

Diabetes Discourse

Volume 11, Issue 2

February 2021

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)

867-2576 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.*

INSIDE THIS ISSUE

- 1 Virtual Thankful Tea Party
- 2 Better Glucose Control in Children...; Children & Teen...
- 3 Let's Talk Cancer with... Dr. Liselle Bovell
- 4 Short and Sweet: Eat Less Sugar
- 5 Fresh Fruit and Vegetable Ideas for Children
- 6 Diabetes and Your Heart
- 7 Upcoming Events; Popcorn and Diabetes
- 8 Virtual Thankful Tea Party (1st May 2021)

Virtual Thankful Tea Party



Check Out BCDF Latest Upcoming Event

<https://www.eventbrite.com/e/virtual-thankful-tea-party-tickets-149797364951>

COVID-19 has changed everything. BCDF is relying on your continued support as we help those with diabetes and cancer who are more at risk for COVID-19.

About this Event

COVID-19 has changed everything for everyone. "BCDF is not solving COVID-19 by any means, but we are recognising the vast impacts of the pandemic on people with diabetes and cancer. We are reminding our supporters that diabetes prevention and management interventions are needed now more than ever. Your generosity and support will provide the resources we need to help save lives of people living with cancer and diabetes during this pandemic. We are relying on your continued support!

How to keep yourself and others safe from COVID-19

Go to page 3.

BETTER GLUCOSE CONTROL IN CHILDREN & TEENS WITH TYPE 1 DIABETES DURING COVID-19 LOCKDOWN

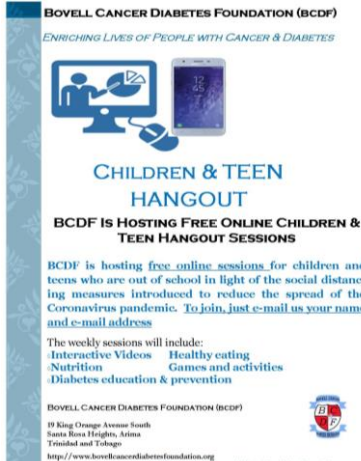
Study highlights challenges of managing disease with activities outside the home. Blood glucose levels improved among children and teens with type 1 diabetes during the first 12 weeks of COVID-19 lockdown in the United Kingdom.

The findings showed the difficulties faced by patients and families managing type 1 diabetes around school pressures, meals away from home, social life, and peer pressure. Children and families found it easier to manage this disease when they were forced to stay at home. This helps us to understand the pressure that is put on patients and families when trying to live normal busy lives with activities outside of the home. Children and teens need extra support at school, and when they go out socializing to prevent them from developing unfortunate complications in later life. The researchers looked at how well 180 children and teens in two U.K. communities controlled their type 1 diabetes 12 weeks before and after the COVID-19 national lockdown was announced, and put in place, respectively. They found a significant improvement in blood glucose measurements in the 12 weeks after the lockdown compared with those during the same time before the lockdown. The average blood sugar, and also long-term blood sugar measurement (HbA1c) dropped. Blood sugar readings showed less variability, and a greater time in the range of blood sugar that the researchers asked them to aim for (70.3 to 180.2 mg/dL). Managing type 1 diabetes around school, socializing and extra-curricular activities is really challenging, and children with this disease need parents, teachers, and other caregivers to communicate well and work as a team to prevent health complications caused by poor blood glucose control. The findings give insights into where advice, education and support should be directed.



<https://www.endocrine.org/news-and-advocacy/news-room/featured-science-from-endo-2021/children-and-teens...>

CHILDREN & TEEN HANGOUT

Diabetes, Children & Teens



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

BOVELL CANCER DIABETES FOUNDATION (BCDF)
19 King George Avenue South
Santa Rosa Heights, Antigua
Trinidad and Tobago
<http://www.bovellcancerdiabetesfoundation.org>
Phone: (868) 667-2376, 685-8674 E-mail: bovellcancerdiabetesfoundation@gmail.com



Type 1 diabetes is mostly diagnosed in children, teens, and young adults, and now more kids are developing type 2 diabetes. No matter the type of diabetes, good management is important in order to avoid or delay related health complications. Type 1 diabetes cannot yet be prevented, but type 2 diabetes can be, especially with family, school, and community support. Our Children & Teen Hangout Project is one part of our larger effort to help prevent and manage diabetes in children and teens in a fun way. Since the COVID-19 pandemic, BCDF has been conducting the Hangout virtually (April 2020 to April 2021...). Participants have covered topics such as: Fast Food: Figuring out the Facts; Diabetes Basics; Caribbean Six Food Groups etc. through games, discussions, and videos. Over the last year, the number of children and teens attending the Hangout have grown by more than 50%. Children and Teens are eligible to join the Hangout as long as they have access to high-speed Internet and a device such as a smart phone, tablet, laptop, or computer. To become part of the Hangout: email us at bovellcancerdiabetesfoundation@gmail.com. The Hangout is fulfilling a vital need for children and teens, families and communities in Trinidad and Tobago, where there is a high prevalence of diabetes. We encourage you to enroll your children and teens if you have not yet done so. We meet every Saturday at 3 p.m.

LET'S TALK CANCER WITH...

Dr. Liselle Bovell



April Is Testicular Cancer Awareness Month

Testicular cancers are relatively rare but highly curable and occur mostly in men 15 to 35 years old. Testicular cancers were among the first types of cancers to be cured by chemotherapy and/or radiation. Treatment has been refined over the last two decades. Currently, over 70% of all patients are curable regardless of the extent of cancer. Men who have an undescended testicle (a testicle that has never moved down into the scrotum) are at higher risk of developing testicular cancer than those whose testicles have moved normally down into the scrotum.

Testicular Self-Exam

 Testicular Cancer Awareness Foundation



1.
cup one testicle at a time using both hands
best performed during or after a warm bath or shower

examine by rolling the testicle between thumb and fingers
use slight pressure



2.



3.

familiarize yourself with the spermatic cord & epididymis
tube like structures that connect on the back side of each testicle

feel for lumps, change in size or irregularities
it is normal for one testis to be slightly larger than the other

4.



<https://www.testicularcancerawarenessfoundation.org/tc-awareness-month>

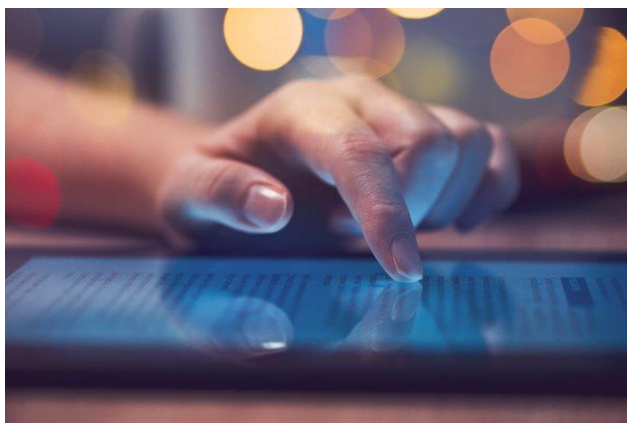
Continued from page 1

- **Maintain at least a 1-metre distance between yourself and others** to reduce your risk of infection when they cough, sneeze, or speak. Maintain an even greater distance between yourself and others when indoors. The further away, the better.
- **Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal are essential to make your masks as effective as possible.**

Here are the basics of how to wear a mask:

- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- Make sure it covers both your nose, mouth, and chin.
- When you take off a mask, store it in a clean plastic bag, and every day either wash it if it is a fabric mask, or dispose of a medical mask in a trash bin.
- Do not use masks with valves.
- Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.
- Avoid the 3Cs: spaces that are closed, crowded, or involve close contact.
- Outbreaks have been reported in restaurants, choir practices, nightclubs, offices, and churches where people have gathered, often in crowded indoor settings where they talk loudly, shout, breathe heavily or sing.
- The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity.
- Avoid crowded or indoor settings but if you cannot, take precautions: Open a window to increase the amount of 'natural ventilation' when indoors. 🍷

SHORT AND SWEET: EAT LESS ADDED SUGAR.



In the early 1800s, sugar was considered a luxury and a treat, that was enjoyed on special occasions. Our increasing intake of added sugar mirrors our rising rates of obesity and diabetes. In 2009, the American Heart Association noted the relationship between added sugar consumption and cardiovascular disease and recommended that women limit sugar intake to 6 teaspoons a day, and men to 9 teaspoons a day.” In 2013, The American Diabetes Association Standards of Care stated, “people with diabetes should limit or avoid intake of sugar-sweetened beverages (from any caloric sweetener including high fructose corn syrup and sucrose) to reduce risk for weight gain and worsening of cardiovascular risk profile.” In 2015, the World Health Organization and the FDA recommended that no more than 5-10% of calories should be obtained from added sugars (This equals about 6-12 teaspoons daily).

Fast Fact: There is no white sugar found in fresh fruits, vegetables, wheat, legumes and all whole unpackaged or unprocessed foods. Sucrose is derived from cane and beets and added to foods. **Humans do not need sucrose to live.**

Sucrose Hiding in Your Fridge

Added sugars are hidden in foods including ketchup, breads, cereals, and many other processed foods.



Sugary Drinks Negatively Affect Health

Studies have found:

- Drinking one or two sugary drinks a day increases risk of developing type 2 diabetes by 26%
- After six months, daily consumption of sugary drinks increases fat deposits in the liver by 150 percent, leading directly to both type 2 diabetes and heart disease.

Sucrose and High Fructose Corn Syrup

The two most common sugars added to foods are **sucrose** (white table sugar) and High Fructose Corn Syrup (HFCS). These are broken down into a 50/50 ratio of glucose and fructose. The 50% glucose enters the blood stream and is utilized for energy. The other 50% fructose enters a different energy pathway. Fructose gets a direct pass through the portal vein to the liver. The liver utilizes needed fructose for energy and **the rest is converted to fat**. Over time, a liver bombarded with fructose develops fatty liver disease. **Fast Fact:** Up to 70% of obese people with diabetes have fatty liver disease. We are asking our readers and community to pledge their support to minimize daily sugar intake to less than 6 teaspoons a day and get the word out about sugar. [<http://www.icontact-archive.com/-zYLFItMxAdYT0P5ixng4dEY2gDQ4j-B?w=4>] 🍷



Email:
bovellcancerdiabetesfoundation@gmail.com
 To Donate

DONATE NOW!

FRESH FRUIT & VEGETABLE IDEAS FOR CHILDREN

Many children and teens think they do not like fruits and vegetables, but often that is because they have not been exposed to a variety of produce. Help your children and teens make better food choices by letting them taste several options, adding fruits and vegetables to their daily diets, and offering as many different fruits and vegetables as you can. Whenever possible, feature fresh, local produce. Frozen and canned fruits and vegetables also offer nutritious options.

Tips for Parents:

- Provide fruits and vegetables as snacks. Keep fruit washed, cut up and in plain sight in the refrigerator.
- Serve salads more often. Teach your child what an appropriate amount of salad dressing is.
- Try out vegetarian recipes for spaghetti, lasagna, or other foods using vegetables instead of meat.
- Include at least one leafy green or yellow vegetable for vitamin A, such as spinach, greens, or carrots each day.
- Include at least one vitamin C-rich fruit or vegetable, such as oranges, grapefruit, melon, and mandarin each day.
- Add a fruit or vegetable as part of every meal or snack. For example, you could put fruit on cereal, add a piece of fruit or small salad to your child's lunch, use vegetables and dip for an after-school snack, or add a vegetable or two you want to try at the family's dinner.
- Be a role model—eat more fruits and vegetables yourself.

More Things You Can Do:

- Be sure your child is getting the recommended quantity of fruits and vegetables daily. How much fruits and vegetables depend on the child's gender, age, height, weight, and physical activity.

Daily Recommendations FRUITS

Toddlers	12 to 23 months	½ to 1 cup
Children	2-4 years	1 to 1½ cups
	5-8 years	1 to 2 cups
Girls	9-13 years	1½ to 2 cups
	14-18 years	1½ to 2 cups
Boys	9-13 years	1½ to 2 cups
	14-18 years	2 to 2½ cups

Daily Recommendations VEGETABLES

Toddlers	12 to 23 months	⅔ to 1 cup
Children	2-4 years	1 to 2 cups
	5-8 years	1½ to 2½ cups
Girls	9-13 years	1½ to 3 cups
	14-18 years	2½ to 3 cups
Boys	9-13 years	2 to 3½ cups
	14-18 years	2½ to 4 cups

- When shopping for food, start in the area of the store where they keep fresh fruits and vegetables. Stock up. That way you know you always have some on hand to serve your child.
- Avoid buying high-calorie foods such as chips, cookies, and candy bars. Your child may not ask for these treats if they are not in sight.
- Limit or eliminate how much non-juice “drinks” you give your child; make sure it is 100% juice.
- Eat as a family whenever possible. Research shows that children eat more vegetables and fruits and less fried foods and sugary drinks when they eat with the entire family.

Remember...

- By choosing health-promoting foods, you can establish good nutritional habits in your child that will last for the rest of his or her life.

Adapted from Pediatric Obesity: Prevention, Intervention, and Treatment Strategies for Primary Care.

DIABETES AND YOUR HEART



You can lower your risk for heart disease with lifestyle changes. **Diabetes and heart disease often go hand in hand.** Learning how to protect your heart with simple lifestyle changes can also help you manage diabetes. Heart disease is very common and serious. If you have diabetes, you are twice as likely to have heart disease or a stroke than someone who does not have diabetes — and at a younger age. The longer you have diabetes, the more likely you are to have heart disease. The good news is that you can lower your risk for heart disease and improve your heart health by changing certain lifestyle habits. Those changes will help you manage diabetes better too.

What Is Heart Disease?

Heart disease includes many kinds of problems that affect your heart. The term “**cardiovascular disease**” is similar but includes all types of heart disease, stroke, and blood vessel disease. The most common type is coronary artery disease, which affects blood flow to the heart. **Coronary artery disease** is caused by the buildup of plaque in the walls of the coronary arteries, the blood vessels that supply oxygen and blood to the heart. **Plaque is made of cholesterol deposits**, which make the inside of arteries narrow and decrease blood flow. This process is called **atherosclerosis** or hardening of the arteries. Decreased blood flow to the heart can cause a heart attack. Decreased blood flow to the brain can cause a stroke. Hardening of the arteries can happen in other parts of the body too. In the legs and feet, it is called **peripheral arterial disease, or PAD**. PAD is often the first sign that a person with diabetes has cardiovascular disease.

How Diabetes Affects Your Heart

Over time, high blood sugar can damage blood vessels and the nerves that control your heart. People with diabetes are also more likely to have other conditions that raise the risk for heart disease:

1. **High blood pressure** increases the force

of blood through your arteries and can damage artery walls. Having both high blood pressure and diabetes can greatly increase your risk for heart disease.

2. **Too much LDL (“bad”) cholesterol** in your bloodstream can form plaque on damaged artery walls.

3. **High triglycerides** (a type of fat in your blood) and low HDL (“good”) cholesterol or high LDL cholesterol is thought to contribute to hardening of the arteries.

None of these conditions has symptoms. Your doctor can check your blood pressure and do a simple blood test to see if your LDL, HDL, and triglyceride levels are high.

These factors can also raise your risk for heart disease:

- Smoking
- Being overweight or obese
- Not getting enough physical activity
- Eating a diet high in saturated fat, trans fat, cholesterol, and sodium (salt)
- Drinking too much alcohol

People with diabetes are also more likely to have **heart failure**. Heart failure is a serious condition, but it does not mean the heart has stopped beating; it means your heart cannot pump blood well. This can lead to swelling in your legs and fluid building up in your lungs, making it hard to breathe. Heart failure tends to get worse over time, but early diagnosis and treatment can help relieve symptoms and stop or delay the condition getting worse.

<https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html?>




HOW CAN I QUICKLY LOWER MY BLOOD SUGAR?

You may test your blood sugar and find it to be higher than you want or expect. Blood sugars do vary during the day for many reasons such as, food intake, activity level, diabetes medication, stress, or illness. Sometimes it is difficult to figure out the exact reason for the high blood sugar. If your blood sugar goes up, or you have diabetes symptoms and you are not sure what to do, always contact your doctor. Some simple things you may try to lower blood sugars are:

- **Drink water.** A 2017 study noted that “low water intake led to high blood sugar”. By drinking more water, you can flush out excess blood sugar through the kidneys. Hydration is important since it really dilutes blood sugars.
- **Do not get overheated.** High body temperature can elevate sugars. Get cooled off with cool water and a tepid shower. Wear a hat for head protection. Do not overdress – especially when exercising. Skip the hottest hours of the day outside, normally from 10 a.m. – 3 p.m.
- **Go for a 15-30-minute walk.** Try to walk at a quick pace. Evidence shows that just a simple walk after a meal can help blood sugars from jumping up too high. Exercise makes you more sensitive to insulin. The glucose goes to the muscles for energy and blood sugars go down. If you are on insulin and have a blood sugar of 240mg/dL, check for urine ketones. Do not exercise if you have urine ketones. Make sure you have taken your correct insulin dose and report ketones to your doctor.
- **Eat fewer carbohydrates at your next meal.** Space out carbohydrate intake. Eat carbohydrates high in fiber, which will take longer to get into your blood. Avoid simple sugars and eat non-starchy carbohydrates. Make ½ your plate non-starchy vegetables, like a salad.
- **Eat protein.** This may help stabilize blood sugars. A slice of poultry, a hard-boiled egg or a piece of chicken may help.
- **Monitor your blood sugars.** Look for patterns in your blood sugars.
- **Do not over-medicate.** Do not take more diabetes medication unless you are on a sliding scale insulin regimen. Too much medication may cause **hypoglycemia**.
- **Ingest adequate magnesium and chromium.** Sources of magnesium in foods are nuts, avocados, seeds, and fatty fish which are all low in carbohydrates. Sources of chromium in food depends on the soil they are grown in. Foods to include for chromium are nuts, and vegetable oils.
- **Chill out.** Stress pushes out cortisol which can quickly raise blood sugars. Breathing or

meditation could help. Whatever takes away the mental stress and anxiety can help bring down your blood sugars.

<https://www.adwdiabetes.com/articles/new-year-new-diabetes-questions> 

STOP COVID19



... UPCOMING EVENTS...

APRIL NOV Virtual Monthly “So In Love With My Feet” - Footcare Project
Thursdays, 4:00 p.m.

APR NOV Virtual Weekly Children & Teen Hangout
Every Saturday, 3:00 p.m.

MAY Thankful Virtual Tea Party
1st May 2021 at 4:00 p.m.

MAY Diabetes Discourse Newsletter
May 2021 

POPCORN & DIABETES

Although popcorn is considered a carbohydrate snack food, it is still an excellent choice if you have diabetes. You get a good size portion of 3 cups as a serving which contains about 100 calories. Popcorn is full of fiber, is a whole grain and fat free, when not drowned in butter. It has 4 grams protein/25 g, keeps you feeling full longer, has antioxidants, which are good for health and may reduce cancer risk.



Virtual Thankful Tea Party

**Please Join Us For A
"THANKFUL TEA PARTY"**

**Saturday 1st May, 2021
4:00 p.m. Trinidad/EDT/AST**

**Tea Tables, Hats, Models,
Thankful Teacup Stories,
Singing, Dancing & More.
Lots of fun!**

Donation: TT\$25

So Thankful for your Support!

Join us Virtually from around the Globe

*www.bovellcancerdiabetesfoundaation.org
bovellcancerdiabetesfoundation@gmail.com
WhatsApp: 334)590-3073*



TIME ZONE



HOST