

DIABETES DISCOURSE

Volume 13, Issue 1

November 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;

<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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2022 - YEAR OF ACCOMPLISHMENTS, OPPORTUNITIES AND CHALLENGES!

14 Years of the Bovell Cancer Diabetes Foundation (BCDF)

Major Achievements and Events of 2022:

BCDF's history and achievements have been consistent with its awareness of the potential of NGOs. Our NGO has the distinctive quality of: independence, representing and acting upon public feedback, initiative, and true flexibility in our actions. We support and co-operate with government programmes in the same or related field; **we are not competitive with the 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 cancer and diabetes and to improve the quality of life 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

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DITCH THE SALT

SALTY CULPRITS IN OUR KITCHENS



In Trinidad & Tobago (TT), we are eating too much salt, **higher than the recommended limit of 5g/day (or about 1 teaspoon).** For every 1g reduction in population salt intake, more than 4,000 premature deaths could be prevented annually. Salt is added to many of our commonly eaten foods. Let us take a look!

Bread is a household staple frequently eaten by most people. Bread is one of the largest contributors to salt in our diet. Small reductions in the salt content of bread are therefore especially important. Typically you would find 0.34g salt in just one slice – pair that with some spread and sandwich fillings and before you know it your sandwich contains more than 33% of your maximum recommended limit!

Bacon

Bacon is a widely eaten food. Two rashers of bacon typically contain 1.5g salt. Limiting red and processed meats is also recommended to reduce cancer risk and more importantly, we must consider that reducing intakes of such foods is also of benefit towards achieving sustainable diet goals.

Cheddar Cheese

Cheddar cheese is eaten almost daily in sandwiches, grated in macaroni pie or consumed as a snack in bakery pies. Cheese is a big part of our diet, bought by the majority of households in the country. Cheddar, the most commonly eaten has on average 0.45g in

one 30g portion.

Pizza

Pizza is a favourite family Friday night takeaway. However, the many salty ingredients in pizza (bread, cheese, and salty meat toppings) can result in an excessively salty meal. Takeaway pizzas are of particular concern, as seen in Action on Salt's report, which found more than 66% of restaurant and takeaway pizzas had 6g or more salt, in just one pizza!

Processed Foods

Processed foods are hugely popular in T&T. We have access to a many different types, suitable to many dietary preferences and eating occasions, and they are convenient for many. They can contain excessively high levels of salt. Dishes with generous amounts of sauce e.g. curries or Chinese dishes are obvious culprits. Processed foods should be limited and only eaten in moderation as part of a healthy balanced diet.

Tips to Reduce Salt Intake:

1. Gradually add less salt to your favourite recipes. One less pinch here and there will allow your taste buds to adapt
2. Use herbs, spices, garlic, and citrus to add flavour to your dishes in place of salt
3. Drain and rinse canned vegetables and beans if they are stored in salted water, better yet, check food labels before buying, choose lower salt alternative
4. Use health apps to help make more sense of labels!

Summary

We should all take active steps early on in life to prevent health complications in the future. Having a healthy balanced diet, staying physically active, getting enough sleep, being aware of our numbers are important lifestyle factors we can make towards staying healthy. Limiting salt intake should never be ignored. If we make changes early on, our future selves will thank us for it. *(Taken from Sonia Pombo, Campaign Lead for Action on Salt, and Research Fellow)*

TRUE OR FALSE? ANSWERS TO YOUR DIABETES QUESTIONS



Taken from: Kleinman, R.
<https://www.adwdiabetes.com/articles/true-or-false-answers-to-your-diabetes-questions>

Knowing what to do to manage your diabetes is crucial to your future health. Understanding the difference between true and false information about diabetes can help you achieve better blood sugar control. According to the World Health Organization (WHO) diabetes has entered into the top 10 leading causes of death worldwide. A diabetes diagnosis doubles your risk of cardiovascular disease and increases your chance of a stroke by one and a half times. The risk of nerve damage, kidney damage or kidney failure as well as blindness and amputation increase. Let us look at some frequently asked diabetes questions

True or False? The official blood sugar reading recommendation for people with diabetes (fasting) is 80-130mg/dl (or under 180 mg/dl 1-2 hours after eating), with an A1C of 7% or less is considered “being in good Diabetes Control”

Answer: Mostly true

Although the recommendation falls in this range for most people with diabetes, both the fasting and target A1C have become more individualized depending on your personal situation. **Fasting means “not eating or drinking anything except for water for at least 8 hours”**. The A1C represents the “3-month average glucose level”, which remains an important indicator of overall diabetes control. You can eat when you are having an A1C blood test. By giving you individualized numbers because of a certain situation, your doctor will be able to maximize your diabetes care while minimizing your risk of any problems. They want to get you “to target” (meaning a good blood sugar range) in a safe and effective manner.

From page 1 2022 – Year of Accomplishments educational materials distributed by BCDF, the number of small group workshops held, number of newsletters circulated, number of children followed, number of referrals, feedback from website, number of vision, foot, and dental examinations for persons with and at risk for diabetes, media activities in which BCDF promotes change, support given to individuals, grants disbursed, evidence of application of knowledge and behavioural change in individuals and communities.

Children & Teen Hangout 2022

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

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We continued our Children & Teen Hangout Project. Retention was good, more children joined, and we continued this project throughout the year (roughly 32 weekly, 1-hour sessions in 2022), from February 2022. Topics covered included: “Explaining Diabetes”, “Fast Foods: Figure out the Facts”, “What is Glucose”, “Protein Foods”, “Increase Physical Activity”, “Healthy Eating: Breakfast, Lunch, Dinner”, “Fats”, “Vitamins”, “Minerals”, “Caribbean Six Food Groups”, Videos, Engagement Activities etc.

The children and teens attending the Hangout have grown by more than 50%. Children and Teens with access to high-speed Internet, a smart phone, tablet, laptop, desktop computer can join. To join, WhatsApp 334) 590-3073 or Email:

bovellcancerdiabetesfoundation@gmail.com

Diabetes Discourse 2022



Our issues of the quarterly E-Newsletter “Diabetes Discourse” had a readership of 800+ subscribers. All issues are available for free: www.bovellcancerdiabetesfoundation.org.

Challenges with our volunteer workforce slowed down the timely deadlines of the publications but this is being addressed.

“So In Love with My Feet” Project 2022



“So in Love with my Feet” Project. Continuing into 2022, a virtual Six Week Series was held. Weekly 75-minute sessions were held for two different 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. Roughly 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 Lay Foot Care Attendants (LFCAs)

Fundraiser 2022 – Vintage Tea Party



Our Vintage Tea Party - Flagship Fundraiser for 2022 was held virtually. Due to the pandemic, we were unable to hold any other in-person fundraiser for 2022. Our Tea Party served as a fundraiser and educational opportunity - medical doctors were inhouse discussing and taking questions re: COVID19 and its after effect.

Diabetes Prevention & Management Series 3

Our six-week series (Diabetes Prevention and Management Education) of small group workshops continued virtually this year. Weekly 60-minute sessions were held for different groups of community members. Series description is shown below. Topics included: What is diabetes? Types of diabetes



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www.bovellcancerdiabetesfoundation.org
WhatsApp: 334) 590-3073
Class Dates: Thursdays
29/09/22 06/10/22 13/10/22
20/10/22 27/10/22 03/11/22

DIABETES PREVENTION & MANAGEMENT EDUCATION SERIES

SERIES DESCRIPTION – DIET, NUTRITION & DIABETES

FREE 6-Week SERIES

Thursdays
29/09 –
03/11/2022
5:00-6:00 p.m.

Register Today!
<https://forms.gle/FHtZMp-b4WdY4K7SP9>

A healthy diet is central to the management of diabetes. When you are living with diabetes, it is important to know a lot about food because food affects your blood sugar, your body weight, and your heart health. In this series, you will learn more about:

- Which foods have carbohydrate, protein, fats, and oils
- Counting carbohydrates to control your blood sugar
- Choosing balanced diets, healthy fats, and oils
- Making protein choices in your diet
- Reading food labels
- Mindful eating exercises
- The series offers diabetes prevention and management basics, "hands-on", discussions, and physical activity choices
- Call, text, email or use the link to register: <https://forms.gle/FHtZMp-b4WdY4K7SP9>

Managing and Preventing Diabetes, Eat Well to Prevent Diabetes, Understanding Food Labels etc. A total of 30 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.

Social Media

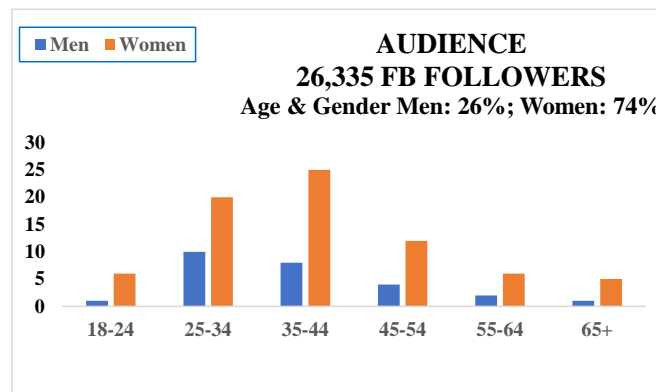
Our Website

<https://www.bovellcancerdiabetesfoundation.org>



About Us: BCDF was created in honour of our parents Mildred and Theophilus Bovell, for their extraordinary commitment to enriching lives. Their passion for helping others and enhancing the community in which they lived impacted many persons. They inspired young people to pursue their education, and older adults to enhance their skills in adult education classes.

Our Facebook



Our Twitter Account

<https://twitter.com/bovellcancerdi1>

BCDF

@bovellcancerdi1

679 Tweets; 80 following



Our WhatsApp



334) 590 – 3073

Join any of our
WhatsApp Educational groups

Professional Development Participation

Webinars/Workshops/Training

- ✓ World NGO Day with the Cropper Foundation. Featured in the 'NGO Showcase' – 28/2 – 1/3/22
- ✓ Emory University: 4th Emory Diabetes Symposium
- ✓ Emory Diabetes Education Center and Diabetes Training Academy
 - ✓ Update in diabetes and cardiovascular disease - 24/2/22
 - ✓ Weight management and diabetes
- ✓ TTNCDA: Advocacy Webinar
- ✓ International Experience Exchange with Patient Organisations (IEEPO)
 - ✓ *From Crisis to Crisis: Staying focused on Humanising Healthcare* – 10/22
 - ✓ Transforming Healthcare Systems – 22/3/22
 - ✓ International Experience Exchange for Patient Organisations – 3/21/22
- ✓ *Everyone Counts; the importance of physical activity to manage and prevent diabetes* - 1/9/22
- ✓ *World Health Organisation diabetes targets: accelerating progress towards 2030* – 19/5/22

- ✓ IDF - Obesity and Type 2 Diabetes: A Joint Approach to halt the Rise - 1/4/22
- ✓ IDF - *Obesity and Diabetes Policy Brief* - 31/3/22
- ✓ Diabetes and mental health challenges for schools and families – 27/10/22
- ✓ World Diabetes Foundation (WDF): WDF 20-year Anniversary Online Forum – *Ways to accelerate diabetes care in low- and middle-income countries* – 4/4/22
- ✓ My NutriKitchen Webinar: *Eating well with Cancer* – 1/6/2022
- ✓ TTNCDA – Participated in global week of action – 5/5 – 11/9/22.
- ✓ The Myeloma Lymphoma & Leukaemia Foundation of Barbados – *Lymphoma Awareness* – 28/9/22
- ✓ Two delegates represented BCDF at the IDF World Diabetes Congress 2022 at Lisbon, Portugal, BCDF presented a poster entitled *Implementing a Community Foot Care Model with Lay Foot Care Attendants in Trinidad and Tobago*

Collaborations/Membership

The Bovell Cancer Diabetes Foundation is always seeking collaborations with and/or membership in conscientious organisations, alliances, or coalitions to advance its mission to enrich the lives of people living with or at risk for cancer and diabetes by providing support, preventive, management education and financial resources. Our Foundation is passionate about reciprocally beneficial intentional collaborations to further elevate diabetes and cancer to the top of the public agenda. We are greatly indebted to our many volunteers, all our donors, supporters, and community members who sustained our project activities and events during 2022.

EduTalk TT – For the year 2022, BCDF hosted the weekly health corner in this organisation's 2-hour-long meetings. Some examples of the topics presented are:

- Reduce Meltdown under Stress

- Fun -Story: A little Help
- Riddle-Me-A-Veggie
- In the Creative Pot
- Eatwell Plate
- Nutrition-dense Foods and how Much
- Fast Foods – Figure out the Facts
- Reading Labels
- Importance and Safety of Exercise etc.

This series allowed us to educate and impact 600 individuals (parents, teachers, and children) about diabetes and cancer prevention and management over the year.

Healthy Caribbean Coalition (HCC) member

Trinidad & Tobago Non-Communicable Diseases Alliance (TTNCDA) member



Proposal Writing / Grant

Roche's Better Together Platform

- ✓ *A Mobile App (eCanDiaEdu) for Cancer Diabetes Prevention and Management Education* - Funded 22/4/22

Upcoming Event: **7th Annual Cancer Prevention & Education Workshop**: 9th July 2023. Save the date, details to follow.

TIPS FOR HEALTHY EATING WITH DIABETES

There are different types of diabetes, and no two people with diabetes are the same. So there is no one-size-fits-all 'diabetes diet' for everyone with diabetes. But here are some tips that can be used to help make healthier food choices.

1. Choose healthier carbohydrates (carbs)

- All carbs affect blood glucose levels, so it is important to know which foods contain carbs. Choose the healthier foods that contain carbs and be aware of your portion sizes.
- Here are some healthy sources of carbs:
 - Whole grains like brown rice, and whole oats
 - Fruit
 - Vegetables
 - Pulses such as channa, beans and Lentils
 - Dairy like unsweetened yoghurt and milk.
- It is also important to cut down on foods low in fibre such as white bread, white rice, and highly processed cereals. You can check food labels when you are looking for foods high in fibre if you are unsure.

2. Eat less salt

- Eating lots of salt can increase your risk of high blood pressure, which in turn increases risk of heart disease and stroke. When you have diabetes, you are already more at risk for all of these conditions.
- Try to limit yourself to a maximum of 6g (one teaspoonful) of salt a day. Lots of pre-packaged foods already contain salt. Cooking from scratch will help you keep an eye on how much salt you are eating. You can also get creative and swap out salt for different types of herbs and spices to add

that extra flavour.

3. Eat less red and processed meat

- If you are cutting down on carbs, you might start to have bigger portions of meat to fill you up. But it is not a good idea to do this with red and processed meat, like ham, bacon, sausages, beef and lamb. These all have links with heart problems and cancers.
 - Try swapping red and processed meat for these:
 - Pulses such as beans and lentils
 - Eggs
 - Fish
 - Poultry like chicken and turkey
 - Unsalted nuts
 - Beans, peas, and lentils are also very high in fibre and do not affect your blood glucose levels too much – making them a great swap for processed and red meat and keeping you feeling full. Most of us know that fish is good for us, but oily fish like salmon and mackerel are even better. These are rich in something called [omega-3 oil, which helps protect your heart](#). Try and aim to eat two portions of oily fish per week.

4. Eat more fruit and vegetables

- We know eating fruit and vegetables is good. It is always a good aim to eat more at mealtimes and have them as snacks if hungry. This can help the body get the vitamins, minerals and fibre needed daily to help keep us healthy.
- Should we avoid fruits because they are sugary? No. Whole fruit is good for everyone with or without diabetes. Fruits do contain sugar, but it is natural sugar. This is different to the added sugar (also known as free sugars) that are in things like chocolate, biscuits, and cakes.

- Products like fruit juices also count as added sugar, so go for whole fruit instead. This can be fresh, frozen, dried, or tinned (in juice, not in syrup). It is best to eat fruits throughout the day instead of one bigger portion in one go.

5. Choose healthier fats

- We all need fat in our diets because it gives us energy. But different types of fat affect our health in different ways. Healthier fats are in foods like unsalted nuts, seeds, avocados, oily fish, olive and sunflower oils. Some saturated fats can increase the amount of cholesterol in your blood, increasing your risk of heart problems. These are mainly found in animal products and prepared foods like:
 - Red and processed meat
 - Ghee
 - Butter
 - Lard
 - Biscuits, cakes, pies, and pastries.
 - It is still a good idea to cut down on using oils in general, so try to grill, steam, or bake foods instead.

6. Cut down on added sugar

- We know cutting out sugar can be really hard at the beginning, so small practical steps are a good starting point when trying to cut down on excess sugar. Swapping sugary drinks, energy drinks and fruit juices with water, plain milk, or tea and coffee without sugar can be a good start.
- Try low or zero-calorie sweeteners (artificial sweeteners or sugar substitutes) to help you cut back. Cutting out these added sugars can help control blood glucose levels and help keep weight down.



7. Be smart with snacks

- If you want a snack, choose yoghurts, unsalted nuts, seeds, fruits, and vegetables instead of crisps, chips, biscuits and chocolates. But watch your portions still – it will help you keep an eye on your weight

8. Drink alcohol sensibly

- Alcohol is high in calories, so if you drink and you are trying to lose weight, think about cutting back. Try to keep to a maximum of 14 units a week. But spread it out to avoid binge drinking and go several days a week without alcohol.
- If you take insulin or other diabetes medications, it is also not a good idea to drink on an empty stomach. This is because alcohol can make hypoglycaemia more likely to happen.

9. Get your minerals and vitamins from foods

- There is no evidence that mineral and vitamin supplements help you manage your diabetes. So, unless you have been told to take something by your healthcare team, like folic acid for pregnancy, you do not need to take supplements.
- It is better to get your essential nutrients by eating a mixture of different foods. This is because some supplements can affect your medications or make some diabetes complications worse, like kidney disease.

10. Do not forget to keep moving

Being more physically active goes hand in hand with eating healthier. It can help you manage your diabetes and also reduce your risk of heart problems. This is because it increases the amount of glucose used by your muscles and helps the body use insulin more efficiently. Aim for at least 150 minutes of moderate intensity activity/week.

Taken from Diabetes UK at <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/10-ways-to-eat-well-with-diabetes>

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

Cancer in the Americas

Cancer is the second most frequent cause of morbidity and mortality in the Americas. In the Americas, an estimated 4 million people were newly diagnosed and 1.4 million people died from the disease in 2020. Approximately, 57% of new cancer cases and 47% of cancer deaths occurred in people 69 years of age and younger, in the prime of their lives.

Future trends

Globally, there were an estimated 20 million new cases of cancer and 10 million deaths from cancer. The cancer burden will increase by roughly 60% over the next two decades, further straining health systems, people and communities. The predicted global burden will increase to about 30 million new cancer cases by 2040, with the greatest increases occurring in low- and middle-income countries. In the Americas, the number of people expected to be diagnosed with cancer will increase by 57%, to approximately 6.23 million people are predicted to be diagnosed with cancer by 2040, if no further action is taken to prevent and control cancer.

Cancer can be prevented and controlled

Cancer can be prevented and controlled by implementing evidence-based strategies for cancer prevention, screening and early detection, treatment, and palliative care. The most common modifiable risk factors for cancer, which are shared with many other noncommunicable diseases, are:

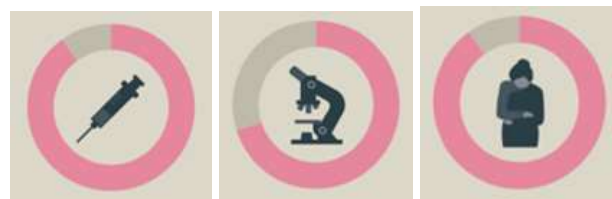
- Tobacco use
- Low fruit and vegetable intake
- Harmful use of alcohol
- Lack of physical activity

Some specific risk factors for cancer include chronic infections from human papilloma virus (HPV) -for cervical cancer-, hepatitis B and C – for infections from human papilloma virus (HPV) -for liver cancer-, and H.pylori - for stomach cancer.

One third to 50% of cancer cases could be prevented by reducing the prevalence of known risk factors. Examples of actionable interventions are tobacco control and HPV vaccination. The most effective primary prevention of cancer is based on whole-of-government approaches, with legislation, regulation and fiscal policies combined with activities to change community and individual behaviour. Public health messages and health promotion should present evidence on specific risk factors.

Despite being a largely preventable and treatable disease, cervical cancer is an important public health problem, affecting mostly young and socioeconomically deprived women in developing countries. To tackle this important determinant of gender and socioeconomic inequalities, on November 17th 2020, the World Health Organization launched the Strategy to Accelerate the Elimination of Cervical Cancer as a public health problem, with the target of elimination set to a threshold of 4 or fewer new cases per 100 000 women by 2030. A multidisciplinary approach is needed to improve access and use of tools that are already known to be effective: HPV vaccination, cervical screening, and treatment. The targets consist of: 90% of girls fully vaccinated with HPV vaccine by age 15 years; 70% of women are screened with a high-performance test (e.g., HPV test) by 35 years of age and again by 45 years of age; and 90% of women identified with the cervical disease receive treatment.

Every country must reach the global targets by 2030:



Reprinted from PAHO

<https://www.paho.org/en/campaigns/world-cancer-day-2023-close-care-gap#:~:text=In%202023%2C%20the%20global%20cancer,our%20voices%20and%20take%20action.>