

Diabetes Discourse

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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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KIDNEY HEALTH FOR EVERYONE (Cont'd on page 3)



Eating Right for Chronic Kidney Disease

Step 1: Choose and prepare foods with less salt and sodium. Why?

- ⊕ To help control your blood pressure, your diet should contain less than 2,300 mg. sodium each day
- ⊕ Buy fresh food often. Sodium (a part of salt) is added to many prepared, processed or packaged foods you buy
- ⊕ Cook foods from scratch instead of eating prepared foods, "fast" foods, frozen dinners, and canned foods that are higher in sodium. When you prepare your own food, you control what goes into it
- ⊕ Use spices, herbs, and sodium-free seasonings in place of salt
- ⊕ Check for sodium on the food label. A Daily Value (%Daily Value) of 20% or more means the food is high in sodium

EXERCISE AND ACTIVITY FOR WEIGHT LOSS

An active lifestyle and exercise routine, along with eating healthy foods, is the best way to lose weight.

The Weight-loss Formula

Calories used in exercise > calories eaten = weight loss.

This means that to lose weight, the number of calories you burn by exercising needs to be greater than the number of calories from the foods we eat and drink. Even if we work out a lot, if we eat more calories than we burn, we will gain weight. Another way to look at this is that a woman ages 30 to 50 years old who does not exercise needs about 1,800 calories a day to maintain her normal weight. A man ages 30 to 50 years old who does not exercise needs about 2,200 calories to maintain his normal weight.

For every hour of exercise they do, they would burn:

- 240 to 300 calories doing light activity such as cleaning house
- 370 to 460 calories doing activity such as a brisk walk (3.5 mph), gardening, biking (5.5 mph), or dancing
- 580 to 730 calories doing activity such as jogging at a pace of 9 minutes per mile, playing football, or swimming laps
- 740 to 920 calories doing activity such as running at a pace of 7 minutes per mile

Even if we do not change the amount of calories in our diets, but we add activity to our daily lives, we will lose weight or gain less weight.

Benefits of Weight Loss

An exercise weight-loss program that works needs to be fun and keep you motivated. It helps to have a specific goal. Your goal might be managing a health condition, reducing stress, improving your stamina, or being able to buy clothes in a smaller size. Your exercise program may also be a way for you to be with other people. Exercise classes or exercising with a friend are both good social outlets. You may have a hard time starting an exercise routine, but once you do, you will begin to notice other

benefits. Other benefits you may not notice include increased bone and muscle strength, a lower risk for heart disease and [type 2 diabetes](#).

Getting Started

You do not need to join a gym to get exercise. If you have not exercised or have been inactive in a long time, be sure to start off slowly to prevent injuries. Taking a brisk 10-minute walk twice a week is a good start. You can also try joining a dance, sport, football, cricket or even a walking club. The social aspects of these clubs can be rewarding and motivating. The most important thing is that you do exercises that you enjoy.

Build Physical Activity into Your Regular Routine

Simple lifestyle changes can make a big difference over time.

- ❖ At work, use the stairs instead of the elevator, walk down the hall to talk with a co-worker instead of sending an e-mail, or add a 10- to 20-minute walk during lunch.
- ❖ Try parking your car at the far end of the parking lot or down the street. Better yet, try walking to the store if it is nearby.
- ❖ At home, try taking on common chores such as sweeping, washing a car or gardening
- ❖ If you ride the bus, get off the bus one stop before your usual stop and walk the rest of the way.

Reduce Your Screen Time

Sedentary behaviors are things we do while we are sitting still. Decreasing our sedentary behaviors can help us lose weight. For most people, the best way to decrease sedentary behavior is to reduce the time we spend watching TV, using a computer, and other electronic devices. All of these activities are called "screen time."

How Much Exercise do we Need?

Aim to exercise about 2.5 hours a week, or 30 minutes for 5 days/week or 45 to 60 minutes/3 days/week. We do not have to do our total daily exercise all at once.

From: Laura J. Martin, Atlanta, GA



MANAGING TYPE 2 DIABETES IN CHILDREN

Parents often feel overwhelmed when their child is diagnosed with diabetes. Be assured that we have resources and support to help you learn and feel confident in assisting your child. One of the most important things that parents can do is to set an example for children by also eating healthy and being physically active. The way you talk to your child about diabetes will have a big impact on how they perceive their diabetes and themselves. Being positive and supportive will help boost your child's self-esteem. Medication or insulin injections may be prescribed for your child. Whether or not your child is put on medication or insulin injections, healthy eating and physical activity are an important part of managing type 2 diabetes.

Speaking to your child about diabetes

- ❖ Discuss how foods fit into a healthy lifestyle
- ❖ Describe blood sugar levels as "in target," "high," or "low"
- ❖ Talk to your child about other important things that are happening in their life such as school, sports and social events
- ❖ Discuss how good nutrition and regular physical activity help kids grow, learn, and build strong bones and muscles

Try *not* to describe food as "bad" or "junk" and avoid describing blood sugar levels as "good" or "bad".

Get the support you need

Bovell Cancer Diabetes Foundation is here to help provide information and support so that your child can live a healthy life. A positive and realistic attitude toward diabetes can help make it easier. We can answer your questions, or get answers for you about how to manage your child's diabetes, and work with you to adjust food plans, activity and medications. This upcoming week, **13th – 18th May, 2019**, BCDF will be hanging out with our Children and Teens Alliance, call or email us to have your child participate.

KIDNEY HEALTH FOR EVERYONE (Cont'd from page 1)

- ⊕ Try lower-sodium versions of frozen dinners and other convenience foods
- ⊕ Rinse canned vegetables, beans, meats, and fish with water before eating

Look for food labels with words like **sodium free** or **salt free**; or **low, reduced, or no salt** or **sodium**; or **unsalted or lightly salted**.

Nutrition Facts	
Serving Size 1/4 Cup (30g)	
Servings Per Container	About 38
Amount Per Serving	
Calories	200 Calories from Fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Look for sodium on the food label. A food label showing a % Daily Value (or % DV) of 5% or less is low sodium. Also look for the amount of saturated and 'trans' fats listed on the label.

Step 2: Eat the right amount and the right types of protein. Why?

To help protect your kidneys, when your body uses protein, it produces waste. Your kidneys remove this waste. Eating more protein than you need may make your kidneys work harder.

- ⊕ Eat small portions of protein foods
- ⊕ Protein is found in foods from plants and animals. Most people eat both types of protein. Talk to your dietitian about how to choose the right combination of protein foods for you

Animal-protein foods:



- ⊕ Meat, fish
- ⊕ poultry
- ⊕ milk
- ⊕ cheese
- ⊕ yoghurt
- ⊕ egg
- ⊕ liver
- ⊕ heart
- ⊕ tripe
- ⊕ kidney

Plant-protein foods:



- ⊕ Red beans
- ⊕ Pigeon peas
- ⊕ Black-eye peas
- ⊕ All dried peas, beans
- ⊕ Peanuts
- ⊕ Cashew nuts
- ⊕ Sesame seeds
- ⊕ Pumpkin seeds

A portion of cooked beans is about $\frac{1}{2}$ cup, and a portion of nuts is $\frac{1}{4}$ cup. A portion of bread is a single slice, and a portion of cooked rice or cooked noodles is $\frac{1}{2}$ cup.

Step 3: Choose foods that are healthy for your heart. Why?

To help keep fat from building up in your blood vessels, heart, and kidneys, grill, broil, bake, roast, or stir-fry foods, instead of deep frying.

- ⊕ Cook with nonstick cooking spray or a small amount of olive oil instead of butter. Read the food label.
- ⊕ Trim fat from meat and remove skin from poultry before eating
- ⊕ Try to limit saturated and trans fats

Heart-healthy Foods:

- ⊕ Lean cuts of meat, such as loin or round
- ⊕ Poultry without the skin
- ⊕ Fish
- ⊕ Beans
- ⊕ Vegetables
- ⊕ Fruits
- ⊕ Low-fat or fat-free milk, yogurt, and cheese

Limit alcohol

Drink alcohol only in moderation: no more than one drink per day if you are a woman; and no more than two if you are a man. Drinking too much alcohol can damage the liver, heart, and brain and cause serious health problems.

The next steps to eating right

As your kidney function goes down, you may need to eat foods with less potassium and phosphorous

Step 4: Choose foods and drinks with less phosphorus. Why?

To help protect your bones and blood vessels, when you have chronic kidney disease (CKD), phosphorus can build up in your blood. Too much phosphorus in your blood pulls calcium from your bones, making your bones thin, weak, and more likely to break. High levels of phosphorus in your blood can also cause itchy skin, and bone and joint pain.

- ⊕ Many packaged foods have added phosphorus. Look for phosphorus—or for words with “PHOS”—on food labels.
- ⊕ Deli meats and some fresh meat and poultry can have added phosphorus.

Foods Lower in Phosphorus

- Fresh fruits and vegetables
- Breads, pasta, rice
- Rice milk (not enriched)
- Corn and rice cereals
- Light-colored soft drink, such as lemon-lime or homemade iced tea

Foods Higher in Phosphorus

- Meat, poultry, fish
- Bran cereals and oatmeal, dairy foods
- Beans, lentils, nuts
- Dark-colored soft drink, fruit punch, some bottled or canned iced teas that have added phosphorus

Your doctor may talk to you about taking a phosphate binder with meals to lower the amount of phosphorus in your blood. A phosphate binder is a medicine that acts like a sponge to soak up, or bind, phosphorus while it is in the stomach. Because it is bound, the phosphorus does not get into your blood. Instead, your body removes the phosphorus through your stool.

Step 5: Choose foods with the right amount of potassium. Why?

To help your nerves and muscles work the right way. Problems can occur when blood potassium levels are too high or too low. Damaged kidneys allow potassium to build up in your blood, which can cause serious heart problems. Your food and drink choices can help you lower your potassium level, if needed.

- ⊕ Salt substitutes can be very high in potassium. Read the food label. Check with your doctor about using salt substitutes
- ⊕ Drain canned fruits and vegetables before eating

Foods Lower in Potassium

- ⊕ Apples, peaches
- ⊕ Carrots, green beans
- ⊕ White bread and pasta
- ⊕ White rice
- ⊕ Rice milk (not enriched)
- ⊕ Cooked rice and wheat cereals
- ⊕ Apple, grape, or cranberry juice

Foods Higher in Potassium

- ⊕ Oranges, bananas, and orange juice
- ⊕ Potatoes, tomatoes
- ⊕ Brown and wild rice
- ⊕ Bran cereals
- ⊕ Dairy foods
- ⊕ Whole-wheat bread and pasta
- ⊕ Beans and nuts

Taken from:

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition>



SODIUM TIPS FOR PEOPLE WITH CHRONIC KIDNEY DISEASE (CKD)

What Is Sodium?

Sodium is a part of salt. Sodium is found in many canned, packaged, and “fast” foods. It is also found in many condiments, seasonings, and meats.

Why Is Sodium Important for People with CKD?

Eating less sodium helps lower blood pressure and may slow down CKD. Try to keep your blood pressure below 140/90 mmHg. One of the kidneys’ important jobs is to filter sodium out of the body and into the urine. Damaged kidneys cannot filter as well as healthy kidneys can. This can cause sodium to stay in your body and make your blood pressure go up.

How Much Sodium Should I Eat Every Day?

Most of us need to eat less sodium than we are eating. Aim for less than **2,300 milligrams** of sodium each day. Much of the sodium we eat does not come from a salt shaker. Sodium is added to the prepared foods we buy at the supermarket or at restaurants.

Foods Lower in Sodium

- ⊕ Fresh or frozen fruits & vegetables
- ⊕ Rice, noodles
- ⊕ Cooked cereal without added salt
- ⊕ Fresh meat, poultry, seafood
- ⊕ Low-fat, low-sodium cheese
- ⊕ Unsalted nuts
- ⊕ Low- and reduced-sodium, peanut butter, salad dressings
- ⊕ Air-popped popcorn

Foods Higher in Sodium

- ⊕ Bacon, ham, corned, beef, hot dogs, luncheon meat, sausage
- ⊕ Bouillon cubes, canned, and instant soups
- ⊕ Boxed mixes, e.g. hamburger meals, pancake mix
- ⊕ Canned beans, chicken, fish and meat
- ⊕ Canned tomato products, e.g. juice, canned and pickled vegetables, vegetable juice, cottage cheese,

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- ⊕ Unsalted nuts
- ⊕ Low- and reduced-sodium, peanut butter, salad dressings
- ⊕ Air-popped popcorn

Foods Higher in Sodium

- ⊕ Frozen meals
- ⊕ Frozen vegetables with sauce
- ⊕ Olives, pickles relish
- ⊕ Pretzels, chips, crackers, salted nuts
- ⊕ Salt and salt seasonings, like garlic salt
- ⊕ Seasoning mix and sauce packets
- ⊕ Soy sauce
- ⊕ Salad dressings, bottled sauces, marinades
- ⊕ Some ready-to-eat cereals, baked goods, breads
- ⊕ Ready-to-eat boxed meals and side dishes

WAYS TO DECREASE SCREEN TIME

- ❖ Choose one or two TV programmes to watch and turn off the TV when they are over
- ❖ Do not keep the TV on all the time for background noise, to prevent sitting down and watching it. Turn on the radio instead and listen while doing household chores
- ❖ Do not eat while watching TV
- ❖ Find activities to replace TV watching. Read a book, play a board game with family or friends, or take an evening class
- ❖ While watching TV, work out on an exercise mat, or ride a stationary bike, or use a treadmill to burn calories
- ❖ If you like playing video games, try games that require you to move your whole body, not just your thumbs

DONATE TO BCDF

The Bovell Cancer Diabetes Foundation runs on a non-profit basis, with only volunteers and no paid staff. To keep the Foundation running we raise funds, write proposals, books, depend on our ever-faithful volunteers, and donations from companies, individuals and government. The Foundation is one of the few of its kind in Trinidad and Tobago without subventions from government, local, regional or international agencies. As a Foundation, we rely on donations to carry out our mission, which we are accomplishing. 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 publicly acknowledged on our website by name for individuals (if required) or by logo and name for companies and institutions. To donate to the Foundation, please contact:

bovellcancerdiabetesfoundation@gmail.com

Help us to continue helping others with or at high risk for diabetes and cancer, help us stamp out diabetes. Thanks in advance for your generosity!



SERVING & PORTION SIZES

A **serving size** is a unit of measure that describes a recommended amount of a certain food

A **portion size** is the amount of a food that you choose to eat

- ❖ For example, $\frac{1}{2}$ cup of spaghetti (just the pasta) is one **serving**
- ❖ If you eat 2 cups (**your portion size**) of spaghetti for dinner, you are actually eating 4 servings

Food	Serving Size
Vegetables	$\frac{1}{2}$ cup
Peanut butter	2 tablespoons
Cheese	25 grams or 1 ounce
Fish	75 grams or 3 ounces
Meat	75 grams or 3 ounces
Macaroni or rice	$\frac{1}{2}$ cup
Fat	1 teaspoon
Icecream	1 scoop



DIABETES BASICS

The importance of insulin

Diabetes is a disease in which your body either cannot produce **insulin** or cannot properly use the insulin it produces. **Insulin** is a **hormone** produced by your **pancreas**. Insulin's role is to regulate the amount of **glucose (sugar)** in the blood. Blood sugar must be carefully regulated to ensure that the body functions properly. Too much blood sugar can cause damage to organs, blood vessels, and nerves. Your body also needs **insulin** in order to use sugar for energy. Of the 1.3 million people in Trinidad & Tobago, an estimated 143,000 persons (13%) have diabetes. Chances are that diabetes affects you or someone you know.

Types of diabetes

There are three major types of diabetes. Type 2 diabetes is the most common diagnosis, followed by type 1 diabetes. Gestational diabetes occurs during pregnancy, and is usually temporary. In addition, pre-diabetes is another important diagnosis that indicates an elevated risk of developing diabetes.

Type 1

Type 1 diabetes is an autoimmune disease and is also known as insulin-dependent diabetes. People with type 1 diabetes are unable to produce their own insulin, and cannot regulate their blood sugar because their body is attacking the pancreas. Roughly 10% of people living with diabetes have type 1. Type 1 diabetes generally develops in childhood or adolescence, but can also develop in adulthood. People with type 1 need to inject insulin or use an insulin pump to ensure their bodies have the right amount of insulin.

Type 2

People with type 2 diabetes cannot properly use the insulin made by their bodies, or their bodies are not able to produce enough insulin. Roughly 90% of people living with diabetes have type 2 diabetes. Type 2 diabetes is most commonly developed in adulthood, but it can also occur in childhood. Type 2 diabetes can sometimes be managed with healthy eating and regular exercise alone, but may also require medications or

insulin therapy.

Gestational diabetes

Gestational diabetes is a temporary form of diabetes that occurs during pregnancy. Between three and 20% of pregnant women develop gestational diabetes, depending on their risk factors. A diagnosis of gestational diabetes may increase the risk of developing diabetes later in life for both mother and child.

Pre-diabetes

Pre-diabetes is a condition where blood sugar levels are higher than normal, but are not yet high enough to be diagnosed as type 2 diabetes. Although not everyone with pre-diabetes will develop type 2 diabetes, many people will. It is important to know if you have pre-diabetes, because research has shown that some long-term complications associated with diabetes—such as heart disease—may begin during pre-diabetes.

Potential complications of diabetes

Having high blood sugar can cause diabetes-related complications, like kidney disease, foot and leg problems, eye disease (retinopathy), which can lead to blindness, heart attack, erectile dysfunction, stroke, anxiety, nerve damage, and amputation. Diabetes-related complications can be very serious and sometimes life-threatening. Properly managing blood sugar levels reduces the risk of developing these complications.

You can manage type 2 diabetes by:

- Eating healthy meals, snacks and regular physical activity, maintaining healthy weight
- Monitoring your blood sugar with a home blood glucose meter and managing stress
- Taking your diabetes medications

Reduce your chances of developing

complications such as blindness, heart disease, kidney problems, nerve damage and erectile dysfunction if you:

- keep your blood sugar, blood pressure, cholesterol and other blood fats within range
- avoid smoking and take care of your feet, visit
- Regularly visit with your doctor, diabetes team, dentist and eye-care specialist

<https://www.diabetes.ca/en-CA/diabetes-basics/what-is-diabetes>

BCDF 2019 RAINBOW CALENDAR OF EVENTS

November 2018– June 2019	Complimentary Foot Care - “So in Love with my Feet” Project 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.
November 2018 – Oct. 2019	BCDF Blue Tie Charity Gala Cancer Education and Awareness Workshop Application for First Quarter Funding Deadline Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
10th November, 2018 13th November, 2018 18th January, 2019	
February, 2019	Diabetes Discourse <ul style="list-style-type: none"> Free Quarterly e-Newsletter of the Bovell Cancer Diabetes Foundation
March, 2019	New round of “So in Love with my Feet” Project begins
April, 2019 11th April, 2019 27th April, 2019	Application for Second Quarter Funding Deadline “So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning Scarborough, Tobago, Donation: \$50, please support us
May, 2019	Small Group Workshops Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education.
14th May, 2019 June, 2019	“So in Love with my Feet” Project Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management
18th July, 2019	Application for Third Quarter Funding Deadline “So in Love with my Feet” Project
August, 2019	Diabetes Discourse “BCDF Retreat & Program Planning
October, 2019 17th October, 2019	Teachers’ Workshop Application for Fourth Quarter Funding Deadline
October/November, 2019	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its annual primary school poster competition for the occasion of World Diabetes Day 2019.
November, 2019 8th November, 2019 12th November, 2019 13th November, 2019	Diabetes Discourse 11th Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign Cancer Education and Awareness Workshop New round of “So in Love with my Feet” Project begins Children & Teen Hangout