

Diabetes Discourse

Volume 1, Issue 2

February 2011

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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SECOND DIABETES IN THE LIMELIGHT JAMBOREE (2010)

2010 marked the second year of the five-year focus on 'Diabetes education and prevention', the theme selected by the WHO and the International Diabetes Federation for World Diabetes Day 2009-2013. For BCDF, the focus is on raising awareness of diabetes, and disseminating tools for the prevention of diabetes to the general public, and people at high risk of diabetes. For those people with diabetes, BCDF continues to concentrate on providing the tools to improve knowledge of diabetes to help them better understand the condition and prevent complications. For the past two years, BCDF has celebrated World Diabetes Day (the primary global awareness campaign for diabetes) with its impressive "Diabetes in the Limelight Jamboree" in its effort to promote awareness about diabetes. Thanks to support from the Tobago House of Assembly, Division of Education, Youth Affairs and Sports, Division of Health and Human Services, Caribbean Airline Limited, private citizens and several volunteers, BCDF was able to successfully conclude its "Second Diabetes in the Limelight Jamboree" on 12th November, 2010. During this event, many services were provided to the public at no cost to them such as, testing of blood glucose, cholesterol and blood pressure; nutrition screening and education; and dental and vision exams. There were also special activities for the primary school children who attended (see page 6 for more on children). BCDF also completed its second annual school children poster competition in which

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DIABETES: FOOT CARE



Why Worry More About My Feet?

People with diabetes often have trouble with their feet. Part of the problem is that the loss of feeling in your feet makes it hard for you to tell if you have a blister or sore. If little sores are not taken care of, they can get worse and turn into serious, deep sores (**ulcers**). If these ulcers become infected, you may have to go to the hospital or, in very serious cases, have a foot removed (**amputated**).

Daily Foot Care

Prevention is always better than cure, so try keeping a good daily foot care regimen to keep your feet healthy. Start by having a good foot care kit containing: nail clippers, nail file, lotion, a pumice stone, mild soap and a non-breakable hand mirror



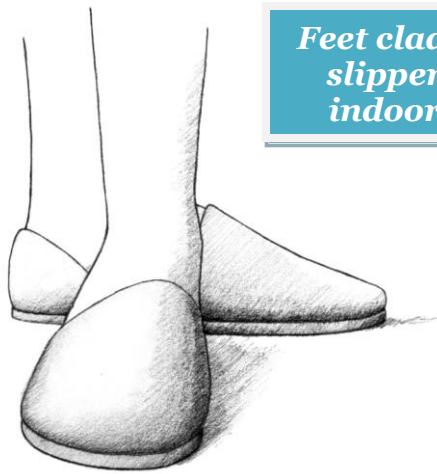
- ◆ **Wash your feet every day** in warm (not hot) water using a mild soap. Do not soak your feet as this can dry your skin
- ◆ **Dry your feet well, especially between the toes.** Use a soft towel and pat gently; do not rub

- ◆ **Check your feet and between your toes every day** to make sure there are no cuts, cracks, ingrown toenails, blisters etc. Use the hand mirror to look at the bottoms of your feet. Call your doctor at the very first sign of redness, swelling, pain, numbness or tingling in any part of your foot that does not go away.



*Source:
NIDDK
Image
Library*

- ◆ **Keep the skin of your feet smooth** by applying non-perfumed lotion, especially on the heels and soles. Do not put lotion between your toes, as the excessive moisture can promote infection.
- ◆ **Cut toenails straight across and file any sharp edges.** Do not cut too short. Cut toenails after bathing, when they are soft.
- ◆ **Have your doctor perform a foot exam at least once per year** – more often if you have foot problems.
- ◆ **Keep the blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two or three times a day. Do not cross your legs for long periods of time.
- ◆ **Wear clean socks and well-fitting shoes every day.** Do not go barefoot, even indoors.



Feet clad in
slippers
indoors

Source: NIDDK Image Library

Get started now. Begin taking good care of your feet today. Set aside some time each day to clean and check your feet. 🍷

CONTROL YOUR DIABETES FOR LIFE

Know your Diabetes ABCs and More...

A for the A1C test (A-one-C)

It shows you what your blood glucose has been over the last three months. The A1C goal for most people is below 7. High blood glucose levels can harm your heart and blood vessels, kidneys, feet, and eyes.

B for Blood pressure

The goal for most people with diabetes is below 130/80. High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

B for Blood glucose

The main sugar found in the blood and the body's main source of energy; also called blood sugar.

B for Blood pressure

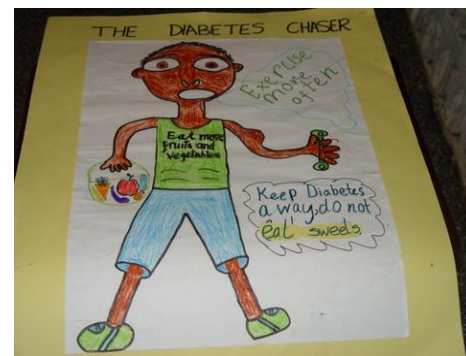
The force of blood exerted on the walls of

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Jamboree 2010

Continued from page 1

roughly 80 children have participated so far, while learning about how to prevent, manage and control diabetes. Since its inception in 2008, BCDF has made modest grants to members of the public affected by cancer or diabetes; conducted annual small-group workshops for grassroots community members to educate and create awareness about diabetes prevention, management and control. Last year, BCDF began its on-going "Life for a Child Project", which meets the immediate needs of a child with Type 1 diabetes. We have also begun the circulation of a free quarterly newsletter "Diabetes Discourse". All this is only possible because of thoughtful contributions and support. In the current year, BCDF plans to increase the circulation of its newsletter, expand the amount of children in our "Life for a Child Project", double the number of grants we award, and intensify our education and awareness programme about cancer and diabetes prevention and management. As you know, there is a cost to all this; and BCDF relies on continued donations to carry out its mission. Please support our efforts.



Students' Posters

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CONTROL YOUR DIABETES FOR LIFE

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blood vessels. Blood pressure is expressed as a ratio (example: 120/80, read as “120 over 80”). The first number is the systolic (sis-TAH-lik) pressure; or the pressure when the heart pushes blood out into the arteries. The second number is the (DY-uh-STAH-lik) pressure or when the heart rests.

C for Cholesterol (ko-LES-ter-ol)

The LDL goal for most people is below 100. The HDL goal for most people is above 40. LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke. HDL or “good” cholesterol helps remove cholesterol from your blood vessels.

C for Carbohydrate (kar-boh-HY-drate)

It is one of the main nutrients in food. Some foods that provide carbohydrate are starches, vegetables, fruits and sugars.

C for Circulation

The flow of blood through the body’s blood vessels and heart. 

SECOND DIABETES IN THE LIMELIGHT JAMBOREE (2010)

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Nutrition Screening 

MAKING CHOICES, MAKING CHANGES

Quiz

A good eating plan involves habit and knowledge. To get a handle of how close your current eating habits are to healthy eating, circle the answers that best reflect your eating habits.

- Which of these is mostly in your lunch and dinners?
 - Meat
 - Starch (rice, bread, provision)
 - Vegetables (not provision or corn)
 - Which is your usual choice when eating bread?
 - White bread
 - Wheat bread
 - Whole wheat or other whole grain bread
 - Not counting Irish potato and corn, how much room do vegetables usually occupy on your plate?
 - No room – I eat rice, provision, etc.
 - About quarter of the plate
 - Half of the plate or more
 - Circle all that apply
 - I often eat the same few vegetables all the time
 - Vegetables are too boring
 - I would eat more vegetables if they were cheaper
 - How often do you eat salads?
 - Only when I go to a restaurant
 - I rarely eat them
 - I have a salad with my meals several times per week
 - Which of these fats you think are good for you?
 - Fats in meat or dairy products
 - Butter, margarine or vegetable shortening
 - Olive oil, peanut butter or vegetable oil
 - How many sweet drinks do you have each day?
 - Three or more
 - One or two
 - None
- 

DIABETES: FACTS AND FICTION

You are about to take measures to prevent diabetes and your sister is about to get her diabetes under control, but before you could get too far along, your neighbor tells you all these myths (folklore) about diabetes and you are discouraged. Forget your neighbor's myths or fiction, relax and continue reading to help you and your sister prevent and manage your diabetes!

Fiction #1: If you have diabetes you will always be sick.

Truth #1: While it is true that diabetes is a long-term disease without a cure, and people with diabetes might experience some pretty bad complications if their blood sugar levels are allowed to soar sky-high for years; you can avoid that fate. If you have diabetes, you can lead an ordinary, healthy and productive life. Many people can and do lead busy, active, spontaneous lives while also managing their type 2 diabetes. A diabetes diagnosis alone does not rule out travel, having fun, or partaking in many common pastimes or pursuits. Simply put, you must follow their treatment regimen, plan ahead, and take extra precautions when necessary, such as checking blood sugar more often if you are travelling, or packing the right foods if you are taking a long car trip. With a little help and support from family or friends, and the assistance of a good healthcare team, it is possible to live a full and rewarding life even with a diabetes diagnosis.

Fiction #2: If diabetes is in your family, you will get it too.

Truth #2: No. Studies have shown that there is a genetic tendency for diabetes, so if it runs in the family, it should be taken as a sign that individuals may have an increased risk for developing the disease. However, a risk does not necessarily mean that individuals are bound to end up with the disease. There are many preventative measures that can be taken in order to decrease risk, such as exercise,

Fiction #3: Type 2 diabetes is not serious.

Truth #3: This fiction is very dangerous because people who believe it may not take care of their diabetes. All types of diabetes are serious, and need to be taken seriously by people who have it, their families and those at risk for it.

Fiction #4: Eating too much sugar causes diabetes.

Truth #4: No. Diabetes involves a mixture of genetic and other factors. Overweight increases your risk of getting Type 2 diabetes. If you have a history of diabetes in your family, follow a healthy diet and exercise regularly.

HUMOR

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www.glasbergen.com



"My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants."

Copyright 2002 by Randy Glasbergen. www.glasbergen.com



"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"



CHILDREN'S BOOTH

JAMBOREE 2010: the Children's Booth



Coordinating and operating the Children's Booth at the Second Diabetes in the Limelight Jamboree (12th November, 2010) seemed so challenging at the planning stages. The objective of the Children's Booth was to educate and raise awareness about diabetes among children in a fun way. For some children it would surely be an introduction to diabetes as a serious condition and the take-home message will certainly become life-long for some of these children.

What better way to capture the children than using interactive story-telling (that is, storytelling with an activity)? An activity, with a showpiece to help with spreading the news – **STOP DIABETES NOW!**

Bingo! Focus on the messages in the story.

Jamboree Day this year (2010) paid off big time. The children present enjoyed the story, *"Through the Eyes of the Tobago King of the Woods"* as it turned their attention to contrasting the lifestyle then and now, leading to the introduction of diabetes and its rise in Tobago. Understanding and participation was prompted and encouraged (some rewards helped tremendously).

Tension built expressed itself in: how can I help?

Knowledge gained was the power tool.

The children created artwork for sun visors to be worn to spread the message, **'Stop Diabetes Now'**. Personal display of local, healthy, inexpensive fruit snack choices were put on sun visors and worn proudly throughout the day.

The children recited the words of the limerick that they came up with, and left with personal pledges to continue spreading the message. The Children's Booth was worth the effort.

LIMERICK


**Watch your bites,
Work and exercise,
Just move, move, move,
Snack on fruits,
Forget sweetie,
And move, move, move, everyday.**

Rosetta A. Bovell



EVALUATION: 2010 DIABETES IN THE LIMELIGHT JAMBOREE

In order to determine whether our Diabetes in the Limelight Jamboree met its objectives and to keep pace with our participants' needs, interests and satisfaction, each participant was asked to fill an evaluation form at the end of our Jamboree on 12th November, 2010. We are extremely grateful to all those who responded - your answers and comments will help improve our future Jamborees, and help BCDF to better serve you. The response was strong - more participants than we anticipated filled the evaluation form; this reflected the impact of our event. Overall, the feedback was very positive, an indication of participants' willingness to receive diabetes education and prevention information. The Bovell Cancer Diabetes Foundation would like to thank all those who took the time to complete the evaluation form and share your views. Your feedback was very useful and greatly appreciated. Overall, 66% and of the participants rated their learning of diabetes issues as excellent and 29% rated it


as fair. When asked about their overall impression of the event, 56 and 44% of the participants responded excellent and good, respectively. Most people said that they look forward to the next Diabetes in the Limelight Jamboree. 

ACKNOWLEDGEMENT


The Bovell Cancer Diabetes Foundation would like to thank the following persons, organisations and companies for their moral, financial and other support; the event would not have been possible without their support. The THA, Mr. Bobby Andrews, Hon. Claudia Groome-Duke, Secretary for Education, Youth Affairs & Sports, Hon. Albert Pilgrim, Secretary for Health, THA, Caribbean Airlines Ltd. The team of judges headed by Mr. Brian Nurse for assessing the 30 something posters. The following persons: Mr. Wilberforce Thomas, Mr. & Mrs. Orville Moore, Dr. Elaine Bromfield, Mr. Oscar DeCoteau, Ms. Roma Harris. Ms. Ann Allick for organizing all our publicity and media events with Mr. Akili on the Wake UP Tobago program, Radio Tambrin, Tobago Channel 5, Caribbean News Media Group, the Trinidad Guardian and the Newsday. The several volunteers: Helen Bernard, Esla Davidson, Keturah Marcelle, Mary Boucher, Simona Jackson, Lisa Horsford, Leah Newsam, Lestelle Moore, Marc-Anthoni Bovell-Hector (our youngest volunteer), Orville Moore, Allan Winchester, Merle Hercules, Lisa Barrow, Margaret Phillips, Wister Reid, the Tobago Diabetes Association, the Pharmacist from the TRHA, Karen Jack, Dr. Jones Efenemokwa and Janelle O'Brien from Express Optical and Dr. Cheimah. To all the participants, Principals and teachers who encouraged and guided their students to participate in the poster competition, and all those who supported our annual flagship fundraiser "*All You Can Eat Fish Broth*" Dinner - A BIG THANK YOU. We look forward to your continued support! 

YOUR STORY

By sharing your story for publication in Diabetes Discourse, you can make a difference. Your words can help lead the fight

against diabetes by inspiring others to get checked now. What is your story? We would love to hear your story. We will keep your name confidential, unless you decide you would like us to share it with others like you. 

DONATE TO BOVELL CANCER DIABETES FOUNDATION

The Bovell Cancer Diabetes Foundation runs on a non-profit basis, with only volunteers and no paid staff. To keep the Foundation running we depend on donations of private citizens, government, corporate Trinidad and Tobago, volunteers, companies, other agencies etc. The Foundation is one of the few of its kind in Trinidad and Tobago without subventions from government or international agencies. As a Foundation, we rely on donations to carry out our mission. If you would like to support us, you can do so by donating to the Foundation directly. Any donation is appreciated and all donors will be mentioned on our website by name for individuals (if required) or by logo and name for companies and institutions. To donate, please contact us by e-mail or phone. 

Quarterly Questions

- ◆ What are your plans to stay healthy for 2011?
- ◆ How do you plan to learn about diabetes from BCDF this year?
- ◆ Are you planning to participate in BCDF 2011 events? If so, which?

E-mail, write, phone or leave your answers on our website; **Phone:** 868) 667-2576

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Website:

<http://www.bovellcancerdiabetesfoundation.org>

Reminder

15th April, 2011 **Application for Second Quarter Funding Deadline**

BCDF 2011 CALENDAR OF EVENTS

January - December,
2011

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.

7th January, 2011

Application for First Quarter Funding Deadline

Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources

February, 2011

Diabetes Discourse

Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation

15th April, 2011

Application for Second Quarter Funding Deadline

May, 2011

Diabetes Discourse

June to July, 2011

Small Group Workshops (topics and dates to be announced)

Hands-on workshops that will provide current information regarding prevention, control and management of cancer and diabetes.



15th July, 2011

Application for Third Quarter Funding Deadline

August, 2011

Diabetes Discourse

17th October, 2011

Application for Fourth Quarter Funding Deadline

October - 11th
November, 2011

Primary School World Diabetes Day Poster Competition

Poster design is an expression of creativity and technical aptitude. BCDF presents its third annual primary school poster competition for the occasion of World Diabetes Day 2011.



November, 2011

Diabetes Discourse

5th November, 2011

BCDF Annual Fundraiser

BCDF flagship event ('All You Can Eat' Fish Broth Dinner') will take place at the Eastside Pan Theater, Belle Garden, Tobago.

11th November, 2011

Third Diabetes in the Limelight Jamboree

BCDF will join the World Diabetes Day campaign with the emphasis on diabetes education and prevention