

Diabetes Discourse

Volume 11, 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.

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JAMBOREE 2020

COVID-19 PANDEMIC BCDF 12th Annual Diabetes in the Limelight Jamboree Reigned Virtually!

As you know BCDF continues its work as best as it could amidst the pandemic. Rising to the challenges and hardships of the pandemic, we successfully brought off a Virtual Jamboree 2020. This year's Virtual Jamboree 2020 was designed to simulate attendees' annual face-to-face experience of being able to move around, connect with volunteers from booth to booth, receive diabetes and stroke prevention messages, view healthy cooking demonstrations, learn about foot care, nutrition, healthy weight, and participate in physical activity. The children's booth with its storytelling and our mascot Festus (Tobago King of the Woods) ruled, although we were unable to assemble the 350-400 children who usually attend in person. Our efforts, under the tagline "*Diabetes Education makes a Difference*" aimed at improving awareness about diabetes prevention, management, and control. Participating in Jamboree 2020 meant a simple online pre-registration, and joining a Zoom link, which made it much more convenient for community members across time zones to participate.

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3 Tips for Stocking Your Pandemic Kitchen Cupboard

Whether you are preparing your cupboard for COVID-19 quarantine or simply looking to refresh and refine your diet by making more meals at home, try looking to the cupboard for complete and healthy meals. Each time you go to the supermarket, consider including additional shelf-stable versions of your favourite products. Cooking more with healthy shelf-stable foods might help to lower blood pressure, cholesterol, and, depending on the amount and frequency in which you consume these, improved weight, and blood sugar management.

Save fridge space, buy powdered milk.

Powdered milk can be a great way to stock up on a dairy alternative without using too much of your fridge space. These products are beverage, smoothie, or cereal-ready in seconds. They are ultra-pasteurized and stored in a sterile package, this makes them impervious to light and air, and the potential to cause foodborne illness. Just add water to powdered milk and then use it in baking, for smoothies, or any other way you would use regular milk.

Vary your protein routine.

Protein can be found in mostly food from animals, and dried peas and beans. Storing meat and seafood in the freezer can help to ensure you have plenty of protein on hand in case you are unable to visit the supermarket. Meats can last for years in a freezer while still retaining their quality. Frozen seafood is a delicious, quick-thawing option for lean protein. When meat supply or storage is limited, or when you need a quicker more convenient option, consider trying shelf-stable

plant-based grains and proteins. These options can be prepared by themselves, or combined with meats, seafoods, or other plant-based proteins in order to provide the recommended ~15 grams protein per meal for adults. These consist of, but are not limited to:

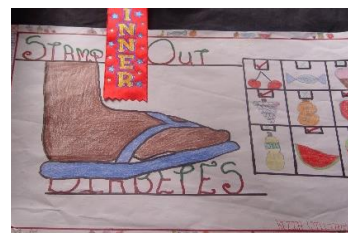
- Beans: (no-salt-added canned or dry) -15 grams protein per cup, cooked
- Lentils: 18 grams protein per cup, cooked
- Channa/Chickpeas: 15 grams protein per cup, cooked
- Green peas: 9 grams protein per cup, cooked
- Oatmeal: 6 grams per half cup serving

Plan meals that center around shelf-stable foods.

When planning to use shelf-stable fruits and vegetables, look to canned, pre-packaged, or dried forms which have no added salt or sugar. Try combining your favourite fruits and vegetables with recipes that contain shelf-stable proteins. When you have planned your meals and have your recipes ready, ensure you read packaging for all storage and cooking directions, and be sure to follow these carefully. This will lessen the chance of foodborne illness, and ensure proper cooking for best results. After you become comfortable with preparing a new variety of shelf-stable food items, you can easily adopt these items into your regular routine. Whichever way you enjoy them, take comfort in knowing that healthy meals can be found in the kitchen cupboard.

Adapted from: Naticchioni, T. (2020).

<https://www.krogerhealth.com/blog/2020/april/3-tips-stocking-pandemic-pantry>



HELP US STAMP OUT DIABETES

MAKE DECEMBER YOUR GIVING MONTH

E-MAIL US TO DONATE...

bovellcancerdiabetesfoundation@gmail.com

LET'S TALK CANCER WITH...

Dr. Liselle Bovell



Breast cancer is the leading cause of cancer-related deaths in women in Trinidad and Tobago (T&T). Not only does T&T have one of the highest breast cancer mortality rates, but it also has the highest mortality incidence ratio in the Americas (Toriola, 2017: <https://publichealth.wustl.edu/news/a-situational-analysis-of-breast-cancer-early-detection-services-in-trinidad-and-tobago/>). The focus on breast cancer continues into this month.

What Can I Do to Reduce My Risk of Breast Cancer?

Many factors over the course of a lifetime can influence your breast cancer risk. Some factors cannot be changed, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways:

- Keep a healthy weight
- Exercise regularly
- Do not drink, or limit alcohol intake
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you
- Breastfeed your children, if possible
- If you have a family history of breast cancer or inherited changes in your **BRCA1** and **BRCA2** genes, talk to your doctor about other ways to lower your risk

BRCA Gene Mutations

Sometimes, changes or "mutations" occur that prevent genes from doing their job properly. Certain mutations in the **BRCA** genes make cells more likely to divide and change rapidly, which can lead to cancer. All women have **BRCA1** and **BRCA2** genes, but only some women have mutations in those genes.

Some groups are at a higher risk for a **BRCA** gene mutation than others. Not every woman who has a **BRCA1** or **BRCA2** gene mutation will get breast or ovarian cancer, but having a mutation puts you at an increased risk for these cancers.



What Is a Mammogram?

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt.

How is a mammogram done?

You will stand in front of a special X-ray machine. A Technician will place your breast on a plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the X-ray is being taken. You will feel some pressure. The steps are repeated to make a side view of the breast. The other breast will be X-rayed in the same way. You will then wait while the Technician checks the four X-rays to make sure the pictures do not need to be re-done. The Technician cannot tell you the results of your mammogram.

How does it feel when having a mammogram?

Having a mammogram is uncomfortable for most women. Some women find it painful. A mammogram takes only a few moments, though, and the discomfort is over soon. What you feel depends on the skill of the

Technician, the size of your breasts, and how much they need to be pressed. Your breasts may be more sensitive if you are about to get or have your period. A doctor with special training, called a radiologist, will read the mammogram. He or she will look at the X-ray for early signs of breast cancer or other problems.

Tips for Getting a Mammogram

- Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
- On the day of your mammogram, do not wear deodorant, perfume, or powder. These products can show up as white spots on the X-ray.
- Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress from your waist up for the mammogram.

What happens if my mammogram is normal?

Continue to get mammograms according to recommended time intervals. They work best when they can be compared with previous ones. This allows the radiologist to compare them to look for changes in your breasts.

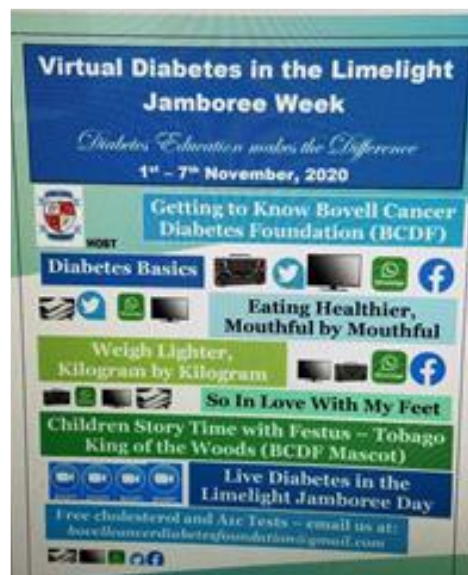
What happens if my mammogram is abnormal?

An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests, or exams before the doctor can tell for sure. You may also be referred to a specialist or a surgeon. It does not necessarily mean you have cancer or need surgery. These doctors are experts in diagnosing breast problems. Doctors will do follow-up tests to diagnose breast cancer or to find that there is no cancer.

This article was taken from CDC, Atlanta, GA
Content source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention.

https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm

From page 1...



Topics - Daily Messages from Week of Activities

Jamboree started with a Week of Activities: Daily Messages on: National radio, WhatsApp, Database, Facebook, Twitter, Print media

FEATURES

Bovell Foundation marks World Diabetes Day

MELISSA DOUGHTY

TUESDAY 3 NOVEMBER 2020

<https://newsday.co.tt/2020/11/03/bovell-foundation-marks-world-diabetes-day/>

Missing from our Virtual Jamboree this year was our routine screening tests (cholesterol, A1c, glucose, blood pressure, foot exams, eye tests, actual weights etc.). This part of the Jamboree will be returned as the pandemic rules change...

Gallery





Virtual Food Demonstration Booth


Comments from Attendees





HS: Thank you for the opportunity, once again, to work with The Bovell Cancer Diabetes Foundation. Bless you all and "Hats Off" to our leaders and volunteers. Shalom!


 GP: I am glad I was invited; very good session, thanks very much and I hope that I will be invited again in the future.


 ST: Thank you to the Bovell family for this virtual jamboree. I did enjoy it all.


 Avril: Thank you for today's session. It was very informative


 CH: Thank you for having this event!

 AA: Again, great to be part of this worthwhile project.


 KR: I enjoyed the Jamboree very much, cannot wait for the next one.

 LL: I had a great time at the Jamboree. Thank you

 CB: Have a great night everyone. This was wonderful. Thank you.

 Desmond: Thanks to the Tech Team, could not happen without them, cheers to the BCDF organizers

 HR: 👍

 CB: Hope to see you all in person next year.

DAILY MESSAGE - DIABETES BASICS

Diabetes is a serious problem, which causes millions of deaths each year. There are two MAIN types of diabetes. **Type 1 diabetes (T1D)** develops in people of all ages— mostly in children, teenagers, and sometimes adults. In T1D, the body's immune system destroys the insulin-producing cells in the pancreas. Without insulin, glucose cannot move from the bloodstream into the cells of the body to provide energy. **Type 2 diabetes (T2D)** mostly affects adults but can also be diagnosed in children. In T2D, the pancreas makes some insulin, but either there is not enough of it, or the cells do not use it well. Children and adults with type 2 diabetes do not always need insulin. Most of them control their diabetes with oral medications, healthy diets, and regular exercise. [Go to page 6...](#)

A NOTE OF



The Board of Directors of the Bovell Cancer Diabetes Foundation (BCDF) would like to thank all those who supported our first ever Virtual Diabetes in the Limelight Jamboree 2020 by simply joining us. Our event could not have been a success without your support! We had roughly 160 adults plus volunteers attending the event and some 30 children in this time of COVID-19. Many of our supporters were unable to attend this year because of the challenges they face with Internet and online issues. In some instances, families had to choose between children and adult because of limited devices. For example, children had to come on separate devices because they were parted from parents once in the Jamboree. In other cases, some people were unfamiliar with the whole online/Internet thing, were unwilling to try or could not get in; poor bandwidth was another issue. As we strive to educate and create awareness about the seriousness of diabetes, we hope that we could continue helping to bring solutions to these problems.



OUR VOLUNTEERS



DAILY MESSAGE - EATING HEALTHIER, MOUTHFUL BY MOUTHFUL

A healthy diet protects against diabetes, obesity, heart disease, stroke, and some types of cancer. Eat at least five servings of fruits and vegetables daily. Portion size matters: reduce portion sizes and fill your plate with quarter grains, quarter protein, and half vegetables and fruits. Limit consumption of red and processed meat. Eat no more than moderate amounts of red meat. Add healthy fats, cut down your salt intake, bump up your fiber, and aim to color your plate. Be smart, drink eight cups of water every day.

ALLIANCES WITH NGOS A MUST TO TACKLE DIABETES IN TRINIDAD AND TOBAGO



A report published by the World Health Organization (WHO) reveals that obesity increases the risk of becoming severely ill from COVID-19.

Diabetes in Trinidad and Tobago (T&T)

The following information is taken from the Central Statistical Office (CSO) of Trinidad and Tobago. The 2011 Population and Housing Census data on Individuals revealed that there were 73,507 persons in T&T living with diabetes. In terms of ethnicity, there were 20,480 and 39,861 Afro- and Indo-Trinbagonians, respectively, with the disease. For both Afro- and Indo-Trinbagonians, more females (12,082 and 21,268, respectively) than males (8,398 and 18,593, respectively) had diabetes. The CSO Annual Population and Vital Statistics Report, 2014 to 2018 indicated that in 2014, 788 and 736 males and females, respectively, died from diabetes. [Go to page 7...](#)

DENTAL HEALTH & TYPE 2 DIABETES



Our Oral Health

People living with diabetes are at higher risk for [periodontitis](#) since they are more prone to bacterial infections and have less ability to fight the bacteria that invade

the gum. If your blood glucose level is not in optimal ranges, you will be more likely to have advanced disease in the gums and even lose more teeth than those who do not live with diabetes. Like all infections, an advanced disease in the gums can be a factor that causes higher blood glucose levels, and, therefore, it will become more difficult to manage both conditions. High blood glucose levels can also make the person with Type 2 diabetes more prone to some diseases such as [candidiasis](#) caused by fungi growing in the mouth. This disease can cause pain, ulcers, infections, and cavities.

Preventing Oral Diseases

Maintain blood glucose levels in the correct ranges. High blood sugar leads to a greater possibility of having these diseases.

Tips to Manage Oral Health

- Commit to glucose control
- No smoking, limit alcohol intake
- Keep triglycerides, cholesterol, and blood pressure under control
- Do regular physical, oral and eye exams
- Dental brushing of teeth, use of thread, toothpaste with fluoride
- Check the feet daily, control stress
- Eat a varied diet, high in fiber
- Good management of our blood glucose levels will prevent dental problems
- Drink eight cups of water every day

Taken from: <https://beyondtype2.org/dental-health-type-2-diabetes/>

In 2018 the numbers showed an increase for both genders, 884 males and 795 females died from diabetes. Still, many are unaware of their condition and are engaging in behaviours likely to increase their risk for diabetes and obesity, including high intake of sugar-sweetened beverages, low consumption of fruits and vegetables, and low physical activity levels. COVID-19 has shown the critical role diabetes plays in determining health outcomes for people who become infected with the virus. A report published by the WHO reveals, among other things, that obesity increases the risk of becoming severely ill from COVID-19, and that people with diabetes were up to three times more likely to have severe symptoms or die from COVID-19. This makes it even more important to address the burden of diabetes in Trinidad and Tobago. One approach is through the building of a strong diabetes education and prevention strategy, as exemplified by the Bovell Cancer Diabetes Programme. BCDF provides education to prevent diabetes and progression to diabetes complications, to reach more members of the community. Our community-based projects are designed to reach people outside of the traditional health care settings, therefore, maximizing our efforts for diabetes education. Our programme focuses on diabetes prevention, management, and control with emphasis on nutrition, weight management, foot care and physical activity. **Tackling the diabetes problem is not a job that is wholly the responsibility of the Ministry of Health, it requires the partnership of a variety of stakeholders, including NGOs such as BCDF.** We encourage policymakers at the Tobago House of Assembly (local) and Central Government (national) levels to collaborate with NGOs such as BCDF to better mitigate the rising prevalence of Type 2 diabetes in our society. Our community-based programme, mainly provides interventions through group-based educational sessions to achieve diabetes-related behavioural changes. The NGOs have more expertise and resources than the busy, traditional healthcare system, and can offer more effective projects to whole communities, thus enhancing diabetes-related behavioural changes. Overall, BCDF's role in

diabetes prevention is to sustainably strengthen our health system. As such, we welcome working with all potential supporters, private and government for better prevention, management, and control of diabetes quality.

Modified from: Tufton, C. Jamaica Observer.

http://www.jamaicaobserver.com/opinion/partnerships-a-must-to-tackle-lifestyle-diseases_208216?profile=1096

STOP COVID19



... UPCOMING EVENTS...

**Look out for our Cancer Workshop
Registration Information!!!**

**NOV
DEC** **Diabetes Discourse Newsletter &
Xmas Supplement
Weekly Messages**

DEC **Virtual Cancer
Workshop
12th December 2020**



DEC **Virtual Children & Teen
Hangout
Every Saturday, 3:00 p.m.**



HELP US STAMP OUT DIABETES

**MAKE DECEMBER YOUR GIVING MONTH
E-MAIL US TO DONATE...**

bovellcancerdiabetesfoundation@gmail.com

VIRTUAL CANCER WORKSHOP



12th December, 2020
4:00 pm. Trinidad Time

REGISTER to Join the
Conversation on•

CANCER & COVID-19

Stamp Out Cancer, Think & Act
on World Cancer Day Slogan

“I Am and I Will”

Host: BCDF

Follow us on Facebook for Registration Link