains, eat five or more servings of fruits and vegetables each day. Beans (kidney, black and red etc.) contain lots of soluble fiber that lower total blood cholesterol, which is often elevated in individuals with diabetes. *A good rule of thumb is to "stick close to Mother Nature,"* because less processed foods typically have more fiber.

Start by trying to make half of your grains whole, choose 100% whole wheat bread for sandwiches, popcorn (no butter) for a healthy snack, and whole grain breakfast cereals. It is important to use nutrition facts labels to help you balance the carbohydrates in your meal plan. Teach your family members to read labels; it can be eye-opening. If you are not already doing so, get the family together for meals. Research suggests that eating together as a family reduces the risk of being overweight and having eating disorders. Also, the family that eats together appears to consume more healthful foods.

Magical movement

Adults with Type 2 diabetes should work toward increasing physical activity to at least 150 minutes on a weekly basis. The ideal is moderate aerobic activity such as walking (2 miles in 30 minutes) spread over at least three days each week, with no more than two days in a row without exercising. Some other examples of moderate physical activity include bicycling (4 miles in 15 minutes), water aerobics (30 minutes), stair walking (15 minutes), and gardening (30 to 45 minutes). During physical activity, try to maintain a heart rate between 50 and 70% of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220. If you are 60 years old your maximum heart rate is 220 minus 60, or 160 beats per minute, so 50-70% of your maximum heart rate would be 80 to 112 beats per minute. During the first few weeks, aim for the lowest part of your target rate, then gradually build up to the higher number. Encourage your family members to be proactive in their efforts to minimize their risks for Type 2 diabetes. These positive lifestyle behaviours also lower blood pressure and blood fat levels, which help lower the risk of heart disease. With awareness, information, and proactive conversation, make sure that your legacy is not Type 2 diabetes, but a habit of healthy family living.

Reprinted from: Hieronymus L., and Teutsch Miller G. (2015). <https://www.diabetesselfmanagement.com/>



OF OUR MOTHER

***Mildred “Miss” Bovell
(1922-2013)***



**Remembering the Matriarch of Bovell
Cancer Diabetes Foundation on this our 12th
Anniversary, 2020**

Another day, another year, it does not matter; we continue to feel your presence. Gone seven years now, but definitely not forgotten. You are forever in our hearts. If you look down from Heaven, we hope you are very proud of what we have done, and are doing with the Bovell Cancer Diabetes Foundation (BCDF)... All who we are, and what we hope BCDF to be, we owe it to you our Dear Mother. We can hear you saying *“well done my children, that is how I brought you all up to be, hardworking, decent, productive, building communities wherever you are”*... We did it to honour you and our Father, beginning in your lifetime. Your name, which we call daily, will always be the sweetest sound... We know that you have your angel wings... We know you have graduated from this place to be honoured forever in Heaven, but we continue to miss you always!!

RIP!!

***From your children, grandchildren,
great grandchildren, friends and
your BCDF Family*** ♥

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

September is Ovarian Cancer Awareness Month!



Symptoms of Ovarian Cancer: Early detection improves survival, but many of ovarian cancer's symptoms are also caused by other things. The main symptoms are:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms

September is Prostate Cancer Awareness Month!



In Trinidad and Tobago, prostate cancer is one of the most commonly diagnosed malignancy, and the leading cause of cancer deaths among men. Prostate cancer symptoms: in early stages, prostate cancer may not show any symptoms. Warning signs of prostate cancer include: difficulty urinating, frequent urinations, incontinence, burning during urination or blood in the urine, erectile dysfunction, blood in the semen or painful ejaculation.



October is Breast Cancer Awareness Month!

Early warning signs of breast cancer include: Skin changes, such as swelling, redness, or other visible differences in one or both breasts

An increase in size or change in shape of the breast(s)

Changes in the appearance of one or both nipples

Nipple discharge other than breast milk

General pain in/on any part of the breast

Lumps felt on or inside of the breast

QUESTIONS & ANSWERS

Drs. Alfred-Demas & Mena
BCDF Virtual Tea Party



Dr. Laura Mena01:10:29

People with diabetes needs to follow medication as instructed by their doctor. However, in Covid19 cases research has shown that for Covid19, patients with diabetes may need more medication for treatment because Covid19 interferes with medication absorption



RosieC01:18:56

Many people are pre-diabetic. What can we do to avoid becoming a full-blown diabetic?



Dr. Roslyn Alfred-Demas01:27:06

Exercising and eating healthy can prevent people with pre-diabetes from becoming fully diabetic. Some research have shown that metformin may also decrease the risk as well depending on Hba1c value, and if one has polycystic ovaries or is obese.



LB01:19:12

Question: Is there a difference in risk of COVID for the different types of diabetes? e.g., type I, type II, gestational?



Dr. Laura Mena01:25:15

Same risk for all types of diabetes as research shows so far



MABHec01:29:34

Will COVID-19 impact my access to insulin and other diabetes supplies?



Dr. Roslyn Alfred-Demas01:30:25

It should not



RosieC01:35:33

Is it safer to use honey instead of sugar?

 **Dominic**01:46:42

If a diabetic has arthritis in both knees and arms what exercise can they do?

 **Dr. Roslyn Alfred-Demas**01:47:01

They can sit and exercise in their chair or swim.

 **AndreaW**01:48:45

Does your metabolism have anything to do with diabetes?

 **Dr. Roslyn Alfred-Demas**01:49:10

Yes, it is a metabolic syndrome definitely

 **Dr. Laura Mena**01:52:04

Yes, it does Andrea... Is one of the metabolic syndrome conditions

 **CurtisM**01:36:15

What is borderline diabetes?

 **StudioJ5**01:36:47

Is a strict vegan diet more beneficial to diabetics?

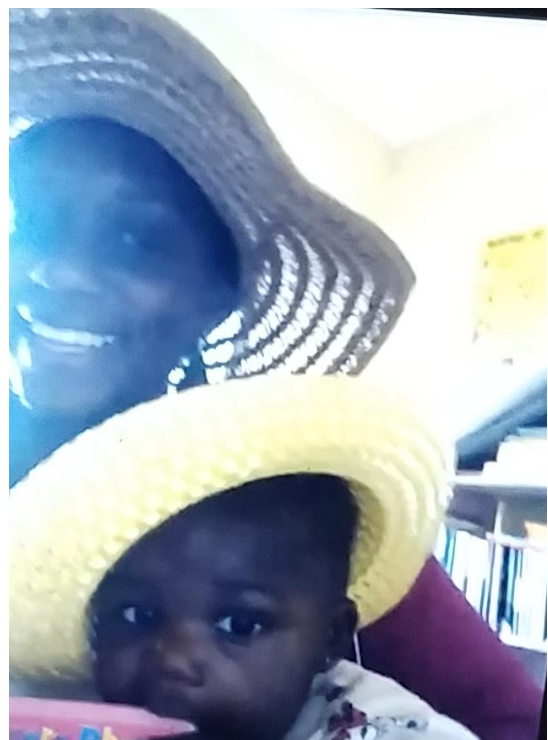
 **Karh**01:34:25

How much sugar is allowed in your diet daily?



Thank you so much for supporting our Virtual Tea Party. We are mostly house bound these days because of the pandemic, so you went through a lot getting dressed up, selecting you hats and setting up your tea tables. This made the Tea Party the success it was. As promised, it was more than just tea, it was recreational, educational, philanthropic, and FUN! We thank you so very much for your company, generosity, thoughtfulness, good wishes, and for making our first ever Virtual Tea Party an event we will always remember. We wish you good health as our country and others around the world move through this uncertain time. Thanks to all for your support and generosity!



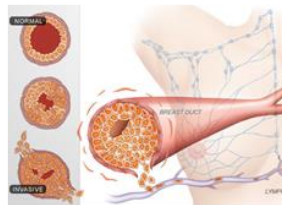
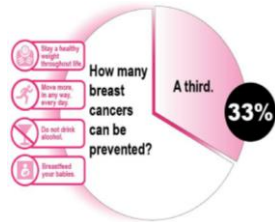


The Hat Parade/Virtual Tea Party

Yes, it was definitely fun! We had a variety of hats: elegant, luxurious, elegantly casual, Panama, Fedoras, Fascinators, Vintage, Wide brims, Derby fashion, Cloche and Floppy beach hats etc. The Tea Trivia had participants vying for correct answers. Tea tables were a sight! People from all over the globe in different time zones had fun together in one space, moved to Rio's soca music, listened Simona's crooning, our monologue champion, and our elegant 'lady' doctors' advice, viewed our children's artwork, and heard more about BCDF.

BREAST CANCER PREVENTION

Eat a Variety of Fruits and Vegetables



What Cancer Cannot Do

Cancer is so limited...
 It cannot corrode Faith,
 It cannot shatter Hope,
 It cannot cripple Love,
 It cannot destroy Peace,
 It cannot kill Friendship,
 It cannot suppress Memories,
 It cannot silence Courage,
 It cannot conquer the spirit,
 It cannot invade the Soul,
 It cannot steal Eternal Life.



Warning Signs

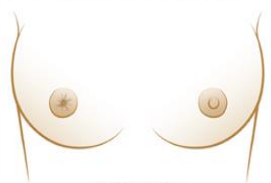
- Change in the size or shape of the breast



- Lump, hard knot or thickening inside the breast or underarm area



- Pulling in of your nipple or other parts of the breast



- Dimpling or puckering of the skin



- Itchy, scaly sore or rash on the nipple



- Swelling, warmth, redness or darkening of the breast



STOP COVID19



... UPCOMING EVENTS...

OCT



So In Love With My Feet
 Exercise/Focus/Support
 Group
 Virtual

OCT



Video Monologue
 Competition

NOV
 1-7



13th Annual Diabetes in
the Limelight
Jamboree
 Virtual

NOV



Iona Pierre Cervical
Cancer Webinar
Virtual Cancer
Workshop

OCT
 NOV



Virtual Children & Teen
Hangout

Follow us on FB for Updates

BCDF 2020/2021 CALENDAR OF EVENTS

1-7 th November, 2020	Diabetes in the Limelight Jamboree
November 2020	Iona Pierre Cervical Cancer Scholarship for Girls and Cancer Webinar
November, 2020	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF
November 2020 – June, 2021	Children & Teen Hangout (April 2020 – November 2021) Complimentary Foot Care - “So in Love with my Feet” 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.
18th January, 2021	Application for First Quarter Funding Deadline
28th February, 2021	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF
March, 2021	New round of “So in Love with my Feet” Project begins
12th April 2021	Application for Second Quarter Funding Deadline
24th April 2021	“So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning Scarborough, Tobago, Please support us
May 2021	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.
May 2021	“So in Love with my Feet” Project
June 2021	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
19th July, 2021	Application for Third Quarter Funding Deadline “So in Love with my Feet” Project
August 2021	Diabetes Discourse “BCDF Retreat & Program Planning
September/October 2021	Teachers’ Workshop
18th October, 2021	Application for Fourth Quarter Funding Deadline Primary School World Diabetes Day Poster Competition Video Monologue Contest (national secondary schools)
November/December 5th November 2021 8th November, 2021	Diabetes Discourse 13th Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign Cancer Education and Awareness Workshop Iona Pierre Cervical Cancer Scholarship for Girls – New Round New round of “So in Love with my Feet” Project begins Children & Teen Hangout