

Diabetes Discourse

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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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WHAT'S ON AT BCDF DURING COVID-19



Virtual Thankful Tea Party

May 2021 – BCDF held its Virtual Thankful Tea Party, which was a huge success. Thanks to all who supported us (see gallery on page 3).



Continuing virtually since April 2020 – every Saturday, 3:00 - 4:00 p.m. Trinidad & Tobago time.



Virtual “So in Love with my Feet” Series - Thursdays



Thursdays
5:00 p.m. – 6:00 p.m.
Online event

Virtual Diabetes Prevention & Management Education Series



Follow Us...



TYPE 2 DIABETES CONTROL: A MORNING-TO-NIGHT ROUTINE

The more stable your blood sugar levels are with type 2 diabetes, the healthier you will be. Here are some daily tips and tricks to help make that happen. It is not always easy to manage type 2 diabetes or to keep your blood sugar levels steady, so that damage from highs and lows is kept to a minimum. But it is **doable**. It just takes some planning and smart management. The key to steady blood sugar levels around the clock and from year to year is to develop a routine that you are confident you can stick to over time. Think about all aspects of having type 2 diabetes: How you like to take your medication, how you check your blood sugar, and how you eat. Routine is vital to success — as is understanding your disease. Here are some morning-to-night routines to help you successfully manage type 2 diabetes.

In the Morning

Check your blood sugar. If you have type 2 diabetes, you should check your blood sugar level every morning before you eat. This gives you a good baseline idea where you stand and allows you to make adjustments throughout the day.

Take your medication on time. If you are prescribed long-acting basal insulin, which is designed to keep your blood sugar levels steady over the course of the night and between meals, you may want to consider the a.m. as the time to do it, before the distractions of the day take over. But consistency is what really matters. Whether that is morning or night, aim to take your basal insulin at the same time each day. If you are prescribed other medications to take in the morning, be sure to take these consistently as well.

Eat breakfast — if you skip breakfast, you are already starting your day on the wrong foot.

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OF OUR BROTHER



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



You are gone, but thank you for all these soft, sweet things you have left behind in our homes, in our heads and in our hearts.

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



VIRTUAL THANKFUL TEA PARTY GALLERY – HATS & MORE



Type 2 Diabetes Control...

From page 2

Many people tend to skip breakfast, but it is one of the most important meals of the day. You skip breakfast and you get hungrier and hungrier, and that is one of the reasons people tend to overeat later in the day. In fact, while eating regular meals will help keep your blood sugar levels steady, skipping them and then binging later can cause spikes — morning, noon, or night. Sometimes people are put on standard doses of diabetes medications for meals, and as the meals fluctuate, they can be at risk for high blood sugar or low blood sugar. When a person is on standard doses of rapid acting insulin (bolus), one of the things to talk about is consistency of meals (such as eating the same amount of carbohydrates at every meal). That requires some awareness of what you are eating, such as the carbohydrates and other nutrient value of the food. For these and other reasons, when it comes to managing type 2 diabetes, understanding how to fit food and medication into your life is an example of how knowledge is power. This means understanding how the insulin or other medications you have been prescribed affect your blood sugar. Since diets are hard to maintain, nutritionists and dietitians now focus more on eating strategies and plans instead. These involve looking at larger overall patterns that enable you to get nutritious food and also help keep your blood sugar levels steady throughout the day.

Give your feet a once-over. Over time, high blood sugar can cause nerve damage and loss of sensation in your feet. In extreme cases, a person with diabetes can end up needing to have a foot amputated if an unnoticed cut becomes severely infected. Check your feet for any sores or cuts each morning. Also check your shoes before putting them on to make sure there is nothing in your shoe that could cause a sore. Check your feet again at bedtime, as well.

In the Afternoon

Take a satisfying lunch break. Do not eat lunch at your desk — that is a sure way to rush and feel stressed. Instead, sit down somewhere else and eat, then take a short walk afterward. Plan a healthy lunch ahead of time or you might resort to unhealthy fast food. You get a triple-win against diabetes with a lunch break: The regular meal and the exercise help keep your blood sugar level stable, and you can release some pressure from work. Have healthy snacks on hand. Afternoon snacking is a good way to set yourself up for healthy eating once you are home. Most people like to snack in the afternoon, and that is important because you do not want to get home and start grabbing anything because you are so hungry. Make it a sensible snack to help keep your blood sugar steady and also avoid being so hungry that you overeat later on.

Get a little extra activity. Physical activity is crucial to blood sugar control. When you are active, your cells burn blood sugar through a process that does not rely on insulin. Activity also lets your body use insulin more efficiently. Take the stairs instead of an elevator. Get up and go talk to friends or neighbors instead of emailing or sending WhatsApp to them. Experts recommend getting 30 minutes of physical activity each day, but it does not have to be all at once. Every time you get up and move around, you are adding to your 30-minute total. If you are worn out from work, try to fit in a short walk in the late afternoon. It is a good idea to check your blood sugar before and after exercise to help determine how different activities affect your blood sugar. If you take insulin as part of your type 2 diabetes management, you may be at risk for hypoglycemia (low blood sugar) if you do not adjust your insulin dose or carbohydrate intake before exercise. Talk to your doctor about how best to balance activity with food and your medication. Variables to consider include the type of exercise, the type of meal

and the type of insulin taken.

In the Evening

Eat a sensible dinner. Do not overeat at dinnertime. Eat a meal that is about the same size as what you ate for breakfast and lunch. Or at least make sure the meal fits into the larger eating strategy or plan that you have developed with your dietitian. The actual amounts of protein, carbohydrates, fruits, and vegetables you should eat will depend on the meal plan that is best for you. As with earlier in the day, maintaining a steady intake of food will make you less vulnerable to blood sugar spikes, especially if you are eating healthy foods. If you have been prescribed a bolus insulin dose or other diabetes medication before a meal, be sure to take that on time. Keep moving while you watch TV or listen to a book on tape. Position weights — or even a treadmill or other workout unit — nearby. The goal is to stay in motion, at least for a portion of the time. Do sit-ups or push-ups during commercials. Even physical activity that is not aerobic can help your body's ability to use insulin efficiently, and keep your blood sugar levels stable.

At Bedtime

Brush and floss your teeth. Brush in the morning and at night and floss every night. People with diabetes are at increased risk for periodontal disease and general dental problems. Apply some lotion. Keep your skin moisturized to prevent peeling, cracking, and developing sores that can be symptoms of diabetes. Apply lotion every night before bed. Finally, do an end-of-day blood sugar check. Checking your blood sugar at bedtime gives you a good idea what happened during the day. In many ways, the healthiest day — and year and decade — for the person with type 2 diabetes is patched together with common sense and awareness. Almost everything that we teach people about diabetes are things that would be useful for someone who does not have diabetes!”

*Modified from: Dennis Thompson Jr. (2018).
Medically Reviewed by Rosalyn Carson-DeWitt,
MD*

WHAT ARE THE IDEAL BLOOD SUGAR LEVELS?

A blood sugar, or blood glucose, chart identifies a person's ideal blood sugar levels throughout the day, including before and after meals. It can help a person with glucose management if they need to keep levels within a normal range, such as those with diabetes. The ideal blood sugar level for an individual depends on when in the day they carry out blood glucose monitoring, as well as when they last ate.

Time of check	Target blood sugar levels for people without diabetes	Target blood sugar levels for people with diabetes
Before meals	Less than 100 mg/dL	80–130 mg/dL
1–2 hours after the start of a meal	less than 140 mg/dL	less than 180 mg/dL
Over a 3-month period, which an A1c test can measure	Less than 5.7%	Less than 7% less than 180 mg/dL

Guidelines

- Appropriate blood sugar levels vary throughout the day and from person to person.
- Blood sugars are often lowest before breakfast and in the lead up to meals.
- Blood sugars are often highest in the hours following meals.
- People with diabetes will often have higher blood sugar targets or acceptable ranges than those without the condition.

These targets vary according to many factors, some of which include:

- Age and life expectancy
- The presence of other health conditions
- How long a person has had diabetes
- Diagnosed cardiovascular disease
- Problems with the smallest arteries in the body

- Any known damage to the eyes, kidneys, blood vessels, brain, or heart
- Personal habits and lifestyle factors
- Not being aware of low blood sugar levels
- Stress
- Other illnesses

Most blood sugar charts show recommended levels as a range, allowing for differences between individuals. Note that different agencies will have different guidelines. The American Diabetes Association, Joslin Diabetes Center, and American Association of Clinical Endocrinologists also offer slightly different blood sugar guidelines for those with diabetes.

Source: *MedicalNewsToday* – Available at:
<https://www.medicalnewstoday.com/>



Talking Cancer

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 or send us suggestions.

CANCER PREVENTION RECOMMENDATIONS

Ways to reduce your cancer risk



Do not smoke or use any form of tobacco



Avoid too much sun, use sun protection

Make your home smoke-free



Reduce indoor and outdoor air pollution



Enjoy a healthy diet



Be physically active



Breastfeeding reduces the mother's cancer risk



Limit alcohol intake



Vaccinate your children against Hepatitis B and HPV



Take part in organized cancer screening programmes

Do not use supplements for cancer prevention. Aim to meet nutritional needs through diet alone. There is strong evidence from randomised controlled trials that high-dose beta-carotene supplements may increase the risk of lung cancer in some people. There is no strong evidence that dietary supplements, apart from calcium for colorectal cancer, can reduce cancer risk.

A dietary supplement is a product intended for ingestion that contains a 'dietary ingredient' intended to achieve levels of consumption of micronutrients or other food components beyond what is usually achievable through diet alone.

Consumption of sugary drinks is increasing in many countries worldwide and is contributing to the global increase in obesity, which increases the risk of many cancers.

For most people consumption of the right food and drink is more likely to protect against cancer than dietary supplements

DIABETES PREVENTION & MANAGEMENT EDUCATION SERIES



Series Description

You will gain the knowledge, skills, and confidence to lead a healthier life. More knowledge about diabetes prevention and management can:

- ✚ Help you beat the risk.
- ✚ Help prevent and/or delay complications.
- ✚ Improve diabetes self-management.
- ✚ Improve eating and exercise habits.
- ✚ Help you to spot and manage symptoms.
- ✚ The classes offer diabetes prevention and management basics, food demonstrations, discussions, and physical activity choices.
- ✚ Call, text, or email us to register: WhatsApp - 334) 590-3073



FREE 6-Week SERIES

Every Thursday
8 July-12 August
5:00-6:00 p.m.

VIRTUAL/ONLINE

Register Today!



BOVELL CANCER DIABETES FOUNDATION

Email:
bovellcancerdiabetesfound
ation@gmail.com

Website
www.bovellcancerdiabetesf
oundation.org

BCDF 2021 CALENDAR OF EVENTS

January 2021 – December 2021	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.
November 2021	Virtual BCDF Diabetes in the Limelight Jamboree Cancer Education and Awareness Workshop Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF
18 th January, 2021	Application for First Quarter Funding Deadline
February, 2021	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF Virtual Children and Teen Hangout
March, 2021	New round of “So in Love with my Feet” Project begins (Virtual) Virtual Children & Teen Hangout
19 th April 2021	Application for Second Quarter Funding Deadline Virtual Children & Teen Hangout
May 2021	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF Virtual Children and Teen Hangout BCDF Virtual Thankful Tea Party “So In Love with My Feet Project” – Virtual 6-week Series
June 2021	Virtual Children and Teen Hangout “So In Love with My Feet Project” – Virtual 6-week Series Virtual Children & Teen Hangout
July 2021	Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF Virtual Children & Teen Hangout Virtual Diabetes Prevention & Management Education Series (6-weeks)
20 July 2021	Application for Third Quarter Funding Deadline
August 2021	Virtual Children & Teen Hangout Diabetes Discourse - Free Quarterly e-Newsletter of the BCDF BCDF Retreat
September 2021	Virtual Children & Teen Hangout Virtual School Children Poster Competition opens Video Monologue Contest opens
20 September 2021	Application for Fourth Quarter Funding Deadline
October 2021	Virtual Children & Teen Hangout Virtual School Children Poster Competition Video Monologue Contest
November 2021	Virtual Diabetes in the Limelight Jamboree (World Diabetes Day) Virtual Cancer Education and Awareness Workshop Virtual Children & Teen Hangout Virtual School Children Poster Competition (Culminating Event) Video Monologue Contest (Culminating Event)