

Diabetes Discourse

Volume 12, Issue 4

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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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EDUCATION TO PROTECT TOMORROW



World Diabetes Day falls on Wednesday 14th November. The purpose of this one day is to raise awareness of a condition that millions of people all around the world live with every day.

14th Annual "Diabetes in the Limelight Jamboree" Is Back!

11th November 2022
10:00 A.M. Roxborough Sporting Complex

Doctors on site	Eye Doctor
Dentist	Children's Booth
Weight Clinic	Zumba
Blood Glucose	Cholesterol Testing
Foot Exams	Stroke Awareness
Diabetes Education	Blood Pressure
A1c test for all	Food Demos
Spin-to-Win Prizes	Children's Posters

New! Spiritual Post-Pandemic Talk Out Booths

Theme: "Education to Protect Tomorrow"

- Free gifts for the first 100; Free monthly foot care
- Free blood glucose machine & strips and Much More...

WORLD DIABETES DAY

Essentially, diabetes is about the body's ability (or lack of it) to produce the required amount of a hormone called insulin to control glucose levels in the blood. There are broadly two types of diabetes: Type 1 requires daily administration of artificial insulin by means of injection or insulin pump. Type 2 is more generally managed by a combination of dietary control, exercise, and medication in the form of tablets. It is very important that people with diabetes maintain good control of their condition to help reduce and avoid long term complications.

(<https://www.awarenessdays.com/awareness-days-calendar/world-diabetes-day-2022/>)



Infographics on pages 3 and 4 are taken from

<https://worlddiabetesday.org/resources/wdd2021-23/infographics/>



OF OUR MOTHER

***Mildred “Miss” Bovell
(1922-2013)***



Remembering the Matriarch of Bovell Cancer Diabetes Foundation on this our 13th Anniversary, 2021

You never failed to do your best,
Your heart was true and tender,
You worked, and toiled for those you loved,
And left them to remember.

We sat beside your bedside,
Our hearts were crushed and sore,
We did our duty to the end,
Until we could do no more.
In tears we watched you sinking,
We watched you fade away,
And though our hearts were breaking,
We knew you could not stay.
You left behind some aching hearts,
That loved you most sincere,
We never shall and never will,
Forget you, mother dear.

RIP!!

***From your children, grandchildren,
great grandchildren, friends and
your BCDF Family*** ❤️

When did you last learn more about diabetes?



Today, diabetes affects more than **500 million people** around the world. **Almost half** do not know they have it. This puts them at increased risk of **life-threatening complications**.



Heart attack



Kidney failure



Liver damage



Lower-limb amputation



Sexual dysfunction



Stroke



Vision loss

1 in 10
people now live
with diabetes

The **rise of diabetes** is putting health systems under increasing pressure, preventing people with diabetes and those at risk from getting **access to the care and education they need**.

COMMON WARNING SIGNS:

- Blurred vision
- Excessive thirst
- Unintentional weight loss
- Frequent urination
- Lack of energy
- Slow healing wounds
- Frequent infections
- Tingling or numbness in hands and feet

These can be mild or absent in people with type 2 diabetes.

RISK FACTORS FOR TYPE 2 DIABETES:

- A family history of diabetes
- Unhealthy eating habits
- Lack of physical activity
- Being overweight
- Age
- High blood pressure
- Ethnicity
- A history of diabetes in pregnancy
- Poor nutrition during pregnancy



For more than **95% of the time**, people with diabetes are looking after **themselves**.

They need to understand their condition and **keep their diabetes knowledge up to date** in order to manage it.

Education today can help protect tomorrow

Access free diabetes education at:
worlddiabetesday.org/understandingdiabetes
#WorldDiabetesDay #EducationToProtect



Diabetes: education to protect tomorrow



The **rise of diabetes** is putting healthcare professionals under increasing pressure. They need to make the most of the limited time they have to **provide the best possible advice and care** to the millions of people affected by diabetes.

Governments have committed to **ambitious targets** that will guide their action on diabetes over the **next decade**. Investment in the **training of healthcare professionals** is essential to **improve diabetes diagnosis rates** and **quality of life** for people with diabetes.



1 in 9
people will be living
with diabetes by
2030

Almost
1 in 2
people with diabetes
are **undiagnosed**

WHO DIABETES COVERAGE TARGETS TO BE ACHIEVED BY 2030

- Target 1:** 80% of people with diabetes are diagnosed
- Target 2:** 80% of people diagnosed have a good control of blood glucose
- Target 3:** 80% of people diagnosed have a good control of blood pressure
- Target 4:** 60% of people with diabetes over 40 years receive statins
- Target 5:** 100% of people with type 1 diabetes have access to affordable insulin treatment and blood glucose self-monitoring

When did you last update your knowledge?

Access free diabetes education at:
worlddiabetesday.org/understandingdiabetes
#WorldDiabetesDay #EducationToProtect



LET'S TALK CANCER WITH...

Dr. Liselle Bovell



Tips for Good Breast Health | Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, and since breast cancer is the most common cancer in women in Trinidad and Tobago and the second most common cause of cancer death in women, it is a good time to talk about how women can be proactive about prevention. Here are eight breast health tips you can put in action today.

- ✓ **Maintain a healthy weight.** Research suggests that regular exercise can offer protection against breast cancer, particularly in postmenopausal women. Being physically active for at least 30 minutes a day is one of the best ways to keep your weight in check.
- ✓ **Eat a healthy diet.** A well-balanced diet with plenty of plant foods, fish, and olive oil can decrease the risk of developing breast cancer.
- ✓ **Quit smoking.** Research suggests that there is an increased risk of breast cancer in women who smoke. Women who started smoking during adolescence, long-term smokers, and those who smoke a higher number of cigarettes per day represent a higher risk. Quitting today could help lower your risk of developing breast cancer.
- ✓ **Consider breastfeeding.** Besides the great health benefits for your child, breastfeeding for one year or more has been proven to protect against breast cancer.
- ✓ **Limit alcohol.** Alcohol is linked to an increased risk of developing breast cancer. Women should limit consumption to less than one alcoholic beverage per day. Those who have three or more drinks per week after being diagnosed with breast cancer have a greater chance of disease recurrence.

- ✓ **Breast self-exams.** They do not substitute mammography. Women who perform breast self-examinations should discuss any suspicious lumps with their primary care provider.
- ✓ **Get screened.** When to begin mammograms and how often is determined by an individual risk for developing breast cancer. In general, women aged 40 to 49 are encouraged to share decision-making with their primary care provider. Women aged 50 to 74 years should have a mammogram every two years. Talk with your doctor to determine what's best for you.
- ✓ **Making these healthy habits part of your life can lower your risk of developing cancer and improve your chances of surviving cancer should it occur.**

(Paula Dibo; www.daykimball.org/women).

Preventable Risk Factors

While some breast cancer risk factors are uncontrollable, there are many factors that you can do something about. These preventable risk factors include:

- ✓ Physical inactivity
- ✓ Excess weight or obesity after menopause
- ✓ Alcohol or tobacco use

Know the Signs and Symptoms of Breast Cancer

Early detection is important, so yearly mammograms or other screenings might come too late if other signs and symptoms of breast cancer arise. The most common sign of breast cancer development is a new lump or mass in the breast, but there are other early indicators. These symptoms include:

- ✓ Breast or nipple pain
- ✓ Swelling of part or all of the breast
- ✓ Nipple retraction
- ✓ Changes to the skin on your breast (redness, dry skin, flaking, etc.)
- ✓ Discharge from your nipple other than breast milk
- ✓ Swollen lymph nodes under the arm or collar bone

Bovell Cancer Diabetes Foundation (BCDF)

<http://www.bovellcancerdiabetesfoundation.org>

Phone: WhatsApp: 334) 590-3073

E-mail: bovellcancerdiabetesfoundation@gmail.com

[http://www.facebook.com/pages/Bovell-Cancer-Diabetes-](http://www.facebook.com/pages/Bovell-Cancer-Diabetes-Foundation/109253079221608)

[Foundation/109253079221608](http://www.facebook.com/pages/Bovell-Cancer-Diabetes-Foundation/109253079221608)



Diabetes Education & Prevention Poster Competition

The Bovell Cancer Diabetes Foundation (BCDF) is hosting its 13th 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!

Overall Winner: \$1,000.00; 1st, 2nd, 3rd and Merit prizes in all categories!

Three categories, open to all school children between the ages of 6 and 15 years

- The rising number of people affected by diabetes is putting added strain on healthcare systems. We need education to stop the rise.
- People living with diabetes need access to ongoing education to understand their condition and carry out the daily self-care essential to staying healthy and avoiding complications.
- **Entries close 3rd November, 2022**

**Compete for the ...
Most innovative poster
Theme "Education to Protect
Tomorrow"
Education to Stop the Rise**



www.bovellcancerdiabetesfoundation.org

Facebook, Twitter, Email, Call
Your Teacher for more information

**2022 Theme:
"Education to Protect
Tomorrow"**



Bovell Cancer Diabetes Foundation



Poster Competition 2022 Diabetes Education & Prevention

COMPETITION DESCRIPTION

The Bovell Cancer Diabetes Foundation announces the 13th island-wide poster competition among school children to help raise awareness and educate about the seriousness of diabetes and its complications, and the importance of diabetes prevention. All the submissions – whether humorous, serious, figurative or abstract, drawing or otherwise should transmit **an important message** that reflects some aspect of the 2022 World Diabetes Day Theme – *“Education to Protect Tomorrow”*

ELIGIBILITY

Any child who lives and attends school in Trinidad & Tobago, and is between the ages of 6 and 15 years is eligible to participate.

Two age groups : **6-9 years; 10-15 years**

HOW TO ENTER

1. Each poster must have an official entry form signed by class/art teacher or principal or parent/guardian attached to the back. No glue!
2. There may be no more than **one poster entry from each student**
3. Posters must have the category you are competing under (drawing, painting or colourful)
4. Each poster must have a **title** and must address *“Education to Protect Tomorrow”* - the 2022 focus.
5. Each entry may have only one author printed on the poster; individual entries only!

JUDGING PROCESS

1. Posters must have a *“Education to Protect Tomorrow”* focus
2. Appearance: attractively displayed in colour
3. Demonstrate effective use of art materials
4. Original design or innovative concept
5. Should make an impact from a distance
6. Adhere to the rules of the competition, for example, poster size
7. Be suitable for reproduction
8. Winners will be announced 11th November, 2022 at the 14th “Diabetes in the Limelight Jamboree”.

POSTER SIZE AND CATEGORIES

1. Poster must be no larger than 50.0 x 81cm (20.0” x 32.0”) and no smaller than 32.0 x 33 cm (12.5x12.8 inches). Larger or smaller posters will NOT be judged.
2. Entries will be judged under the following categories: **1) Drawings; 2) Colourfuls; and 3) Other**

PRIZES

Individual Prizes in Each Category and Age Group

- **First Prize** value \$700
- **Second Prize** value \$500
- **Third Prize** value \$400

Merit prizes will be awarded (\$100 each)

School Prizes

Challenge trophy for 1st prize in each category, each age group. Challenge Trophy and \$1,000 for the winner with the most innovative depiction of the theme *“Education to Protect Tomorrow”*

Entries close 3rd November, 2022



Bovell Cancer Diabetes Foundation (BCDF)
<http://www.bovellcancerdiabetesfoundation.org>
WhatsApp: 334) 590-3073
E-mail: bovellcancerdiabetesfoundation@gmail.com

Video Monologue Contest BCDF Monologue Champion

World Diabetes Day 2022

Are you attending Secondary School?

⇒ **Send a 3-minute video with your monologue for a chance to win
TT\$1,000**

Theme:
**"Diabetes Education to
Protect Tomorrow"**

***Hurry! Deadline: 3rd November,
2022***

***E-mail : bovellcancerdiabetesfoun-
dation@gmail.com***

WhatsApp: 334) 590-3073

***We need education to stop the
rise in diabetes
Be creative with your speech!***

**BCDF
Monologue
Champion
2022**

**Action on
over-
weight/
obesity is
needed to
reduce the
impact of
Type 2
diabetes**

People living with diabetes need access to ongoing education to understand their condition and carry out the daily self-care to stay healthy





Bovell Cancer Diabetes Foundation

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WhatsApp Phone: 334) 590-3073

E-mail: bovellcancerdiabetesfoundation@gmail.com

BCDF MONOLOGUE CHAMPION 2022

VIDEO MONOLOGUE CONTEST GUIDELINES

Write and perform your 3-minute monologue on video expanding the topic “Diabetes Education to Protect Tomorrow” to compete for TT\$1,000+ BCDF Monologue Champion 2022 Title

- ✓ All monologues must be **limited to a maximum of three minutes in length**.
- ✓ Videos which exceed this limit will not be eligible for consideration as finalists.
- ✓ The monologue must be prepared **by the student**
- ✓ Effective Monologues will address the theme **“Diabetes Education to Protect Tomorrow”**
- ✓ No costumes. Students should dress in a manner appropriate for their presentations, and preferably use a **light blue colour**, which is the universal colour for diabetes.
- ✓ Simple set pieces such as a table and chair could be used in the monologue. No additional set pieces will be permitted.
- ✓ Creativity and artistic risk-taking are encouraged, although students are encouraged to choose material judiciously. Monologue material should be suitable for people of all ages. If the judges deem material to be salacious or inappropriate, students may be ineligible for consideration.
- ✓ Winners will be chosen by a panel of judges. All judges' decisions are final.
- ✓ Entry into the Video Monologue Contest gives BCDF the right to use the pictorial likenesses and/or biographical information of the contestants for publicity purposes as deemed fit by the BCDF at no cost of recompense to any party.

Each contestant MUST:

- ✓ Be a registered student in any secondary/high school/tertiary institution
- ✓ Complete and submit an entry form (title/registration screen on video)
- ✓ All entries must be digital videos.
- ✓ The length of the video should not exceed three minutes, not including the 10 second title / registration screen.
- ✓ All entries should begin with a 10 second full screen “title / registration screen” that includes the following information:
 - a. Student's name
 - b. Student's Age
 - c. Student's Email
 - d. School name and country
 - e. Title of video
 - f. Total running time (not including the 10 second title screen)
- ✓ Students will present their monologues on video and submit the video to bovellcancerdiabetesfoundation@gmail.com or WhatsApp to: 334)590-3073

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!

