

Diabetes Discourse

Volume 9, Issue 1

November, 2018

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.

INSIDE THIS ISSUE

- 1 10th Annual Diabetes in the Limelight Jamboree
- 2 Jamboree 2018 Snapshots
- 4 A Note of Thanks
- 5 Heartfelt Thanks to Our Volunteers
- 6 Health & Wellness Tidbits
- 7 Safer Drinking Strategies at Carnival
- 7 Tree Nuts may Aid Heart Health for People with Type 2 Diabetes
- 8 BCDF Rainbow Calendar of Events

10th Annual Diabetes in the Limelight Jamboree 2018!



BCDF's Mascot (Tobago King of the Woods) was alert

It gets better each year – the numbers, booths, enthusiasm, learning exchanges, socialisation and the level of fun. As usual Festus, our mascot created a stir upon appearance in the children's booth. Without seeing it firsthand, it is almost impossible to understand the magnitude of diabetes-related needs in Tobago. Being at the Diabetes in the Limelight

Go to page 3

Jamboree 2018 Snapshots



Footcare – A first-time foot exam for many attendees



School children focused on diabetes-related craft



Screenings - blood sugar, pressure, cholesterol...

Jamboree 2018 Snapshots



Screenings - blood sugar, pressure, cholesterol...



Storytelling time at Children's Booth



Weight Clinic...



Registration Booth

Jamboree 2018 Snapshots



Nutrition Education & Interaction Booth



Surgical Ward Amputee Action Group (SWAAG)



Stroke Education & Prevention Booth



Evaluation Booth

Jamboree in person cuts through the numbers mist and makes the situation real. The line of people coming to see a doctor, eye doctor, foot care practitioner, or other volunteer, or have their A1c or cholesterol measured, immediately conveys the impact the Foundation has on the island. The Jamboree provides screening and diabetes education free of cost to attendees who may not otherwise have access to such care. Many of these attendees may not have the opportunity to have this one-stop diabetes-related screening and education except at this annual event. Plenty of face time with a provider is an important part of our Jamboree, and this contact allows us to offer invaluable education and screenings, and to detect and work on diabetes prevention and other diseases among the attendees. Another aspect that makes the Jamboree so valuable is the impact it has on the school children in attendance. The Jamboree provides a much-needed opportunity for large groups of children to learn firsthand, and gain a deeper understanding about diabetes prevention. Also, the brisk nature of the Jamboree supplies a realistic environment to train the children for future volunteer work. The Jamboree would not function effectively without the work of our treasured volunteers and supporters. All in all, it was another very successful event!

Jamboree 2017 Snapshots



Hyperbaric Chamber Booth

Jamboree 2018 Snapshots



Weight Clinic



Blood sugar, pressure, cholesterol Booth



Food Demonstration –Children’s Booth

Doctor’s Booth



A NOTE OF



The Board of Directors of the Bovell Cancer Diabetes Foundation (BCDF) would like to thank the companies, organisations, schools, and individuals who supported the Jamboree whether financially, morally or in-kind. The event could not have been a success without your support!

SUPPORTERS

- ✚ Lesville Guest House
- ✚ Moses Tent Rental
- ✚ Andy Expert Tailoring
- ✚ Tobago Eye Clinic
- ✚ Caribbean College of Family Physicians
- ✚ Division of Health, Wellness and Family Development
- ✚ Scarborough Medical Laboratory
- ✚ Dr. Gerald Antoine
- ✚ Radio Tambrin
- ✚ Senator Sophia Chote
- ✚ Secretary Joel Jack
- ✚ CEPEP Workers
- ✚ Tatil Tobago
- ✚ Tobago Regional Health Authority (nurses, nutritionists & other units)
- ✚ Division of Education, Innovation and Energy
- ✚ Dr. Verleen Bobb-Lewis
- ✚ SWAAG
- ✚ Florida University Hospital nurses & nurse practitioners
- ✚ Charmaine John-Saunders
- ✚ Mrs. Pearl Beache
- ✚ Dr. Roslyn Alfred-Demas

To All Schools – All Principals
Thanks to all the school children, teachers, Principals and parents who helped to make Jamboree 2018 the success. BCDF is still waiting to **ADOPT** a healthy school!

Teachers, parents, please look out! We are evaluating the most responsive school to the Foundation’s diabetes education programme; the school that is making the best use of the available resources and expertise at the Foundation; the school that is involving its Parent Teachers Group and working hard at identifying those with, and at risk for diabetes; and the school that is putting healthy, sustainable systems in place to prevent diabetes and obesity! Send in your proposal to be evaluated by contacting us by phone, e-mail, Facebook or our website ...

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

Individuals

Our dedicated volunteers who come year after year: Dr. Eastlyn McKenzie, Esla Davidson, Keturah Marcelle-Fraser, Mary Boucher-Hercules, Simona Jackson, Lisa Horsford, Leah Newsam, Lois Alleyne, Merle John, Judith Trim, Brian Nurse, Marc Anthoni Bovell-Hector, Lestel & Orville Moore, Tulani Murphy, Sundiata, Joan Phillips-Pierre, Kathleen Owens, Janice Cory, Andy & Dianne Chapman, Petronella (Ann) Allick, Asha Allick, Pearl Caruth, Jennifer Antoine, Karen Richardson, Kathleen Meharris, Laurel, Cleopatra De Leon-Abraham, Sapphire Phillip, Laurel Cromarty, Sharique Springer, Helen Bernard, Tricia, Carolyn Beckles, Lennon Moore, Cherelle Lashley

Some of our Volunteers



Snapshots Jamboree' 18 ...



Exposing our children to interactive, educational game



Food Demonstration – Children's Booth



Health & Wellness Tidbits

Sugar-Sweetened Beverages – Limit Intake



Diabetes Prevention Tips

- Regular Physical Activity
- Eat Right
- Shed Some Weight
- No Smoking
- Don't Drink Alcohol
- Get Support

6 DIABETES PREVENTION TIPS

Stay fit. Stay healthy. Know life.

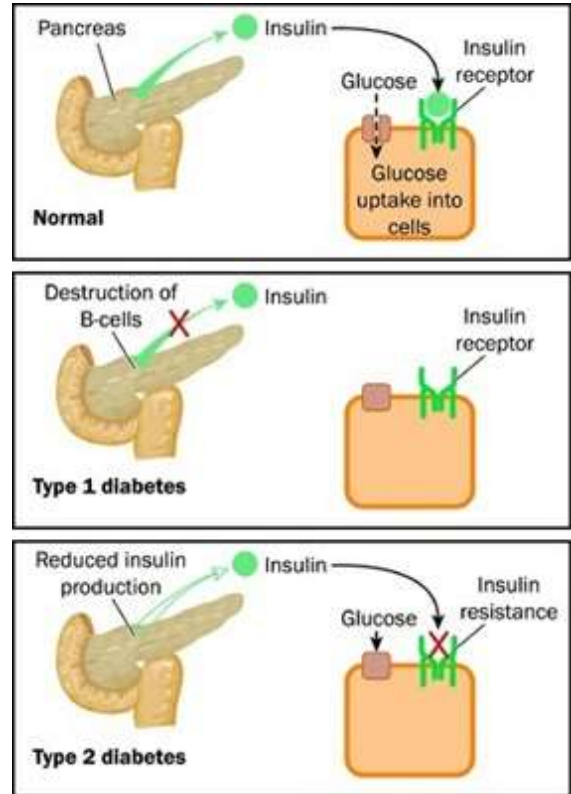
Cancer Prevention Recommendations

American Institute for Cancer Research

- MAINTAIN A HEALTHY WEIGHT
- MOVE MORE
- EAT WELL
- ENJOY A PLANT BASED DIET
- REDUCE RED MEAT, AVOID PROCESSED MEAT
- CUT DOWN ON ALCOHOL
- EAT LESS SALT
- AFTER TREATMENT, CANCER SURVIVORS SHOULD FOLLOW THE CANCER PREVENTION RECOMMENDATIONS
- IF YOU CAN, BREASTFEED YOUR BABY
- FOR CANCER PREVENTION, DON'T USE SUPPLEMENTS
- And always remember – do not smoke or chew tobacco.

aicr.org

Diabetes Basics



Moderate Physical Activity

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

- walking
- gardening
- hiking
- dancing
- cycling
- active recreation
- swimming

Diet-related Cancers can be Prevented

NEARLY 50% of the most common cancers **CAN BE PREVENTED**

Safer Drinking Strategies at Carnival



Eat first, drink second. Alcohol is absorbed directly through the stomach, so it can hit you hard quickly. Nibbling on a snack or meal that has about 15-30 g of carbohydrate and a little protein and fat can slow things down and prevent unexpected lows later on. If you end up having more than a drink or two, aim for 30 g of carbohydrate per hour for each hour you are drinking, and check your blood sugar levels often to make sure they stay in a safe range.

Think carbohydrate control. Go with low-carbohydrate drinks such as vodka, gin, red or white wine and light beer. Skip sweet dessert wines and sugar-heavy mixers such as juice; go for diet or club soda instead.

Know your numbers. Check your glucose levels before, during and after drinking, then again before bed. If you become hypoglycemic at any point, avoid alcohol (go for juice or sugary soft drink instead) and treat with fast-acting glucose.

Help others help you. Make sure someone is with you who knows the signs and symptoms of Hypoglycemia and how to get help if you are low

Know when to say no. Certain people should avoid alcohol, including pregnant women, recovering alcoholics, those on certain medications, those with certain medical conditions, and anyone who plans to take part in an activity that requires attention – such as driving. A designated driver is a MUST if you plan to drink while out this carnival.

Ansel, K. 2019. Diabetes Forecast March/April 2019:99

Tree Nuts may aid Heart Health for People with Type 2 diabetes

A study published in the journal *Circulation Research* suggests that people with type 2 diabetes may lower their risk for heart disease if they consume five or more servings a week of certain tree nuts. In addition, nuts also appear to lower the risk of premature death from heart disease or any other cause by about one-third for people with type 2 diabetes. The study included diet and health information from 16,217 men and women with diabetes at baseline or diagnosed during the follow-up period of about two decades. The researchers assessed nut consumption using a validated food frequency questionnaire every 2–4 years. During the study period, 3,336 people developed heart disease or stroke and 5,682 of the study volunteers died. Of those, nearly 1,700 died from heart disease or stroke. The researchers found that when people ate more nuts after a diabetes diagnosis, they lowered their risk of heart disease or stroke more than 10%. Eating more nuts was also tied to about a 25% reduction in premature death from heart disease or another cause. Each additional serving of nuts was linked to a 3% decreased risk of heart disease and stroke, as well as a 6% drop in the risk of dying of cardiovascular disease. The researchers hypothesized that nuts may help control blood sugar, blood pressure, and cholesterol, therefore helping to reduce inflammation and improve blood vessel health.

COMING SOON

**February Issue
Diabetes Discourse**

BCDF 2019 RAINBOW CALENDAR OF EVENTS

November 2018– June 2019	Complimentary Foot Care - “So in Love with my Feet” Project
November 2018 – Oct. 2019	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.
10 th November, 2018	BCDF Blue Tie Charity Gala
13 th November, 2018	Cancer Education and Awareness Workshop
18 th January, 2019	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, 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
11 th April, 2019	Application for Second Quarter Funding Deadline
April, 2019 27 th April, 2019	“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.
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
18 th July, 2019	Application for Third Quarter Funding Deadline “So in Love with my Feet” Project
August, 2019	Diabetes Discourse “So in Love with my Feet” Project
17 th October, 2019	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 8 th November, 2019	Diabetes Discourse 11th Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign
12 th November, 2019	Cancer Education and Awareness Workshop
13 th November, 2019	New round of “So in Love with my Feet” Project begins Children & Teen Hangout