

# Diabetes Discourse

Volume 12, Issue 3

May 2022

*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](mailto: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.

## OUR VIRTUAL VINTAGE TEA PARTY – THIS SUNDAY!



BCDF TEA-EDUTAINMENT  
VIRTUAL FUNDRAISER

### Vintage Tea Party

SUNDAY 21ST AUGUST 2022

4:00 P.M.

TT/ET/AST

VIRTUAL/GLOBAL  
MORE THAN JUST  
TEA!

DONATION: \$TT50

Everything Vintage

Hat Parade  
African Dancing  
Calypso/Soca Music  
Steelband  
Tea Trivia

Conversations

&  
Much more!



Relax, kickback, sip,  
sway and enjoy online!

[www.bovellcancerdiabetesfoundation.org](http://www.bovellcancerdiabetesfoundation.org)  
[bovellcancerdiabetesfoundation@gmail.com](mailto:bovellcancerdiabetesfoundation@gmail.com)  
WhatsApp: 334) 590-3073

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Please support us so we can support people living with or who are at risk for diabetes and cancer. Make a donation to us at:

First Citizens Bank

Account Name: Bovell Cancer Diabetes Foundation

Account #: 1814538

Thanks!



Follow Us...

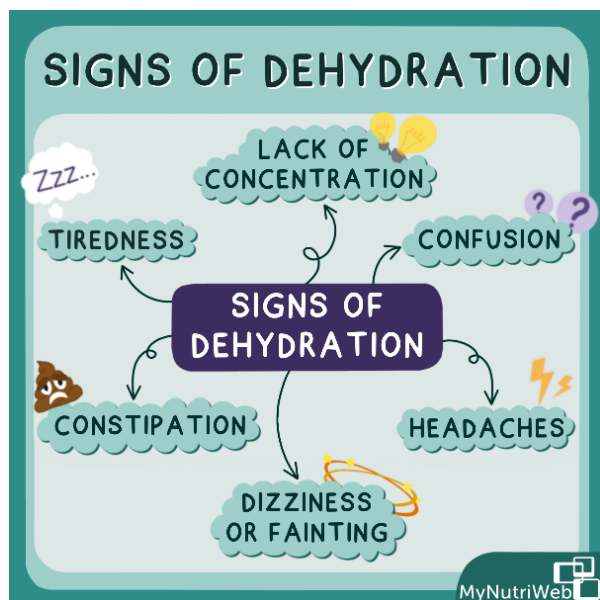
## TOP TIPS FOR STAYING HYDRATED

### Signs of Dehydration

#### *The Importance of Hydration*

Hydration status is something that can quite easily be overlooked but is very important. Over half of your body is made up of water, and therefore it is essential that you stay hydrated for your body to work at its best. Dehydration occurs when at least 3% of your bodyweight is lost due to a lack of fluid, although effects are seen with a loss as little as 1-2% on mood and performance in adults and children. If we do not stay hydrated, in the short term it could lead to some unpleasant symptoms including:

- Lack of concentration
- Tiredness
- Dizziness/ light headedness/ fainting
- Confusion
- Headaches
- Constipation
- If we have poor hydration status and are repeatedly dehydrated, this can cause longer term consequences including:
  - Kidney stones
  - Urinary tract infections
  - Chronic renal disease



### OF OUR BROTHER



May the winds  
Of heaven blow softly  
And whisper in your ear  
How much  
We love and miss you  
And wish that you were here



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



## How do I Know if I am Drinking Enough?

If you feel thirsty it is important to have a drink as this is your body's way of telling you that you need fluid. However, once we feel thirsty, we can already be mildly dehydrated. Therefore, we should try not to let ourselves get into this situation. You can also check the colour of the urine you pass, to assess your level of hydration; the more dehydrated you are, the darker your urine will be (colours 4-8 on the urine chart). Aim for a pale straw or pale coloured urine (colours 1-3) for optimal hydration. Clear urine is a sign of good hydration, but consistently clear urine could be a sign of overhydration.



## How much do I Need to Drink?

While this is a rather individual answer, it also varies with the seasons, as well as your lifestyle choices, for example, on hot days, you may need to drink more, and if you participate in a lot of exercise and sweat a lot you may also need to drink more. Typically, the average adult needs to drink between

1.5-2.5 litres of fluids a day, or around 6-10 glasses. For children these values will be slightly lower (see the below table), but you can always check if you are hydrated enough by checking the colour of your urine. The British Dietetic Association (BDA) also states that certain groups need to take extra care of their hydration status:

- Children, who are often too busy to notice or recognise thirst
- Pregnant and breastfeeding women who have higher requirements
- Older people, who often do not drink enough or forget
- Athletes, who have higher losses of water through sweat

The table below shows fluid requirements set out by the BDA for different population groups.

Population Group	Adequate Intake per day from drinks
Infants aged 0-6 months	500 mL as milk
Infants aged 7-12 months	640-800 mL
Infants aged 1-2 years	880-960 mL
Infants aged 2-3 years	1040 mL
Children aged 4-8 years	1280 mL
Over 14 years	As adults
<b>Adults including the elderly</b>	
Men	2000 mL
Women	1600 mL
<b>Pregnant women</b>	As adults + 300 mL per day
<b>Lactating women</b>	As adults + 600-700 mL per day

## What Counts as Fluids?

Many drinks count towards your fluid intake:

- Water
- Flavoured drinks
- Fizzy drinks
- Hot drinks such as teas and coffees
- Milk and plant-based milk alternatives

- Fruit and vegetable juices, and smoothies (limited to 150ml per day)

However, public health advice includes limiting the intake of sugary drinks such as fizzy drinks, soft drinks, and juice drinks, particularly in children. Sweet sugary beverages can have high amounts of free sugars (which should be limited in the diet) and minimal nutritional benefits. Although fruit juices and smoothies can contribute to one portion of 5-a-day (never more), they should be limited to one 150 mL glass per day. This is because the sugars in fruit and vegetables are released when they are juiced or blended, making them a source of free sugars. Did you know, many foods will also contribute to your fluid intakes? It is estimated that up to 20-30% of your fluid intake will come from foods such as:

- Fruits and vegetables
- Soups, stews, and casseroles
- Yoghurt
- Jelly
- Ice cream

### What are the Best Ways to Stay Hydrated?

Here are top tips for helping keep your body hydrated throughout the day:

- **Monitor your output** – First, check if you need to hydrate any more than you currently do. If you notice your urine is a darker colour, or if you are passing urine less than 4 times a day then you need to start drinking more fluids
- **Use a refillable bottle**, and always keep it on you – If you use a reusable bottle, you can monitor the volume of fluid you are consuming. For example, if your bottle is 500 mL you know you should be aiming to fill it up around 3 times during the day
- **Little and often** – Sometimes we can get carried away with a task at hand and forget to take a drink. Try to get into the habit of drinking a little fluid throughout the day

Again, using a refillable bottle can help you achieve this as you can set targets to refill your bottle once during the morning and once during the afternoon to ensure you are drinking throughout the day

- **Eat your 5-a-day!** Many fruits and vegetables contain high percentages of water, and therefore make a large contribution towards your fluid intakes. Fruits such as cucumber, tomatoes, melons, and vegetables such as lettuce, water cress and peppers are all over 90% water
- **Cool it down** when the temperature rises – Just because it is hot does not mean you cannot enjoy your favourite caffeinated beverages – these drinks still count towards your fluid intake. Why not try turning them into the cool counterparts with iced coffees and iced teas to help keep you cool. Just watch out for any hidden added sugars these may contain or try making them at home yourself, so you know exactly what goes into them

*(Reprinted from <https://mynutriweb.com>)*

### FOOD AND NUTRITION TIDBITS



In T&T, we call it eggplant, melongene or baigan. Whatever you call it - it is rich in fibre, vitamins B1 and B6, other vitamins, anthocyanins, and antioxidants and low in calories and fat.

*Cont'd on page 6*

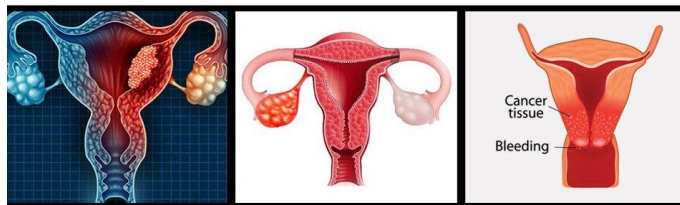
## LET'S TALK CANCER

*Dr. Liselle Bovell*

### Did you Know?

Bleeding after menopause may be a sign of gynecologic cancer? Know your body, know your normal, and know how to contact your doctor to share your symptoms.

#### Types of Gynecological Cancers



Endometrial (Uterine) cancer  
© www.medindia.net

Ovarian cancer

Cervical cancer

### Did you Know?

Sarcoma is the “Forgotten Cancer”? July was Sarcoma Awareness Month. The goal was to raise awareness about what is considered to be the “forgotten cancer.” We have seen it on our ribbons in T&T when we ask to write to a survivor or a loved one lost to cancer.



Raise Awareness About Cancer Survivorship

### Did You Know?

June was National Cancer Survivors Month - Tell everyone that June was National Cancer Survivor Month, help raise awareness and encourage them to get information about cancer prevention and management



National Cancer Survivors Month  
& National Cancer Survivors Day

**Help us do our work!**

## WHY IS CANCER PREVENTION IMPORTANT?

Prevention programs are an important part of the effort to control cancer, as **they are able to reduce both the incidence of cancer and mortality**. For instance, screening for colorectal, breast and cervical cancer is reducing the burden of these common tumors. Instead of just waiting for new breakthroughs to prevent cancer, we can do a lot to protect ourselves right now. Screening tests can help detect malignancies in their earliest stages, but we should always be alert for symptoms of the disease. The American Cancer Society developed this simple reminder years ago:

**C:** Change in bowel or bladder habits

**A:** A sore that does not heal

**U:** Unusual bleeding or discharge

**T:** Thickening or lump in the breast or elsewhere

**I:** Indigestion or difficulty in swallowing

**O:** Obvious change in a wart or mole

**N:** Nagging cough or hoarseness

## COMMANDMENTS OF CANCER PREVENTION

Early diagnosis is important, but can you go one better? Can you reduce your risk of getting cancer in the first place? It is estimated that up to 75% of cancer deaths can be prevented. Some commandments of cancer prevention are:

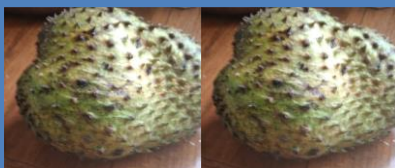
1. Avoid tobacco in all its forms, including exposure to secondhand smoke
2. Eat properly. Reduce your consumption of saturated fat and red meat
3. Exercise regularly. Physical activity has been linked to a reduced risk of colon cancer.
4. Stay lean
5. If you choose to drink, limit yourself to an average of one drink a day
6. Avoid unnecessary radiation
7. Make quality sleep a priority
8. Avoid infections that contribute to cancer

[https://www.health.harvard.edu/newsletter\\_article/the-10-commandments-of-cancer-prevention](https://www.health.harvard.edu/newsletter_article/the-10-commandments-of-cancer-prevention)

## FOOD AND NUTRITION TIDBITS



Long green beans are also known as bora, long padded cow peas, asparagus bean, snake bean or Chinese long bean, but in Trinidad and Tobago, we proudly call it bodi (pronounced bo-dee). Bodi is a rich source of protein, vitamins A, C, and K, folic acid, and fibre. This purple Tobago-grown bodi is rich in anthocyanin



Soursop (a local fruit) is low in sodium, low in fat, cholesterol-free and rich in fibre and vitamin C. Please share this news!

## FOOD AND NUTRITION TIDBITS



### Did You Know?

Avocado provides a healthy dose of mono-unsaturated fats (healthy fat), which may be helpful in lowering 'bad' cholesterol. Avocadoes also provide fibre and a variety of minerals with very little sugar. 100 g avocado gives 160 calories.



There is no cure for type 2 diabetes, but losing weight, eating well and exercising can help you manage the disease.



## PLEASE JOIN US FOR:

### A Preventive & Management Foot Care Series

*"So In Love With My Feet"-Learn How To*

- Practice low-cost preventive and management foot care measures
- Safely perform routine foot care
- Manage basic foot care problems
- Recognise serious warning signs
- Choose proper shoes
- Get appropriate referrals in a friendly community environment.

When: 16<sup>th</sup> JUNE – 21<sup>st</sup> JULY, 2022

Where: Virtual

Time: 5:00 p.m. Trinidad & Tobago Time



WhatsApp  
334.590.3073

Messages

Individualized

Free

16, 23, 30<sup>th</sup> June  
7, 14, 21<sup>st</sup> July

HOST

BOVELL CANCER DIABETES  
FOUNDATION

[www.bovellcancerdiabetesfoundation.org](http://www.bovellcancerdiabetesfoundation.org)

[bovellcancerdiabetesfoundation@gmail.com](mailto:bovellcancerdiabetesfoundation@gmail.com)

The Bovell Cancer Diabetes Foundation successfully completed another round of its preventive and management foot care series project "So In Love With My Feet". BCDF was able to train 25/30 participants in this six-week project. Participants learnt about low-cost preventive and management foot care measures, perform routine foot care, manage basic foot care problems, recognize serious warning signs, choose proper shoes, and get appropriate referrals. It was truly a great session and participants enjoyed it. Please plan to attend the next round if you have not done it before.



Coming in September!

"A Preventive & Management Healthy Eating/Nutrition 6-Week Series"  
Virtual  
Watch for the date!

## 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. The hangout is an awareness and information tool created to inform children and ultimately their parents and families about the importance of diabetes prevention and management. To join the hangout, just e-mail us or WhatsApp 334) 590-3073 with your name and e-mail.

The weekly sessions will include:

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

BOVELL CANCER DIABETES FOUNDATION (BCDF)

19 King Orange Avenue South  
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## "DIABETES IN THE LIMELIGHT JAMBOREE" IS COMING BACK FACE-TO-FACE



**FRIDAY 11<sup>TH</sup>  
NOVEMBER 2022**

## BCDF Yearly Schedule of Events

### Save the Dates

#### August 2022

08/21/22 (Sun)	BCDF Virtual Tea Party	Event
08/31/22 (Wed)	Diabetes Discourse - E-Newsletter	Writing

#### September 2022

09/05-11/22	Global Week for Action on NCDs	Event
09/08/22 (Thu)	Diabetes Prevention/Management Series	Event
09/15/22 (Thu)	Diabetes Prevention/Management Series	Event
09/22/22 (Thu)	Diabetes Prevention/Management Series	Event
09/29/22 (Thu)	Diabetes Prevention/Management Series	Event

#### October 2022

10/06/22 (Thu)	Diabetes Prevention & Management Series	Event
10/08/22 (Sat)	Volunteers' Meeting	Meeting
10/09/22 (Sun)	Poster competition Announcement	Writing
10/10/22 (Mon)	Video Monologue Contest Announcement	Writing
10/10/22 (Mon)	Jamboree Planning	Meeting
10/13/22 (Thu)	Diabetes Prevention & Management Series	Event

#### November 2022

11/11/22 (Fri)	Diabetes in the Limelight Jamboree	Event
11/26/22 (Sat)	Virtual Cancer Workshop	Presentation
11/30/22	Diabetes Discourse - E-Newsletter	Writing

**Make A Donation To BCDF!**



**Help Stamp Out Diabetes!**

