

Diabetes Discourse

Volume 12, Issue 1

November 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)

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.*

2021 - YEAR OF

ACCOMPLISHMENTS, OPPORTUNITIES AND CHALLENGES!

13 Years of the Bovell Cancer Diabetes Foundation (BCDF)

Major Achievements and Events of 2021:

BCDF's history and achievements have been consistent with its awareness of the potential of NGOs. Our NGOs has the distinctive quality of: independence, representing and acting upon public feedback, initiative, and true flexibility in its action. Our role is one of support and co-operation to government programmes in the same or related field; **we are not competitive with government.** Our disassociation from politics makes us a welcome partner to official programmes. BCDF is made up of public-spirited citizens, willing to serve. Our goal is to prevent and reduce the burden of diabetes and improve the quality of life (QoL) for the residents of our country, through education and awareness. BCDF ensures that knowledge is applied to improve the health of individuals. We help solve cancer, diabetes, and related health problems, by making sure that members of the community participate. BCDF is managed by a voluntary Board of Directors, members, and volunteers.

Indicators of Success

Some indicators of our success have been measured by the following: the amount of

Go to page 3

INSIDE THIS ISSUE

- 1 2021 – Year of Accomplishments, Opportunities and Challenges
- 2 Diabetes Snippets
- 9 Excerpts from our Diabetes Prevention & Management Series
- 10 Let's Talk Cancer with Dr. Liselle Bovell

DIABETES SNIPPETS

When I tell you
I HAVE DIABETES

DO'S

DO offer love and encouragement

DO be supportive of my self-care choices, take the time to learn about diabetes

DO realize and appreciate that diabetes is hard work

DO ask how to be helpful

DO offer to join me in eating well and exercising

DON'TS

DON'T peek at or comment on my blood sugars without asking me first

DON'T look shocked when I check my blood sugars or give myself an injection

DON'T tell me horror stories about things you've seen in movies

DON'T offer thoughtless reassurances

DON'T offer unsolicited advice about my personal habits

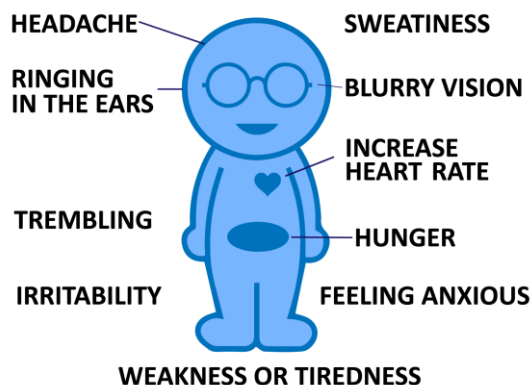


(From: Joslin Diabetes Center)

HYPOGLYCEMIA AND TYPE 2 DIABETES

(From: qualityandsafety.va.gov)

People with type 2 diabetes may experience **hypoglycemia** if their blood sugar levels drop too low. Individuals need to eat enough carbohydrates to balance their medication and avoid hypoglycemia.



DIABETES SNIPPETS

QUESTION: I have Type 2 diabetes, what can I eat? Simple, affordable dinner idea - Curry channa, brown rice, vegetables.

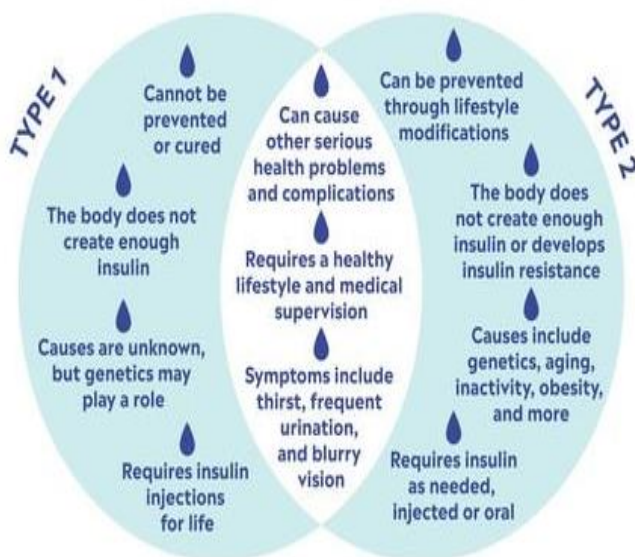


DIFFERENCE BETWEEN TYPE 1 & TYPE 2 DIABETES

(From: prevention.com)

Type 1. Your body attacks the cells in your pancreas which means it cannot make any insulin. **Type 2.** Your body is unable to make enough insulin or the insulin you do make does not work properly. If you or a family member have diabetes, what type is it?

TYPE 1 vs TYPE 2 DIABETES



Taken from: <https://www.who.int/news-room/fact-sheets/detail/diabetes>

PREVENTION

- Achieve and maintain a healthy body weight
- Be physically active, doing at least 30 minutes of regular, moderate-intensity activity on most days. More activity is required for weight control
- Eat a healthy diet, limiting intake of sugar and saturated fats; and
- Avoid tobacco use, smoking increases the risk of diabetes and cardiovascular disease



IGT and IFG are intermediate conditions in the shift between normality and diabetes. People with IGT or IFG are at high risk of progressing to type 2 diabetes, although this does not have to happen.

JANUARY 2021

ENRICHING LIVES OF PEOPLE WITH CANCER & DIABETES



BCDF IS HOSTING FREE ONLINE CHILDREN & TEEN HANGOUT SESSIONS

The weekly sessions will include:

The weekly sessions will include:

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

19 King Orange Avenue South
Santa Rosa Heights, Arima
Trinidad and Tobago

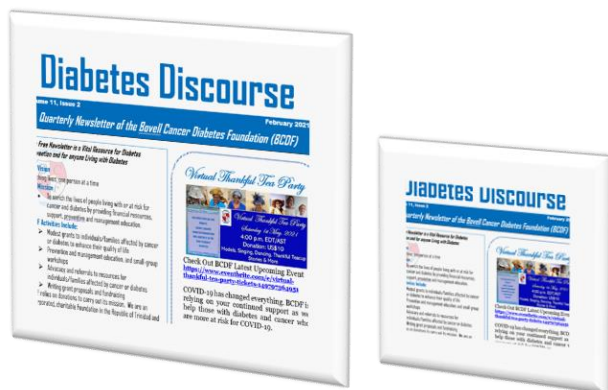
http://www.bovellcancerdiabetesfoundation.org
Phone: (868) 667-2576; 685-9674 E-mail: bovellcancerdiabetesfoundation@gmail.com



Diabetes Discourse 3

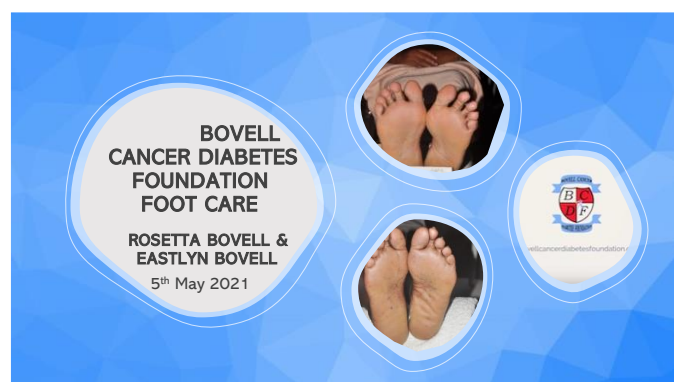
The number of children and teens attending the Hangout have grown by more than 50%. Children and Teens can join the Hangout as long as they have access to high-speed Internet and a smart phone, tablet, laptop, or computer. Email: bovellcancerdiabetesfoundation@gmail.com

February 2021



February issue of the quarterly E-Newsletter "Diabetes Discourse" had a readership of 750+ subscribers. All issues are available for free: www.bovellcancerdiabetesfoundation.org

March/April 2021



"So in Love with my Feet" Project. A virtual Six Week Series was held from 22nd April to 27th May 2021. Weekly 75-minute sessions were held for two groups of community members. Preventive and management foot care training were provided. Topics included: *Introduction to Foot Care, Looking at Footwear, Examination of Feet, Cleaning of Feet* etc. A total of 40 people were trained during this series. The sessions were open to individuals with or at high risk for diabetes and other caretakers. Both series were taught by our trained "Footcare Lay Attendants".

MAY 2021



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,
Singing, Dancing & More.
Lots of fun!**

Donation: US\$10

So Thankful for your Support!

Join us Virtually from around the Globe

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

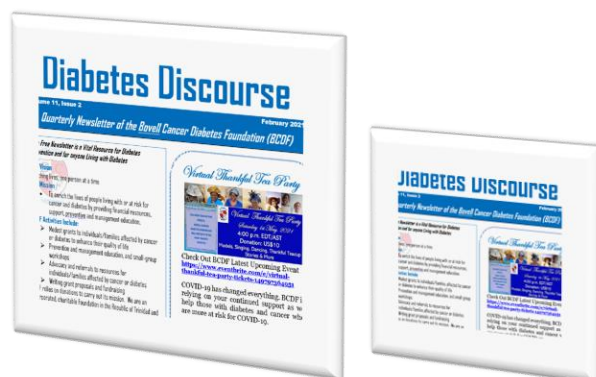
✓ **your time
zone!**



Host



Virtual Thankful Tea Party - Flagship Fundraiser for 2021. Due to the pandemic, we were unable to hold any in-person fundraiser for 2021. Our Tea Party served as a fundraiser and educational opportunity - two medical doctors were inhouse discussing and taking questions re: COVID19.



May issue of the quarterly E-Newsletter "Diabetes Discourse" had a readership of 750+ subscribers.

All issues are available for free download: www.bovellcancerdiabetesfoundation.org

JUNE/JULY 2021

Diabetes Prevention & Management Education Series

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**

**THURS-
DAYS
8 July-12
August
5:00-6:00
p.m.**

**VIRTUAL/
ONLINE
-
Register
Today!**



**Bovell Cancer Diabetes
Foundation**

Email: bovellcancerdiabetesfoundation@gmail.com

Website
www.bovellcancerdiabetesfoundation.org

Diabetes Prevention & Management Series 1

A virtual Six Week Series was held from 8th July to 12th August 2021. Weekly 75-minute sessions were held for a group of community members. Series description is shown above. Topics included: *What is Diabetes? Types of Diabetes, Managing and Preventing Diabetes, Eat Well to Prevent Diabetes, Understanding Food Labels* etc. A total of 28 people were trained during this series. The sessions were open to individuals with or at high risk for diabetes and other caretakers. The series was taught by our trained "Diabetes Educators", Nutritionist and Food Service & Preparation Specialist.



AUGUST/SEPTEMBER 2021

Diabetes Prevention & Management Education Series 2



Series 2 Description

- We eat because it is a biological need and a social activity that connects us to family and community members. Some of us practice mindful eating, while others pay little attention to what is eaten daily. For all people, especially those living with diabetes (PWDs), it is important to develop and maintain healthy eating habits throughout your life. This virtual series helps you understand more about the foods you eat and how to be physically active. You will learn how to plan healthy meals, follow easy-to-remember tips for serving sizes, healthy eating habits and make the right physical activity choices.

- Call, text, or email us to register: WhatsApp - 334) 590-3073



**FREE
6-Week
SERIES**

**THURS-
DAYS**

**26 August -
30
September
5:00-6:00
p.m.**

**VIRTUAL/
ONLINE**

**Register
Today!**



**Bovell Cancer Diabetes
Foundation**

Email: bovellcancerdiabetesfoundation@gmail.com

Website
www.bovellcancerdiabetesfoundation.org

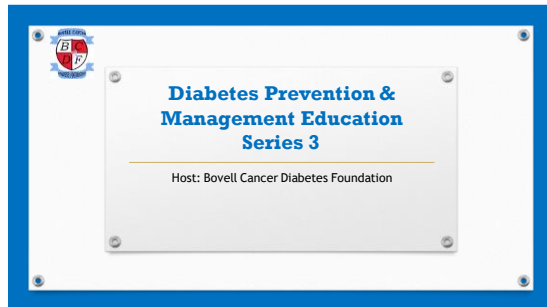
Diabetes Prevention & Management Series 2

A virtual Six Week Series was held from 26th August to 30th September 2021. Weekly 75-minute sessions were held for a group of community members. Series description is shown above. Topics included: *Jumpstarting Physical Activity, Building Healthy Meals, Mindful Eating, Slippery Slope of Lifestyle Changes, Caribbean Six Food Groups*, etc. A total of 25 people were trained during this series. The sessions were open to individuals with or at high risk for diabetes and other caretakers. The series was taught by our trained "Diabetes Educators", Nutritionist and Food Service & Preparation Specialist.



OCTOBER/NOVEMBER 2021

Diabetes prevention & Management Education Series



Diabetes Prevention & Management Series 3

A virtual Six Week Series was held from 7th October to 11th November 2021. Weekly 75-minute sessions were held for a group of community members. Topics included: *Nutrition and Weight Management, Portion and Serving Sizes of Local Foods, Calories and Caloric Intake, Fats, Sodium Intake, Smart Steps* etc. A total of 25 people were trained during this series. The sessions were open to individuals with or at high risk for diabetes and other caretakers. The series was taught by our trained “Diabetes Educators”, Nutritionist and Food Service & Preparation Specialist.



A Special Session (with 25 attendees) was conducted on 2nd December 2021. Topic: “*Diabetes-Friendly Tips for a Healthy Christmas*”. Tips discussed included:

- Limit alcohol consumption
- Stay hydrated
- Do not get saucy
- Use Plate Method
- Keep track of portions
- Stay active and do not skip meals, etc.

NOVEMBER 2021

13th Annual Diabetes in the Limelight Jamboree



BCDF

BOVELL CANCER DIABETES FOUNDATION

13TH ANNUAL DIABETES IN THE LIMELIGHT JAMBOREE

6TH
NOVEMBER,
2021

Digital
(Online)

3:00 p.m.
EST/ TT Time

Theme
“ACCESS TO
DIABETES
CARE”

Tagline
“IF NOT NOW,
WHEN?”

Join us with
your Family!

- Food Demonstrations
- Foot Exercises, Info/Demos
- Diabetes Education
- Eye Doctor / Dentist
- Hang out with the Doctors
- Children’s Booth
 - ⇒ Storytelling/Art/Posters
 - ⇒ Monologue Champion
- Weight Clinic
- Virtual Exercise Prize Wheel
- Stroke Information
- Entertainment

IF NOT NOW, WHEN?

50 years after the discovery of insulin, millions of people with diabetes serve across the care they need.

3 x 4

Access to education and psychological support

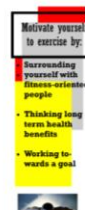
Access to healthy diet and physical activity

Access to self-monitoring

IF NOT NOW, WHEN?

www.bovellcancerdiabetesfoundation.org

Annual World Diabetes Day Campaign, 6th November 2021 (“*Diabetes in the Limelight Jamboree*”). Attendance was good, 125 adults zoomed in to the Jamboree and roughly 30 children were in the Children’s Booth. As promised, we had excellent deliveries – food demonstrations, foot exercises, diabetes education, nutrition information, inhouse doctors, monologue champion, weight clinic, exercise prize wheel and entertainment.



Examples of brochures used and distributed electronically



NOVEMBER 2021

Media Events

We are thrilled to have been featured!

1. Month-long publication on the World Diabetes Day (WDD) Website



<https://worlddiabetesday.org/activities/events/13th-annual-diabetes-in-the-limelight-jamboree-virtual-digital-online/>

2. All week media blitz on local/national radio stations and television (1st– 8th November 2021).

- a. The Morning Show Appearance, Trinidad & Tobago Television (TTT) Informational / National
- b. Radio Educational Messages
 - i. In keeping with the WDD theme, BCDF broadcasted daily messages to the nation via radio FM 95

Topics:

 - a. Access to Footcare
 - b. Access to Healthy Eating
 - c. Access to Self-Monitoring
 - d. Access to Physical Activity
 - e. Access to Education

3. Wake Up Tobago (Radio Tambrin 92.7 FM)

- a. Informational / National

4. TV6 Morning Edition

- a. Informational / National

5. CNC3 TV Morning Brew

- a. Informational / National

NOVEMBER 2021

Video Monologue Contest

Video Monologue Contest
BCDF Monologue Champion 2021

World Diabetes Day 2021
Are you attending Secondary School?
Send a 3-minute video with your monologue for a chance to win **TT\$1,000 /USD**

Theme:
"Access to Diabetes Care"
Tagline:
"If Not Now, When?"

Hurry! Deadline: 27 October, 2021
E-mail: bovellcancerdiabetesfoundation@gmail.com
WhatsApp: 334) 590-3073
Be creative with your speech!

BCDF Monologue Champion 2021
A century after its discovery, insulin and other fundamental components of diabetes care remain beyond the reach of many who need them (IDF, 2021)

This competition was open to any child attending secondary school. For the first time, it went global allowing any secondary school student from anywhere in the world. Response was fair with high quality entries. One Monologue Champion was selected.

Virtual Diabetes Education & Prevention Poster Competition

Virtual Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is hosting its 12th Annual Poster Competition among school children 6 to 15 years to help raise awareness and educate about diabetes prevention and management.

Create a poster! WIN prize money! Help PREVENT diabetes!
First Prize—\$400, Second Prize—\$300, Third Prize—\$200 and Merit prizes
Three categories, open to all school children between the ages of 6 and 15 years

- Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces
- At present there is no cure for diabetes, but the good news is that it could be prevented

2021 Theme:
"Access to Diabetes Care"
Tagline: "IF NOT NOW, WHEN?"

Compete for the ...
Most innovative poster
Theme "Access to Diabetes Care"
Tagline: "IF NOT NOW, WHEN?"

www.bovellcancerdiabetesfoundation.org
Facebook, Twitter, Email, Call Your Teacher for more information

This year, the competition was virtual and open to all children attending primary school or between the ages of 6 to 15. For the first time, it was global - in person restricts it to schools in Trinidad and Tobago. Response was good and highly competitive. The competition allows for self and teacher education about diabetes and prevention issues.


DECEMBER 2021

2nd Virtual Cancer Awareness & Education Workshop



12th DECEMBER 2021

2nd VIRTUAL CANCER AWARENESS & EDUCATION WORKSHOP



Host: BCDF
Bovell Cancer
Diabetes Foundation

Theme:
"We are, and We
Will"

Tagline:
"Survivors Journey"

3:00 p.m.
Trinidad &
Tobago Time
(AST)
**Check Your Time
Zone**

FREE Registration

Phone:
WhatsApp: 334) 590-3073

Online:
<https://docs.google.com/forms/d/1GmZ46qWzH649g0TnOltxvC8a9qMYYQm5hruU-7MNsXIQ/edit>

Email:
bovellcancerdiabetesfoundation@gmail.com

The Workshop provided 130 adults with practical information and strategies about cancer prevention and management. It raised awareness and educated about breast, prostate and oesophageal cancers, and pressed individuals to take action about cancer prevention and management. Our evaluation data revealed that: 67 and 77% of attendees were very satisfied with the overall workshop and its contents, respectively.

The most liked aspects of the workshop were:

- Doctors' and Survivors' presentations (educating the audience and sharing their stories)
- The range of cancers dealt with
- Survivors' stories, which gave real hope and inspiration

Opportunities & Challenges

BCDF has transitioned from in-person during this pandemic. We sympathise with those who lost loved ones or experienced illness. BCDF wants our volunteers, supporters, and stakeholders to know that their past assistance helped position us to grasp the opportunities during this pandemic as we continue our work. After the brief, initial shock of the pandemic in March 2020, we

quickly leaped into action to provide much-needed services to our local/national/global community members, as the demand for support increased 2 to 3-fold due to the new stressors of COVID19. We did three major things: 1) Communicated with supporters, volunteers, followers, and people we served; 2) Created a sustainable, responsible transition plan; and 3) Decided on a finance transition process, considering, and implementing other options to meet our financial deficits due to lock-downs. We have transitioned more than 60% of our activities to video conferencing services. Although it is a challenging situation, we are fixated on adapting and adjusting to continue achieving our mission. Some of our continuing challenges include: i) limited financial, electronic, and human resources needed to reach all segments of the population, especially *'hardest to reach'*; this has been worsened by the pandemic; ii) limited screening activities; iii) limited resources for advertising; iv) limited hard copy circulation of the *'Diabetes Discourse'*; this is exasperated by the pandemic for those without Internet access; and v) limited fund-raising activities.

Finally... Thanks to all who worked with us: Volunteers, Supporters, Friends, Community Members, Doctors, Speakers...

Another year has gone by, and what a remarkable year it was for BCDF and you. With the pandemic, although we were constantly making changes, we stayed focused on our mission and your wellbeing, seeking answers about how we can serve you even better. We praise you for your consistent support as we worked together to prevent and manage cancer and diabetes in our nation. We look to the year ahead with positivity and enthusiasm. We hope to continue turning the challenges we have faced into staggering opportunities. Together, let us make 2022 better than 2021 as we edge towards stamping out cancer and diabetes in our country and the world. Wishing each of you a happy and productive 2022!

From the Board of Directors, BCDF

EXCERPTS FROM OUR DIABETES PREVENTION & MANAGEMENT SERIES

Q: I HAVE TYPE 2 DIABETES - WHAT CAN I EAT?

A: There is no such thing as a special type 2 diabetes diet, but simple changes can help you manage you diabetes and reduce the risk of complications. Here are some healthy breakfast ideas to choose from: whole grain cereal with milk, or whole grain toast with olive oil-based spread, or natural unsweetened yogurt and fruit, or avocado with a hardboiled egg.



GET SOME EXERCISE

Some activities you might enjoy are: going for a jog, taking your dog for a long walk, or dancing. You should get 30 to 60 minutes of moderate exercise most days of the week.



KNOW YOUR DIABETES ABCS

A is for the A1C test: (A-one-C).

A1C is a blood test that measures your average blood sugar level over the past three months. It is different from the blood sugar checks you might do each day. The A1C goal for many people with diabetes is [below 7](#).

B is for Blood pressure.

Blood pressure is the force of blood against the wall of your blood vessels. If your blood pressure gets too high, it makes your heart work too hard. Your blood pressure goal should be [below 140/80](#) unless your doctor helps you set a different goal.

C is for Cholesterol (ko-LESS-tuh-ruhl).

There are two kinds of cholesterol in your blood: LDL and HDL. LDL or “bad” cholesterol can build up and clog your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels.



(From: [verywellhealth.com](#))

HOW TO MAKE HEALTHY HABITS STICK

Drop the all-or-nothing approach. Grand ambitions may be motivating in the beginning but trying to change too much at once is likely to lead to disappointment. Start small, for example, if you want to improve your eating habits, begin by making consistent healthier choices at one meal and build from there. Discover your favourite healthy breakfast foods — fruit, oatmeal, eggs... — and make sure you have them readily available.

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

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



Breastfeeding reduces
the mother's cancer risk



Be physically active



Limit alcohol intake



Vaccinate your
children against
Hepatitis B and HPV



Take part in
organized cancer
screening
programmes

(From: who.org)

DID YOU KNOW ABOUT ALCOHOL & CANCER PREVENTION?



(From: www.cancer.org)

GO GREEN

Eating leafy green vegetables every day might keep your brain young.

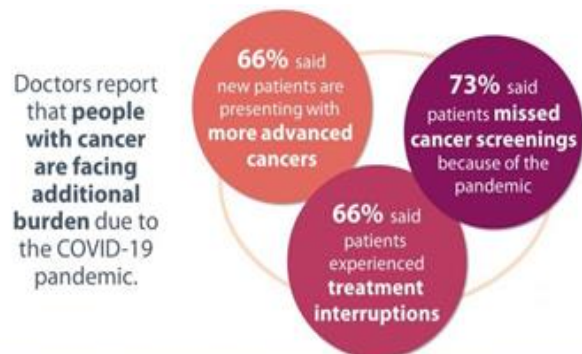


MORE TIPS TO LOWER RISK...

- ✓ Maintain a healthy weight
- ✓ Be physically active
- ✓ Eat a diet rich in whole grains, fruits, vegetables, dried peas, and beans
- ✓ Limit intake of 'fast foods', and other processed foods high in fat, sugars or starches

PROTECT PEOPLE WITH CANCER

COVID-19 can be deadly for people with cancer. Cancer and its treatment weaken the immune system. This means that people with cancer have a harder time fighting off infections. Help cancer patients by taking your vaccine and booster, by staying safe at home, washing your hands, wearing a mask, and watching your distance.



(From: eurekaalert.org)